

## Deepening our Humanity with Antiracism



*"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself". –Rumi*

On September 10, SAGE Upstate will offer *Deeping Our Humanity: Creating An Essential Foundation For Antiracist Work*, an interactive workshop offered on Zoom. Presenters Roslyn Rasberry and Susan White (pictured above) bring years of experience working with SAGE and the local LGBT community. Roslyn served on the SAGE Upstate Board and was founder of Uzuri, a SAGE group for LGBT People of Color. Susan has been active with Women's Information Center, Vera House and other organizations working for change. Both served on SAGE Upstate's Community Building Committee which developed the Common Bonds workshop which they both led in 2010.

We've all heard a lot about antiracism with what's been happening in our country, but do we all understand what it means? "It's not at all passive," says Roslyn, "It's an active, daily commitment, to the best of one's ability, to confronting racism in the world and in ourselves."

Susan adds, "It's taking responsibility for our own language and actions. It's changing how we listen-- hearing instead of dismissing things we don't understand."

*Deeping Our Humanity* provides a space for us to work on what it means for SAGE Upstate, and what it means for us as individuals. The workshop is the first

*Continued on p 11*



## Second Sundays at SAGE

It's back-- SAGE Upstate's oldest program starts again with a brand new look on September 13, 4 pm. Second Sundays at SAGE will meet on Zoom for online and call-in participants. No, it won't be a potluck, but it will engage, entertain, and inform you like Second Sundays have been doing since 1997.

Join us for music, art, and socializing. Local artist Amy Bartell will talk about a long-distance collaborative piece she's working on with Sarah Argus in Brooklyn. "The pandemic isolation inspired this 'coming together' artistically," says Amy, "it's a 21st Century version of penpals".

Local teacher, musical director, and noted tenor John English will perform a few musical numbers, including one about a crazy potluck covered dish. And there will be time to do what Second Sundays have always been memorable for-- catching up with your SAGE friends.

We thank our September sponsor-- Salt City Artisans, Home of Syracuse Soapworks (find out more about them at [syracusesoapworks.com](http://syracusesoapworks.com)) You can log in and participate through your computer screen and audio, or call in on any phone. See meeting details on the calendar inside.

# September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 4 pm SAGE Shares	2	3 11am Walkers	4 3 pm Friday Social	5
6	7 6 pm Monday Men's	8 3 pm Alzheimer's Support 5:30 Crafting	9 5:30 Writers 7:00 Knitters	10 11am Walkers 6 pm Deepening Our Humanity	11 11 am Fitness Class	12 Utica group -- call for info
13 4 pm 2nd Sunday @SAGE	14 11 am Fitness Class 6 pm Monday Men's	15	16 5:30 Writers 7:00 Knitters	17 11am Walkers	18 11 am Fitness Class	19 7 pm Trans Social
20	21 11 am Fitness Class 6 pm Monday Men's	22 5:30 SAGEVets	23 5:30 Writers 7:00 Knitters	24 11am Walkers 5:30 pm SAGE Upstate Board	25 11 am Fitness Class	26
27 2pm Oswego Potluck	28 11 am Fitness Class 6 pm Monday Men's	29	30 5:30 Writers 7:00 Knitters	We thank Salt City Artisans, Home of Syracuse Soapworks, our September sponsor for Second Sundays at SAGE		

**All Programs on Zoom -- find the links on the calendar page at [www.sageupstate.org](http://www.sageupstate.org)**

**To call in: 1-929-205-6099 with meeting ID#** (for Alzheimer's Support phone number, see below)

<p><b>Alzheimer's Association Caregiver Support Group: 2nd Tuesday at 3 pm:</b> Support group for caregivers. By phone: 1.855.203.2730 Meeting ID: 393 819 241</p>
<p><b>Crafters, 2nd Tuesday at 5:30 pm:</b> Projects made out of everyday items. Meeting ID: 215 654 6687</p>
<p><b>Falls Prevention Fitness Class</b> led by Barb Genton -- exercises to build strength and improve balance. Mon/Fri, 11 am Meeting ID Monday # 894 0192 9890; Friday# 894 3001 4110</p>
<p><b>Friday with Friends Social Hour, First Friday, 3 pm:</b> Games and social time. Meeting ID: 215 654 6687</p>
<p><b>Knitting and Fiber Arts, Wednesdays at 7 pm:</b> Fiber arts and conversation. Meeting ID: 812 6815 6658</p>
<p><b>Deepening Our Humanity: Creating an Essential Foundation for Antiracist Work</b> see article on front page. Meeting ID: 215 654 6687</p>
<p><b>Oswego Group: Fourth Sunday, 2 pm:</b> Join other SAGErs in Oswego for discussion and socializing. Meeting ID: 215 654 6687</p>

