



# SAGE Upstate News

January 2023  
Vol 27 # 1

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

## What have SAGers been up to?

### This Month @ SAGE

New Years Day Social  
on January 1  
(no Second Sunday this month)

Lunch and Learn January 24  
Understanding Alzheimer's

Fitness Class comes back  
on January 9

### Need help? Contact Trish

Trish Johnson, SAGE Upstate's Neighborhood Advisor, can assist you in finding benefits or services you might need to age healthy and strong. Trish can help with services for health care, legal issues, transportation, housing, nutrition and exercise, social support, and caregiver needs.

**315-478-1923, 3xt 2**

**tjohnson@sageupstate.org**

This program is funded by the Onondaga County Office of Adult and Long Term Care Services.



### Lights on the Lake: January 13

Giveback Charity Night for SAGE

The 33rd Annual Lights On The Lake ends on January 13-- and proceeds go to SAGE Upstate. Admission is online sales only -- tickets are sold by the day -- reserve your spot by visiting [lightsonthelake.com/](http://lightsonthelake.com/), and there's also a link at [sageupstate.org](http://sageupstate.org). The event holds "Charity Giveback" nights, and on January 13, proceeds will go to SAGE for speaker honorariums and food for our Lunch and Learn series. Tickets can be purchased online, for 1-13 (or any night you'd like to go) from 5:00 - 10:00 pm. Come OUT and support SAGE at Lights on the Lake.

**Trans Group Participants**  
(and those interested  
in participating)

We are reorganizing and looking for a leader-- We need your feedback. Please contact us at

**kdill@sageupstate.org**  
**315-478-1923**

### Dining OUT!



### Knitting!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2 pm New Year's Day Social	2 6 pm Monday Men's	3	4 Writers, 5:30	5 10 am Walking Group 6:00 Dinner Group	6 3 pm First Friday Social	7 2 pm Utica Social
8	9 11 am Fitness Class 6 pm Monday Men's	10	11 9:30 Breakfast Club  5:30 Writers 7:00 Knitters	12 10 am Walking Group	13 10:30 Oswego 11 am Fitness <b>5- 10 pm Lights on the Lake benefits SAGE Upstate!</b>	14
15	16 MLK Day  6 pm Men's Group	17	18 12:30 Out for Lunch  5:30 Writers	19 10 am Walking Group  3- 6 pm HIV/AIDS testing	20 11 am Fitness Class	21
22	23 11 am Fitness Class  6 pm Men's Group	24 11:30 am Lunch & Learn: Alzheimer's Association	25 5:30 Writers	26 10 am Walking Group	27 11 am Fitness Class	28
29	30 11 am Fitness Class 6:00 pm Men's Group	31	<h1>January 2023</h1>			

### 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 Wednesday, 9:30. SAGERS meet for breakfast. See page 3 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, every first Friday at 3:00 in the Center-- games and socializing. In person only.

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: Understanding Alzheimer's Disease, 1/24, 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. 3 for info.

Second Sunday: cancelled this month-- New Year's Day Social offered instead on January 1.

Oswego Social, 2nd Friday, Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month 10:30-11:30

Out For Lunch: This month held on the 3rd Wednesday, 12:30 pm See details on page 3.

Out For Dinner, 1st Thurs, 6 pm. See details on page 3

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, Thursdays at 10 am, meet at 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

## Dining OUT with SAGE Friends

SAGE friends meet 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](mailto:kdrill@sageupstate.org). Your info will be passed on to Ron, who leads these groups. Here are this month's locations:

### Dinner on First Thursday

1/5, 6:00 pm, **Tony's Family Restaurant**, 3004 Burnet Ave. Syracuse 13206

### Breakfast on Second Wednesday

1/11, 9:30, **Stella's**, 110 Wolf St, Syracuse

### Lunch on the 3rd Wednesday

1/18 12:30 pm, **Tulum Mexican Restaurant**, 325 W. Manilus St in East Syracuse

**To arrange for your seat at the table, RSVP** to Ron or contact Kim at 315-478-1923 or [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org).



## Lunch & Learn: Understanding Alzheimers and Dementia

Tuesday, January 24, 11:30

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. At this presentation, offered by the Alzheimer's Association, topics covered will include the difference between Alzheimer's and dementia, stages and risk factors, current research and treatment options available and how the Alzheimer's Association can help. Please RSVP (deadline Friday, 12/9) to Trish, including any dietary restrictions. Email to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or call 315-478-1923.

### New staff positions

Our new state funding will allow SAGE to hire a few new staff people. We will be looking for someone to develop, oversee, and manage programs, and also someone to work on office administration and center management. As soon as these job descriptions are ready, we will post them on the website ([sageupstate.org](http://sageupstate.org)).

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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!

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