



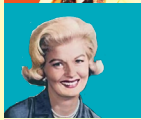
## Second Sunday Potluck

### .....MOM TRIVIA.....

They're everywhere. But how much do we really know about them? We're going to find out this month. In celebration of Mother's Day, we're going to ask mom questions, do mom bingo, and play mom games. Prizes? Of course. See you there.



May 10  
2nd Floor Ballroom  
431 E Fayette St.



3:00 pm: social time  
4:00 pm: program  
Dinner following program



Bring a dish to pass if you are able.



## Breathe into Pride!

Breath is life AND June is the long-awaited month where we celebrate our lives and experiences as LGBTQ+ persons! Come join us for this kick-off workshop where we will support and explore the beauty of our community through the power of breathwork. Our focus will be on amplifying the energy of appreciation. In addition to some simple exercises that you can use in your daily life, we will also play with:

- How to raise your energy and vibration.
- Better regulate your nervous system (stress/life challenges).
- How to hold more joy.
- Creating and Infusing an LGBTQ+ Community-wide "Grid of Pride."

We hope to see you there.  
Happy (pre) Pride!  
-- Roslyn Raspberry

## Thank You Park Central!

Well, the elevator is fixed now -- thank goodness. These last few months have been difficult, but what made things so much easier was the support of Park Central Presbyterian Church. They opened their doors to us -- free of charge -- and let us use multiple rooms in their building for potlucks, programs, and other groups. Thank you to Pastor Sarah, Ken, and Beejay who were so helpful. Your kindness and generosity is well appreciated.



SAGE volunteers clean up during Earth Day event.



Register by May 18 to guarantee a shirt!



June 6, Long Branch Park  
Register at [sageupstate.org/pride-5k](http://sageupstate.org/pride-5k)



SAGE Upstate News is published monthly for and about older

Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in CNY, and Trans, BIPOC, and Rural people of all ages. SAGE Upstate is a nonprofit organization working to reduce isolation and improve health for LGBTQ communities. Board meetings are open to the community. For more information: [kdill@sageupstate.org](mailto:kdill@sageupstate.org). All activities are accessible unless otherwise noted. Interpretters and large print publications are available on request.

**SAGE Upstate Board**

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Contact the board at [board@sageupstate.org](mailto:board@sageupstate.org)

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*Program Director*

Masani Tyler

*Neighborhood Advisor*

*Trans Empowerment Initiative*

*Cooridnator: Tim McCoy*

*TEI Support: Johna Melius*

SAGE Upstate is funded by the the NYS Department of Health LGBTQ Services, Onondaga County Dept. of Adult and Long Term Care Services, NYS Legislative funding through the Office of Senator Rachel May, Excellus BlueCross BlueShield, the CNY Community Foundation, Allyn Foundation, NYS Legislative funding through the NYS DOH, Carrier, Eastwood Rotary, donors, events, and business sponsors.

**Trans Empowerment Initiative News**

Tim McCoy continues to lay the groundwork for the Trans Empowerment Initiative, while we wait for state funds to become available for this grant, which started March 1. The program covered two tabling events in April, one at the Syracuse University Trans Awareness Rally, and also at Building Beloved Community Beyond the Binary at First UU. Eventually the program will offer activities in Jefferson County and elsewhere, and Tim is making contacts in these areas. In addition, Johna Melius is leading Gender Blend and coordinating the Trans Partnership Coalition.

We expect funding to come sometime over the summer, and at that time you'll see new programs and staff, and Tim will move to full time.

We ask for your patience during this time -- we will have programming up and running as soon as this

is possible. As we build this initiative, if you or someone you know would benefit, please contact Tim McCoy at: [tmccoy@sageupstate.org](mailto:tmccoy@sageupstate.org).

Stay tuned!

**Transmasculine Spectrum Group**

SAGE Upstate's Transmasculine Spectrum Group was created to support the unique experiences, health needs, and life journeys of transmasculine individuals. Whether you are early in your journey, decades in, nonbinary and masculine-identified, or anywhere in between — you belong.