<p><b>SAGE Shares, First Tuesday at 4 pm:</b> Join this meeting to help SAGE Upstate reach out to those in need. Meeting ID: 215 654 6687</p>
<p><b>SAGEVets, 4th Tuesday at 5:30 pm:</b> Join other SAGE Veterans for discussion and support. Meeting ID: 215 654 6687</p>
<p><b>Second Sundays @ SAGE</b> are Back! Join us on Zoom September 13, 4 pm for music, a program, and socializing! Meeting ID # 893 1950 6041</p>
<p><b>Trans Social, 3rd Saturday, 7 pm:</b> Trans-identified people meet for socializing and support. Meeting ID: 301 786 717</p>
<p><b>Utica Group:</b> Please call SAGE Upstate for info.</p>
<p><b>Walking Group, Thursdays, 11 am:</b> Walk and chat with other walkers. Meeting ID: 215 654 6687</p>
<p><b>Writers Group, Wednesdays at 5:30 pm:</b> All genres and experience levels welcome. Meeting ID: 596 630 088</p>

Eileen Altieri	Ron Ferrara	Barry Lauten	Norm Porter
Margaret Arneson	Sue Ferris	Vi Lavender	Ted Purchla
Joe Ashley	<b>Jane "Fletch" Fletcher</b>	Joe Leonard	Tim Ray
<b>Marilyn Austin</b>	Tony Fonehouse	David Leslie	Carla Regan
Robb Bacon	<b>Randall Frech</b>	Eric Lyboldt	Lorraine Regan
Carm Bardascini	Melanie Fougner-Polos	JeanneAnne Mader	RJ Ritchey
Clyde Beutel	Frank Forward	Hugh Massey	<b>Roger Schumaker</b>
Jim Bigsby	Barbara Gerber	Keith McQuay	Donald Seibert
<b>Michelle Brisson</b>	Joan Gibson	Frederick Marvin	James Small
Francis Case	Phil Graverson	Millie Montgomery- Mc-	Dan Smith
Mark Cerosaletti	Myla Green	Gavin	Shelly Stein
Willard Chase	Rick Hermle	Chris Morningforest	Marie Summerwood
Earl Colvin	William Howe	Linda "Sparky" Mortimer	Paul Sweet
Richard Cookman	Clista Hume	Nancy Osborne	Kerry Sullivan
<b>Kate Corcoran</b>	Linda Johnson	Jed Osgood	Dave Temple
Milford Decker	Alex Kazel	Ruth O'Keefe	Becky Warner
Bruce Donnally	Sarah Kensch	Bob O'Reilly	Michael Weinberg
Lee Dreamer	David Kimbrell	<b>Nick Papatonis</b>	Dale Woolson
Leslie Feinberg	Jack Kingston	Joe Parkhurst	<b>Valerie Youngs</b>
Nikki Fenmore	Richard Kornatowski	Greg Phillips	

## SAGE Remembers

*We usually hold our annual memorial in person, but that was not possible this year. Instead, we offer this special section to remember the people we have lost over the past year.*

Each year we add new names to our Memorial Quilt, which hangs in our center year-round. Some we knew well, some we only knew through the eyes of others. They were campers and teachers, activists and architects, gardeners and artists, loud talkers and gentle souls. Some fought to hold the reigns of their lives and some were tossed about by storms they could not control.

They sat in boardroom chairs, folded and labled newsletters, brought covered dishes to potlucks and stuck around to put the chairs away. They were vital voices in our community, and we are so grateful that they shared their stories with us.

Because the stories are familiar to us. They remind us of our own stories. We saw our own passions reflected in the paths taken by our friends in spite of-- or perhaps because-- of their identity as gay, lesbian, bisexual, and transgender people.

They wove their stories into SAGE, in the same way

that we fashioned a quilt to remember them. And while the quilt taken as a whole represents one strong community, reading the names reminds us that SAGE is made up of remarkable individuals.

