



Serving Older Gay, Lesbian, Bisexual, & Transgender People in CNY

This Month @ SAGE

CHI I COOK OFF

Saturday, March 25, 2 - 5 pm



Second Sunday Potlucks Are Back!

Join us on March 12
3:00 Social Time
4:00 Program followed by potluck



Lunch & Learn, 3/28:
Smart Devices. More info inside.

Needs Assessment Survey



We'd like to know about what you need to age healthy and strong. Please help us serve older LGBTQ people by responding to the 2023 SAGE Upstate Needs Assessment. On average, it takes around 20 minutes to complete it and it will make a difference for the months and years ahead. Findings will help us plan new programs and provide relevant services. To set our goals, we are asking you about about needs, concerns and wishes so we can better understand and respond.

The survey is anonymous and confidential, and you can skip questions. We will be happy to have whatever informa-

tion you want to give us. Please note that the survey is designed for all aging LGBTQ people in Central New York-- those who have participated in SAGE Upstate programs, AND those who have not.

We want to know who we are reaching and who we are missing. So, the survey asks for simple biographical information: age, gender, race, housing, relationships, transportation. There are also questions on health concerns to help us develop needed programs. We'll be asking about technology because we want to know the best way to reach you. Respondents are also asked about their most pressing concerns and SAGE Programs -- for those who have participated. You can find the link to the survey at [sageupstate.org](https://www.sageupstate.org) or use the link here:

<https://www.surveymonkey.com/r/NC3CD57>

Hard copy surveys are available if you'd rather answer this survey with a pen. Call Kim at 315-478-1923 or email to kdill@sageupstate.org and we'll send you one. If you'd like to pick up a survey at our center, the address is 431 E Fayette St. in Syracuse.

We're looking for a few good Chili cooks and many tasters

Chili Cooks: Bring your best pot of chili, traditional with or without beans, white bean chicken, vegan cashew, whatever kind you make. There will be prizes for winning categories of traditional, non-traditional, vegan/vegetarian. To enter your chili, contact Kim 315-478-1923 or kdill@sageupstate.org.

Tasters: Come and try a variety of Chilis and vote for your favorite. If you're not bringing the chili, you are judging and enjoying! Suggested donation is \$10 but for any donation, you can try all the chilis --and some cornbread -- and go back for seconds as long as they last!

The event will be held on Saturday, March 25, 2 - 5 pm,
in the Second Floor Ballroom at 431 E Fayette St. in Syracuse.

Are you LGBTQ and a Veteran? Do you know an LGBTQ Veteran?



Bryan Ellicott, NYS SAGEVets Program Manager.

SAGEVets across NY State

SAGEVets offers outreach and education to providers and individuals throughout NY on issues such as: VA benefit eligibility evaluation; Legal advice and representation regarding discharge status upgrades (especially regarding discharges related to sexual orientation); case management assistance; "Know Your Rights" materials, support groups, educational programs; restoration of benefits to those with "other than honorable" discharges

Upcoming Events

Yoga w/ Veterans Yoga Project

Monthly online classes include breathing techniques for stress management, gentle seated chair stretches, and guided relaxation. Open to all, including beginners and those with limited mobility, veterans and non-veterans. Instructor Clarissa Alliano. Mondays 1:30pm- 2:30pm
Next meeting: March 6. Find link information at sageupstate.org, community news page, or email to: SAGEVets@sageusa.org

SAGEVets in CNY

Here in CNY, SAGEVets meets monthly on the the 4th Tuesday, 6 pm, for socializing among veterans and programs about various topics. The group meets on Zoom and holds special events in person. Find links and info on the calendar page in this issue or sageupstate.org.



Veterans Arthur Lum, Rita Gram, and Jerry Reed at Clearpath for Veterans

Book Talk: Anthony F. Gero, Black Soldiers of New York State: Proud Legacy

This conversation with Author Anthony F. Gero will be held March 15 at 3pm on Zoom. Anthony is a retired teacher from Auburn, NY where he taught Black History at SUNY Cayuga. He is a Fellow of the Company of Military Historians and has written numerous articles on military history. Find link information at sageupstate.org, community news page, or email to: SAGEVets@sageusa.org

SAGE Veterans: Join us on March 28, 6 pm for dinner

At this dinner program, Older LGBTQ Veterans will share a table and share stories about their service. We will also have a presentation on the Restoration of Honor Act, which restores benefits to veterans who have an other than honorable discharge. The program will be held at SAGE Upstate, 431 E Fayette St. in Syracuse. Please RSVP to Kim at 315-478-1923 or kdill@sageupstate.org.