**New Time:  
 2nd/4th Tue., 6:30 pm**

SAGE Upstate, 431 E Fayette St. For more info, contact Tim at: [tmccoy@sageupstate.org](mailto:tmccoy@sageupstate.org) or 315-335-9765

**Regional Premiere: The Inheritance**



On May 28-31, Covey Theater, in partnership with Come Out New York, is producing a dramatic reading of "The Inheritance" by Matthew Lopez. This regional premiere is set decades after the AIDS epidemic. Three generations of gay men in New York City attempt to forge themselves a future. Inspired by E.M. Forster's masterpiece *Howards End*, *The Inheritance* examines survival, healing and what it means to call a place home. Both parts are presented over 4 performances -- mix and match the dates that work best for you. Limited seating! Currently, tickets to BOTH performances are available at <https://the-covey-theater-company.yapsody.com/event/index/870117/the-inheritance-part-1> (also find the link at [sageupstate.org/programs](http://sageupstate.org/programs)) At the Checkout Page, click "Continue Shopping" to choose a date for Part 2.



**Your support helps SAGE make a difference every day.**



**To donate:** Use the QR code, visit [sageupstate.org/donate](http://sageupstate.org/donate), or use the form on the back. Thank You.



by Tim Lattimore

**-RETRO PRIDE-**

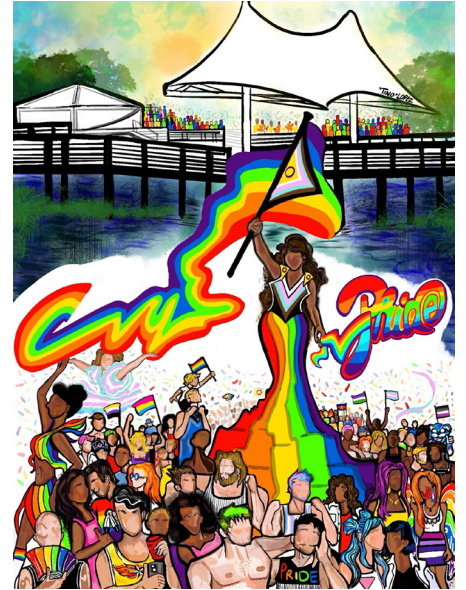


This year is CNY Pride's 30th festival (in Syracuse), and they recently held an art contest looking for someone to create a design that would reflect what "30 years of love, resilience, and celebration" means to the artist.

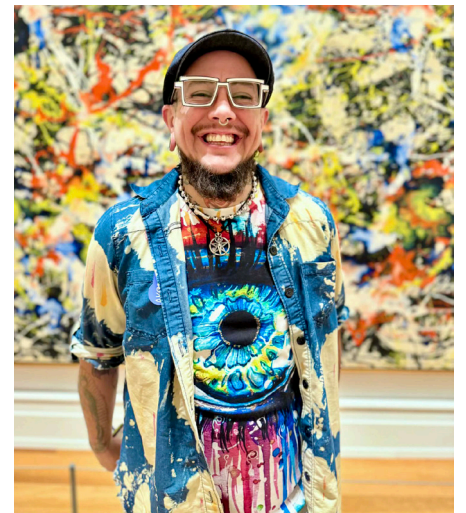
The wait is over! We have a winner! Meet Tino Lopez and behold his winning artwork that will be seen on the cover of the CNY Pride Guide this May. Tino's artwork isn't just images and colors... it's his whole life, and more importantly, a powerful way to bring hope to the world.

If you are looking to "come out" to express yourself and celebrate June Pride and what it means to be Proud, join us on June 13, 2026 as the CNY Pride Parade kicks off at 11am along Solar St., which will lead right into the Pride Festival at noon in Progress Park at Syracuse's Inner Harbor. If you need more information, go to [CNYPride.org](http://CNYPride.org). Hope to see you there. I'll be taking pictures for the SAGE newsletter.