Our friends helped us build SAGE Upstate and the Central New York LGBT community. Their voices and faces and outreached hands made SAGE a place where people could be safe, where people could be exactly who they are, where people could grow. Their struggles forged the acceptance we feel today as LGBT people.

We must remember the names on this quilt. Let's hold them in our hearts and think of all of the things about them that touched us. Let's share stories, and laugh and cry. But let's also thank these folks for helping to build the spot on which we stand.

They were our friends. They were our family. SAGE and the local community is better because they were here. And we are better too.



**Marilyn Austin** *Remembered by Claire Bobrycki*

Marilyn Austin, AKA “Silverfox” passed away June 2, 2020 after a short illness.

Marilyn was a stalwart member of SAGE Upstate and a pioneer of the Lesbian community. She was an out lesbian when gay people had few legal rights. She taught us by example to be out and proud and always support each other along the way. She was outspoken and politically active with strong views on nearly everything but especially social justice issues and women’s right to self-determination. Marilyn was adventurous and always seeking out new experiences. She loved to travel and meet new people. She loved the outdoors and organized trips for the former “Wild and Woolly Women”-- camping, hiking, skinny dipping in the Adirondacks and beaching it whether it be Lake Ontario, Hawaii or Florida.

Marilyn wore many many hats in her lifetime including being the director of Women’s Information Center and run-

ning a handywoman business. Later she obtained her Master’s degree in counseling at SUNY Oswego and worked with folks recovering from addiction. She also worked for several non-profits including Food Bank of CNY and Peace, Inc. Through it all she had an abiding interest in health, wellness, fairness and spirituality.

Above all Marilyn was there for her family and her ever expanding circle of friends—adding new ones to the golden oldies. She enjoyed her children and grandchildren and loved a good potluck or any type of gathering where she enjoyed fellowship and laughter. When not at a gathering Marilyn’s calendar was full of coffee dates. I will certainly miss engaging in conversation with her on any and all topics and exchanging support and advice from a wise dear friend.

Marilyn, you are a one and only. We will miss your strong presence and powerful spirit, but you will always be in our hearts.



*Marilyn spoke at the 2019 SAGE Upstate Community Dinner about her life in the 1970s. Featured here is her speech as reprinted in the November SAGE Upstate News.*

When I came out 1974, I thought I was the only gay person in the world. Everyone was hiding then except for a few very brave souls. However, once you found another gay person, the flood gates of the gay world opened up. It was dangerous to be found out. If you had children, and you were known to be a gay person, you often lost custody of them. I left my children with my then-husband and three years later he divorced me. At that time, no gay person that I knew even tried for

joint custody. I had visitation rights and since the kids had moved to Marcellus, I often did not see them. Summers were hard. I had them for a month and my oldest daughter was especially very angry at me. When I think back at that time, there was a lot of pain for me and my children. Sometimes I felt like I was being selfish. Most of the time, I feel that I made the right decision. -- Marilyn Austin [she shared that today she and her kids have a good relationship.]

**Michelle Brisson** *Remembered by Amy Bartell*

Michelle Brisson died on June 8, 2019. In thinking about how I would honor her, I decided to tell you a bit of her story-- because the world being what it is, maybe all we have to lean on is our experience, strength and hope. Here is a little bit about valor:

Michelle was diagnosed with dementia 4 years ago. Something you can't reverse or cure, it is a disease that takes a circuitous, unpredictable route. But there are things that can make the quality of a day better -- among them, reducing stress and shifting how you manage things. Michelle did just that; she did what she could. She faced things with candor, humor and grace at every turn. She quit driving, she moved to a senior living facility.

We talked a lot about time, about things she might want to do -- she said she didn't have a great list of things undone or have-to's. But one day she sent me a text that said, with characteristic humor, "I guess I do have a bucket list...I am treating myself to two-ply toilet paper."

Michelle's mother and grandmother had dementia. She had seen their pain, fear, disorientation, how they were stolen from themselves-- and the toll that took on them and the family. She told me from the beginning, from when she was first diagnosed, that would not be the road for her. I understood and supported her decision. And have every day ever since.

A little more than a year before she died, Michelle started researching and planning for a dignified death.



