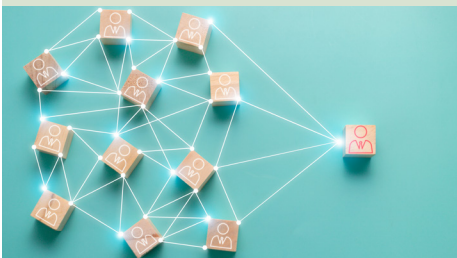


During Final Stage of Elevator Repair Building Will Close:

First two weeks of April

Good news-- we are approaching the end of the tunnel! During this last phase of the elevator repair, the CNY Philanthropy Center (where SAGE is located) will be closed. For the first two weeks of April, staff will be working off site and no programs will meet in our center. Thank you for being patient during this lengthy process.

Second Sunday Potluck -CONNECTIONS-



We connect things -- connect the dots, connect clues and connect with others. Join us for a day of connecting! There will be games, trivia, a craft project and lots of connection with others.

April 12

*Park Central Presbyterian
504 E Fayette St.*

3:00 pm: social time

4:00 pm: program

Dinner following program

Bring a dish to pass if you are able.



Trans Empowerment Initiative News

Tim McCoy begins work as Trans Empowerment Initiative Coordinator in a part-time capacity this month. The program will roll out over the next few months, offering programs over the entire CNY region, with an expansion in Jefferson County.

Tim was a speaker at the May Memorial Unitarian Universalist Trans Visibility event in March, and will also speak at the "Building Beloved Community Beyond the Binary" event on April 18 at First Unitarian Universalist. In addition, Tim will be starting a group for Trans Men this month (more info on page 2).

Johna Melius will continue coordinating the monthly Gender Blend group and the CNY Trans Partnership Coalition, which meets quarterly. In the coming months, Johna will develop a group for Trans Women, and GenderBlend will become a mixed group that is inclusive of spouses.

As we build this initiative, if you or someone you know would benefit, please contact Tim McCoy at: tmccoy@sageupstate.org.



Would you like to enter your chili in the cook-off?

Do you have a favorite chili recipe? Can you bring the heat? We're looking for all types: traditional, with or without beans, white bean chicken, vegan cashew -- whatever you make. To enter, contact Leslie 315-478-1923 or llamb@sageupstate.org. Let us know as soon as you can-- slots are filling up.

Or maybe you're more of a taster. If so, you have the power! Participants will vote for the best. Come and try a variety of chilis. We'll have cornbread too! Suggested donation is \$15 -- more if you can, less if you can't. So, for any donation, you can try 8 - 10 chilis, and hang out with your SAGE friends too.

This event is scheduled for Saturday, April 18, 2 - 4 pm, in the 2nd floor ballroom of the CNY Philanthropy Center. If there are any glitches with the elevator repair, we'll hold it at Park Central Presbyterian, 504 E Fayette St. All proceeds benefit SAGE Upstate.



June 6, Long Branch Park, Liverpool
Find out all you need to know on page 7.



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. 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
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- Recording Clerk: Susan Horn
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Contact the board at board@sageupstate.org

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- 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.

Transmasculine Spectrum Group

*A space for connection, conversation & support.
Twice Monthly at SAGE.*

Are you a transmasculine person looking for community? SAGE Upstate is launching a Transmasculine Spectrum Group created to support the unique experiences, health needs, and life journeys of transmasculine individuals. Whether you are early in your journey, decades into transition, nonbinary and masculine-identified, or anywhere in between — you belong.

What to expect:

- peer-centered discussion
- respectful and confidential space
- open to diverse experiences under the transmasculine umbrella
- focus on connection & community

**2nd Tuesdays &
4th Thursdays , 6:30 pm**

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

Upcoming Events

SU Trans Support Day

Syracuse University offers this free, supportive event for the local CNY Trans Community, with resources including: gender-affirming providers, trans-affirming businesses, legal support, free clothing and makeup tutorials, and more! Peck Hall, 601 E Genesee St. in Syracuse.

Building Beloved Community Beyond the Binary: April 18

Workshops from and for trans and non-binary people, and for cisgender people who are ready to learn more and be in solidarity with TGNCNB people. Saturday, April 18th, 2026, 8:00 am-4:30 pm, First Unitarian Universalist, 109 Waring Road, Syracuse, NY. Also offered virtually; register here: firstuusy.org/bbcbb-conference/



Your support helps SAGE make a difference every day.



To donate: Use the QR code, visit sageupstate.org/donate, or Use the form on the back of this issue. Thank You.

-STRIKE A POSE-



by Tim Lattimore

Syracuse might seem like a small city, but there's always something that brings the many communities together. Saturday, March 21, 2026, I had the pleasure of being invited to attend KJ & Lolo: Unplugged 2026, a benefit concert for ACR Health (and the first event of the year sponsored by Project Outloud). The concert was hosted/held at the well-known restaurant Funk 'n Waffles located on Clinton Street. From the moment the music and entertainment began, it was amazing! The room was filled, barely any standing room.