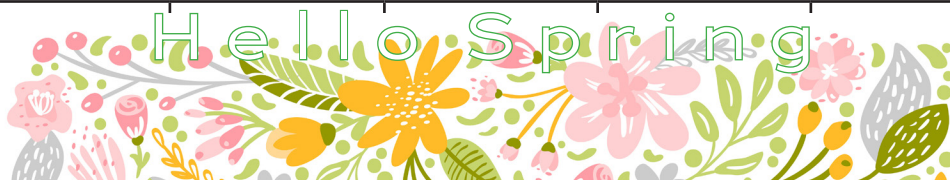
Also, be on the lookout in June 2026 for my interview with Tino. Until next time, take care of yourselves and BE KIND to one another.



Above: 2026 CNY Pride Cover  
Below: Cover Designer Tino Lopez



# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 2 pm Utica Potluck
3 5 pm Syr. Gay Film Society	4 5:30 Walking group 6 pm Monday Men's Group	5 11:30 Lunch & Learn, Eating Better on a Budget 6 pm Bonding Brothers	6 5:30 Writers	7 10 am Walking 6 pm Dinner Out Trivia Night	8	9 7:00 Gender Blend
10 2nd Sunday Syracuse Potluck 3pm social; 4pm Program 5:45 Syr. Gay Film Society	11 5:30 Walking 6 pm Monday Men's group	12 11:30 Lunch & Learn, Plan Meals Ahead 6:30 Transmasculine Spectrum group	13 5:30 Writers	14 9:30 Breakfast Out 10 am Walking	15 7 Men's Night Out	16 5:30 pm Gay Board Game Night
17	<b>18</b> 5:30 Walking group 6 pm Monday Men's Group	19 11:30 Lunch & Learn, Veggies & Fruits 6 pm Bonding Brothers	20 5:30 Writers	21 10 am Walking 12:30 Lunch Out	22	23
24 5:45 Syr. Gay Film Society	25 OFFICE CLOSED 5:30 Walking group 6 pm Monday Men's Group	26 11:30 Lunch & Learn, Preparing health food/bev 6:30 Transmasculine Spectrum group	27 5:30 Writers	28 10 am Walking	29 5 pm Breath into Pride	30

\*\*\*\*Register for the Pride 5k by May 18 to guarantee a shirt. Info/registration at [sageupstate.org/pride-5k](https://sageupstate.org/pride-5k)

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.
Breath In To Pride: Get ready for pride month with this community breath-work session.
Gay Board Game Night: meets in the SAGE Upstate Center. More info p. 7
Gay Film Society: meets in the SAGE Upstate Center. See more info p. 7
Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom ( Zoom link at <a href="https://sageupstate.org">sageupstate.org</a> ).
Lunch & Learns meet at SAGE. For details see next page.
Monday Men's Group: closed support group that takes new members a few times a year.
Meals OUT -- Dinner on the 1st Thursday Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.

Men's Night Out: Social for SAGE guys, in person and on Zoom 3rd Friday, 7 pm.
Second Sunday Potluck in Syracuse. Social time at 3:00, program at 4:00, dinner after program.
SAGE Strings will take a break during April and May.
Transmasculine Spectrum Group: for men in TGNCNB communities. 2nd & 4th Tuesday at 6:30 pm
Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able. Details p.6.
Walking Group Mondays (5:30 pm) & Thursdays (10 am): The group meets at the benches by Panera at Destiny.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at <a href="https://sageupstate.org">sageupstate.org</a> .

## May Lunch & Learn Series: Eating Better On A Budget



**Program News**


by Leslie Lamb, Program Director

Join us for this four-part series, Presented by Christine Hebert, Onondaga County Department of Adult and Long Term Care Services on how to choose healthy foods while stretching food dollars.


- Receive a program-related gift each session
- Learn simple recipes and try them day of the program
- Leave armed with lots of useful information.


