



Second Sunday With SAGE: May 8, 4 pm on Zoom "Older Than What?"

We'll watch the short film, "Older Than What?" which features older LGBT people talking about aging.

After the film, we'll try to answer some of the same questions that people in the film were asked, like:

How old do you feel?

Do you feel invisible?

Were you always well behaved?

What about sex?

Join us for fun,
social time,
and a door prize!

Most Programs Move to Hybrid -- In Person AND On Zoom

Programs are coming back to the Center. COVID is still out there, so we urge caution. But you have options now-- if you'd like to come to the Center, do that, if you'd rather stay on Zoom, that's fine too. The same goes for masking and distance -- everyone should feel comfortable wearing a mask and keeping some distance.

In April, the Writers group, Knitting and Fiber Arts, and SAGEVets met in person and on Zoom. This month, you can meet in person for the First Friday Social and Men's Night out too. You can also meet for a meal at Thursday Dine Out, the Breakfast Club, and 60+ Luncheon. These won't be available on Zoom. The Utica Social will meet on May 14 at the same place (Utica Unitarian at 10 Higby Rd) at a new time: 2:00- 4:00 pm.

Want to get fit? You can do that in person now too. The Falls Prevention Fitness Class will meet Mondays and Fridays at 11:00 am, and the Walking group meets at Destiny (at the benches by Panera) on Thursdays at 10:00 am.

There are a few programs that won't be back this month. In Oswego, we are looking for a new meeting space. Second Sunday with SAGE will continue online in May and June and we'll take July off. We hope to hold our Annual August Picnic in person, and start Second Sunday in person in September. See all of the details on the calendar in the center of this issue.

2022 Spring Appeal

Your Donations

Never doubt that your contribution -- no matter the size -- makes a difference. Whether it's \$10, or \$10,000, we promise you we will put it to good use.

If you're reading this newsletter, chances are you believe in the mission of SAGE Upstate: to reduce isolation and improve health for older LGBTQ people in CNY. So, we thank you for participating in SAGE -- donating, volunteering, coming to a program, or reading this newsletter.

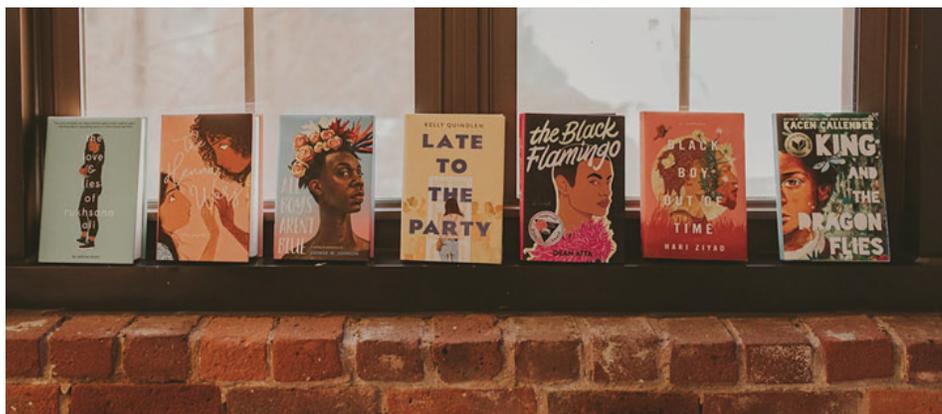
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Make An

IMPACT

Saturday June 4, in person at Willow Bay on Onondaga Lake or virtual -- walk, run, skate, or roll it your way. Details on p. 6.

Project Open Book creates a sense of community through reading



At a time when there is a national effort to shut down and devalue the lives and experiences of LGBTQ folks, Project Open Books provides a powerful counterforce. This charitable organization purchases age-appropriate LGBTQ books to provide for readers – at home, in schools – at no cost.

Joshua Lambert, the founder, identifies as a cisgender gay man who struggled in high school to connect with what he was reading at home and at school. The books made him feel insecure about being different. He couldn't find books that represented who he was and what he was feeling. Stories online were too mature for him at the time. When he turned 16, he started going to the local bookstore and ordering books.

Josh found stories he could connect to and feel empowered by – and that sense of belonging is what he wants for other LGBTQ youth. Books give them a sense of community as they start their journey of self-discovery.

Too many young LGBTQ people still feel scared, alone, or are in situations

where coming out could be dangerous. The 670 anti-LGBTQ bills circulating in state legislatures since 2018 unfortunately really add to those fears and feelings.