SAGEVets Statewide Program Manager: Bryan Ellicott
(He/Him or They/Them)
305 Seventh Ave., 15th Fl. New York, NY 10001
T: 212-741-2247 www.sageusa.org

SAGEVets at SAGE Upstate
Group Leaders: Rita Gram and Dan Bishop-Basler
Meets 4th Tuesday at 6 pm
Info: Kim at kdill@sageupstate.org or 315-478-1923

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|-------------------------------------|---|---|---------------------------|
| <h1>March 2023</h1> | | | 1 Writers, 5:30 | 2 11 am Walking Group 6 Dinner Out | 3 11 am Fitness 3 pm First Friday Social | 4 2 pm Utica Social |
| 5 | 6 11 am Fitness Class 6 pm Men's Group | 7 | 8 5:30 Writers 7:00 Knitters | 9 9:30 Breakfast Club 11 am Walking Group Volunteer Orientation, 7 | 10 10:30 Oswego Social 11 am Fitness | 11 |
| 12 2nd Sunday POTLUCK! Social time starts at 3 pm | 13 11 am Fitness Class 6 pm Men's Group | 14 | 15 5:30 Writers | 16 11 am Walking 12:30 Lunch Out 3- 6 pm HIV/AIDS testing | 17 11 am Fitness Class 7 pm Men's Night Out | 18 7 pm Trans Social |
| 19 | 20 11 am Fitness Class 6 pm Men's Group | 21 | 22 5:30 Writers 7:00 Knitters | 23 11 am Walking Group | 24 11 am Fitness Class | 25 2- 5 Chili Cook Off |
| 26 | 27 11 am Fitness Class 6:00 pm Men's Group | 28 11:30 am Lunch & Learn: Smart Device training SAGEVets Dinner, 6 pm | 29 5:30 Writers | 30 11 am Walking Group | 31 11 am Fitness Class | |

Drop-In Hours at the Center: 3:00 pm to 6:00 pm, every Tue, Wed, Thu.
Need to come a different time? Just call.



In person only




On Zoom Only



In Person & Zoom

| |
|---|
| Breakfast Club, 2nd Thursday, 9:30. SAGErs meet for breakfast. See other side of page for details |
| Falls Prevention Fitness Class: In person and online Mondays and Fridays at 11 am. Meeting ID # 894 0192 9890 Passcode: 1969 |
| First Friday Social, at 3:00 in the Center-- games and socializing. |
| HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3:00- 6:00 pm |
| Knitting & Fiber Arts, 2nd and 4th Wed at 7 pm. Fiber arts & conversation. In person and on Zoom. Meeting ID: 812 6815 6658 Passcode: 1969 |
| Lunch and Learn: See article on other side of this page. 11:30 am. Please RSVP to Trish in advance (and share any dietary restrictions) by 2/24: tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info. |
| Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm. |

| |
|--|
| Out For Dinner, 1st Thurs, 6 pm. See details on back. |
| Second Sunday Potluck. Social time 3 pm, program 4 pm, dinner after program. Bring a dish to pass if you are able. |
| Oswego Social, 2nd Friday, Mimi's, 201 N 2nd St in Fulton. Friday, March 10, 11:30 |
| Out For Lunch: Third Thursday, 12:30 pm See details on back. |
| SAGEVets: support and socializing for LGBTQ Veterans. Fourth Thursday, 6:00 pm |
| Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd. |
| Walking Group, Thurs at 11 am, meet at Destiny Panera. |
| Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969 |
| Volunteer Orientation: March 9, 7 pm at SAGE. See other side of page for details. |



**Lunch & Learn:
Smart Device Training**
Tuesday, March 28, 11:30

Learn about your smart device, what it can do and the best way to do it. Please RSVP by Friday, 2/17 to Trish, including dietary restrictions: 315-478-1923 or tjohnson@sageupstate.org



FREE TESTING
"HIV DOESN'T HAVE AN AGE LIMIT"
EVERY 3RD THURSDAY OF EACH MONTH

- HIV
- SYPHILIS
- HEP C

GET TESTED TODAY!
ACR Health
Opening doors to create healthy communities
3pm-6pm

Dining OUT with SAGE Friends

NEW: All SAGE dining out groups now meet on Thursdays. These popular gatherings draw 8-12 SAGE friends together 3 times per month (breakfast, lunch, dinner) at local restaurants.

Would you like to receive emails about these events? Contact Kim at 315-478-1923 or kdrill@sageupstate.org. Your info will be passed on to Ron, who leads these groups. See this month's locations at right.

