



Serving Older LGBTQ+ people in CNY

2nd Sunday Potluck In Syracuse

June 11: SAGE Upstate Founders

In our 26th year, we look back at where we started. The program features a video in which the founders talk about how our organization came to be.

Social time 3:00
Program 4:00
Dinner after the program
Bring a dish to pass if you are able



Please help SAGE Upstate by giving your feedback

Please complete a SAGE Upstate Needs Assessment survey online (at sageupstate.org). On average, it takes around 20 minutes to complete it and it will make a difference for the months and years ahead. For a paper survey, call 315-478-1923.

Pride Month Film Festival

Thursdays in June

SAGE is co-sponsoring a Film Festival with the Oneida County Pride Association. Four films will be shown at the Capital Arts Complex in Rome. Get your tickets at https://www.romecapitol.com/pride_2023/ or visit the SAGE Upstate website (sageupstate.org) and find the link there. Tickets are \$8 each and you can get a four film package for \$28. All films start at 7:00 pm.



June 1: Milk

Sean Penn stars as gay rights activist and politician, Harvey Milk

June 8: Wild Nights With Emily:

The film highlights Emily Dickenson's relationship with a woman

June 15: Sublet: June 15

NY writer's 5-day stay in Tel Aviv with a younger man offers him hope

June 22: The Death and Life of

Marsha P. Johnson The film highlights the life of this iconic activist and raises questions about her death.



8th Annual CNY Gay 5k

June 17, 9:00 am

Walk it or run it. Do it in person or do it virtually-- just do it! This year, the event returns to Longbranch Park for the first time since the pandemic.

People of all fitness levels are welcome. To register, go to cnygay5K.org.

This is more than a fundraiser for SAGE-- it's a way to stay active. Older adults need to remain flexible and active, both physically and mentally. Walking is one of the lowest impact exercises one can do.

If you sign up by June 14 you'll be registered in a drawing to win a Mastercard/Visa gift card for \$75. Online registration closes at noon on 6/14, but you can also sign up in person on the day of the event from 7:30 to 8:30 am. Those registered can pick up packets containing shirts, bibs, and swag on Thursday June 15 and Friday June 16, 4- 6 pm at the CNY Philanthropy Center-- 431 E Fayette St, Syracuse-- in the main lobby (upstairs from the SAGE Upstate Center).



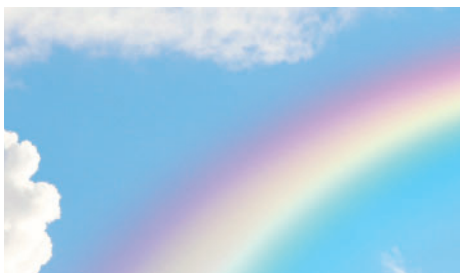
March with SAGE in the CNY Pride Parade, and stop by our booth. The event is set for Saturday, June 10. The parade steps off from the Destiny parking lot at 11:00 am, and the festival at the Inner Harbor will be held from 11:00 am to 5:00 pm. The Pride fest will include a family fun area, food trucks and a program featuring many entertainers.

On Saturday, June 3, the Pride Flag Raising will be held at City Hall, and the Pride Interfaith Service will be held on Tuesday, June 6 at Plymouth Congregational Church, 7:00 pm.

FAIRNY-- the group that brings us the LGBT Booth at the NYS Fair-- has a comprehensive list of Pride events across Upstate. Look at their facebook page:

www.facebook.com/lgbtboothNYSFair and you'll find dates and websites for pride festivals and events.

SGIC Pride Concert



Blue Skies and Rainbows, the Syracuse Gay and Lesbian Chorus concert, will be held at May Memorial Unitarian Universalist, 3800 East Genesee St, on Friday June 9 and Saturday June 10. Tickets are available online (syrglc.org), from chorus members, and at the door.

Age-Friendly: Go Local



We are pleased to announce that SAGE Upstate has been selected by the Health Foundation for Western & Central New York, in partnership with The New York Academy of Medicine, as one of 18 new grantee partnerships through their Age-friendly: Go Local program. Go Local supports neighborhood-level groups and organizations in building equitable communities through locally focused healthy-aging projects. SAGE Upstate will develop LGBTQ+ congregate dining programs. During the lunch hour, there will be presentations on community and health services available for older adults.

