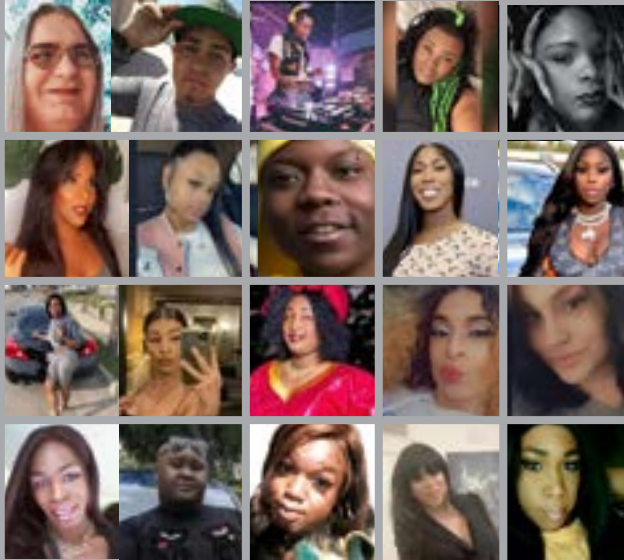




Transgender Day of Remembrance

As of 10/31, 26 trans and gender non-conforming lives have been taken in 2023.



Transgender Day of Remembrance, held on November 20 each year, is a time to honor the memory of people whose lives were lost to anti-trans violence. So far this year, 26 lives-- more than two per month-- were lost. In 2023, 88% of victims were people of color, 52% were Black transgender women, and 72% were killed with a gun.

Using the list documented by the Human Rights Campaign, Johna Melius, SAGE Upstate Ambassador to the Trans community, has compiled information for a slideshow detailing the lives of those pictured above. It will be shown at events in Syracuse, Watertown, and Utica. Find event info on page 7. Johna will speak at the Syracuse event.

As of June 1, 2020, the New York Division of Veteran Services for New York State has been accepting applications for restoration of New York State veteran benefits. Any individual with prior military service who was discharged under other than honorable (OTH) conditions may apply. These include discharges based on sexual orientation, gender identity, Post Traumatic Stress Disorder, or Traumatic Brain Injury.

New York State has taken a significant step toward justice and equality by passing this legislation. This represents a fundamental shift towards recognizing and rectifying the historical injustices faced by LGBTQ+ veterans.

The policy known as "Don't Ask, Don't Tell" (DADT) was in place in the U.S. military from 1993 to 2011. DADT prohibited military personnel from disclosing their LGBTQ+ identity or engaging in same-sex relationships openly. As a result, many LGBTQ+

Continued on page 2

Join us for a Thanksgiving Potluck: SAGE Provides Turkey, Dressing, Potatoes, Gravy
If you're able, bring a side-- if not, come anyway!

Thanksgiving Feasts



Syracuse: Sunday November 12

Social time 3:00 pm; Dinner/Program at 4:00 pm

Utica: Saturday November 4

2:00 pm at Utica Unitarian, 10 Higby Road

Oswego: Sunday November 19

2:00 pm at Trinity Methodist, 45 E. Utica St. in Oswego

SAGEVets continued from page 1

service members received less-than-honorable discharges during this period, which could negatively impact their employment prospects, access to healthcare, and other benefits.

In 2011, DADT was repealed, marking a significant milestone in the fight for LGBTQ+ rights. However, the discharge statuses of those who had already been affected by the policy remained unchanged. Recognizing the need to correct this historical injustice, New York State has taken a progressive step by enabling LGBTQ+ veterans with less-than-honorable discharges to apply for a change in their discharge status.

The Restoration of Honor Act for Veterans law in New York State signifies an essential step towards justice and equality. This legislation ensures that LGBTQ+ veterans are no longer unjustly punished for their sexual orientation or gender identity, acknowledging the sacrifices they have made in service to their country.