You do not have to commit to every workshop, just let us know the ones you would like to attend. Funded by the Eastwood Rotary.

*Lunch and Learns are held at SAGE Upstate, located in the CNY Philanthropy Center, 431 E Fayette St. Programs start at 11:30 and lunch is served at 12:30. Please R.S.V.P. to Leslie at llamb@sageupstate.org or by calling 315-478-1923. Let us know of any dietary restrictions.*

 **Tuesday, May 5:**  
*Eating Better On A Budget*

 **Tuesday, May 12:**  
*Plan Meals Ahead*

 **Tuesday, May 19:**  
*Purchasing Veggies, Fruits at the best price*

 **Tuesday, May 26:**  
*Preparing Health Food & Beverages*

### CNY Senior Information Expo

**May 21, 2026**  
**9am - 12pm**

**CNY Regional Market, F - Shed**  
**2100 Park Street, Syracuse**

**Free**

Presented by:



**Coordinated by:**

Community Living  
**CLA**  
Advocates

Enjoy the games and music while you plan your next adventure in living, discover how to stay in your home as long as possible, or find programs and services you didn't even know you wanted.

**Stage Sponsor:**



**Media Sponsor:**



Easy free parking, door prizes, and giveaways...

**Coffee Sponsor**



Over 70 organizations for you to discover



The Syracuse Corvette Club will be displaying cars.

Event Sponsors:



This year's CNY Senior Information Expo is happening on Thursday, May 21st from 9am to 12 noon at the CNY Regional Market in the F-Shed. SAGE will have a table there, so come see us! If you want to attend the event, but don't want to go alone, let us know! We can connect you with other SAGERS who are also interested in attending!

### Interested in attending community events, but don't want to go alone?

Sign up for our SAGE Out Together List. We'll put you in touch with others, so you can attend as a group to the Info Fair at left, Pride, and other events. Contact Leslie at llamb@sageupstate.org or 315-478-1923

### Meet your SAGE friends for a meal

**1st Thursday Dinner, 5/5, 6 PM.**

Vito's Restaurante. 320 First St, E. Syr

**2nd Thurs. Breakfast, 5/14, 9:30 am**

The Eggplant. 5781 Bridge St. E. Syr

**3rd Thurs. Lunch: 5/21, 12:30 pm**

Pheobe's, 900 East Genesee Street

### Utica Potluck

2 pm on the first Sat. every month. Utica Unitarian, 10 Higby Rd.



By Masani Tyler

# Neighborhood Advisor News



CHAMPION YOUR HEALTH: MAY 2026

**Championing our health also means maximizing our mental/emotional/social wellbeing.**

How do we do that? One way is to tap into our capacity as older adults for psychological resilience.

In our current climate of intense social upheaval, where we may feel like our most treasured and time-honored institutions -- as well as our hard-earned gains -- are collapsing all around us, we may be struggling to find meaning. Kathleen (Kay) Adams LPC, Founder/Director of The Center for Journal Therapy, writes in *The Moral Injury Journal: A Compassionate Writing Path for Troubled Times*: "There is a particular distress that pervades in [sic] our culture right now--what is often called moral injury. Moral injury describes the pain, outrage, despair or grief that arises when the values and systems we care about most are repeatedly violated, threatened or rendered powerless by forces beyond our control.

To help attend to this distress, Kay writes, "Journal writing offers a way to meet this moment--not by fixing what cannot be fixed, but by helping folks stay grounded, connected and internally steady in the midst of uncertainty."

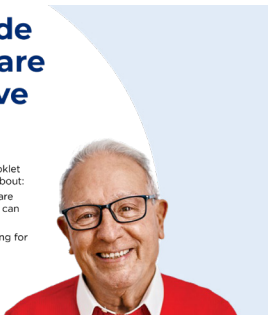
Kim reminded me that May is Older Americans Month, and this year's theme is "Champion Your Health." One way we can level up our wellness strategy is by staying current on preventive health measures, like screenings and vaccinations.