One that she could take care of on her own. Given the changing nature of her illness, she understood she had a window during which that would still be possible. Few people knew this plan, most did not. It was hard to tell people; it was hard not to tell people. I honored her wishes, and I walked alongside her through this, every step of the way.

Michelle said she wanted to have a year of beauty. And so she had a year of beauty -- full of the simple pleasures she adored: fall leaves, apple picking, the Old Forge hardware store, fireworks, the boat ride at Alex Bay, baseball games, Maple Fest, Irish soda bread, the state fair, movies with popcorn, strong coffee, lunch at Panera, the ever maddening Game of Thrones, a few friends, tai chi and many drives to see what we could see.

On the Wednesday before she died, Michelle got a pedicure that included a foot massage she described as a spiritual experience. She chose a bright, blazing, happy shade of red nail polish. On Thursday, she took those happy, pedicured feet, put them in lime green flip flops and we went to a baseball game. At the 7th inning stretch, we stood up and sang Take Me Out to the Ball Game as loud as we could, and swayed back and forth. She was smiling and looking up at the sky.



On Friday we went to Panera for her favorite summer salad, then to Beaver Lake where we sat outside to watch the birds and play a game. She said, "I know tomorrow I am going to say goodbye to you forever, but, tonight I am going to whip your ass in Yahtzee." (Which she did.)

She died on Saturday afternoon. I was with her. I know exactly how peaceful it was; she fell into the long sleep of a benevolent god.

I witnessed her unimaginable valor. And though she never wavered, I know what it took to keep going.

A year (and a lifetime) later, I think about what it means to keep going. To act with courage, conviction and grace. And this:

"To live in this world you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go."

- Mary Oliver, In Blackwater Woods

**Kate Corcoran** *Remembered by Tessa Corcoran-Sayers*



It is a strange project, to write a memorial for another, to put into several hundred words the summary of a life. Stranger still, to write a memorial for a woman whose perhaps greatest commitment was to live a life defined on her own terms, to be a woman in her own words. So I will not sabotage this tribute with attempts at summation, but rather focus on what I know I can speak to, who my mother was to me.

You were not known to be the softest

woman, but to me you are the electric and azure blue down blankets I inherited from your bed, warmth: ultra. In the summer and the winter you would wrap up in down, on your bed, on the wicker chaise, on your prized Stickley couch. "Laying down" you once told me, "is the thing I have always most wanted to do, since I was very young," but to me you were always in the garden.

Lambs ear, astilbe, dicentra, scabiosa, daylily, clematis, lamium, anemone, sentransis ruber. We watched the flowers close at dusk, and you were awake in the garden early enough to watch them open. Chickadees at the feeder, robins on the trellis, blue jays, you always chased away. You poured over plant books, making frequent trips to the library, augmented with Alan Furst and

Donna Leon, your favorite mystery writers. "The descriptions of the food", you said "are the best parts of her writing". You loved raw fruits and vegetables, and knew lots of rules about the healthiest order to eat things in, "don't mix carrots and oranges, juice them separately", relics from your time recovering from breast cancer. Lemons, sugar, butter, heavy cream, avocados, ripe mangos, stretch bread, balsamic vinegar and safflower oil, a heaping spoonful of salt, shaken hard and poured over freshly made salads, "let the sunflower seeds cool before you add them, Tess".

While you are remembered best for your political and analytic fire, I know that you were always dreaming about water. Higgins lake, the ocean at Cape Cod, Marconi beach in particular, you could walk for hours up and down the shoreline collecting stones, "don't call them rocks". Eventually walking slowly up the dunes back to your car, shouldering pounds of stone in your red and black cloth bag. I was always surprised by how strong you were, how could such a small body hold in it so much spirit?



**Jane "Fletch" Fletcher** *Remembered by Donna Setrella*



Fletch, born Jane S. Fletcher in Sherburne, NY, was a bartender, cook, bowler, softball player, a true friend and your own personal huggy bear. I met Fletch 29 years ago at Meachum Field during a State Women's Softball Game. She approached me after the game with, "You're one helluva Catcher!" She introduced herself as "Fletch," and confidently said to me, "and you're "Byrd!" We became lifetime friends from that moment on.