The concept of "age-friendly communities" was developed by the World Health Organization. It proposes interconnected domains that help identify and address barriers to the well-being and participation of older people in communities. Age-Friendly: Go Local prioritizes projects that increase intergenerational interaction, improve access and ability to navigate health and human service systems, and foster livability at the neighborhood level.

Mpox: Are you vaccinated?

The NYS Department of Health is encouraging New Yorkers to start or complete their two-dose mpox vaccine series. The most impacted community in the outbreak a year ago was men who have sex with men and immunocompromised individuals. Acting State Health Commissioner Dr. James McDonald said, "This year, while mpox cases are extremely low in New York, cases continue to be diagnosed here in New York and around the globe and there is still a risk of resurgence. We are taking proactive measures now to encourage those at risk to get fully vaccinated."

Reach out to a local health department or one of the following providers to make an appointment to be vaccinated.

Central New York: ACR Health, www.acrhealth.org, 315-475-2430

Southern Tier: STAP, Inc. www.stap-inc.org, 607-798-1706

Western New York: Evergreen Health Services, Inc. www.evergreenhs.org, 716-847-2441

Finger Lakes: Trillium Health, www.trilliumhealth.org, 585-545-7200

Tips on protecting yourself:

1. Get vaccinated for mpox
2. Talk with your sexual partners about rashes or other mpox symptoms and if so, seek testing and treatment.
3. Avoid skin-to-skin contact with someone who has a rash or other mpox-related symptoms.
4. If you are exposed to mpox or experience symptoms, reach out to a healthcare provider.
5. Follow reputable sources of health info, including NYSDOH, CDC, and your local county health department.



In 2014, SAGE Upstate board members Dori Colvin and Will Doswell had a conversation about whether SAGE Upstate could offer a program in the Utica area. They decided to gather some folks from Oneida County to find out.

Finding a place wasn't easy. Dori, and her partner, Robin Latham, found places available until they told them it would be for an LGBTQ group. When they called Utica Unitarian Universalist, they were welcomed. They've met there ever since.

Some 35 people from the Utica area showed up for the meeting in May, though they were a little wary. Dori remembers people sitting stiffly in their chairs with their arms folded in front of them. "The trepidation in the room was palpable. They weren't trusting at first."

Val Youngs, a participant, explained that there had been other conflicts with previous groups and that the community had been very fragmented. She asked what exactly was SAGE was going to do?

They tossed around the idea of a potluck and met the next month. Nearly the same amount of folks came with dishes to pass, and they got off to a good start, meeting through the summer and fall. In November they held a Thanksgiving Feast and they welcomed 48 people to the December Holiday potluck. "Members of the Syracuse Gay and Lesbian Chorus sang for us that year, and they've come back every year since," Dori says.

In those first gatherings, Dori remembers the men sitting on one side of the room and the women on the other.

Utica Potluck Celebrated 9 years in May

"Robin and I made it a point to encourage mixing things up. We sat with the guys, and soon other women did too." These days, everyone sits together.

From June to September each year Dori brings her grill and they eat outside, which is what the group did last month on their anniversary. Utica potlucks draw an average of 15 people per meeting.

At first, Dori and Robin did most of the work setting things up, leading discussions and cleaning up. Little by little though, people started pitching in, helping to create their own space to be together. "We're like a family," Dori said.

And, like a family, they've been through the loss together. Jane "Fletch" Fletcher died in 2020. She faithfully attended Utica potlucks, with a ride from Dori and Robin. Val Youngs passed away in 2021 and was remembered as "the kind of person who would give you the shirt off her back."

This year, the group said goodbye to Richard Sikora, who was in New York City at Stonewall in 1969. He lived in the city until 2017, when he returned to Utica. "He felt so lost without his community," his sister Cynthia told Dori. She said he felt devastated and alone. "But the SAGE potlucks gave him a family," she said. "Over the years, people have told us that without the potlucks, they wouldn't have anywhere to go, especially during the holidays," Dori said. "Even if they can't come, it makes them feel better to know our gathering is happening every month."