## Your Guide to Medicare Preventive Services

This official government booklet has important information about:

- Preventive services Medicare covers and how often you can get them
- Your costs—you pay nothing for many services

Medicare.gov



**If you have Medicare,** You may be aware of some of its preventive services, such as flu shots, COVID-19 vaccines, mammograms and prostate cancer screenings. Are you familiar with the "Welcome to Medicare" preventive visit? How about cardiovascular behavioral therapy or abdominal aortic aneurysm (AAA) screening? Check out "Your Guide to

Medicare Preventive Services" at [medicare.gov/publications](https://www.medicare.gov/publications) to learn more. Search "10110".

**Not on Medicare?** Not to worry -- Marketplace health plans also cover preventive services. Find out more at: <https://www.healthcare.gov/preventive-care-adults/>

**No insurance?** You can still access no-cost/low-cost preventive care. Onondaga County residents without insurance can call 315-435-3653 to learn about free cancer screenings. To schedule seasonal vaccinations (COVID, RSV and flu), uninsured adults in Onondaga County can call the Immunization Clinic at 315-435-2074. Visit: <https://onondaga.gov/health/> for more health resources.

Residents of other counties can find information through their local health department.

## Center for Journal Therapy

If you're looking to add journaling to your health-championing playbook, find some free resources at: <https://journaltherapy.com/browse-the-bookstore/library/articles/>

*The resources offered by the neighborhood advisor are for informational purposes and are not meant as a substitute for a relationship with a licensed healthcare professional.*

Find inspiration at [mentalhealthandaging.com](https://mentalhealthandaging.com), search "how to build resilience"

**The Neighborhood Advisor Program is funded by the Onondaga County Department of Adult & Long Term Care Services.**

Miss Iris Ithaca's **SYRACUSE**  
**GAY FILM SOCIETY**

Sunday, May 3rd, 2026- Special Extra Meeting  
"I'm Gonna Make You Love Me" (2019), Showtime:  
5pm- 6:20pm . Interview with Brian Belovitch:  
6:30pm- 7:30pm

Sunday, May 10th, 2026: "Dog Day Afternoon"  
(1975), Doors open at 5:15pm  
Showtime: 5:45pm- 7:50pm  
Group film discussion: 7:50pm- 8:10pm

Sunday, May 24th, 2026, "All Of Us Strangers"  
(2023) Doors open at 5:15pm, Showtime: 5:45pm-  
7:30pm Group film discussion: 7:30pm- 7:50pm

**GAY BOARD GAME NIGHT**  
Hosted by Iris Ithaca and Juniper Verse

PLAYTIME STARTS AT  
6:30 PM SHARP EVERY  
THIRD SATURDAY OF  
THE MONTH



Generously hosted at 431 E Fayette St. #050 by **Sage Upstate**

**BIG BEAR FILM FEST FUNDRAISER**

HOSTED BY  
BEAR-A-CUSE & MANLIUS CINEMA

JUNE 14<sup>TH</sup> 2026 FROM 6PM - 8:30PM \$20 SUGGESTED  
135 EAST SENECA ST. MANLIUS NY, 13104 DONATION FEE

Campfire (2023) A Docudrama of Bears at  
Hillside Campground  
Bear Run Celebrating Bear Life (2008) A  
Documentary Capturing Bear Culture Across  
The US

**INTERMISSION**

End The Night With A Sneak Preview Of An  
Upcoming Documentary On The Bear  
Community

# Pride 5K CNY

Register at [sageupstate.org/pride-5k](http://sageupstate.org/pride-5k)

June 6, Long Branch Park, Step Off: 9:00 am  
Individual: \$35 through June 5  
Kids 12 & under: \$15  
Virtual: \$45 (includes mailing shirt)  
Event Day Registration: \$40





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

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Can we recognize your gift in publications?  Yes  No