

# Sage Upstate News

March, 2021  
Vol 25 No 3

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

For up-to-date info on  
SAGE programs, see  
[www.sageupstate.org](http://www.sageupstate.org)  
The March calendar  
of activities is on page 2.

## SAVE THE DATE



JUNE 12  
through  
JUNE 30

## New Board Members at SAGE!



Amy Bartell    Crystal Collette    Branwen Drew    Leslie Lamb    Rita Gram    Margaret Himley

They'll be joining these current board members



Forest Antrum    Dan Bishop-Basler    Will Doswell    Gary Fitzgerald    Kelvin Williams

*The SAGE Upstate Board Development committee has nominated the six people above, who will join the Board in May 2021. Read more on page 3.*



Bob Bezy    Vivian Chappellier    Vivian Derrickson    Greg Lewis    Rob Pusch

**We thank  
these  
board  
members  
who are  
cycling off**

## Antiracism Project to start in May

The first initiative in SAGE Upstate's Antiracism project will be the establishment of a White Allies Discussion group. Participants will read *Waking Up White* by Debby Irving (provided by SAGE), watch videos and read articles, then discuss the concepts of racism and antiracism as they apply to our lives. We will look at our differences and also shared beliefs in an effort to understand how cultural

racism affects us and how we benefit from white privilege. Lucy Twichell, who brings with her skills and experience from her work with the National Coalition Building Institute, will lead this effort.

SAGE Upstate's Antiracist Statement (find it on our website under "About") calls on us to actively work to remove all barriers to equitable and full participation in SAGE Up-

*See Antiracism on page 3*

# April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 11 am Fitness Class  6 pm Monday Men's	6 3 pm Alzheimer's Support	7 5:30 Writers 7:00 Knitters	8	9 11 am Fitness Class	10 Utica group
11 Second Sunday With SAGE	12 11 am Fitness Class  6 pm Monday Men's	13	14 5:30 Writers 7:00 Knitters	15	16 11 am Fitness Class  7 pm Men's Night Out	17 7 pm Trans Social
18	19 11 am Fitness Class  6 pm Monday Men's	20  6 pm SAGEVets	21 5:30 Writers 7:00 Knitters	22 5:30 SAGE Board	23 11 am Fitness Class	24
25 2pm Oswego Group	26 11 am Fitness Class  6 pm Monday Men's	27	28 5:30 Writers 7:00 Knitters	29 F	30 11 am Fitness Class	

**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# and passcode (except Alzheimer's group-- see below)**

<p><b>Alzheimer's Association Caregiver Support Group: 2nd Tuesday at 3 pm:</b> Call the 24-Hour Helpline, 800-272-3900, for secure joining details.</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 # 894 0192 9890 Passcode: 1969</p>
<p><b>Knitting and Fiber Arts, Wednesdays at 7 pm:</b> Fiber arts and conversation. Meeting ID: 812 6815 6658 Passcode: 1969</p>
<p><b>Men's Night Out:</b> Third Friday at 7 pm Meeting ID: 817 6668 1893 Passcode: 1969</p>
<p><b>Oswego Group: Fourth Sunday, 2 pm:</b> Join other SAGErs in Oswego for discussion and socializing. Meeting ID: 821 3206 5529 Passcode: 1969</p>
<p><b>SAGE Upstate Board, 4th Thursday, 5:30 pm:</b> Meeting ID: 876 4687 0636 Passcode: 1969</p>

<p><b>SAGEVets, 4th Tuesday at 6 pm:</b> SAGE Veterans meet for discussion/support. Meeting ID: 871 5736 4984 Passcode: 1969</p>
<p><b>Second Sundays @ SAGE :</b> See front page for info. Meeting ID # 893 1950 6041 Passcode: 1969</p>
<p><b>Trans Social, 3rd Saturday, 7 pm:</b> Trans-identified people meet for socializing and support. Meeting ID: 823 2516 1498 Passcode: 7243</p>
<p><b>Utica Group:</b> 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><b>Writers Group, Wednesdays at 5:30 pm:</b> All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969</p>

## New board members

Here are some highlights from the bios of our new board members. If you would like to see more, visit [sageupstate.org](http://sageupstate.org) or contact Kim at 315-478-1923 and we will mail the info.

**Amy Bartell** is an artist and activist who believes in the power of art as a tool for positive social change. Her art addresses issues of social justice and diversity. She teaches illustration and graphic design at SUNY Oswego.

**Crystal Collette** is a social worker who works for social justice in her personal and professional life. She is currently the director of the Lewis County Office for the Aging, and has been active in CNY organizations including Vera House and Planned Parenthood.

**Branwen Drew** is an artist, activist, progressive, and poet. She served in the Navy during the Vietnam era and was a professor and librarian in the SUNY System for 30 years. She is a proud, 70 year old trans woman.

**Leslie Lamb** held the position of SAGE Upstate Program Coordinator from 2018-2020. She spent 14 years working in nursing homes before that, and now is a Care Manager with Circare. She also volunteers for Seventh Heaven Dog Rescue and lives in Cicero with fiancée, Monica.

**Rita Gram** served in the Air Force, the Armed Forces, and both the NYS Army National Guard and Air Force National Guard. She and her wife Sue Friedland were among the founders of SAGE Upstate.

**Margaret Himley** recently retired from SU as a professor of Writing and LGBTQ Studies after over 38 years and co-founding the LGBTQ Studies Program. In 2019 she collaborated with SAGE on a highly successful crossgenerational "SAGE Table" event.

## Second Sunday With SAGE: April 11, 4 pm



Join us on Zoom on the Second Sunday in April for a program with music and movement.

Our musical guest, Melissa Clark, has been performing around NY State since retiring from the USPS. Up until last year Melissa could be found at farmers markets from Lake George to Ithaca, and a number of markets in between. Additionally, she has played and sung for seniors at nursing homes and senior centers until 2020, as well. She has spent much of the past year songwriting and is currently

the "House Band" at Lewis's Restaurant, in Sherburne. As Covid loosens its grip, Melissa is booking market gigs and looking forward to 2021.

For the past four years, Barb Gention has been leading the SAGE Upstate fitness class, and she wants to show you what her students already know— fitness can be a lot of fun. The program will close — as always— with Table Hopping, which offers a chance to virtually socialize in small groups. Hope to see you there. Find log in and call in info on page 2.

## "Antiracism" cont'd from p.1

state. We as individuals and as an organization can strive toward this goal by moving beyond practicing unintended racism to practicing antiracism. The White Ally group is the first step and the initiative will evolve as participants weigh in.

Things you should know: The White Ally group will be a safe space -- what is said in the group will stay there. We encourage people to speak their truth, to actively listen, and respect what others bring to the group. We also acknowledge that though participants may be challenged to move outside of their comfort zone, we ask for a commitment to attend all sessions when people sign up.

If you are interested, please contact Kim at 315-478-1923 or [khill@sageupstate.org](mailto:khill@sageupstate.org) and we will keep you up to date as the plans move forward. Thank you in advance to all who participate-- this work will be the beginning of organization-wide change.



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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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Upstate  
strong!**

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