Fletch was quite the bartender for years and an awesome cook. I think she filled in at the Laurel Tree from time to time when it was in Chittenango, where she

surely utilized her cunning flirtatious self with the gals. She was also a pretty darn good softball player and bowler, but she loved softball and was one consistent, loud and supportive fan. Fletch was quite the crooner in her young days and made sure you knew she was not only gay, but a true member of the Dyke community. And how she loved her ball hats and ANYTHING that represented the gay community at large.

Over the years Fletch was a proud member of the LGBTQ Community in Utica-Rome and Syracuse. And like many, her health became a deterrent to getting to Syracuse, She was hit hard with some incidents that slowed her down, including no longer having a car, and ended up in Senior Living in the Utica-Rome area. She never made it to our SAGE in Syracuse and her last hurrah at the NYS Fair was when our community decided to take over the wine court on the First Friday.

She never made it to the fair after that she didn't experience our first Pride Day, or march in the parades, but she was a FAN true at heart and always reminded me to get her a hat or T-Shirt each year right up until 2019.

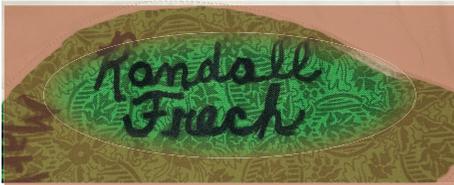
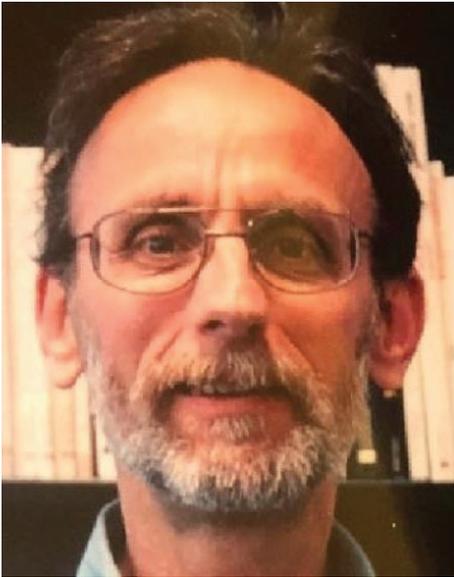
When, SAGE began potlucks and events in Utica, Fletch became a solid attending monthly member and when she needed a ride Dorrie and Robin came to her rescue being so kind to pick her up for that once a month gathering. Fletch would dive right in to help with set-up and of course always brought along some goodie or two. She was the first to jump up to clean up, do dishes, pack things up and would do just about anything Dorrie and Robin asked of her without question. It also gave her an excuse at times when there was dance, not to have to engage! I encouraged her to go to the activities in Utica, and shewas proud to be a Utica Sager from almost the beginning. She could be persistent and persnickedy and outspoken, but under all that toughness was a kind, loving, give her shirt off her back, gal. She was a SAGER and a true representation of the LGBTQ Community, and deserves to be recognized as another HERSTORIAN who now flies high with her Golden Wings.



**2018 Memorial**

**Randall Frech**

*Remembered by Tim Andrews*



Randall "Randy" E. Frech was born in Indiana, PA, and graduated from Syracuse University. His obituary in the *Post Standard* noted that he enjoyed playing the piano, reading, gardening and Dog Shows. His husband, Timothy Andrews, remembers how he enjoyed camping and spending time with family and friends. Tim tells us that Randy taught at OCC for 35 years in the Architecture Department (he also taught at Cazenovia College) and he was an avid reader.

Tim also remembers the two of them showing their Dachshunds around the country, and winning four championships in both the American Kennel Club and the United Kennel Club. In the Village of Cato, where Randy was a member of the Zoning and Planning Board, the two of them spent 30 years restoring what Tim calls their "Money Pit" – an 1834 home.

**Nick Papatonis**

*Remembered by Anthony Falco*

Nick was known for many accomplishments throughout his lifetime on earth. He was gifted and skilled with DJ technology and spent many of his years spinning records. In addition, he enjoyed being a master of the camera, working with news anchors and composing many YouTube videos.

Nick simply knew how to have a good time with the friends he encountered in life. He had quite the sense of humor. He was compassionate and considerate of others. After hurricane Katrina he was known as a Red Cross Hero for the work he did in the disaster relief, partnering with Sandra Bullock.

Later in life he lost his eyesight but stayed keen on all of his other senses. Most importantly he upheld his personality and imagination.

