

## Good Luck Leslie – We'll Miss You!



Leslie Lamb left her position as SAGE Upstate Program Administrator at the end of July. She started a new job as a case manager at Circare. During her tenure at SAGE, Leslie added new programs and grew the ones we already had. Her fundraising efforts

brought in grants, sponsors, and donations that have sustained the organization through a challenging time. She led engaging programs and made a personal connection with many of us, which made SAGE a warm and welcoming place for those who need us. For all of that and more, we thank her for all of the time and energy she spent serving older LGBT people -- far too many things to enumerate here. She has been a great asset to our organization, and we hope Circo knows how lucky they are to have her! Luckily, we won't be losing Leslie completely-- she will still lead our crafting group and volunteer in other ways too. *Read a message from Leslie inside. Photo at above: Leslie and Branwen Drew at the Walk to End Alzheimers last year.*

## Newsletter to go online

Do you read *SAGE Upstate News* online, or do you prefer a paper copy? We know that more and more of us are getting our news online these days, but some prefer a publication they can hold in their hands. Which type of person are you? If you'd rather read online, you don't have to do a thing. In a few months, we will start sending out the newsletter via email and posting it on our web site and Facebook page. If you'd rather have yours mailed to you, no problem. Just let us know and we'll continue to send it. Send an email to [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

## Out of the Closet VIRTUAL YARD SALE

August 17 -31



It's time for your seldom-used items to come out of the closet! Donate them to SAGE for a virtual yard sale. You can also shop for new-to-you treasures online at the sale from August 17-31. Items will be posted on SAGE Upstate's Facebook page (find the link at [www.sageupstate.org](http://www.sageupstate.org)) and payments can be made online (you can also send in a check). Once your payment is received, we'll set up socially distanced safe pick-up arrangements.

**How to Donate an item:** First, take a picture of it and send it to [kdill@sageupstate.org](mailto:kdill@sageupstate.org), along with a description. Tips: Use a neutral background and fill the frame with your item. Make sure to clean off any dust or dirt before taking the shot. Use a recognizable object, like a coin, to show the item's size. When your item sells, make it available for social distancing pick-up. This can be done by arranging a pick up time, putting the item on your porch, and having the buyer pick it up. If you'd like to make special pick-up arrangements through SAGE, let us know.

**How to shop:** All items will be posted on SAGE Upstate's Facebook page-- you can find a link at [www.sageupstate.org](http://www.sageupstate.org) -- starting Monday August 17 and running through August 31. It will be first come, first served for items-- don't wait too long!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>August 2020</h1>				11am Walkers	3 pm Friday Social	1
2	3 6 pm Monday Men's	4 4 pm SAGE Shares	5 5:30 Writers 7:00 Knitters	6 11am Walkers	7	8 5 pm Utica
9	10 6 pm Monday Men's	11 3 pm Alzheimer's Support 5:30 Crafting	12 5:30 Writers 7:00 Knitters	13 11am Walkers	14	15 7 pm Trans Social
16	17 6 pm Monday Men's	18	19 5:30 Writers 7:00 Knitters	20 11am Walkers	21	22
23 2 pm Oswego	24 6 pm Mon Men's 6 pm Mon Men's	25 5:30 SAGEVets	26 5:30 Writers 7:00 Knitters	27 11am Walkers	28	29
30	31	Virtual Yard Sale				
		Virtual Yard Sale				

**All Programs on Zoom, or Call - In. See Links below.** Call in for all except Alzheimer's Support at 1-929-205-6099

<p><b>Alzheimer's Association Caregiver Support Group:</b>  <b>2nd Tuesday at 3 pm:</b> Support for caregivers with the Alzheimer's Association. <a href="https://bluejeans.com/393819241?src=calendarLink">https://bluejeans.com/393819241?src=calendarLink</a>  Meeting ID: 393 819 241 By phone: 1.855.203.2730</p>
<p><b>Crafters, 2nd Tuesday at 5:30 pm:</b> Projects made out of everyday items. Meeting ID: 215 654 6687  <a href="https://us04web.zoom.us/j/2156546687">https://us04web.zoom.us/j/2156546687</a></p>
<p><b>Friday with Friends Social Hour, First Friday, 3 pm:</b>  Games and hanging out with your SAGE friends.  <a href="https://us04web.zoom.us/j/2156546687">https://us04web.zoom.us/j/2156546687</a>  Meeting ID: 215 654 6687</p>
<p><b>Knitting and Fiber Arts, Wednesdays at 7 pm:</b>  Fiber arts and fun conversation.  <a href="https://us02web.zoom.us/j/81268156658">https://us02web.zoom.us/j/81268156658</a>  Meeting ID: 812 6815 6658</p>
<p><b>Oswego Group: Fourth Sunday, 2 pm:</b> Join other SAGErs in Oswego for discussion and socializing.  <a href="https://us02web.zoom.us/j/2156546687">https://us02web.zoom.us/j/2156546687</a>  Meeting ID: 215 654 6687</p>