As if a child had been born, the room was overflowing with love and joy. People celebrated life and themselves and embraced one another. This was more than a concert. It was a transformative moment making it clear that [we] are the epitome of connection, belonging, love, strength, support, and community. The room was alive, thriving, and re-birthing, and I am humbled to have been a part. Just when I thought I understood the meaning of community, the community taught me another lesson.

What I loved most was the out-pour of people from the community to support the event and the war on HIV/AIDS, which was the greater focus and thread of the evening. The event wasn't focused on the BIPOC community or the LGBTQ+ commu-

nity; it was focused on COMMUNITY. Though the majority was BIPOC, it was an all-inclusive event where diversity was surely evident as well as it being intergenerational, cultural, spiritual, supportive, and even fashionable.

All year round there is always something to do in Syracuse, things to see, places to go, people to meet, and friendships to forge. Last night was proof that when [we] get together something magical and unforgettable happens. So, as the Syracuse weather begins to warm up and reassert itself, come on out into the community... make connections... be a part of something that is bigger than you.

In the meantime, take care of yourselves and BE KIND to one another.

save the date

Intergenerational Dinner
April 30
Cosponsored by
Come Out CNY
& SAGE Upstate

Would you like to join other LGBTQ folks from different age groups for dinner? If so, contact us and sign up! Call 315-478-1923 or email llamb@sageupstate.org.

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The CNY Philanthropy Center (where SAGE is located) will be closed the first two weeks of April. Staff will be working remotely and no programs will be held in the center.</p>			1 5:30 Writers	2 10 am Walking 6 pm Dinner Out	3	4 2 pm Utica Potluck
5	6 5:30 Walking group 6 pm Monday Men's Group	7	8 5:30 Writers	9 9:30 Breakfast Out 10 am Walking	10	11 7:00 Gender Blend
12 2nd Sunday Syracuse Potluck 3pm social; 4pm Program: Black History Month	13 5:30 Walking 6 pm Monday Men's group 6 pm Breathwork	14 6:30 Transmasculine Spectrum group 11:30 Lunch & Learn: Healthy Relationships	15 5:30 Writers	16 10 am Walking 12:30 Lunch Out	17 7 Men's Night Out	18 2:00 Chili Cook Off
19 5:45 Syr. Gay Film Society	20 5:30 Walking group 6 pm Monday Men's Group	21 6 pm Bonding Brothers	22 5:30 Writers	23 10 am Walking 6:30 Transmasculine Spectrum group	24	25 Earth Day Clean Up: Meet at SAGE as 8:50
26 5:45 Syr. Gay Film Society	27 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	28	29 5:30 Writers	30 10 am Walking		

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm. Not meeting on April 7.

Breathwork: Feel more peaceful and grounded, and experience better emotional, physical, and spiritual health by working with breath. 2nd and 4th Mondays

Chili Cook Off: April 18: try 8- 10 chilis and vote for your favorite.

Earth Day Clean Up: Join a group of SAGE volunteers and clean up downtown. Meet at SAGE. 8:50 am, April 25.

Gay Film Society: meets in the SAGE Upstate Center. See more info on next page.

Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom (Zoom link at sageupstate.org). Meeting at Park Central this month

Lunch & Learns meet at Park Central Presbyterian. 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. Program on "Connections" (see page 1) Social time at 3:00, program at 4:00, dinner after program-- meets at Park Central.

SAGE Strings will take a break during April and May.

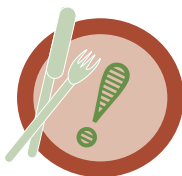
Transmasculine Spectrum Group: for men in TGNCNB communities. 2nd Tuesday and 4th Thursday at 6:30

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 sageupstate.org.

March Lunch & Learn



Healthy Relationships 4-14, 11:30 am

Interested in learning about healthy relationships and what that means? Learn to recognize potential signs of abuse and the things you may not recognize as abuse. Presented by Kris Kadaji.



Lunch and Learns are held at Park Central Presbyterian Church, 504 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.

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.

Join the SAGE crew for the Earth Day Clean-Up!



Saturday, April 25 2026

We'll meet in the SAGE parking Lot at 8:50 am, and Clean Up Armory Square starts at 9:00. Help us give Downtown Syracuse a spring cleaning! Every April, the Downtown Committee of Syracuse organizes one of the biggest Earth Day clean-ups in the city. You're invited to roll up your sleeves to continue beautification efforts in Downtown Syracuse.

Gloves, trash bags, and T-shirts will be provided to volunteers. Last year was a fun time. Join us for another good time this year! Sign up with Leslie: llamb@sageupstate.org- Be sure to let us know what size t-shirt you want.



by Leslie Lamb, Program Director

Program News

Meet your SAGE friends for a meal

1st Thursday Dinner, 4/2, 6pm

Waterfront Tavern
6 U.S. Rt. 11, Central Square, NY

2nd Thurs. Breakfast, 4/9, 9:30 am

Stella's Diner, 110 Wolf Street
Syracuse, NY

3rd Thurs. Lunch: 4/16, 12:30 pm,

Flaming Grill Buffet
244 Northern Light Plaza
Mattydale

**TALK TIME
WITH KRIS**

Times are tough. If you need someone to talk to, call Kris Kadaji, our intern, who is a Clinical Mental Health Counseling student at Le Moyne. You can reach Kris at 702-530-1272.