The Utica Potluck meets at 2 pm on the 1st Saturday of each month at the Utica Unitarian Universalist, 10 Higby Road.



Photos, top - bottom: 9th Anniversary gathering in May 2023; Utica Potluck in 2019; Drum Circle in 2019; Utica Potluck in 2015; Utica Potluck leaders Robin Latham and Dori Colvin

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 am Walking 6:00 Dining Out Film Fest: <i>Milk</i> (see p 1)	2 Fitness, 11 am Social, 3 pm	3 2 pm Utica Social
4	5 6 pm Men's Group	6	7 5:30 Writers 7:00 Knitters	8 9:30 Breakfast 10 am Walking Film Fest: <i>Wild Nights With Emily</i> (see p 1)	9 11:00 am Oswego Social SAGE Upstate Happy Hour at Wunderbar 6- 9 pm	10 CNY Pride p 2 for details
11 2nd Sunday Potluck: <i>SAGE Founders</i> Social time starts at 3 pm	12 6 pm Men's Group	13	14 5:30 Writers 7:00 Knitters	15 10 am Walking 12:30 Lunch Out 3- 6 AIDS testing 4-6: 5K packet pick up Film Fest: <i>Sublet</i> (see p 1)	16 4-6 5K packet pick up 7 pm Men's Night Out	17 CNY GAY 5K details-- front page 7 pm Trans Social
18	19 <i>Juneteenth</i> <i>Office closed</i> 6 pm Men's Group	20	21 5:30 Writers 7:00 Knitters	22 10 am Walking Group Film Fest: <i>The Death and Life of Marsh P Johnson</i> (see p 1)	23	24
25	26 6 pm Men's Group	27 11:30 am Lunch & Learn 6 pm SAGEVets	28 5:30 Writers 7:00 Knitters	29 10 am Walking Pride Night at Syracuse Mets, 5:30	30	The SAGE Upstate Falls Prevention Fitness Class is taking a summer break.

Center Drop-In Hours: 12:00 pm to 6:00 pm, every Tuesday, Wednesday, Thursday. Need to come a different time? Just call.

Blue: On Zoom only Yellow: In Person Only Green: Both on Zoom and In Person

First Friday Social, at 3:00 in the Center-- games and socializing.
HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3 - 6 pm
Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & conversation. In person and on Zoom. See sageupstate.com for log in details, or come to the center for the in person group
Lunch and Learn: 11:30 am. Please RSVP in advance (and share dietary restrictions) tjohnson@sageupstate.org or 315-478 1923 Free-- lunch provided. Details next page.
Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm. Includes pizza and food!
Second Sunday Potluck. Social time 3 pm, program 4 pm, dinner after program. Bring a dish to pass if you are able.

Oswego Social, 2nd Fri, Oswego Tea Co. Friday, June 9, 11
Out for Breakfast, 2nd Thursday, 9:30 am. details next page
Out For Dinner, 1st Thurs, 6 pm. See details next page
Out For Lunch: Third Thursday, 12:30 pm. See details next pg.
SAGEVets: support and socializing for LGBTQ Veterans. Fourth Thursday, 6:00 pm
Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd
Walking Group, Thurs at 10 am, location varies, call us.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969

Dining OUT with SAGE Friends

All SAGE dining out groups now meet on Thursdays. These popular gatherings draw 8-12 SAGE friends together 3 times per month (breakfast, lunch, dinner) at local restaurants. Would you like to receive emails about these events? Contact Kim at 315-478-1923 or kdill@sageupstate.org.

Dinner on First Thursday

6/1, 6:00 pm @ **Vito's Ristorante**
320 East First Street, East Syracuse 13056

Breakfast on Second Thursday

6/8, 9:30 AM, **Rise N Shine**
500 Westcott St., Syracuse 13210

Lunch on the 3rd Thursday

6/15, 12:30 pm **Flaming Grill Buffet**
244 Northern Lights Plaza.
Syracuse (Mattydale) 13212

To arrange for your seat at the table, please RSVP

Have you got a story to tell?