<p><b>SAGE Shares, First Tuesday at 4 pm:</b> Join this meeting to help SAGE Upstate reach out to those in need.  <a href="https://us04web.zoom.us/j/2156546687">https://us04web.zoom.us/j/2156546687</a>  Meeting ID: 215 654 6687</p>
<p><b>SAGEVets, 4th Tuesday at 5:30 pm:</b> Join other SAGE Veterans for discussion and support. Meeting ID: 215 654 6687  <a href="https://us04web.zoom.us/j/2156546687">https://us04web.zoom.us/j/2156546687</a></p>
<p><b>Trans Social, 3rd Saturday, 7 pm:</b> Trans-identified people meet for socializing and support. Meeting ID: 301 786 717  <a href="https://us02web.zoom.us/j/301786717">https://us02web.zoom.us/j/301786717</a></p>
<p><b>SAGE Upstate Utica Group, Second Saturday, 5 pm:</b>  Join others in the Utica area for discussion and social time.  <a href="https://us02web.zoom.us/j/4470428170">https://us02web.zoom.us/j/4470428170</a>  Meeting ID: 447 042 8170</p>
<p><b>Walking Group, Thursdays, 11 am:</b>  Walk and chat with other walkers. Meeting ID: 215 654 6687 Thursdays: <a href="https://us02web.zoom.us/j/2156546687">https://us02web.zoom.us/j/2156546687</a></p>
<p><b>Writers Group, Wednesdays at 5:30 pm:</b> All genres and experience levels welcome. Meeting ID: 596 630 088  <a href="https://us04web.zoom.us/j/596630088">https://us04web.zoom.us/j/596630088</a></p>



## A Goodbye from Leslie

Hello Everyone! It is with mixed emotions that I write this message to you all. Typically, my section would be filled with upcoming programs and updates on things happening at SAGE. This time it is a bit different. As many of you already know I will be leaving my position as Program Administrator and going to work for Circare as an Adult Health Home Care Manager. I will be helping individuals develop and maintain a comprehensive plan for accessing and using services and supports necessary for their health.

I have absolutely LOVED working here at SAGE and getting to know so many wonderful people. Everyone made me feel welcome from my very first day (which happened to be the Veterans Day Potluck) and I will forever be grateful for all the love and kindness you have shown me. The best part of my job was the time I spent laughing, eating, learning, creating, and building relationships with you all. When things got a little tough, you all rallied with us and showed me what true community support was. That gave me hope and reminded me that there is good in the world and I am surrounded by it in SAGE. Even though I

am leaving my position, I am not leaving SAGE. I will still be volunteering for programs, helping with fundraising events and being active however I can.

I want to Thank Kim Dill for giving me the opportunity (20 months ago!!) to be a part of SAGE. I have learned so much in my time here and it has helped me grow as a person both professionally and personally. Thank you to our board members and volunteers for all that you have done and continue to do for SAGE. Without you, I would not have been able to do my job. Lastly, I want to thank all of you for being a part of SAGE, sharing your stories and experiences with me and making this place a great organization to be a part of. Feel free to reach out to me anytime. I would love to stay connected with my SAGE family. I can be reached through email, texts/calls and on Facebook. I will leave my contact information with Kim if you would like it. I will see you around!

“The most wasted of all days are those in which you have not laughed” - Thanks for all the laughs and I look forward to sharing many more.

### Alzheimer's Association Virtual LGBT Forum

**Tuesday, August 25, 9 - 10:30 am**

Basic info about Alzheimer's Disease and its prevalence in the LGBT community. The Alzheimer's Association seeks input on local LGBT needs related to dementia and Alzheimer's. SAGE Upstate will be represented as well-- join this discussion and give feedback on barriers to care and other issues.

Watch for the Zoom link on [www.sageupstate.org](http://www.sageupstate.org)

### SAVE THE DATE:

**SAGE Upstate Dialogue on Anti-Racism**

Thursday, September 10, 6- 8 pm

Join SAGE in an ongoing series dealing with race. This first session will be led by Roslyn Rasberry and Susan White and held via Zoom. In preparation for the presentation, Susan and Roslyn would like to hear your questions. What would you like to know more about? What information would help you move closer to anti-racism in your life? Email questions to [kdill@sageupstate.org](mailto:kdill@sageupstate.org).



Nonprofit Org.  
US Postage Paid  
Syracuse, NY  
Permit 1930

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

Address service requested



*Help SAGE Upstate continue to improve health and reduce isolation for older LGBT People, during these times, during all times. Please consider making a pledge or one-time donation.*

### Please accept my pledge to keep SAGE Upstate strong

Name:

Address , City, State, Zip:

Phone:

Email:

Credit Card #:

Exp: CVV \_\_\_\_\_

I pledge \$ \_\_\_\_\_ per month  
for 8 months: March- December

Check enclosed

Bill my card monthly

For now, please accept my  
one-time gift of \$ \_\_\_\_\_

Check enclosed

Bill my card

Can we recognize your gift in SAGE publications?  Yes  No