The change in discharge status will have far-reaching effects. It will allow affected veterans to access crucial federal and state veterans' benefits previously denied to them. These benefits include education, housing, healthcare, and job opportunities. Additionally, the restoration of honor can help alleviate the stigma and discrimination LGBTQ+ veterans may have faced because of their less-than-honorable discharge.

Veterans who wish to change their discharge status under this law can apply through the New York State Division of Veterans' Services. They will need to provide documentation and demonstrate that their discharge was due to their sexual orientation, gender identity, or expression. The SAGEVets program can assist with all parts of the process.

This law not only rights a historical

wrong but also sends a powerful message of support and inclusion to the LGBTQ+ community in the armed forces. It is a testament to the progress made in the ongoing fight for LGBTQ+ rights and serves as a model for other states to follow in addressing past injustices.

The Statewide SAGEVets program can assist with other things too-- including benefits evaluations, legal advice and counsel, case management, and support groups.

Here are some programs offered virtually by SAGEVets:

- Yoga w/ Veterans -- monthly yoga class suitable for all, including beginners and those with limited mobility. Classes include breathing techniques for stress management, gentle seated chair stretches, and guided relaxation. The last two classes this year meet on November 6 and December 4, from 1:30 to 2:30 pm.
- Virtual Veterans Support Group -- every Friday from 2:00- 3:00 pm.

For zoom links and more information, call (646) 660 – 8955 or email SAGEVets@sageusa.org.



Bryan Ellicott addresses a SAGEVets meeting in Syracuse earlier this year.

The **SAGE Upstate SAGEVets program** meets monthly on the 4th Tuesday, and will be working on honoring veterans this month. Contact Leslie for more info: llamb@sageupstate.org or 315-478-1923.



Trish Johnson left SAGE in October for a job with Onondaga County. We will miss her, and we wish her the best.

Goodbye to Trish

Trish started work as a Neighborhood Advisor in November, 2021, after SAGE received funding from the Onondaga County Department of Adult and Long Term Care Services. Over the past two years she has offered services and referrals to the older LGBTQ community, and visited other senior centers regularly, building relationships.

The Lunch & Learn programs grew under her leadership. She hosted speakers on topics ranging from TikTok and Laughter Yoga to Medicare Enrollment and Alzheimer's Disease.

Trish also secured a grant from the Western and Central NY Health Foundation to explore developing a congregant meal site at SAGE. This project is still in process.

As a member of Vera House's Elder Justice Coalition, Trish worked with others locally on abuse experienced by older adults. She also worked with SAGE groups meeting in both Oswego and Utica.

More recently, Trish coordinated volunteers and became trained as a social media coordinator. You'll remember her fun posts -- hopefully we can match her standards in time. We thank you, Trish, for all you've done for SAGE!

SAGE Upstate will fill the Neighborhood Advisor position as soon as we can. If you or someone you know may be interested, please contact Kim at 315-478-1923 or kdill@sageupstate.org



Queer Night at the Everson



Lunch & Learn: 911



Halloween Dance



November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:30 Writers 7:00 Knitting & Fiber Arts	2	3 3:00 pm First Friday Social	4 2 pm Utica Thanksgiving
5	6 11 am Fitness Class 6:00 pm Men's Group	7	8 5:30 Writers 7:00 Knitting & Fiber Arts	9 10:00 am Walkers 9:30 pm Breakfast OUT	10 Office Closed	11 Veterans Day
12 Second Sunday Potluck in Syracuse 3:00 pm Social Time 4:00 pm Dinner & Program	13 11:00 am Fitness class 6:00 pm Men's Group	14 5:30 pm Crafting	15 5:30 Writers 7:00 Knitting & Fiber Arts	16 10:00 am Walkers 12:30 pm Lunch OUT	17 11:00 am Fitness class 7:00 pm Men's Night Out	18 7:00 pm GenderBlend
19 2:00 Oswego Thanksgiving	2 6:00 pm Men's Group	21	22 5:30 Writers 7:00 Knitting & Fiber Arts	23 Thanksgiving	24 Office closed	25
26	27 11:00 am Fitness class 6:00 pm Men's Group	28 11:30 Lunch & Learn 6:00 pm SAGEVets	29 5:30 Writers 7:00 Knitting & Fiber Arts	30 10:00 am Walkers		

The CNY Veterans Parade and Expo will be held Saturday November 4, 9:00 am - 2:00 pm. Parade at noon.

