Founder, Josh Lambert, will speak about Project Open Books, a charitable organization that provides free books to LGBTQ young people and others. Find zoom link at sageupstate.org, or see the calendar on page 2.

Project Open Book

As LGBTQ Elders, we want to support youth in our community as they find their way in the world. SAGE Upstate is partnering with Project Open Books, a free, web-based library of age-appropriate and empowering LGBTQ books. On Sunday, July 10, at 4 pm on Zoom we are offering an online conversation with Founder Josh Lambert. The organization provides books free upon request as well as guidance and activities for teachers to use in their classrooms. We invite community members, providers, parents, teachers, youth – to join us to learn more about the organization. “It’s my goal to create a sense of community through reading,” Josh says. “It is my hope this project can help change lives, spread love and promote simply wonderful stories.”

You can join the zoom event here: https://us02web.zoom.us/j/2156546687 Meeting ID: 215 654 6687 Passcode: 1969 Or visit sageupstate.org/calendar

SAGE was there for the CNY Pride Parade and Festival, the CNY Gay 5k, and more gatherings too. See inside for pictures of more June community events.

Laughter: The Best Medicine

Would you like to join your SAGE friends for a few laughs? Well, that’s exactly what is being offered at the Lunch & Learn on Tuesday July 26, at 11:30 am. We’re going to give “Laughter Yoga” a try. There are no tricky yoga positions -- the practice involves breath exercises and movement. It also includes laughter, which can reduce stress, improve mood, and over time can boost your immune system, relieve pain, and improve quality of life. And here’s the thing -- these benefits come whether we are really laughing or “faking it.” So, we move, we breathe and we make ourselves laugh. Then we have lunch together. Care to join us? After the laughter session, SAGE will provide individual boxed lunches. Please RSVP with Trish so we order the right amount of lunches. Email her at tjohnson@sageupstate.org or text/call 315-282-5428.
### July 2022

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**Breakfast Club, 1st Wednesday, 9:30. SAGERS meet for lunch. To be added to the list: 315-478-1923 email kdill@sageupstate.org. In person. Reservations required.**

**Drop-In Hours at the Center, 3:00 pm to 6:00 pm, every Tuesday, Wednesday and Thursday. In person only. Need to come a different time? Just contact us.**

- **Falls Prevention Fitness Class led by Barb Genton Mon/Fri, 11 am on Zoom, Exercises to build strength, improve balance. Meeting ID # 894 0192 9890 Passcode: 1969**
- **First Friday Social, every first Friday at 3:00 in the Center— games and socializing. In person only.**
- **Knitting and Fiber Arts, Wednesdays at 7 pm, on Zoom. Fiber arts and conversation. Meeting ID: 812 6815 6658 Passcode: 1969**
- **Lunch and Learn: Benefits of Laughter. Tues. July 26, 11:00 am. Please sign up with Trish in advance: tjohnson@sageupstate.org or 315-315-282-5428. This event is free. More info on page 1**

**SAGEVets: 4th Tuesday, 6:00 pm on Zoom. Join other LGBTQ veterans for socializing, programs about benefits, and resource sharing. Meeting ID: 871 5736 4984 Passcode: 1969**

**SAGE Luncheon, 3rd Wednesday, 12:30. SAGERS meet for lunch. To be added to the list: 315-478-1923 email kdill@sageupstate.org. In person. Reservations required.**

**Thursday Dine Out, First Thursday, 6:30. SAGERS meet for dinner. To be added to the list: 315-478-1923 email kdill@sageupstate.org. In person only.**

**Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 896 9963 6095 Passcode: 1969**

**Utica Social: Join SAGE folks from Utica on July 2, 2-4 pm at Utica Unitarian, 10 Higby Rd. Bring your own food (no access to kitchen). In person only.**

**Walking Group, Thursdays at 10 am, meet at Onondaga Lake Park, or Destiny. Check Facebook for location.**

**Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969**
CAZ PRIDE
QUEER ICONS AT ARTRAGE

CNY GAY 5K

PRIDE
Ongoing SAGE programs move to Zoom for July

Ongoing programs will be offered on Zoom only this month. Since we started in person programs in May, most participants have opted to attend online rather than come into the center. In addition, summer months are always slower for programs as people head out to their camps or go on vacation. Watch the website (sageupstate.org) or call SAGE for updates. We plan to offer programs in person again, at the very latest in September. In July and August, the First Friday Social and Lunch & Learns will be offered in person in the Center.

Join us in August for the Picnic!
The Annual Picnic will be offered in person at Ryder Park for the first time since 2019. Food will be provided by SAGE. Details to follow at sageupstate.org and the August newsletter.

Elder Abuse Conference
On June 15th, Vera House hosted The Future Direction of Elder Justice: Advocacy, Equity, & Inclusion, the 25th Annual Elder Abuse Conference in East Syracuse. I was able to attend as Neighborhood Advisor (thank you Onondaga County Office for Aging) and as a member of Vera House’s Elder Justice Coalition. The resource room was buzzing with the excitement of actually being in person, but also to share resources with the participants. Be on the lookout in future newsletters for information on resources and programs available throughout Central New York. --Trish Johnson

Meeting In Person at SAGE:
First Friday Social
Lunch & Learns
Drop-In Hours

Meeting In Person in community:
Breakfast Club
SAGE Luncheon (formerly 60+)
Thursday Dine Out
Utica Social
Walking Group
Oswego Social (still securing new location-- watch our website)

Meeting on Zoom only
Fitness Class (through 7-15)
Knitting & Fiber Arts
Project Open Book event
SAGEVets
Trans Social
Writers Group

Which do you prefer?
Would you rather "zoom it" or meet in person? Maybe different preferences for different groups? We need feedback! Contact Kim at kdill@sageupstate.org or 315-478-1923.

