

## Syracuse Gift Swap to be held this month

Please bear with us!  
The elevator in our building is not operational. We are unsure about when it will be up and running. The Potluck will not meet this month -- we have decided to cancel larger gatherings because our space is not accessible to all. Group leaders are either moving their programs to zoom or other locations, meeting in the center or canceling. Find info here -- and we will be making updates

Can't attend? No way, we'll have a gift. SORRY! If you go home, bring a gift. Potluck supper-- bring a dish to pass if you are able.

## Thank You Donors!

The fact that SAGE is still here to serve the LGBTQ community is a direct result of donor support. [See page 2 for more on this.](#)

## SAGE Upstate Receives Department of Health Grant

*The grant will support Trans-Inclusive Services*

SAGE Upstate has been funded to offer the *Transgender Empowerment Initiative* by the New York State Department of Health for the next five years. The project will offer trans inclusive LGBTQ programs. The proposed program will widen and diversify the reach of SAGE Upstate with new programs and expansion of current programs.

On-site programs will be offered in the Jefferson County area. The initiative will work with areas covered by the CNY Trans Partnership Coalition, a local alliance founded by Johna Melius, who also helped write the grant that funds the project.

The coalition reached 192 respondents in a survey in early 2025, which found that 92% felt a rise in transphobia and harassment, and 70% or more feared traveling, felt that recent legislation would affect their well being, and worried that access to gender affirming care and name changes would be threatened. One respondent said "As a non-binary/trans person, I am leery of going to some places alone. I would like to socialize more but find it difficult to find safe groups." Another expressed the importance of safe space, saying, "I think it's important to understand that many trans/genderqueer/2S

carry a lot of trauma and friendly spaces are essential to success in our daily lives."

SAGE Upstate programs-- new and existing -- offer the safe space that is missing for the trans community. All SAGE programs strive to affirm trans lives, and this grant will be used strengthen our ability to do so. Some programs will be offered to trans participants and some will be geared toward the entire LGBTQ community. The grant starts in March-- stay tuned for more details. SAGE is honored to be able offer services for trans communities at a time when they are more needed than ever before.



## Carrier offers \$10,000 grant

Many of you know that Carrier employees started our annual 5K event and have been a strong supporter of the race over the past 10 years. This year, Carrier has provided a \$10,000 grant to use for SAGE programs as needed. We thank Board Member Clayton Terry, a Carrier employee, for his work on the Pride 5K over the years, and for making this new grant possible.



SAGE Upstate News is published monthly and features articles

and resources on issues affecting older Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in Central New York. SAGE Upstate is a not-for-profit organization that offers programs to reduce isolation and improve health for LGBTQ communities. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.

**SAGE Upstate Board**

- Jenny Gluck, Board Chair
- Tim McCoy, Vice Chair
- Katherine Lowe, Treasurer
- Recording Clerk: Susan Horn
- Kevin Bailey
- Dan Bishop-Basler
- Gary Fitzgerald
- Barb Genton
- Nate Sceiford
- Liz Stehle
- Clayton Terry
- Les Wright

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

**SAGE Upstate Staff**

- Kim Dill  
*Executive Director*
- Leslie Lamb  
*Program Director*
- Masani Tyler  
*Neighborhood Advisor*

SAGE Upstate is funded by the the 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, the Emerson Foundation, NYS Legislative funding through the NYS Department of Health, the Leonard Litz Foundation, SAGE USA, donors, events, and business sponsors.

**A big THANK YOU!**

I want to offer a big THANK YOU to all SAGE Upstate donors. Thank you for reading all of those "SAGE Needs Your Support" articles I've written in these pages. Thank you for doing what you could to respond to them. 2025 has been quite a year, to say the least. I look forward to the new year with our new funding opportunities.

You may not realize the many ways that donations are used to benefit older LGBTQ adults. Paper and labels and postage for the newsletter help us reach more than 800 people each month. Food brings people to events like Lunch and Learns, so they can sit down together and learn about healthy aging. Rent paid to the CNY Philanthropy Center gives more than 100 people each month a place to go for programs. Dori and Robin in Utica and Billie and Stacey in Wassertown got plates and napkins so they could reach LGBTQ people in their areas. Countless people are reached through phone calls and emails, and donations pay for those too.

Donations mean that staff, who coordinate all the work done by our organization, get paid. In 2025, staff coordinated dance classes, yoga, and walking groups that kept people moving; a booth for Pride Day at the State Fair; all of the Second Sunday potlucks, including the (indoor) Picnic and the Thanksgiving dinner; new groups like String Cheese Acoustic and Bonding Brothers; Lunch and Learns on healthy eating, financial planning, problem gambling, estate planning, getting a good night's sleep and more.

