

Ongoing groups are on Zoom this month, but join us in the Center for these programs.

If you'd like to wear a mask or keep some distance, please feel free to do that. Masks and hand sanitizer will be on hand for anyone who wants them.



### Lunch & Learn 8/25



July Lunch and Learn on Laughter

### Annual Picnic at Ryder Park Sunday, August 14, 3:00 pm



We haven't been able to get together for a picnic in person since August 2019. This year we're back! Join us on August 14, 3:00 pm, at Ryder Park (400 Butternut Dr in East Syracuse).

This year, SAGE will provide all of the food -- hamburgers, hot dogs, veggie burgers, chips, potato salad and dessert. Please don't bring sides, but if you are able, bring a donation of any amount to offset food costs (suggested: \$10 -- more if you can, less if you can't).

The **Utica** Social has moved to the First Saturday at 2:00 pm, and the August meeting (on 8/6) will be a picnic/cook out. SAGE will provide the food (same as above). Instead of bringing a dish to pass, please bring a donation of any amount.

SAGERs in **Oswego** are making plans about where and when to meet. Information will be shared via email and online at [sageupstate.org](http://sageupstate.org). You can also call SAGE at 315-478-1923 or email Kim at [kdill@sageupstate.org](mailto:kdill@sageupstate.org) for more information.

### Lunch & Learn 8/25, 11:30: TikTok



Have you ever wanted to learn more about TikTok? At the Lunch & Learn this month, find out how to set up an account, watch videos, and be a part

of SAGE Upstate's posts. Amanda Yeoman (@beatricegrapefruit) is a member of the LGBTQ community, a CNY native and a music educator. She uses TikTok to spread inspiration, humor, music, and DIY projects to a wide variety of viewers and enjoys helping new users learn to navigate the app and create their own content. Join us Thursday, August 25 at 11:30 am in the SAGE Upstate Center. Lunch will be provided. Please RSVP (deadline Monday 8/21) to Trish, including any dietary restrictions. Email to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or call/text to 315-282-5428

### NYS Fair: Pride Day and Info Booth

Once again, Bonnie Strunk and FAIR-NY will organize the LGBTQ Pride Info Booth at the NYS Fair, and coordinate Pride Day on Friday August 26. Volunteers are needed for both. Contact Trish at 315-282-5428 or [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) to volunteer on Pride Day (8/26) with SAGE, or to staff the LGBTQ Info booth on Senior day (8/29)- she has tickets for Pride Day too. To volunteer for the LGBTQ Info Booth, contact FAIR-NY at [fairny@fairny.org](mailto:fairny@fairny.org) or 315-460-6971, or visit them on facebook at [lgbtbooth](https://www.facebook.com/lgbtbooth) Newyorkstatefair.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 pm Monday Men's Group	2	3 9:30 am Breakfast Club 5:30 Writers 7:00 Knitters	4 10 am Walking Group	5 3:00 pm 1st Friday Social	6 Utica Picnic 2 pm
7	8 6:00 pm Monday Men's Group	9	10 5:30 Writers 7:00 Knitters	11 6:30 pm Dining Out 10 am Walking Group	12	13
14 Annual Picnic, 3:00 at Ryder Park	15 6:00 pm Monday Men's Group	16	17 12:30 SAGE Luncheon 5:30 Writers 7:00 Knitters	18 10 am Walking Group	19 7 pm Men's Night Out	20 7 pm Trans Social
21	22 6:00 pm Monday Men's Group	23 6:00 pm SAGEVets	24 5:30 Writers 7:00 Knitters	25 10 am Walking Group  11:30 Lunch & Learn: TikTok	26	27
28	29 6:00 pm Monday Men's Group	30	31 5:30 Writers 7:00 Knitters			



In person only



On Zoom Only (ongoing SAGE programs will meet on Zoom only in August).

Annual Picnic, Sunday August 14, 3:00 pm at Ryder Park. All food provided by SAGE; bring a donation to offset costs if you are able to.

Breakfast Club, 1st Wednesday, 9:30. SAGErs meet for lunch. To be added to list: 315-478-1923 email [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Reservations required.

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.

Falls Prevention Fitness Class -- on a break, back in Sept.

First Friday Social, every first Friday at 3:00 in the Center-- games and socializing. In person only.

Knitting and Fiber Arts, Wednesdays at 7 pm, on Zoom. Fiber arts and conversation.  
Meeting ID: 812 6815 6658 Passcode: 1969

Lunch and Learn: Talking about TikTok. 11:30 am. Please sign up with Trish in advance (and share any dietary restrictions): [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or 315-315-282-5428. This event is free. See p. 1 for info.