FARMERS MARKET Coupons
Trish will be distributing Farmer’s Market coupon booklets from the Onondaga County Office For Aging. The coupons can be used to purchase locally grown fresh fruits and vegetables. Onondaga County Farmers Markets, Farm Stands and the Farm Fresh Mobile Market participate with us in this federally funded program. Participating markets include those located in Fayetteville Town Center, Bayberry Plaza, Austin Park Pavilion in Skaneateles, Central New York Regional Market, Syracuse Downtown Farmer’s Market, and the Westcott Community Center. A number of farm market stands are also included. Contact Trish for more info: tjohnson@sageupstate.org or call/text to 315-282-5428.

SAGE Upstate Drop-In Hours: 3:00 - 6:00 pm Tuesday, Wednesday, Thursday

We are in the office through the week also. If you need to come in at other times, just let us know:
315-478-1923
kdill@sageupstate.org
tjohnson@sageupstate.org
Meet the new SAGE Upstate Board Members

L - R: Bob Bezy, Pat Brady, Mattie Cerio, Deb Finch, and Jerry Reed. Not pictured: Maria Grice

Bob Bezy retired from the Syracuse City School District in 2014. He served as a School Counselor for 20 years at Henninger High School and finished his final 4 years at Lincoln Middle School. Prior to that, Bob spent 19 years working for Catholic Charities Neighborhood Division running youth programs both at Northside CYO and then the Eastwood Youth Project. He previously served on the SAGE Upstate board for 4 years, serving as Vice-Chair and Chair and has also led the Fundraising Committee for the past five years. Bob looks forward to sharing thoughts and ideas as SAGE moves forward creatively through lesser pandemic times.

Pat Brady retired from Upstate Medical University in 2019 where she worked as a surgical adult nurse practitioner for 25 years in the Breast Cancer Center. She was a recipient of the William Painter Award which highlights excellence in nursing, and the Nurse Practitioner for Excellence Award during her career at Upstate. Pat has always believed in holistic medicine and empowering women through every step of their breast cancer treatment. She was actively involved with the American Cancer Society’s Reach to Recovery Program and the Susan G. Komen Foundation, securing grants to develop and run holistic support groups for breast cancer survivors.

Mattie Cerio is a Licensed Social Master of Social Work, who has specialized in working with the LGBTQ community for the last 8 years. She received her Master’s Degree from Syracuse University and also holds a graduate certificate in LGBT Health & Policy from George Washington University. Currently, Mattie works at SUNY Upstate Inclusive Health Services where she has been for the last 4 years. Her passion in serving the LGBTQ+ community has primarily focused on increasing access to appropriate and affirming health care and health information. This includes patient advocacy, community outreach, and providing cultural competency training for medical & community providers on how to best support LGBTQ patients/consumers. Mattie is also serving on Mayor Walsh’s LGBTQ Advisory Board as an inaugural member. In her spare time, she enjoys reading, watching scary movies, spending time with her wife Kristen (and their pets), hosting parties and shamelessly indulging in reality tv.

Deborah Finch is Partner with Dannible & McKee, LLP, where her practice focuses on tax planning and compliance for professional service entities and their owners, particularly in the Architectural & Engineering (A/E) industry. In addition to being a Certified Public Accountant, she is accredited in Business Valuation and is a Certified Valuation Analyst. As a Principal at Dannible & McKee Deb provides business valuation and ownership succession planning services to the A/E industry and teaches a national seminar on these topics. Since 2018, she has served on the Board of Directors for Hospice of CNY as Vice President and is a past member and President of the Board of Directors for LAUNCH of CNY (2009 – 2017). Deb is a graduate of LeMoyne College.

Jerry Reed was born in Cooperstown and spent his early childhood in Schuyler Lake in Otsego County. He is a graduate of Mohawk Valley Community College and The Empire State Food and Agriculture Leadership Institute at Cornell University. He became interested in broadcasting as a teenager and his 23 year radio career took him from Utica to Watertown, Denver, San Angelo, Texas and Binghamton then back to Utica. Jerry was a radio and television production specialist in the US Air Force from April 1967 through January 1971 with tours of duty in: Denver, Colorado; Takhli, Thailand and San Angelo, Texas. While in Thailand, he served with the American Forces Thailand Network where he was awarded the Air Force Commendation Medal for meritorious service. Jerry also served as the Executive Director of The New York Beef Industry Council, Director of Communications for NY Farm Bureau, and media relations expert for the Oneida Indian Nation. Since retiring, he has provided narration and voice-overs services for several years. He’s an avid wildlife photographer, family historian and artisan bread baker. Jerry is the proud father of three children, five grandchildren, and is married to John Camilleri.

Maria Grice served on the SAGE Upstate Board from 2010 to 2013, and she's back for another term. Look for more info in the next issue of SAGE Upstate News.
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