When meeting Nick for the first time there are three things he wanted you to know about him. He'd show you his appearance in the 1985 wrestling album, his photo with Bill Clinton, and his autobiography on the front page of the American Red Cross hero book. Two items he never left home without were the record



and book. He would also direct you to check out his YouTube channel.

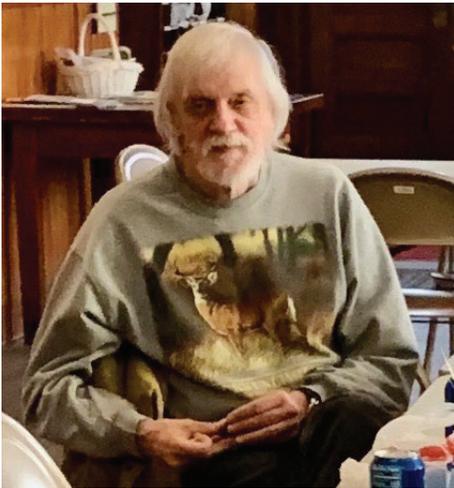
Nick may be gone, but he is never forgotten, as he brought joy, happiness, and laughter to all he met. We all miss you Nick.



**2019 Memorial**

### Roger Schumaker

*Remembered by Bill Halstead*

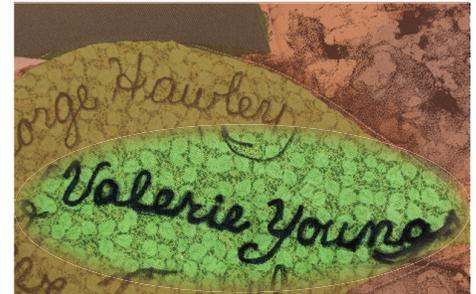


Roger "Bud" K. Schumaker, 69, passed away on Friday, July 3, 2020 at Oswego Hospital. A lifelong resident of Fulton, Roger was employed as a machine operator and lab technician at Birdseye for 34 years. He enjoyed listening to country music, watching football and hockey, as well as walking and exercising in his free time.

Roger participated in the SAGE Upstate Oswego group, and his friend Bill Halstead remembers how much he loved his cat, Lucky. Bill and Roger enjoyed walking in local parks and also around the Walmart. He also loved The Thrifty Shopper and old movies.

For those wishing, contributions may be made in Roger's memory to the Humane Society of Oswego County, or to the American Heart Association.

### Val Youngs *Remembered by Betsy Farr*



We lost Val Youngs-- my partner of 7 years-- to Leukemia, on February 8th, 2020. Val was the kind of person that would give the shirt off her back to someone that needed it. She was a Nurse, a Mother, a Grandmother, aka "Nana", last year, a Great grandmother, and my partner, my love.

We went thru a lot in our relationship -- Surgeries, disagreements; we had our share of ups and downs like any other couple.

We both loved to kayak, and camp, and she loved having the whole family over to our home in Utica for a cookout. We both loved to cook, and we often cooked together in our kitchen.

She had a tough exterior, but she was such a caring, loving, thoughtful person. One of my favorite things about her was her laugh! She had

this joyous chuckle, that turned into a belly laugh! Her whole face lit up & her smile was so big when she laughed! It made me laugh and smile, it was so contagious. We fought through hard times in our relationship, but never gave up on each other. We both loved animals, and we had a family of pets.

Val was a very dedicated member of our LGBTQ Community. She always led the Pride parade on her motorcycle. She was so honored to do this, and I would wait for her by the entrance to the Pride Festival, taking lots of pictures! I was our family Photographer! I'm so glad I was, because those pictures I treasure now, and are memories I will hold on to forever!

Val is missed by many. She loved our Utica Sage Potlucks and spending time with friends. Everyone misses you Val, you were loved by many...but especially by me. My best friend, partner, my love. I hope you are pain free. I know you're watching over us. I love you now and forever.





## We remember those who could not reach us

Each year, we lose people we never knew. We don't have their names so they can not be written on the quilt, but they are remembered in our hearts.

There are those who could never find the courage to come out. Perhaps they feared losing connection to their children and others they loved. Maybe they were closeted throughout their career and it just became a habit that was too hard to break.

For whatever reason, some lesbian, gay, bisexual and trans people never got to be who they truly were at SAGE. We

remember them and thank them for the actions they could take. We know these tiny steps had an effect on the world.