SAGEVets: 4th Tuesday, 6:00 pm on Zoom. Join other LG-BTQ veterans for socializing, programs about benefits, and resource sharing.  
Meeting ID: 871 5736 4984 Passcode: 1969

SAGE Luncheon, 3rd Wednesday, 12:30. SAGErs meet for lunch. To be added to the list: 315-478-1923 email [kdill@sageupstate.org](mailto:kdill@sageupstate.org). In person. Reservations required.

Thursday Dine Out, 2nd Thurs, 6:30. SAGErs meet for dinner. To be added to list: 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Reservations required.

Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 896 9963 6095 Passcode: 1969

Utica Social: Join SAGE folks from Utica on August 6, 2- 4 pm at Utica Unitarian, 10 Higby Rd. Picnic.

Walking Group, Thursdays at 10 am, meet at Onondaga Lake Park, or Destiny. See Facebook for location

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969

## SAGE Upstate Annual Picnic Raffle!

Enter for a chance to win the prizes at right. Tickets: One for \$5 Five for \$20. Prizes drawn August 14 (you need not be present to win). Use the form on the back of this newsletter, donate at [sageupstate.org](http://sageupstate.org), or call us. Find more information on the picnic on page 1.



Two tickets to Syracuse Stage



Basket: Syracuse Soapworks



Brunch at Wolf's Den

## FARMERS MARKET Coupons

Trish has Farmers Market coupon booklets to distribute. They come from the Onondaga County Office For Aging, and can be used to purchase locally grown fresh fruits and vegetables.



To be eligible, you must be 60 or older and fall within income guidelines (\$2,096/ month for one-person household, \$2,823/ month for 2 person household, \$3,551/month for a 3 person household). To receive Farmers Market coupons, make an appointment with Trish. Call or text her at 315-282-5428 or email to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org)

## Cindy Perrine: Poster Project

The Syracuse Poster Project brings together poets and artists to create an annual series of civic art posters. Our own Cindy Perrine wrote a haiku that will be featured on one of the posters this year.

"I enjoy hearing musicians play in Armory Square. I wrote a haiku based on that experience," Cindy said. Here's her poem: "Sidewalk musician/ the shoppers stop to listen./ Sweet sounds fill the air." Cindy's poem was paired with artwork of a downtown scene by Thomas Harris. You can see the poster hanging in the SAGE Upstate Center.



## Follow-up on Dale Pierce: It's never too late to get justice

This newsletter featured a story about Dale Pierce earlier this year. She was discharged from the Air Force less than a year after enlisting at age 17, and was told that she was not entitled to benefits or acknowledgement.



"I made the decision that in order to survive, I had to bury it," she said. Almost 50 years after she was discharged, Dale saw an article in the SAGE Upstate newsletter about a New York Veteran, Grace Lynch, who had a similar experience. She called SAGE and said, "this is my story-- this happened to me." This started a journey for Dale that would lead toward a recent piece of legislation in New York State -- the Restoration of Honor Act. We're following up on this story to share the happy ending.

After speaking to Kim, Wanda, and Rita with SAGEVets in CNY, she was connected with Ashton in NYC who helped her apply and find Benjamin, an attorney. Then things started to happen. First, she was referred to a therapist who believed she had PTSD.

"She thought I had been affected by the trauma I experienced," she said. Next there was a deposition. Dale thought that the service member conducting it was "very fair," and as things were coming to a close, "I told her I have something I want to say. I will never know the person I might have been without all of this -- if I'd been able to finish training and get posted somewhere. I'll never know who I might have been. The 18 year old who came home after the discharge was sad, depressed, and broken."

Dale was notified that a claim had been filed, and when she got a letter shortly after she worried that not enough time had passed. She thought her claim may have been denied. But it wasn't. She will get a monthly pension for the rest of her life. She will continue with her therapist and is now checking into other benefits she might be entitled to.

"I would not have been able to do this on my own," Dale said. "without SAGE this would not have happened. I just want to say to anyone out there who thinks it may be too late for them -- it's never too late to get justice. I'm a clear example-- I was able get justice for something that happened 50 years ago. Now my life will be changed with this support."



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Join us for the Annual Picnic at Ryder Park on August 14, 3:00 pm. Use this form to enter the Annual Picnic Raffle , and the chance to win Syracuse Stage Tickets, a basket from Syracuse Soapworks or a gift certificate for Brunch at the Wolf's Den. More info inside.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone or Email \_\_\_\_\_

*Fill out the number of tickets you want. We'll cut them out and add them to the drawing. You need not be present to win.*

I would like (circle) 1 2 3 4 5 or \_\_\_\_\_ tickets

Name \_\_\_\_\_ Phone # \_\_\_\_\_

My check is enclosed

Please bill my credit card:

I can't attend but here's my donation:

\$ \_\_\_\_\_

Card # \_\_\_\_\_

Expiration \_\_\_\_\_ CVV \_\_\_\_\_