Meets at SAGE Upstate. Food brought to share is appreciated!

April 19th @ 5:45pm
I'm Gonna Make You Love Me
A man's journey to self-acceptance includes tabloid celebrity, Tupperware parties, and coming out first as a straight woman, then as the gay man he was meant to be. (2019, 1h 22m)

April 26th @ 5:45pm
The Boys in the Band
Temper frays and true selves are revealed when a heterosexual accidentally intrudes on a homosexual party. (1970, 2h)

Neighborhood Advisor News



By Masani
Tyler

April is National Poetry Month. It's also Stress Awareness Month. In honor of both, I'd like to share a poem I came across at: <https://caseythecanadianlesbrarian.wordpress.com/2017/07/01/3-queer-poetry-collections-for-tough-times/>.

May it invite us to be with our grief in these challenging times. From: Bodymap by Leah Lakshmi Piepzna-Samarasinha



BODYMAP
POEMS
LEAH LAKSHMI PIEPZNA-SAMARASINHA



Are you an older adult or informal caregiver experiencing loneliness or isolation -- or do you know someone who is? Would you-- or they-- benefit from the companionship of a pet but are unable to have or care for one? Your SAGE Upstate Neighborhood Advisor can help!

Thanks to an initiative by the New York State Office for Aging (NYSOFA), the Onondaga County Department of Adult & Long Term Care Services can provide a lifelike, animatronic cat or dog at no cost to eligible seniors or caregivers. These delightful companion pets are interactive, responding to touch with sounds and movements like a real pet!

Onondaga County residents who'd like a referral can contact Masani at 315-478-1923 x5 or mtyler@sageupstate.org. Residents of other counties can contact their local Office for Aging for information.

Interested in an animatronic pet, but don't meet the criteria for a free one? NYSOFA still has you covered! Companion pets are also available for purchase at a discount. Find them at <https://joyforall.com/>, and use the NYS Discount Code NYS20.

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

the worst thing in the world
*this is the truth: every worst thing you can imagine will come true.
you and your ex bff will be asked to keynote a conference together,
and both of you will say yes.
your daughter will indeed hate you. mothering and living are
both losing propositions. that's
no reason not to do them. the answer is in what comes after. what
you answered the worst thing in the world with. already in the
afterfuture. breathe in breathe out. everything is not going to
stop changing on you.
hey you sicksauce survivor stunner
you who asked a lot will not always have the right answer.
we've always come on boats. we're going to keep coming. we
know the waves and rough water.
bless the rough water and the small boats.
bless the worst thing*

Loss and grieving are a natural part of living and loving. If you've lost a loved one, whether recently or long ago, you don't have to manage your grief alone. Find free grief support at HOPE for the Bereaved: <https://hopeforbereaved.com/>

Another local resource is the SHARP Project. "SHARP is a local program designed to assist adults, 60 years of age and older, with counseling and community based services that promote physical and emotional well-being." Visit: <https://onondaga.gov/aging/sharp-project/>

What's it like? The Pride 5K is a walk-run event that welcomes ALL in Lesbian, Gay, Bisexual, Transgender, Queer and Ally Communities. You can participate in person or register virtually.

When and Where? June 6, Long Branch Park in Liverpool, 3813 Long Branch Rd. Step Off: 9 am

What's the course like? A 5k is 3.1 miles, which typically takes 20-40 minutes to run, or an hour to walk. It's a flat out-and-back course with a water stop. The race starts at the park and proceeds over the bridge, turns right and follows along the lake with a turnaround at the half way point. There are restrooms at the race start and near the turnaround.

What do I get? All who register by May 18 are guaranteed a shirt and a swag bag!

How do I get my shirt & swag bag? You can pick up your shirt, race bib, and swag bag at SAGE Upstate, 431 E Fayette St, on June 4 & 5, 4:30- 6:30 pm. Or, pick up them up on race day at the park.

Can I bring my dog? Four-legged, furry friends are welcome on a leash. We ask that you make sure they are friendly to people and pups, and stay out of the way of serious runners.

What if I get hungry and thirsty? There will be a water stop near the halfway point, and refreshments will be available for racers just past the finish line.



Where do I park? You can park in the Long Branch Park parking lot, but access to the lot will be closed 15 minutes before the start of the race. So be sure to get there before 8:45 am ...

Great! How do I sign up? Go to sageupstate.org/pride-5k to register online. The cost is \$35 through June 5, but to guarantee you'll get a shirt, register before May 18. Race day registration is available for \$40. If you'd like to register to do the race virtually, the cost of \$45 includes postage for mailing your shirt. Kids 12 and under can register for \$15.



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

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Credit Card # _____ exp _____ cvv _____

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

Can we recognize your gift in publications? Yes No