Trans work was unfunded most



of the year, and BIPOC outreach was unfunded all year -- but this work continued thanks to donations, including a Trans Vigil for 150 people, a Black History Month presentation, a SPARK Poetry contest, and newsletter columns. These things were possible through the volunteer work of Johna Melius and Tim Lattimore-- and through staff. The programs that were supported by grants, like Take Care Together, Breathwork and the Neighborhood Advisor Program also depended in part on donations.

Here are a few additional ways your donations made (and will make) a difference: Without the support donors gave us in 2025 and before, we would not have been around to accept the state grant we just received. Many people would not have been reached by the work we plan to do over the next 5 years. Donors, every time you hear about the Transgender Empowerment Initiative, thank yourself. This program wouldn't be reaching people if donors had not held SAGE together in 2025.

Also, donations this year will help SAGE stay strong by building up our cash reserves. For grants from the County and the State, we use our own money for expenses each month, then send a voucher to be repaid. Cash reserves keep us going while we are waiting.

Donations-- whether they are \$5 or \$5,000, whether they are offered once a year or every month-- ensure that older LGBTQ adults will age with active bodies, hopeful minds, and connected lives.

Thank you.--Kim



## Neighborhood Advisor News

By Masani Tyler

Your SAGE Upstate Neighborhood Advisor is here to provide free and confidential information to help you remain healthy and independent at home. Reach me at 315-478-1923 x5 or [mtyler@sageupstate.org](mailto:mtyler@sageupstate.org).

**First Day Hikes:** Looking for a change of pace (pardon the pun) for bringing in the New Year? Consider a First Day Hike! Join one of over a hundred scheduled events throughout New York State, or create one of your own. With an abundance of parks and natural areas in the region-- many with accessible trails, boardwalks or scenic overlooks-- why not start your new year enjoying the health benefits of communing in nature? For more information or inspiration, visit: <https://www.iloveny.com/thebeat/post/governor-hochul-invites-new-yorkers-to-celebrate-the-start-of-2026-with-first-day-hikes/>

## Healthy New Year's Resolutions

(Adapted from: <https://reserveofgeneva.com/healthy-new-years-resolution-ideas-for-active-older-adults/>)



### Prioritize Daily Movement

Staying active is one of the most beneficial things older adults can do for their health. A simple commitment to move more throughout the week can improve heart health, strengthen muscles, support balance, and enhance your mood. The key is choosing a form of movement you look forward to so it becomes a natural part of your routine.

### Nurture Friendships

Strong relationships are essential to emotional and mental well-being, especially as life circumstances shift with age. One meaningful New Year's resolution is to be intentional about staying connected. This might mean scheduling regular time with friends and family members or joining a group activity.

### Support Brain Health

Your brain health is just as important as physical health. Activities that challenge the mind can help support memory, focus, and problem-solving skills, all of which are important for healthy aging. In 2026, consider reading more books, learning a new skill, taking a class, or incorporating puzzles and games into your weekly routine. Engaging your mind regularly keeps you sharp and adds a sense of purpose and accomplishment.

### Focus on Healthy Eating Habits

Nutritious foods help support energy, heart health, and overall well-being. The good news is that healthy eating doesn't have to be complicated or restrictive. Small choices can make a big difference in your diet. This might mean adding an extra serving of vegetables, limiting processed snacks, or simply drinking more water throughout the day.



### Spend More Time Outdoors

Getting outside is beneficial for the body and mind, no matter your age. Fresh air and natural sunlight reduce stress, improve mood, and encourage gentle movement. *Photo: Taken 12/19/2025 at Dwyer Park, located at the north end of Little York Lake in Preble, NY.*

### Declutter and Simplify Your Space

A clean, organized home can make everyday life more enjoyable and less stressful. If you've been thinking about simplifying your space, the new year is a perfect time to begin. Start small, sorting through one drawer, updating a few decorations, or throwing out items you no longer use. Even little changes can make your home feel less cluttered and more comfortable.

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

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>H A P</b>	<b>P Y</b>	<b>N E W</b>	<b>Y E</b>	<b>A R</b>	<b>!</b>	
				1	2	3
				Groups meeting in the Center have no elevator access		
4	5 5:30 Walking group 6 pm Monday Men's Group	6 Lunch & Learn: <b>Rescheduled for May</b> 6 pm Bonding Brothers	7 5:30 Writers <b>Zoom</b> 6 pm Wellness Group <b>Zoom</b>	8 9:30 Breakfast Out 10 am Walking	9	10 10 am Yoga: <b>Zoom</b> Chair or Mat 2 pm Utica Potluck
11 2nd Sunday Syracuse Potluck <b>Canceled</b>	12 5:30 Walking 6 pm Monday Men's group 6 pm Breathwork <b>Check back</b>	13 10 am String Cheese Lunch & Learn <b>Rescheduled for May</b>	14 5:30 Writers <b>Zoom</b> 6 pm Wellness Group <b>Zoom</b>	15 10 am Walking 12:30 Lunch Out	16 7 Men's Night Out <b>Check back</b>	17 10 am Yoga: <b>Zoom</b> Chair or Mat
18	19 MLK Day Office Closed	20 Lunch & Learn <b>Rescheduled for May</b> 6 pm Bonding Brothers	21 5:30 Writers <b>Zoom</b> 6 pm Wellness <b>on Zoom</b>	22 10 am Walking	23	24 10 am Yoga: <b>Zoom</b> Chair or Mat
25	26 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork <b>Check back</b>	27 10 am String Cheese Lunch & Learn <b>Rescheduled for May</b>	28 5:30 Writers <b>Zoom</b> 6 pm Wellness Group <b>on Zoom</b>	29 10 am Walking	30	31 10 am Yoga: <b>Zoom</b> Chair or Mat