Contact SAGE Upstate about our Oral History Project.
Gary Fitzgerald: fitzgarce@gmail.com
Will Doswell: wdoswell@aol.com
or call SAGE at 315-478-1923.

Pride Night at the Mets



Thursday, June 29 is PRIDE Night at Syracuse Mets-- and we've got some tickets to give away (first come first served). Gates open at 5:30, and there's a jersey and flag giveaway to the first 1500 people, so get there early!

Oswego group in June



The Oswego group will meet on the 2nd Friday in June, this month on the 9th at 11 am at the Oswego Tea Company. For more info, contact Leslie at llamb@sageupstate.org or 315-478-1923.



June Lunch & Learn:

Pronouns, Terms and businesses "showing pride"

We'll discuss using pronouns and the latest terminology in our community. Also, we'll take a look at all the big companies (Bud Light, Smartfood, Skittles) that have used rainbows and other LGBTQ symbols to "show support for LGBTQ community." How much profit are these companies actually sending to support LGBTQ organizations?

Join us on June 27, 11:30, in the SAGE Upstate Center. After the presentation, lunch will be provided. Please RSVP (including dietary restrictions) to Trish by Friday, June 23: tjohnson@sageupstate.org, or 315-478-1923.

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PRIDE

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3pm-6pm



Opening doors to create healthy communities



Happy Hour

Board Games, Drink & Food Specials



Friday June 9th
6 PM - 9 PM

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Please support SAGE Upstate with a donation of any amount

Numerous challenges to our hard-won rights as LGBTQ people are cropping up across the country. We remember the days when hateful voices painted our community as a danger to young people. Now, as we watch schools in several states roll back protections for our youth— especially trans youth— we wonder, how can this be happening again?

to us and tell us when something works, and when it doesn't. Your donations show support in our mission.

Your support will keep older LGBTQ adults healthy and connected with access to services they need. It funds fitness classes, walking groups, and health presentations. It builds an affirming environment where people

Granting agencies pay attention to community support.

Wondering what you can do? You may be already doing it. Donating to LGBTQ organizations keeps our community intact. What better way to counter anti-LGBTQ hate than to do more than just survive? We must thrive.

Think about it— we lost state funding in 2019, and in 2020 the pandemic changed everything we do. How did we get through it? Donors like you.

Our state funding has been restored and we have funding from the county to offer the Neighborhood Advisor program. The only way we could have received those funds was to keep our doors open during tough times— and donors made that possible.

Granting agencies pay attention to community support. They want to see participation numbers, hear how people have been changed by the money they offer. Whether or not SAGE receives a grant depends on the amount of community support we have. This is true now, and it will be true for future grants. We can share numbers in our grant reports, but YOU can actually talk

can come together to build friendships and support networks. It sends training and resources to providers of aging services, so they can offer an affirming environment for our people.

SAGE has been working in the community for 25 years. Planning for the next 25 has begun, with new programs, important initiatives, and greater outreach. Your donation - whatever amount - matters. LGBTQ people have the right to live in safety with friends and support, to thrive, and to be treated with dignity.

On this page, you'll see some of the programs we have coming up. If you support our vision, please consider a donation to SAGE Upstate.

Ongoing Programs Too! All of the old favorites will continue in person, on zoom, and/or hybrid. At SAGE, you can knit or crochet, exercise, walk, share poems and stories, dine out, and socialize. SAGEVets is still meeting monthly, as are groups in Utica and Oswego. All of that and a **Neighborhood Advisor** too, who can help you remain independent, strong and healthy.

New projects for 2023:



Ambassador Program: We're reaching out in CNY with Ambassadors who will build connections, and link people to community resources and each other.

Oral History Project:

As older LGBTQ people, we hold the history of our movement in our memories. The OHP gives people the chance to tell those stories, in 15-20 minute segments that are recorded on Zoom.



Meals Programs: SAGE has started planning for congregate meal programs for older LGBTQ people and others.



More in the works: We are in the planning stages for new workshops and presentations, groups, social activities, and more.

To donate: use the form on the back of this issue to send in your contribution, donate online at sageupstate.org/donate, call with a credit card number, or stop into the center.



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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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to keep
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Upstate
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