It's not difficult to understand why someone would face coming out with fear. We all know that in some places across the country and even here in our own back yard, LGBT people face discrimination and violence. That's why the affirming space we all make together at SAGE is so important. As we remember the people who could not reach us, let's make sure to keep working to expand SAGE's reach to all who need us.

## We WILL Be Together Again ...

Sometimes it feels like we'll be social distancing forever, but one day we will all be together again in the center. And you can bet that our friends on the quilt will be right there with us in our hearts, and the things they said and did will send out ripples that will forever affect SAGE and everyone who is a part of it. When we do return to in-person meetings, look for the names on the quilt. Here's where to find them:

Nick Paptonis

Roger Schumaker

Valerie Youngs

Randall Frech

Jane "Fletch" Fletcher

Kate Corcoran

Marilyn Austin

Michelle Brisson



*Thank you Ron Baldwin for once again writing the names on our quilt. Thanks also go to SAGE Shares for planning this memorial. Finally, thank you to the people who shared stories about their loved ones.*

## Deepening Humanity, continued from page 1

of series of programs addressing race. It will cover historical context, what it means to be an ally, and how we can go about doing the work on ourselves that will change our world.

Susan will discuss her own journey, "how I became a white ally and came to understand what it means to be a member of the dominant group," she said. She will also share strategies from her work as a counselor, including the Emotional Freedom Technique, which can be used to create balance and address negative feelings.

Though the work of antiracism starts with the internal, it moves us to be vigilant and call attention to racism with the goal of changing our culture. "We're using the lens of the intra and interpersonal," says Roslyn, "Which is essential, because ultimately, that's what leads to making lasting change".

The presenters make an analogy between Black Lives Matter and LGBT Pride. Just as we as LGBT people need to stand up and claim our pride to counter the shame we face in society, the Black Lives Matter movement also seeks to counter a world where all lives are not treated as if they matter.

What does it take? "The ability to work on and to be honest with oneself, as well as, sit with discomfort," says Susan. Roslyn adds, "it's being willing to notice and examine the ways that racism presents itself in everyday life."

*Deepening our Humanity* will be presented via Zoom on Thursday, September 10, 6 pm. Participants can log in (find link at [www.sageupstate.org](http://www.sageupstate.org)) or call in to 929-205-6099. Meeting ID#: 215 654 6687

### We want your questions:

Thinking about issues arising around race in the US currently-- what questions would you like to have answered? What emotions come up for you? When thinking about doing antiracist work, what would you need to help you, and what might hold you back? Send questions to [kdill@sageupstate.org](mailto:kdill@sageupstate.org)

## We want to reach you

SAGE has been offering programs through Zoom for online and call-in participants. Have we reached you? If you aren't able to access programs through Zoom, let us know why. Maybe you don't have a computer or internet access at home. Or, you might have tried a few Zoom calls and did not find what you needed there. Perhaps you just aren't clear on how to use Zoom. We'd like to help. Please contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org) and let us know:

- Would you like Zoom training or one-on-one help?
- Are there things we can change about our online programming to make it better for you?
- Would you like to call in to a program where all the other callers were also calling in?
- What are your technology needs?
- Anything else that would make it easier for SAGE to reach you during this time of social distancing.

## Fitness Class Starts Again

Barb Genton's Falls Prevention Fitness class starts again this month. Beginning on Monday, September 14, the class will meet on Zoom from 11:00 am to 12:00 noon on Mondays and Fridays. All are welcome -- those who have participated before and those who are new. It doesn't matter if you haven't exercised in a while, the class will meet you where you are. And if you are a regular exerciser, Barb will come up with ways to challenge you. Find the link for the class at [www.sageupstate.org](http://www.sageupstate.org) on the calendar page.

## Newsletter to go paperless

Do you read *SAGE Upstate News* online, or do you prefer a paper copy? We know that more and more of us are getting our news online these days, but some prefer a publication they can hold in their hands. Which type of person are you? If you'd rather read online, you don't have to do a thing. In a few months, we will start sending out the newsletter via email and posting it on our web site and Facebook page. If you'd rather have yours mailed to you, no problem. Just let us know and we'll continue to send it. Send an email to [kdill@sageupstate.org](mailto:kdill@sageupstate.org).



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