All groups meeting in the center-- no elevator access
Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm. Meeting in Cener
Breathwork: 2nd and 4th Mondays <b>Check back for info before coming</b>
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> ).
Handicrafters: For Knitters, Crocheters, Fiber artists and other handicrafters. 2nd and 4th Wednesdays. <b>Not meeting in January</b>
Lunch & Learn Series on healthy eating on Tuesdays at 11:30, see "10 tips for adults" on next page. <b>Postponed -- will be held Tuesdays in May</b>
Meals OUT -- Dinner on the 1st Thursday Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page. No dinner in Jan.
Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm <b>Check back for info before coming</b>
Monday Men's Group: closed support group

Second Sunday Potluck in Syracuse. <b>Not meeting</b>
String Cheese: 1 2nd/4th Tues. <b>Check back for more info</b>
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.
Wellness Group: Intern Kris Kadaji is coordinating a group about "wellness" and how to achieve it. On Wednesdays at 6:00 <b>On Zoom only: zoom link:</b> <a href="https://us02web.zoom.us/j/81841587710">https://us02web.zoom.us/j/81841587710</a> (also listed on program page at <a href="https://sageupstate.org">sageupstate.org</a> ) Meeting ID: 818 4158 7710 Passcode: 1969
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>
Yoga-- every Saturday at 10:00, led by intern Kris Kadaji. Use a chair or mat. <b>On Zoom only:</b> Zoom link: <a href="https://us02web.zoom.us/j/83465763223">https://us02web.zoom.us/j/83465763223</a> (also listed on program page at <a href="https://sageupstate.org">sageupstate.org</a> ). Meeting ID: 834 6576 3223 Passcode: 1969



# 10 TIPS FOR ADULTS

WORKSHOP SERIES PRESENTED BY SNAP

A FOUR-CLASS SERIES OF WORKSHOPS FOR ADULTS EATING BETTER ON A BUDGET

**Rescheduled – will be held on Tuesdays in May**

- WORKSHOP 1 (1.6) : Eating Better on a Budget**
- WORKSHOP 2 (1.13) : Plan Meals Ahead**
- WORKSHOP 3 (1.20) : Purchasing Veggies and Fruits at the Best Price**
- WORKSHOP 4 (1.27) : Preparing Health Food and Beverages**

Most classes will be at SAGE, at 11:30 AM. To sign up for classes, please contact Leslie at 315-478-1923

If you would like to request a reasonable accommodation to participate in the 10 Tips for Adults workshops, please contact Christine Hebert 315.435.2362 ext 4618



WORKSHOPS WILL TEACH PARTICIPANTS HOW TO CHOOSE HEALTHY FOODS WHILE STRETCHING THEIR FOOD DOLLARS.



**Program News**

by Leslie Lamb, Program Director

**LGBTQ Syracuse Blood Drive**  
including our Community Partners:  
**SAGE Upstate & FAIRNY**

**Friday January 2, 2026 | 10am - 3pm LIVERPOOL LIBRARY**  
Donate blood and get an exclusive Red Cross long sleeve T-shirt (limited qty.), receive a Red Cross Pride Pin and you will also be entered for a chance to win 2 tickets to Super Bowl LX in California! Please register today!  
**CELEBRATE PRIDE. GIVE BLOOD. BUILD COMMUNITY.**



## Open Mic Night!

Coming Up -- stay tuned for details.

## Utica, Watertown Potlucks

The **Utica** potluck is held on the first Saturday of the month, 2 pm, at Utica Unitarian Universalist, 10 Higby Rd.

The **Watertown** potluck is currently on hold and will begin meeting again after March.

## Got used batteries? Bring them to SAGE



Do you have some old dead batteries laying around waiting to be recycled? Bring them to SAGE. As part of the recycling program at Staples, we can turn them in for points we can use to buy supplies!

