

Second Sunday Potluck in Syracuse: 5/11 Self Care



Mental
Health
Matters

The program will start with some fun trivia, then we'll plant flowers and make Blessing Bracelets. May is Mental Health Awareness Month, and these activities support self-care.

3:00 social time; 4:00 program
Dinner follows program



Feeling lucky? Join us in the 2nd Floor Ballroom for Casino Night on Thursday, May 22, 6-8 pm. The event will include games of chance such as Blackjack, Texas Hold-Em, Spin the Wheel, High Low, and Dice games.

For a donation at the door (suggested \$10, more if you can, less if you can't), you get chips to play. What do you win? Fabulous prizes of course! Grand Prize: Free stay at Foxwood Casino (\$300).

Keep SAGE Strong

We don't want to have to cut critical programs for older LGBTQ people -- with your support we won't have to face this decision.

Those of us who are older in the LGBTQ community have seen our community go from misunderstood, to tolerated, to accepted, to affirmed in our lifetimes. Now things seem to be going the other way, and we can't let that happen.

We can advocate, call our elected officials, stand up for our rights and be as visible as we can as LGBTQ people. **And, we can make sure that SAGE Upstate stays safe.** In order to survive the current climate, we need to stay strong as an organization.

How can you help? Look inside.

All participants
get this shirt



Register at
sageupstate.org

Have you registered for the Pride 5K?

Just go to sageupstate.org to register, donate, get your merchandise or sponsor this event. You can sign up for \$30 through June 11, or \$35 on event day, 7:30 to 8:30 am.

If you'd like to participate virtually, you can register for \$35, and that includes having a shirt mailed to you. You can run, walk, skip, dance or sashay this 5k anywhere, anytime! A 5k is 3.1 miles. So, have a 20-40 minute run, or an hour walk. Send photos to pride-5k@sageupstate.org.

The venue offers a flat out-and-back course with a water stop. The

race begins at the Long Branch Park parking lot and proceeds over the bridge. The course then turns right and proceeds along the lake with a turnaround at the half way point. There are restrooms at the race start and near the turnaround.

This year you we're offering Pride 5K caps, long sleeved t-shirts, and hoodies. You will have the option to select items during the registration process by clicking on the "store" tab. You can also go back after you've registered to select items. Just go to sageupstate.org.

You can also purchase caps, long
sleeved tshirts and hoodies



Join us on Saturday, June 14, at Long Branch Park



From the Neighborhood Advisor

Your Neighborhood Advisor invites you to the I-Care class, The Final Journey: Understanding Hospice & Palliative Care, on Monday, May 12, 2025, hosted by Onondaga County Department of Adult and Long Term Care Services.

Obtain beneficial information, including the difference between hospice and palliative care, when to consider hospice and how to start the conversation, as well as how to access bereavement care after you say goodbye.

For more information and to register, visit: <https://forms.office.com/r/E36RFw-CYZO>, or contact Kimberly Connell at (315) 435-2362 x4693, or Kimberly.Connell@ongov.net.



Golf Lessons with Monica

Monica Hamilton will continue Golf Lessons this month:

- May 8:** Drivers & Woods
- May 29:** Irons

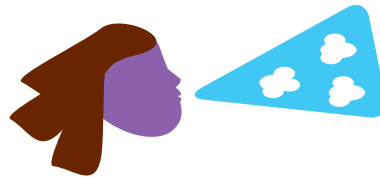
All classes are held from 6 - 7 pm. \$25 donation per session. Various locations. Space is limited, please contact Leslie to sign up: 315-478-1923 llamb@sageupstate.org.

It All Begins With The Breath

"By changing patterns of breathing we can change our emotional states, how we think, and how we interact with the world."

-- Dr. Gerber, Harvard Psychiatrist

Breathwork is the practice of changing our breath, of choosing a pattern of breath that is executed for a certain period of time. By consciously altering breathing patterns, individuals can influence their nervous system, potentially reducing anxiety, stress, depression and promoting relaxation. Working with the breath can support us on all levels of our being, physical, emotional, mental and spiritual. It can increase energy levels, help lower blood pressure, reduce chronic pain, increase mental clarity and focus, support managing PTSD and trauma symptoms, build emotional resilience and help to foster a deeper sense of self awareness, connection and well-being.



tinents for thousands of years. It has ancient origins in India and China as well as Shamanic tra-

ditions all over

the world. Beginning in the 1960's, breathwork began to experience a modern-day re-emergence in American culture. Fast forward to today where it is a modality at the forefront of many wellness institutions with even traditional hospitals featuring breathwork programs.

SAGE Upstate is pleased to announce its own breathwork program, coming this summer! Please note that this will not be your typical breathwork program. It will be uniquely tailored to support, resource and empower members of the LGBTQ+ community, especially during these changing and challenging times. More information to follow next month.

