

Sage Upstate News

August 2021
Vol 25 No 8

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

For up-to-date info on
SAGE programs, see
www.sageupstate.org
The July calendar
of activities is on page 2.



NYSLGBTQ.org

The New York LGBT Health and Human Services Network invites all LGBTQ people in NY to participate in a needs assessment. The survey, which can be found at NYSLGBTQ.org, is anonymous, and asks questions about health, experiences, and communities. We want to make sure older adults are represented – please take 20 minutes and complete this survey.



In-Person programs return to SAGE Upstate

The Knitting and Fiber Arts group, the Writers group, and Friday Social met in person in the SAGE Upstate Center in July. Zoom was also available for those who wished to meet remotely. People who "zoom in" can see the group meeting in the center, and Zoom participants are displayed on the tv for the center participants. If you are interested, check the calendar page at sageupstate.org for more information. All who participate in person must be fully vaccinated. Bring your vaccination card to your first visit and we will keep the info on file. Writers and Knitters/Fiber Arts will meet weekly in August. The next Friday Social will be held on August 20, 3 pm, in the Center. We'll be playing SAGE BINGO! for prizes. If you'd like to just watch the fun, zoom in.

Insights from the SAGE White Allies Group

The SAGE Upstate White Allies Discussion Group met for 8 weeks in June and July, led by Lucy Twichell. SAGE is also establishing an Antiracism workgroup -- if you are interested in participating in this work to make our organization inclusive and welcoming to all, please contact Kim at kdill@sageupstate.org or call 315-478-1923. Here are some insights shared by Lucy and participants:

With a key mentor and incredible local leadership support I recently was asked and decided to facilitate the White Allies group at SAGE in June and July. It turned

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Neighborhood Advisor for older LGBT People at SAGE

SAGE Upstate has received funding to hire a Neighborhood Advisor for older LGBT people in Onondaga County. Neighborhood Advisors are based at community organizations around the county to help older adults find resources they need to remain independent in their homes. These workers also promote awareness of community services, make referrals, and follow up to make sure issues are resolved. This month, SAGE will post a job description and interview candidates for this position. A job description and more about the program will be posted at sageupstate.org. For more information, contact Kim at kdill@sageupstate.org or 315-478-1923.

August 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|---|-------------------------|--|--------------------------|---|----------------------------|
| 1 | 2 11 am Fitness | 3 | 4 5:30 Writers* 7:00 Knitters* *in center and on zoom | 5 | 6 11 am Fitness | 7 |
| 8 | 9 11 am Fitness 6 pm Monday Men's | 10 | 11 5:30 Writers* 7:00 Knitters* *in center and on zoom | 12 | 13 11 am Fitness | 14 Utica group |
| 15 | 16 11 am Fitness 6 pm Monday Men's | 17 | 18 5:30 Writers* 7:00 Knitters* *in center and on zoom | 19 | 20 11 am Fitness 3 pm Friday Social: SAGE BINGO | 21 7 pm Trans Social |
| 22 | 23 6 pm Monday Men's | 24 SAGEVets, 6 pm | 25 5:30Writers* 7:00 Knitters* *in center and on zoom | 26 5:30 SAGE Board | 27 | 28 |
| 29 2pm Oswego | 30 6 pm Monday Men's | 31 | 28 5:30 Writers* 7:00 Knitters* *in center and on zoom | 29 | 30 | 31 |

**Writers, Fiber Arts, and Friday Social offered in person to vaccinated participants: Sign up in advance.
Find Zoom links at www.sageupstate.org. Call in at 1-929-205-6099 – use meeting ID# and passcode**