## Meet your SAGE friends for a meal

No dinner out on January 1

**2nd Thursday, Breakfast**

**1/8, 9:30 am**

Finally Ours

3788 W Seneca Turnpike,

Syracuse, NY 13215

**3rd Thursday Lunch:**

**1/15, 12:30 pm,**

All Night Eggplant

5781 Bridge St #36,

East Syracuse, NY 13057



## Kwanzaa, Community, LGBTQ & BIPOC Pride

As we welcome January 2026, many in our communities have just honored Kwanzaa (December 26 – January 1)—a cultural celebration rooted in African traditions and created in 1966 by Dr. Maulana Karenga to affirm African American identity, unity, and resilience.



by Tim Lattimore

### Strike A Pose



Thanksgiving Food Prep volunteers at Park Central Presbyterian Church

For LGBTQ+ BIPOC communities, Kwanzaa offers more than tradition—it provides a framework for visibility, belonging, and joy. The Nguzo Saba (Seven Principles) resonate deeply with queer and trans people of color, reminding us that our creativity, self-determination, and collective work are vital to building inclusive futures.

and gifts of creativity—remind us that our communities thrive when we honor both heritage and diversity. The holiday becomes a space where Blackness and queerness intersect, affirming that liberation is collective and joy is revolutionary.

As we step into the new year, let us carry forward the spirit of Kwanzaa: unity, creativity, and faith in our shared future. For LGBTQ+ BIPOC communities, these principles are not just seasonal—they are daily acts of resilience and love.

Take care of yourselves and BE KIND to one another.

- Umoja (Unity) speaks to chosen families and solidarity across identities.

- Kujichagulia (Self-Determination) echoes the power of naming ourselves and living authentically.

- Kuumba (Creativity) celebrates the artistry and innovation that LGBTQ+ BIPOC voices bring to culture.

Kwanzaa's symbols—candles on the kinara, fruits of the harvest,



Thanksgiving Day Food Server volunteers at Park Central Presbyterian



World AIDS Day Commemoration



↑ Sarah Sweets of Ma's Wings and Things

← Unchained's Wrapping Party

### Handicrafters Group

The Knitting and Fiber Arts group will now meeting as the "Handicrafters" group, to be inclusive of all types of activities, including jewelry making, scapbooking, and other crafts. **The group will not meet in January because the elevator is out.** Join the group on the 2nd and 4th Wednesdays at 7 pm.

## Meet The Board

Our board has brand new members, and also people who have been working with SAGE for a while. Watch this space to be introduced to all of these dedicated volunteers.

**Tim  
McCoy**



Tim is a trans man who lives in Liverpool with his wife, Teri. He is a licensed Addiction Counselor with extensive experience working in the court system as well as in mental health and addiction clinics. Tim is also a professional drummer who has played in bands for decades. Passionate about building community and fostering connection, he created and manages an online group of over 3,000 transgender men over the age of 40. Through both his professional work and community involvement, Tim is dedicated to supporting others on their journeys of resilience, healing, and authenticity.

**Look for  
more profiles  
in future issues  
of the  
SAGE Upstate  
News.**

**Les  
Wright**



Les is internationally recognized as the “Bear Historian of Record,” and is also a writer, photographer, and small press publisher (Bearskin Lodge Press). His writing has focused on the Golden Age of The Castro, the AIDS epidemic in San Francisco, the Gay Recovery community, and Bear History. He is a founding member of the GLBT Historical Society San Francisco, the Bear History Project, and the Bear History Project International. He edited *The Bear Book*, *The Bear Book II*, and *Children of Lazarus: The Forgotten Generation of Long-Term AIDS Survivors*, and wrote *Resilience: A Polemical Memoir of AIDS, Bears, and F•cking*, and has a book of photography, *Salt City and Its Environs*. He lives full-time in Syracuse, New York and part-time in San Francisco with freelance journalist Tomas Hemstad. He is currently researching and writing *The Bear Book III*.



The SAGE Upstate Board gathered in the the Center last month after a board meeting. Seated L-R: Katherine Lowe, Tim McCoy, Dan Bishop Basler, Clayton Terry. Standing L-R: Liz Stehle, Susan Horn, Gary Fitzgerald, Nate Sceiford, Jenny Gluck, Bob Bezy. Board members not pictured: Kevin Bailey, Barb Genton, Les Wright.

**Clayton  
Terry**



Clayton is the Design for Sustainability Manager at Carrier Corporation, where he also serves as the Co-Leader of Syracuse’s Pride Employee Resource Group (ERG). Carrier is the founder and sponsor of the annual Pride 5k, where Clayton has been the volunteer coordinator for the past three years. Clayton’s passion for SAGE Upstate stems from his firsthand experience witnessing the vital role of community and health within the LGBTQ+ family.



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Mail to SAGE Upstate, 431 E Fayette St. Syracuse, NY 13202

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