Josh says, "It's my goal to create a sense of community through reading. It is my hope this project can help change lives, spread love and promote simply wonderful stories from writers who dedicate their lives to providing us with such content."

Project Open Books has a free library of beautiful queer books. All a person or school has to do is submit a book request – and they will receive the book for free. POB also provides free guidance and activities for educators to use in their classrooms.

Look for more information about Project Open Books, as SAGE Upstate is looking for ways to partner with this project and support its much-needed mission. For more information, visit projectopenbooks.com.

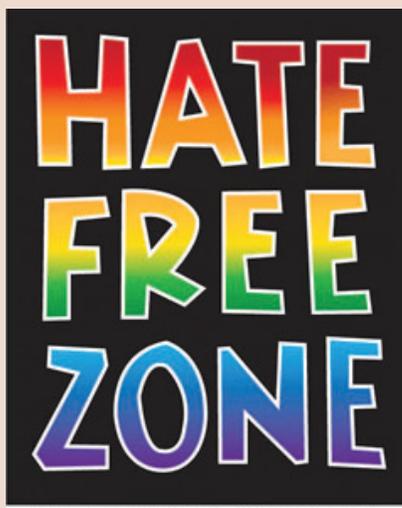
–Margaret Himley

Protect Our Hate Free Zones

We – as LGBTQ elders – remember the discrimination and prejudice of the past. Numerous anti-LGBTQ laws are being introduced in other parts of the country, and we don't want to go back in time.

Let's protect our Hate Free Zones – places where we can be who we are openly and safely. If you know of such a place, increase its visibility with a Hate Free Zone poster designed by Amy Bartell. You can pick up posters at the SAGE Upstate Center.

If you'd like to support the organizations that are working directly with the areas affected by anti-LGBT laws, find a list of them at sageupstate.org on the home page.



These signs are being posted locally -- see pictures on page 7. And if you post a sign or see one, send us a photo!

Celebration of Life
"Seasons of Love"
 Susan G. White



A celebration of the life of Susan White will be held at the Highland Forest Community Shelter on May 21, 1:00 pm. Susan was born in Enid Oklahoma in 1958, and she passed in October 2021. She was a feminist, a social justice activist, and a lover of

furry four-legged friends. Her work at Vera House, SAGE Upstate, and the Women's Info Center will send ripples throughout our community for years to come. Join Susan's partner, Roslyn Rasberry, her family and her friends to remember the many ways that she touched us all. Highland Forest is located at 1254 Highland Park Road in Fabius, NY. For more information email to swhitecelebratelife@gmail.com

Fill out a brief survey and help the Neighborhood Advisor program help you.

Do you have 5 minutes or so to tell us more about you? Share some biographical information and tell us about health issues that are relevant to you? This brief survey will help us identify ways that the Neighborhood Advisor program can help you, and others. To open the survey, use the QR code below. Thanks!



Open the camera app

Focus the camera on the QR code by gently tapping the code

Follow the instructions on the screen to complete the action

EISEP

(Expanded In-Home Services for the Elderly Program)

This program helps older adults who are not Medicaid-eligible to remain independent.

EISEP combines case management services and non-medical supportive services to help people delay or avert costly and premature placement in nursing facilities. EISEP workers set up a plan to coordinate in-home, community, and private services to meet client's needs.

Food \$en\$e

Did you know that the Food Bank of Central New York offers a co-op for everyone? No qualifications, no subscriptions, no requirements to participate. Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. The program provides a monthly box of 12-15 staple grocery items at a discounted price. Each package costs \$20.50. There is no limitation to the number of packages you may buy. While the items vary from month to month, the package always includes: 4-5 meat items like chicken, ground beef or fish, 4-5 staple pantry items like pasta, soup, and rice, and 2 fresh produce items like apples, carrots or oranges.

For more info, contact Trish Johnson at 315-282-5428
 or tjohnson@sageupstate.org

Spotlight on Resources

May 2022

1	2 11 am Fitness Class	3	4 5:30 Writers 7:00 Knitters	5 11 am Walking Group 6:30 Thursday Dine Out	6 11 am Fitness Class 3:00 pm First Friday Social	7
8 2nd Sunday With SAGE, 4 pm on Zoom	9 11 am Fitness Class	10	11 9:30 am Breakfast Club 5:30 Writers 7:00 Knitters	12 11 am Walking Group	13 11 am Fitness Class	14 Utica Social, 5pm
15	16 11 am Fitness Class	17	18 12:30 60+ lucheon 5:30 Writers 7:00 Knitters	19 11 am Walking Group	20 11 am Fitness Class 7 pm Men's Night Out	21 7 pm Trans Social
22	23 11 am Fitness Class	24 6:00 pm SAGEVets	25 5:30 Writers 7:00 Knitters	26	27 11 am Fitness Class	28
29	30	31	 <p style="text-align: center;">Hand sanitizers and masks are available to all in the SAGE Upstate Center</p> 			