Stop at the SAGE table! For more info, see cnyveteransparade.org

Crafting	It's back! Join Leslie and your SAGE crafting fans in the Center	Second Tuesday, 5:30
First Friday Social	Games, snacks, social time	First Friday, 3:00 pm
Falls Prevention Fitness Classes	The class helps participants build strength and improve balance to lower the risk of falls. All fitness/exercise levels. In person and on Zoom (find link at sageupstate.org/programs). No class 11/10, 11/20, 11/24.	Mondays & Fridays 11:00 am
GenderBlend	(Formerly Trans Social), socializing/support for Trans community. On Zoom and in person. Find zoom link at sageupstate.org/programs	3rd Saturday, 7:00 pm
Knitting & Fiber Arts	Learn to knit or crochet or come and do it with others. For fiber artists of all skills-- even no skills!	Wednesdays, 7:00 pm
Lunch & Learn	Alzhiemers Association-- 10 warning signs. Please RSVP in advance (and share dietary restrictions) to llamb@sageupstate.org or 315-478 1923 Free-- lunch provided.	Tuesday, 11/27, 11:30
Men's Night Out	Join SAGE guys in the Center for socializing, pizza and food!	Third Friday, 7:00 pm
Oswego Social	Potlucks are back at Trinity Methodist! This month, the gathering will be a Thanksgiving potluck.	
SAGEVETS	Join other veterans for socializing and support in the SAGE Upstate Center.	
Second Sunday Potluck	This month it's a Thanksgiving Feast	Second Sunday: Social time 3:00, Program 4:00. Dinner 5:00
Utica Social	Gathering for SAGE folks in the Utica area. Potluck-- bring a dish to pass if you are able.	First Saturday, 2:00 pm
Walking Group	A weekly walk with your SAGE friends. Location varies-- contact SAGE.	Thursdays at 10:00 am

Meet your SAGE friends for a meal!

Would you like to receive emails about SAGE Dining Out events? Contact Kim at 315-478-1923 or kdill@sageupstate.org. Your info will be passed on to Ron, who leads these groups.

This month:

2nd Thursday Breakfast: 11/9, 9:30 AM, **Finally Ours Diner**, 3788 W Seneca Turnpike

3rd Thursday Lunch: 12:30, **The Retreat**, 302 Vine St. in Liverpool



This TQIA+ Social and Support group meets on Zoom and in person on the third Saturday of each month. For more info, contact Johna at jmelius@sageupstate.org. Find the Zoom link at sageupstate.org/program



Individuals (of) **D**ifferent **E**thnicities (and) **N**eighborhoods **T**ruly **I**nspiring **T**rust (and) **Y**ou-nity
This program, for LGBTQIA+BIPOC communities is just getting started. Interested? Contact Tim at tattimore@sageupstate.org or call SAGE.

Thank You to all who made the 11th Annual Community Dinner Fabulous!



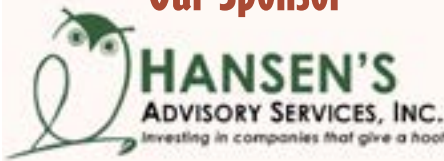
**Father
Fred
Daley**

Music Makers



Joe Downing on piano and
SGLC solists and a duet: Ron Baldwin,
Ali Loomis, Kate Kearney
and Stacy Sceiford

Our Sponsor



Community Partners

ACR Health
Alzheimer's Association
AppeThaizing
CNY Pride
FAIR-NY
Wolf's Den

Table Hosts

Ron Baldwin	Valerie Grant
Bob Bezy	Nancy Gwin
Karen Bowan	Monica Hamilton
Dori Colvin &	Leslie Lamb
Robim Latham	Audrey Turner
Gary Fitzgerald	Les Wright
Rita Gram	

Silent Auction

Barb Genton



Kudos for the Kitchen!