Working with the breath has existed across many cultures and con-

New center drop in hours: Mondays & Fridays, 3 - 5 pm
 The office will be staffed Monday-Friday, and we will open for drop-in hours and for all programs. If you need to see us another time, just call.




RAISE SOME DOUGH
Help support us!

25% of sales will benefit **SAGE-UPSTATE**

May 29, 2025
 4:00 pm to 8:00 pm
 9542 Destiny USA Drive
 Syracuse, NY

In Cafe • Drive-Thru • Pick-Up • Delivery
 Enter promo code FUND4U at online checkout.

Panera FUNDRAISING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 am Walking 6 pm Dinner Out	2 5:30 Dance class	3 2 pm Utica Potluck 11 yr Anniversary!
4	5 5:30 Walking group 6 pm Monday Men's (closed) Group	6 11:30 Lunch & Learn: Regenerative Medicine 6 pm Bonding Brothers	7 5:30 Writers	8 9:30 Breakfast Out 10 am Walking 6 pm Golf class	9 5:30 Dance class	10 7:00 Gender Blend
11 3 pm Syracuse Potluck: Self Care	12 5:30 Walking group 6 pm Monday Men's (closed) Group	13 10:30 String Cheese Acoustic group	14 5:30 Writers	15 10 am Walking 12:30 Lunch Out 5 pm Theater Thursday: <i>Kinda Pregnant</i>	16 7 Men's Night Out	17 2 pm Watertown Potluck
18 2:00 pm Oswego Potluck	19 5:30 Walking group 6 pm Monday Men's (closed) Group	20 6 pm Bonding Brothers	21 5:30 Writers	22 10 am Walking Group 6 pm Casino Night	23 5:30 Dance Class	24
25	26 Memorial Day, Office Closed 5:30 Walking group 6 pm Monday Men's (closed) Group	27 11:30 Lunch & Learn: Medical Cannabis	28 5:30 Writers	29 6 pm Golf class 4- 8 pm, Panera Fundraiser	30	31 Group trip to the musical <i>Fun Home</i>

Bonding Brothers: New men's group meeting in the Center on the 1st and 3rd Tuesday at 6 pm.	Second Sunday Potluck in Syracuse. Program: Minds Matter. Bring a dish to pass if you are able.
Dance Classes with Susan Shockey (no class on 5/16 and 5/30)	Oswego Potluck, for all in the Oswego area and beyond. Bring a dish to pass if you are able.
Gender Blend: 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at sageupstate.org). For info contact Johna: 315-478-1923 or jmelius@sageupstate.org .	String Cheese: a new group for learning and playing stringed instruments. Bring a bag lunch for after.
Golf Class: Lessons with Monica Hamilton. See p 2	CASINO NIGHT: Thursday May 22-- see article on front page
Knitting& Fiber Arts: On break until September	Theater Thursday: 5 pm <i>Kinda Pregnant</i> - more on next page
Lunch & Learns on May 6 & 27 -- see article on next page	Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3	Walking Group Thursdays in Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm	Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.
Monday Men's Group: closed support group that takes new members a few times a year.	Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Outside of Syracuse

Open to LGBTQ+ folks and Allies in these towns and beyond.

Oswego: Potluck on 3rd Sunday at 2 pm
Trinity Methodist, 45 E. Utica

Utica: Potluck on the first Saturday (3/3),
2 pm Utica Unitarian, 10 Higby Rd.

This month Utica celebrates its 11th anniversary!

Watertown: Potluck on the 3rd Saturday,
2 pm All Souls UU, 1330 Gotham St.

May Lunch & Learns



May 6: Regenerative Medicine

Victory in Motion staff will educate and empower individuals with cutting-edge knowledge about advancements in health-care, particularly in regenerative medicine, and how it can improve quality of life.



May 27: Medical Cannabis

NYS Office of Cannabis Management will present on pharmacology of cannabis; side effects; drug interactions; dosing; routes of administration; risks/ benefits; warnings and precautions; and abuse and dependence.

All presentations include lunch and start at 11:30 am. RSVP to Leslie at 315-478-1923 or llamb@sageupstate.org and let us know of any dietary restrictions.

Volunteer training



On Wednesday May 14, 1 pm, SAGE will hold a volunteer training on tabling at events. In the next few months, SAGE has been invited to multiple tabling events, many for Pride events around the region. We need YOUR help to get our information out in the community at these events. The training will give you all of the information you need to table for SAGE. Please join us on 5/14 in the Center to learn more.



Theater Thursday: Kinda Pregnant

May 15, 5 pm

When Lainy's plan to settle down and start a family falls apart, she puts on a fake baby bump, tells a lie, and accidentally falls for her dream guy. *Kinda Pregnant* 2025 R 1h 37m Popcorn will be provided.

