

Sage Upstate News

January, 2021
Vol 25 No 1

Serving Older Gay,
Lesbian, Bisexual, and
Transgender People
in Central New York

Happy New Year



Looking back over 2020 has most of us wondering how we ever made it through. I'm sure some of you are wondering whether SAGE Upstate will ever hold in-person programs again, and whether the organization will be stable enough to welcome folks into our center when it is safe to do so. I am happy to report that it looks like we will end the year in the black and we are well prepared to offer a safe environment when social distancing is no longer necessary.

When the pandemic reached Central New York last March, we knew we would need to find some way to reach people. Just because a "new normal" was forced on us did not mean the the needs of older LGBT people went

away -- in fact, in some ways the need to offer programs that improve health and reduce isolation were more critical.

The first group of people we need to thank for ensuring our mission goals were met is our dedicated donors. In December, a donor came forward and offered to match all donations up to \$5,000 in our end of year appeal, and we were able to meet and exceed that goal.

We also thank SAGErs who stayed with us through all of the upheaval. When the halt of all in-person programming came early in 2020, Board and Staff members began to explore

See Happy New Year page 3

For up-to-date info on SAGE programs, see www.sageupstate.org
The January calendar of activities can be found on page 2



SAGEVets 2nd Sunday: Minnie Bruce Pratt

Dan Bishop-Basler and Rita Gram will serve as co-chairs for SAGEVets, a social and support group for LGBTQ Veterans. This year the group will return

to monthly meetings for veterans in the SAGE Upstate community, and outreach will extend further in the Upstate area through a partnership with SAGE USA. This work will include: a) building relationships with

See SAGEVets on page 3

Join us for a presentation by author, educator and activist Minnie Bruce Pratt on **Sunday, January 10, 4 pm**. The program, entitled "Memories," will include a short reading, and interested participants will be led in a writing/remembering exercise. After the program, the event offers "Table Hopping," a chance for socializing in smaller groups. Find log in & call in information on page 2, or at sageupstate.org.



SAGE Shares

Are you interested in helping to reach out to isolated SAGErs? Consider working with SAGE Shares, a group of volunteers who consider the needs of our participants and work out ways to reach them. This might mean running an errand for someone, dropping off food or care packages, making phone calls, or sending cards. We need a group of planners and a group of people we can call on when a need is identified.

If you are able to volunteer, we would add your contact info to a list of people who will receive an email

See SAGE Shares on page 3

January 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HAPPY NEW YEAR						1 2 pm New Years Day Social	2
3	4 11 am Fitness Class 6 pm Monday Men's	5 4 pm SAGE Shares	6 5:30 Writers 7:00 Knitters	7	8 11 am Fitness Class	9 Utica group	
10 Second Sunday With SAGE: Minnie Bruce Pratt on writing	11 11 am Fitness Class 6 pm Monday Men's	12 3 pm Alzheimer's Support 5:30 Crafting	13 5:30 Writers 7:00 Knitters	14	15 11 am Fitness Class 6 pm Men's Night Out	16 7 pm Trans Social	
17	18 6 pm Monday Men's	19	20 5:30 Writers 7:00 Knitters	21	22 11 am Fitness Class	23	
24 2pm Oswego Group	25 11 am Fitness Class 6 pm Monday Men's	26 5:30 SAGEVets	27 5:30 Writers 7:00 Knitters	28	29 11 am Fitness Class	30	
31							

All Programs on Zoom; Password for all meetings is 1969. Find the links on the calendar page at www.sageupstate.org. To call in: 1-929-205-6099 with meeting ID# (for Alzheimer's see below)

Alzheimer's Association Caregiver Support Group: 2nd Tuesday at 3 pm: Call the 24-Hour Helpline, 800-272-3900, for secure joining details.
Crafters, 2nd Tuesday at 5:30 pm: Projects made out of everyday items. Meeting ID: 850 8420 1891
Falls Prevention Fitness Class led by Barb Genton -- exercises to build strength and improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890
Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation. Meeting ID: 812 6815 6658
Men's Night Out: Third Friday at 6:00 pm, social for SAGE guys. Meeting ID: 215 654 6687
New Years Day Social on Zoom: January 1, 2pm
Oswego Group: Fourth Sunday, 2 pm: Join other SAGErs in Oswego for discussion and socializing. Meeting ID: 821 3206 5529