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|--|--|
| <p>Falls Prevention Fitness Class led by Barb Genton -- exercises to build strength and improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890 Passcode: 1969</p> | <p>SAGE Upstate Board, 4th Thursday, 5:30 pm: Meeting ID: 876 4687 0636 Passcode: 1969</p> |
| <p>Friday Social in the Center, 3:00 pm HOn August 20. come and play SAGE BINGO for prizes! (sign up in advance) On Zoom: Mtg ID: 846 9070 3149 Passcode:1969</p> | <p>SAGEVets, 4th Tue at 6 pm: Discussion/support for SAGE Veterans Meeting ID: 871 5736 4984 Passcode: 1969</p> |
| <p>Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation In the Center (sign up in advance) On Zoom: Mtg ID: 812 6815 6658 Passcode: 1969</p> | <p>Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 896 9963 6095 Passcode: 1969</p> |
| <p>Men's Night Out:Third Friday at 7 pm Meeting ID: 817 6668 1893 Passcode: 1969</p> | <p>Utica Group: Join other SAGE folks from Utica and beyond for a social gathering on Second Saturday, 5 pm. Meeting ID: 854 4360 4277 Passcode: 1969</p> |
| | <p>Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome . In the Center (sign up in advance). On Zoom: Meeting ID: 596 630 088 Passcode: 1969</p> |

SAGE Upstate Memorial Section: In an upcoming issue

SAGE will remember Mike Ackley, William Hanley, Ian Kirkpatrick, Leslie Larrabee, and Dick Pero in a special section of the SAGE Upstate News. If you know of someone else who died in the past year and should be added to the list, please contact Kim at kdill@sageupstate.org or 315-478-1923. Also contact Kim if you are able to share information about anyone on the list. As always, the names will be added to the Memorial Quilt which hangs in the center.

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out to be one of the most rewarding experiences I've had.

I decided to facilitate this group because my heart was broken that SAGE had become less diverse. The precious group of Uzuri was no longer taking place, and as I understand, most of our potlucks and programs had not been attended by many of our brothers and sisters of color.

I started my own journey when I was a child, noticing my friends of color were ostracized from the many opportunities I had. Then in the 1990s, I joined and worked full time at the National Coalition Building Institute, a national diversity organization that teaches young and old to lead workshops in their communities and schools.

The SAGE White Allies group used the book, *Waking Up White* by Deborah Irving, and many other resources. At one of our meetings, Annette Adams Brown, professional actor, educator and former Artistic director of the Paul Robeson Performing Arts Company, spoke about her experiences as a Black woman. She said, "We're all meant to be here. Everyone needs to be loved and listened to. It's that simple. Treat all people you meet as if they are your family, your child." And, "When you see racism, speak up!"

We shared in a safe group with guidelines to ensure our privacy, choices and tender feelings, and we all had equal time to speak. It allowed us to proceed at our own pace with sensitive and difficult truths. Doing this in a small group of 13 helped us to bond. We spent 8 weeks thinking passionately about how to use our energies going forward to help make SAGE and our wider community a more welcoming home for all races. Miracles of new understanding ensued as we slowly experienced our own personal awareness with white privilege, white culture and unintended bias towards people of color.

The absolute beauty in this work is that we end up with freer, fuller, more meaningful lives for everyone while embracing all of humanity, addressing inequities and working towards a more welcoming Sage. Come join us! *In the spirit of loving community, Lucy Twichell*

I always thought that I was sensitive to civil rights and the injustices done to Black Americans. This 8 week course opened my eyes to the cultural privilege I never knew I had. It has been a profound life changing experience for me. -- *Gary Fitzgerald*

The class has helped heighten my

awareness of racism. I realize that I cannot fight every battle myself, but being aware is a good starting point. Even if nothing gets done when you experience an incident of racism, you can still think about what you should have done and thus prepare for the next time. Each baby step you take leads to something a little bigger the next time. -- *Greg Lewis*

It was wonderful to be in a group with others who are searching for how to have a positive impact. We all need to be part of the solution. The ideas on how to use calm and questioning methods when approaching people are great. Trying to resist telling someone how wrong they are isn't always easy. -- *Claudia Gebhardt*

The course (and each session) was well-paced. I learned a lot more about white privilege -- historically and personally -- and the readings and videos provided excellent background on the history of racism and on the struggles of white people to become truly anti-racists. I thought too the group came together well -- I looked forward to seeing everyone each week. -- *Margaret Himley*



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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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