Meet your SAGE friends for a meal

To RSVP, contact Ron or Leslie at 315-478-1923 or llamb@sageupstate.org.

1st Thursday Dinner: 5/1, 6 pm

Euclid Restaurant, 4285 State Route 31
Clay, New York 13041

2nd Thursday Breakfast: 5/8, 9:30

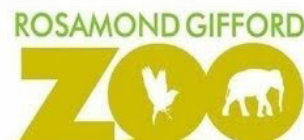
All Night Eggplant, 5781 Bridge St #36,
East Syracuse, NY 13057

3rd Thursday Lunch: 5/15, 12:30

Barado's on the Water, 57 Bradbury Road
Central Square, NY 13036

Bonding Brothers now meets on the 1st and 3rd Tuesday

If you are interested in joining this peer discussion/support group for SAGE men, contact Leslie at llamb@sageupstate.org.



Family Day of Visibility

On Sunday May 4, 7-4 pm, the Rosamond Gifford Zoo will host LGBTQ+ Family Day of Visibility presented by Beyond powered by NYPENN. It's a special day celebrating the rainbow of families in our community. Enjoy special keeper talks, exhibitors, entertainment, activities and much more. Stop and visit us at the SAGE table. If you are interested in volunteering to table this event, contact Leslie @ llamb@sageupstate.org

MAY RAFFLE

Fun in Manlius

\$25 gift card for
A.W Wander
Craft Beer & Pizza Pub
-and-

2 tickets for Manlius Theater

\$1 for one ticket
\$5 for six tickets

Get tickets at all potlucks
and programs, online and
in the center



Fun Home @ RedHouse Saturday, May 31

Some have expressed interest in going to see the musical *Fun Home* at the RedHouse this month, so we are gathering a group. If 10 people sign up, we can get tickets at the group discount rate of \$45. Would you be interested in joining fellow SAGErs to see the show on Saturday MY 31, 2 pm? To sign up please contact Leslie at (315) 478-1923 or llamb@sageupstate.org.

Fun Home is based on the graphic novel by Alison Bechdel, who also wrote the comic series *Dykes To Watch Out For*. When her father dies unexpectedly, Alison dives deep into her past to tell the story of the volatile, brilliant, one-of-a-kind man whose temperament and secrets defined her family and her life. Moving between past and present, she relives her unique childhood playing at the family's Funeral Home, her growing understanding of her own sexuality, and the looming, unanswerable questions about her father. *Fun Home* is a refreshingly honest, wholly original musical about seeing your parents through grown-up eyes.

SAGE needs your support

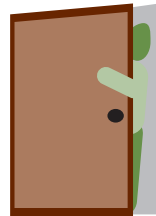
We are facing serious challenges. We do not have support from NY State this year, so our funding is lower and the need keeps getting higher. Please give so we can continue serving LGBTQ people in CNY. Every penny will help.

Isolation was already high risk for older LGBTQ people-- now in the current climate, it's even worse. Connection is hard-wired into humans-- so much so that a lack of connection can influence our well being. **Many older LGBTQ people are living outside the bubble of protection** offered by social connection. With your help, SAGE Upstate can reach them with programs that foster the creation of support networks.



People need a place to go where they are affirmed just the way they are. Every time we turn on the news, we hear about the elimination of things that have kept us safe. As older people, as members of LGBTQ communities, **we need to be able to gather at SAGE and help each other** in a safe affirming space.

Transgender communities have been hardest hit by recent events, and trans people are even more in need of support. **SAGE Upstate will never waver in its support** of Transgender, Non-binary, and Intersex people, or any "enemies from within" as described by conservative politicians, such as immigrants, people of color, and women seeking health care. However, we've lost our grant support for this work. We can do more with help from our generous donors.



Isolation may lead us to a sedentary lifestyle, and make people wary about reaching out for healthcare. SAGE

is committed to offering programs that provide health resources. For example, the Neighborhood Advisor Program can locate services that will help people remain strong and independent, aging in place.

Can you help? Please consider a donation or pledge to SAGE-- we don't want to cut these critical programs. With your support we won't have to do that. For more information go to sageupstate.org and click on "donate." You can give online, or use the form on the back of this newsletter and mail your donation.

*It's not too late to
make a difference*

Take Care Together



We now have a core group of folks participating in *Take Care Together*. Now we need some input from others who are participating in SAGE Programs. We are asking SAGE participants to complete the *Take Care Together* survey so we have more information on social connection and health needs for our community. To take the survey online, go to sageupstate.org and select *Take Care Together* under the programs tab. *Take Care Together* is made possible by funding from Excellus BlueCross BlueShield. We thank our TCT participants and all who take the survey-- the information we get will help us build better programs.



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

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- \$20 per month
- \$45 per month
- \$85 per month
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