SAGE Shares, First Tuesday at 4 pm: Join this meeting to help SAGE Upstate reach out to those in need. Meeting ID: 846 1136 5984
SAGEVets, 4th Tuesday at 5:30 pm: SAGE Veterans meet for discussion/support. We have new things planned for 2021-- see article on page 1. Meeting ID: 871 5736 4984
Second Sundays @ SAGE : Minnie Bruce Pratt will lead us in a program focused on writing and remembering. Meeting ID # 893 1950 6041
Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 301 786 717
Utica Group: Join other SAGE folks from Utica and beyond for a social gathering on Second Saturday, 5 pm. Meeting ID: 848 0645 9614
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088

SAGE Shares continued from page 1

or a call when a need arises. If you are able to help, let us know. If not, that's ok, we'll contact you when another need arises. You don't need to commit to doing any specific task, SAGE Shares volunteers merely agree to be contacted when someone else needs help.



If you are more interested in planning responses to needs, consider serving on a committee that meets once a month to go over what is needed in the community. Planners may also make calls or send emails to volunteers.

If you are interested or need more information, please contact Kim at kdill@sageupstate.com.

SAGEVets continued from page 1

the VA, Clearpath, and other agencies serving veterans; b) inviting LGBTQ veterans in the Buffalo and Rochester areas to Zoom meetings; and c) making presentations to senior groups, LGBTQ Programs and veterans groups. LGBTQ Veteran spotlights will also be featured in the SAGE Upstate News and other publications. SAGEVets meets on the 4th Tuesday of each month at 5:30, now on Zoom. If you are veteran and would like to participate, please log on or call in to our next meeting. See page 2 for log in or call in information, or check sageupstate.org on the calendar page.

Need help with calling in or logging in to programs?

All of SAGE Upstate's programs are now accessible through Zoom -- have you been able to join some of them? You can call in from any phone, or log in by clicking on a link on the calendar page at sageupstate.org. If you need help, please let us know. We have worked with many people who are now participating without any problems. Maybe you're someone who has joined a meeting but you've had problems-- we can help with that too. We want everyone to be able to meet and connect with our programs and each other.

If you need help, contact Kim at 315-478-1923 or kdill@sageupstate.org.

Happy New Year, continued from page 1

how we could reach people in new ways. We learned how to "zoom" quickly-- board, staff, volunteers and participants together. By April 1, we had around 12 program meetings up and running, and that number increased. In April 2020, our participation numbers were higher than any month for the past year.

We also need to thank the Central New York Community Foundation for a grant that allowed us to devote time and resources to converting our programs from in-person to remote access. Other support we received included an SBA "Payroll Protection" forgivable loan, and grants from the Onondaga County Industrial Development Agency and the New York LGBT Health and Services Network, for the purchase of personal protective equipment such as air purifiers, masks, cleaning solutions, and hand sanitizer.

Thanks go to our capable and committed Fundraising Committee: Chair Bob Bezy, Ron Baldwin, Vivian Derrickson, Will Doswell and Barb Genton. 2020 fundraising events went virtual and raised nearly as much as they did when they were held in person. The Virtual CNY Gay 5k reached more participants than ever before. Our Second Sunday in November became the 8th Annual Community Celebration and featured community leaders, musical entertainment and a raffle full of fabulous prizes. We also need to thank Community Building Sponsor Hansen's Advisory Services and other advertisers and sponsors this year (see a full list in the annual report), and 1199 Funds, the agency who contracted with us to convert and offer cultural competency trainings.

Back to that original question-- will SAGE stay strong enough to get through this? No one can predict the future, but all of the ingredients for success are in place. We thank our donors, grantors, sponsors, participants and volunteers for your commitment to improving health and reducing isolation for older LGBT adults, and we hope to see you all in 2021.

-- Executive Director Kim Dill



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Help keep SAGE Upstate strong enough to improve health and reduce isolation for older LGBT people during these challenging socially distant times and beyond.

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strong!**

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