To arrange for your seat at the table, please RSVP

Dinner on First Thursday

3/2, 6:00 pm @ *Eva's Europeam Sweets*.
1305 Milton Ave. in Syracuse

Breakfast on Second Thursday

3/9, 9:30 am @ *Finally Ours*, 3788 W Seneca Turnpike in Syracuse

Lunch on the 3rd Thursday

3/16 12:30 pm @ *Jake Hafner's*
5224 W Taft Rd in North Syracuse,



**SAGE UPSTATE'S
VOLUNTEERS ARE
LOVE IN MOTION**

Volunteer Orientation: March 9, 7 pm

Join Trish for a program on all the ways to volunteer at SAGE Upstate. Let's brainstorm and dream of ways we can be in community with each other. Each one of us is an important part of that possibility. Current volunteer opportunities: newsletter mailings, Chili Cook Off, CNY Gay 5K and other events, tabling events, develop a "Pitch Night" and other socials, attend tabling events with Trish, host BINGO. Find sign up info at sageupstate.org (calendar page) or use this link: <https://www.signupgenius.com/.../10C094BA9A728A4F9C43...>



SAVE THE DATE

GAY 5K CENTRAL NEW YORK

**Saturday, June 17, 9:00 am start time
Longbranch at Onondaga Lake Park
Registration coming soon: see cnygay5k.org**

From the Executive Director

by Kim Dill



How do you "SAGE"?

I know-- it's that overused and sometimes irritating tendency to use a noun as a verb. But stay with me. I want to make a case for the appropriateness of using SAGE that way. "SAGE-ing" is active, not passive. It's something you do, not just somewhere you go.

We've had to learn new ways of SAGE-ing over the past few years. In fact it was three years ago this month that we all went inside and stayed there. We learned how to wear a mask. We washed our hands obsessively-- some of us even washed our groceries before putting them away. We learned how to Zoom. At the time, we thought it would only be for a few months, but today we still aren't completely back to normal.

SAGE in person gatherings stopped in March 2020. We actually had to cancel the February potluck the month before because of the weather, not COVID. Later in February though, we

We've been making the shift to in person programs over the last several months, and I've noticed the absence of some folks I used to see all of the time. There are those who are still being cautious, and that is understandable. Many of us (or our partners) have health conditions that make it impossible to participate in person. SAGE supports and affirms the choices people make for themselves and their health. If staying home is what you need to do to be safe, do that. If staying safe in person requires personal space and a mask, we support that. And, we ask that others participating in programs respect each others' needs and choices as well.

It's possible that another category of folks out there have unlearned how to SAGE ... ot at least the way they used to SAGE. Maybe try again, Maybe try something new.

SAGE-ing can be exercising and knitting and writing. It's play-

"SAGE-ing" is active, not passive.

It's something you do, not just somewhere you go.

held the 2020 Chili Cook Off, which was the last event SAGE held before ending all in person gatherings. This month, the Syracuse potluck AND the Chili Cook Off are back!

Over these past few years, I'm sure we've learned a lot more than how to communicate with little faces on a screen. But the question that's been bothering me is-- what have we "unlearned?"

For me, staying home has become a habit-- I've unlearned how to be social. I know that I much prefer doing it in person rather than remotely, so I'm trying. But, in the case of meetings I'd rather Zoom. Who wants to get in their car, drive someplace at a certain time, find parking, go in, find the meeting room ... See? This is how my mind works now.

Zooming is easier. You don't have to do any of the stuff above. You can work or relax-- whatever you're doing-- up to literally minutes before logging in. But what am I missing? Side conversations that might uncover some new collaboration? Would it be easier to see eye to eye if the eyes were across the table? Would shared laughter make the work easier? I'm not sure about the answers to these questions, but I know that I need to be open.

ing games and socializing. It's showing up somewhere because you know that your conversations, kind words and smiles are part of what makes SAGE the welcoming and affirming place that it is. I want to emphasize this point. What I do, what Trish does, what our Board does-- these are only parts of the picture. The main thing we offer is connection among SAGE participants and between participants and services they may want or need. It's a lot of this: people coming together to laugh and support one another. People learning together about resources in the community. People standing up in front of their friends and sharing information that is going to help.

For people making the health choice to stay at home, thankfully we can do all of these things online. Another way that people can "SAGE"-- whether they prefer in person events or staying safe at home-- is participating in the 2023 SAGE Upstate Needs Assessment. It takes around 20 minutes to complete and it will help us offer meaningful programs to you and others. Please share your feedback so we can make SAGE better.

What have you unlearned? How do you SAGE? Let's find out together.



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

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



Help keep SAGE Upstate strong enough to improve health and reduce isolation for older LGBT people during these challenging socially distant times and beyond.

**I want
to keep
SAGE
Upstate
strong!**

Name:
Address , City, State, Zip:
Phone:
Email:
Credit Card #:
Exp: CVV_____

Choose One

Please accept my one
time gift of \$_____

I pledge \$_____
per month

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

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

Can we recognize your gift in SAGE Upstate publications? Yes No