In Person Meetings: We want SAGE Programs to be safe and welcoming to all. These guidelines are meant to help people feel affirmed and safe when participating

- Masks and 3 feet of distance are recommended but not required .
- Bring your vaccination card or scan and send it to kdill@sageupstate.org – once we have it on file you do not need to show it again.
- Each time you visit the Center, please sign in and out at sheet by the door
- Please do not participate if you have had symptoms or tested positive for COVID in the past two weeks, or if you have been in contact with anyone who has.
- If you test positive for COVID within 2 weeks of your visit to SAGE, let us know.
- Please do not share food. Guidelines will be updated monthly.

	In Center	Outside Center	On Zoom	Zoom log in information
60+ Luncheon , Third Wednesday, 12:30. SAGERS meet for lunch -- contact Kim to be added to the list: 315-478-1923 or kdrill@sageupstate.org		✓		
Breakfast Club , Second Wednesday, 9:30. SAGERS meet for breakfast -- contact Kim to be added to the list: 315-478-1923 or kdrill@sageupstate.org		✓		
Drop-In Hours at the Center, 3:00 pm to 6:00 pm, every Wednesday and Thursday	✓			
Falls Prevention Fitness Class led by Barb Genton Mon/Fri, 11 am 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	✓		✓	
Knitting and Fiber Arts , Wednesdays at 7 pm: Fiber arts and conversation.	✓		✓	Meeting ID: 812 6815 6658 Passcode: 1969
Men's Night Out : Third Friday at 7 pm; SAGE guys socializing in the Center	✓		✓	Meeting ID: 817 6668 1893 Passcode: 1969
SAGEVets : 4th Tuesday, 6:00 pm Join other LGBTQ veterans for socializing, programs about benefits, and resource sharing. In person and on Zoom	✓		✓	Meeting ID: 871 5736 4984 Passcode: 1969
SAGE Upstate Board , 4th Thursday, 5:30 pm			✓	Meeting ID: 876 4687 0636 Passcode: 1969
Second Sunday With SAGE , 4:00 pm We'll be watching and talking about a short film called, "older than What?"			✓	Meeting ID: 893 1950 6041 Passcode:1969
Thursday Dine Out , First Thursday, 6:30. SAGERS meet for dinner-- contact Kim to be added to the list: 315-478-1923 or kdrill@sageupstate.org		✓		
Trans Social , 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. In person and on Zoom	✓		✓	Meeting ID: 896 9963 6095 Passcode: 1969
Utica Social : Join SAGE folks from Utica on May 14, 2- 4 pm at Utica Unitarian, 10 Higby Rd. Bring your own food (no access to kitchen)		✓		
Walking Group , Thursdays at 10 am, meet at Destiny		✓		
Writers Group , Wednesdays at 5:30 pm: All genres and experience levels welcome .	✓		✓	Meeting ID: 596 630 088 Passcode: 1969

Make an



with your donation

Continued from page one

All of those types of engagement are important and needed. But it's that time of year where we focus on one of them—donations. We're asking you to contribute to our Annual Spring Appeal.

I can tell you that donations from local donors got us through the past two years. Not being able to meet or fundraise in person makes things difficult to survive as a nonprofit organization. Because of local donors, we not only survived, but we thrived. People stayed engaged, the Center remained operational, and remote access and online communications reached people. Your contributions sustained connections between SAGE and older LGBTQ people, and fostered friendships and support among older LGBTQ people.

But contributions from local folks helped us in another way. It allowed us to remain viable—capable of doing the work spelled out in our mission. Here are just a few examples of how that made a difference.

When SAGEUSA was looking for a way to reach veterans in Upstate NY, they called us and funded that project. The Onondaga County Department of Adult and Long Term Care Services chose SAGE Upstate to hire the first ever Neighborhood Advisor for the CNY LGBTQ community. And finally, donors kept our foundation strong, which is a critical asset in our current work to restart in person programs.

We look ahead in 2022 and see so many possibilities. Donations will support programs that counter isolation, SAGE Upstate News 6

opening up the possibility for participants to make friends and build support networks.

