Stay Informed, Stay Safe

The CDC and other health agencies are now promoting an "individual responsibility" message in relation to COVID. Instead of offering one-size-fits-all recommendations, the CDC offers guidance that helps people understand their risk, when they should test, and what to do if they are infected. The pandemic is not over, but we can protect ourselves and others in ways that work best for our particular situations. Do you know your risk level for COVID? What about the risk levels for your partner or those you live with or spend time with unmasked?

A new booster is out now, see below for info. A person is fully up to date if they been vaccinated AND have had the latest booster.

We ask that all participants in SAGE programs are fully vaccinated and boosted. Anyone who would like to wear a mask or keep social distance should feel comfortable to do so at SAGE events. Masks and hand sanitizer will be provided to all who need them. We encourage you to get all of the information you need to make the best decisions for yourself. If you are unable to access the links below, or have questions, contact SAGE at kdill@sageupstate.org or 315-478-1923.

More about CDC guidance:
Where to get a booster: www.vaccines.gov/.
## Second Sunday Open House

Sunday, October 9, 2-4 pm in the SAGE Upstate Center. Snacks, socializing, and sharing SAGE memories. Meeting ID: 893 1950 6041 Passcode: 1969

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### Second Sunday Open House

Sunday, October 16, 2-4 pm in the SAGE Upstate Center. Snacks, socializing, and sharing SAGE memories. Meeting ID: 896 9963 6095 Passcode: 1969

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### Out For Dinner

1st Thursday, 6 pm. SAGErs meet for dinner. To be added to list: 315-478-1923 or kdill@sageupstate.org. Reservations required. See page 3 for location.

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### Trans Social

3rd Saturday, 7 pm: Trans-identified people meet for socializing & support. Meeting ID: 871 5736 4984 Passcode: 1969

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### SAGE Upstate Board

4th Thursday, 5:30 pm Meeting ID: 876 4687 0636 Passcode: 1969

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### Writers Group

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

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### Sunrise Fitness Class

In person and online Mondays and Fridays at 11 am. Meeting ID: 894 0192 9890 Passcode: 1969

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### Lunch and Learn: HEAP

10/25, 11:30 am. Please sign up with Trish in advance (and share any dietary restrictions): tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info.

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### Knitting & Fiber Arts

Wed at 7 pm. Fiber arts & conversation. Meeting ID: 812 6815 6658 Passcode: 1969

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### Halloween Dance

Saturday, October 29, 7:00-10:00 pm, featuring DJ Rockin’ Robin. Raffle, costume contest, food, fun.

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### First Friday Social

Every first Friday at 3:00 in the Center—games and socializing. In person only.

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### SAGEVets

4th Tuesday, 6:00 pm. LGBTQ Vets meet for socializing, info on benefits, and resource sharing. Meeting ID: 871 5736 4984 Passcode: 1969

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### SAGE Upstate News

2nd Tuesday, 6:00 pm: Men’s Group

### 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.

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### Note: October 3 class will be on Zoom only

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### Location Information

See page 3 for location information.
Dining OUT with your SAGE Friends

SAGE friends meet 3 times per month at local restaurants—once for dinner, once for breakfast, and once for lunch. Would you like to receive emails about these events? Contact Kim at 315-478-1923 or kdill@sageupstate.org. Your info will be passed on to Ron, who leads these groups. Here are this month’s locations:

10/6: Dinner, 6:00 pm, Tulum (Mexican), 325 W Manlius in East Syracuse.
10/12: Breakfast, 9:30 am, Gem Diner, 832 Spencer St.
10/19: Lunch, 12:30 pm, Waterfront Tavern (6 US Rt 11 in Central Square)
10/23: Sunday Brunch, 12:30 pm, Wolf’s Den (617 Wolf Street). This an extra that a number of our members have requested. The cost will be $30 plus tip. Check The Wolf’s Den website to find out what is included.

To arrange for your seat at the table, RSVP to Ron or contact Kim at 315-478-1923 or kdill@sageupstate.org.

Want to go to a play with SAGE friends?

At Redhouse Arts Center, join us for a performance of Angels in America on October 15 or 22. The group cost is $35, but an anonymous benefactor will take care of $15 of your costs. You can reserve your seat for $20. If even after the discounts, the price is too much, let us know and we can help. To sign up: kdill@sageupstate.org or 315-478-1923. Deadline: October 10

Out in the Community

In September, I had the opportunity to table at Senator Mannon’s Senior Fair at OCC. 500 walked through the SRC building to pick up swag and learn about the 88 different services in our area. I was pleased with the many people who stopped by to ask “What is SAGE Upstate?”, learn about the Neighborhood Advisor Program, pick up information and share a story of inclusion and hope. Collaboration is the word in 2022 when it comes to services for older adults. I look forward to sharing more information and programs in the coming months through Lunch and Learns and other events.--Trish

Utica and Oswego

The Utica Social has moved to the First Saturday at 2:00 pm, and people are still gathering at the UU at 10 Higby Rd.

The Oswego Social now meets on the 2nd Friday at Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month.

COVID Notifications: When a program participant tests positive for COVID, SAGE will post the info on the SAGE Upstate Website. (NO NAMES — those who report will be completely anonymous) To access the info: visit sageupstate.org and on the home page, click on the button that says “check on COVID notifications here.” Find more info at the CDC: www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html

Pictures:

Dining out and a social in the Center

Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded energy assistance program. HEAP can offer assistance with costs, energy-related emergencies, repairs, replacement of equipment, cleanings and tune-ups, and other energy issues. Larry Matthews from the Onondaga County Office for Adult and Long Term Care Services will present on HEAP, and afterwards lunch will be served. Please RSVP (deadline Friday, 10/21) to Trish, including any dietary restrictions. Email to tjohnson@sageupstate.org or call/text to 315-282-5428.
431 E. Fayette St. Suite 050
Syracuse, NY 13202

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