Will Doswell
Audrey Turner
Shane McQueeny
and server Scott Milner

Greeters



Scott Milner & Greg Lewis

Leslie and Kim send a special thank you to the organizing committee

Bob Bezy, Barb Genton,
Ron Baldwin, Will Doswell

**And All
Who
Came
and
Enjoyed!**



Unity Through Diversity



Tim Lattimore, SAGE Upstate's Ambassador to BIPOC communities (center) with presenters ME Hart, left, and Lacette Cross, right.

Kim Dill and Tim Lattimore participated in the Unity Through Diversity conference in October. The national event is held every other year to provide a safe space for LGBTQIA+ BIPOC communities and allies, and to examine health and social disparities with the aim of identifying strategies to address them.

More than thirty sessions were held, exploring a wide range of topics, including advocacy, cultural competency initiatives, cultures of wellness, healing and spirituality, safety planning, and responding to anti-LGBTQ Legislation. This year, the focus was "The Power of Unity."

The conference was held in Albany, the home of host organization *In Our Own Voices*, which provides comprehensive services with a focus on the health and wellness of LGBTQIA+ BIPOC communities. Tandra LaGrone, In Our Own Voices CEO is pictured with presenter Misty Eyez Alicia.



SAGE Upstate Advocacy Committee seeks new members

By Jenny Gluck

The SAGE Upstate Advocacy Committee (AC) is looking for partners, collaborators, and members from Onondaga County and beyond in CNY—folks like us who believe LGBTQ+ individuals have the right to live, age, and die with grace and dignity.

One of the AC agenda items on our list is to create proposals (priorities and causes) to better educate ourselves, our communities, and our local politicians. In addition to education, we want to ask our politicians about their intentions to meet the needs of all their voters and then hold them accountable.

Let's start with 3 to 5 Proposals with the intent to add more as we get results. Let's establish proposals with some associated metrics so we can brag about our successes and get others to join us.

To kick us off on proposals, can we start with affordable and affirming housing for all LGBTQ+ members in all CNY counties? Housing that welcomes us, that provides resources and services, that doesn't make us re-closet ourselves, and that doesn't pull us out of our communities and into isolation?

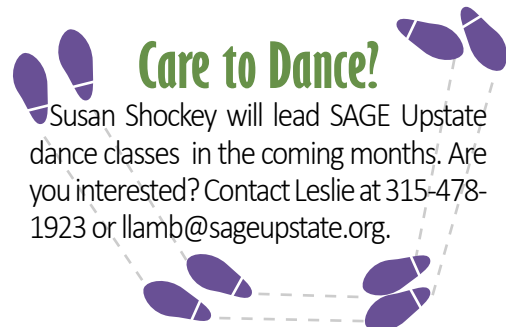
We know this proposal needs work—

how do we quantify our needs, such as transportation, medical care, education, voting ability, network/Internet, and entertainment-socializing opportunities for all with grace and dignity? How many beds? and what types do we need per region? What are the economic issues relative to finding a place? For example, where do you plan to move when you can't live alone anymore? Will the place you move to accept your partner or your pets? How did you decide, and are you content with what you found? What issues related to housing matter most to you?

When respondents of the recent SAGE Upstate needs assessment were asked about affordable housing, 24% were very concerned and 33% were somewhat concerned. So more than half of the respondents were concerned about affordable – and we might add 'affirming' – housing.

As a reminder, we are a non-partisan group, focused and unified on our rights as LGBTQ + folks to freedom, happiness, and safety.

Please consider joining our committee so we can generate specific proposals and strategize about how to educate our communities and politicians about our needs and ultimately to protect our community. Interested? Contact Kim at 315-478-1923 or kdill@sageupstate.org.



Susan Shockey will lead SAGE Upstate dance classes in the coming months. Are you interested? Contact Leslie at 315-478-1923 or llamb@sageupstate.org.



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