This appeal will also make possible our health programs— Barb and the exercise class will be back in the Center on Mondays and Fridays. The Walking group will be meeting every week too. And we hope to have plenty of presentations on various health issues. from exercise to the walking group to presentations on specific health issues.

Another way to address isolation and health among older LGBTQ people is by helping providers offer affirming services. SAGE offers trainings— both in person and on Zoom— to help make spaces safe for us.

Everyone wants to age with active bodies, hopeful minds, and interconnected lives. That's why SAGE is here. We hope you consider an appeal donation to help us get there. You'll find a donation form on the back of this issue, and feel free to call Kim at 315-478-1923 or kdrill@sageupstate.org if you need more info. Thank you for believing in SAGE.

Are you signed up for the weekly email update? If you'd like to have SAGE news delivered to your inbox, contact Kim at kdrill@sageupstate.org

Ways to Give

Use the form on the back of this newsletter to donate with a check or credit card



Go to sageupstate.org and give online



Instead of giving an amount all at once, break it up into monthly pledge amounts. Give us your card number and we will charge it each month automatically.

CNY Gay 5K: June 4

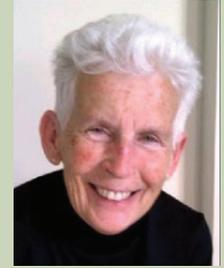
The CNY Gay 5k will be held in person at Willow Bay at Onondaga Lake Park on Saturday, June 4. Participants may also complete their 5k virtually. Registration info will be posted any day now at cnygay5k.org. The event is a community-run, family-friendly event that raises funds for services here in Central New York. Last year, the 5K raised over \$10,000 for SAGE Upstate.

At Willow Bay, the 5K will kick off at 9:00 am. It's 5 kilometers in length, or just over 3 miles, which takes about an hour to walk. If you'd rather do it virtually, you can run, walk, skip, dance, sashay, roll or stroll this 5k wherever you choose, anytime.

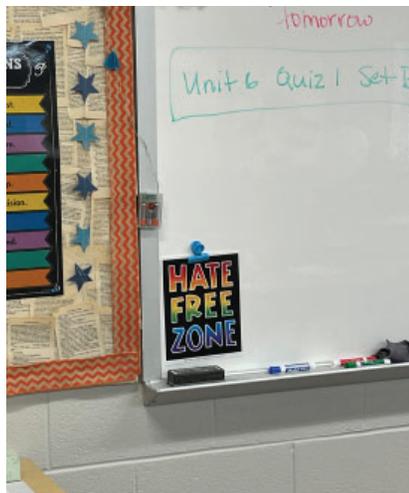
For those who do the 5k in person, results will be published— watch CNYGay5k.org for details. You can also post photos and share them at facebook.com/CNYGay5k, or make a public post on your own wall using #cnygay5k. On instagram, post using #cnygay5k and tag @cnygay5k.

For a donation of \$30, you can register for this event — and you get a t-shirt too!

Celebration of the life of Marilyn Austin: June 4



Join friends and family to remember the life of Marilyn Austin at Plymouth Congregational Church on June 4 at 3:00 pm. You're invited to bring along any photo(s) that you'd like to share. You may also offer a reading or poem, or share a story. If you are so moved, please contact Marilyn's daughter, Chris at 360.595.3156 or chrisot64@gmail.com. Also, please bring a dessert or hors d'oeuvres to share, and a non-perishable item for Plymouth's Food Pantry. At this still trying time, there is a request that attendees be fully vaccinated. Mask wearing is highly encouraged. COVID guidelines will be followed. If you have questions or need further information, you can contact Marilyn's daughter Chris with the contact info listed above.



Know of a hate free zone in CNY? Post a sign so everyone else knows too!



Here are some of our signs that have been posted at: (clockwise from top left) Vera House, Oneida High School, Skanateles High School GSA, and Oneida High School.



★ 431 E. Fayette St. Suite 050
Syracuse, NY 13202

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



YES! I want to Make an IMPACT

- \$250
- \$150
- \$75
- \$25
- Other \$ _____

Name:

Address , City, State, Zip:

Phone:

Email:

Credit Card #:

Exp: CVV _____

Please choose one

- Please accept my one time gift
- I pledge \$ _____ per month

Please choose one

- Check enclosed
- Bill my card one time
- Bill my pledge monthly until I stop

Can we recognize your gift in SAGE publications? yes no

Mail to: SAGE Upstate,
431 E Fayette St. Syracuse, NY, 13202