

Second Sunday Potluck in Syracuse



Show off your smarts with this
October-Themed Trivia Program

Social time: 3:00 pm
Program: 4:00 pm
Potluck dinner following program.
Bring a dish to pass if you are able.

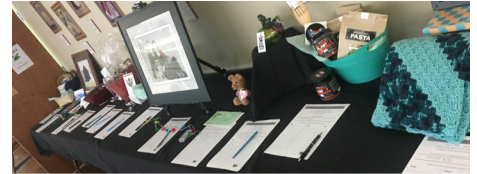
Celebrate Community With SAGE

Join us for the 13th Annual SAGE Upstate Community Dinner, at All Saints Center, 340 Lancaster Ave in Syracuse. The Reception and Silent Auction starts at 5:30. Browse baskets, electronics, gift cards and more, then make your bids. Dinner will be served just after 6:30 pm. You'll notice that all of the tables are one-of-a-kind because our table hosts will be setting them up in a variety of colors and styles. The Program, held after dinner, features local artist **Jaleel Campbell**. Also, the winner of the SPARK Poetry Contest, will read their poem.

How to reserve your seats:

Suggested donation is \$25 - more if you can, less if you can't. You can use the form on the back of this issue to mail in. Or, you can RSVP online at www.sageupstate.org/events. In the "special instructions" box please write "dinner" along with your meal choice (pork, turkey, vegetarian). Or, You can just call SAGE (315-478-1923) and we'll make sure you're on the list!

We need volunteers. If you are interested, please contact Leslie at 315-478-1923 or llamb@sageupstate.org. Hope to see you there! In order to guarantee your meal choice, please RSVP by 10/8.



Jaleel Campbell is an artist whose work ranges from illustration, curating, directing, performing

and the latest: Doll making. It is through these acts that community building comes to the forefront. That is Jaleel's mission and what drives him the most. Whether it be through illustration work that showcases the often underrepresented, video work that captures the beauty and essence of black life and culture, or handmade dolls that aim to honor and acknowledge African traditions. Jaleel also founded Project Out Loud, which emphasizes the intersecting struggles faced by Black and LGBTQ+ communities by uniting in solidarity to affirm the importance of collective action.



Come Out and boo-gie!

Saturday, October 25, 7 pm
2nd floor ballroom,
431 E Fayette St.
Costume Contest
Music by DJ Rockin' Robin
Suggested donation \$10
(more if you can, less if you can't)



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
Recording Clerk: Susan Horn
Kevin Bailey
Dan Bishop-Basler
Gary Fitzgerald
Katherine Lowe
Barb Genton
Tim McCoy
Nate Sceiford
Liz Stehle
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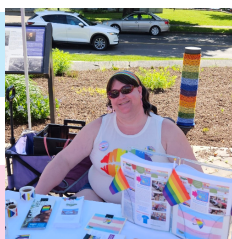
Contact the board at
board@sageupstate.org

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.

Johna Talks: Understanding the laws that protect us



New York State offers many protections that safeguard the Transgender community. One such regulation is (GENDA), the Gender Expression Non-Discrimination Act. In 2019, GENDA amended the NYS Human Rights Law to include gender identity and expression as protected categories. GENDA prohibits discrimination in employment, housing, education, credit, and public accommodations, and protects access to facilities consistent with one's gender identity, for example, rest rooms.

In 2021, NYS voted to repeal the "Walking While Trans Ban," a loitering law that was used to target trans women, especially women of color. It also sealed prior convictions for "loitering." This removed barriers to employment, housing, and immigration status.

The "Safe Haven" Law for gender affirming care was enacted in 2023. This law protects access to gender-affirming care for minors, and prevents NY from cooperating with other states seeking to penalize families for providing

such care. Public health, insurance, and education laws were amended to include gender-affirming care.

Let's not forget the most recent legislation -- In 2024, Proposition was 1 voted in by NYS citizens. It is a constitutional amendment to the Equal Rights Amendment. 62.47% of NYS voters were in favor of this amendment which took effect on January 1, 2025.

This amendment added Ethnicity, National origin, Age, Disability, Sex, including orientation, gender identity, gender expression, pregnancy and pregnancy outcome, reproductive healthcare and autonomy to the existing list of race, color, creed, and religion. It continued to clarify that laws and programs designed to prevent or dismantle discrimination are allowed. And no protected characteristic may be used to limit or deny the civil rights of others.

Proposition 1: the Equal Rights Act cemented protections for the TGNCNB individuals into the state constitution. Protected access to gender affirming care and reproductive rights and positioned NYS as a safe haven for those facing discrimination or legal threats in other states.

VOLUNTEERS NEEDED

We are looking for volunteers!
Let's lend a hand for others.

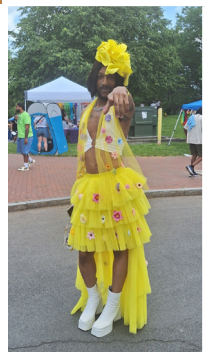
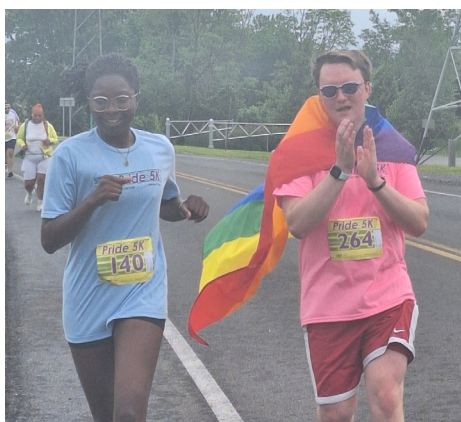
www.sageupstate.org/volunteers
Phone: 315-478-1923 Ext 2
Email: llamb@sageupstate.org

[JOIN NOW](#)

October Volunteer Opportunities: We need help with tabling in Madison County (10/1), the Community Dinner (10/18) and the Halloween Dance (10/25). Contact Leslie for more information: 315-478-1923 or llamb@sageupstate.org.



If you are of the LGBTQ+ BIPOC Communities and have any photos that you would like to share and have printed in future SAGE newsletters, please send them in. We would love to see them.



Top - bottom, and left L-R:
Pride 5K; Summer Soiree in
Albany; CNY Pride 2024; CNY
Pride 2025; NYS Fair volunteers

National Coming Out Day by Tim Lattimore



Logo by Keith Haring for HRC's
recognition of Coming Out Day

National Coming Out Day (NCOD) is October 11th. The annual awareness day is observed to support ANYONE "coming out of the closet" and to raise awareness for the LGBTQ+ community. It was first celebrated in the US in 1988.

Coming out is not always easy or safe, but it is always a choice-- your choice. In your journey to freedom, be sure to come out to someone you trust will have your back... a family member, friend, teacher, counselor,

coworker, neighbor, clergy, or anyone who you feel will support you 100%. It is your right to live authentically and unapologetically, but it is also your right to feel safe and comfortable.

Whether it's NCOD or any other day, the best way to give support is to be accepting without judgment and by learning more about LGBTQ+ history. Knowledge is power, allowing for understanding and compassion.

NCOD is also a form of resistance, telling the world that we are here to stay. From the HRC website: *The most powerful act of resistance as an LGBTQ+ person is to live our life loudly in a world that tells us to be quiet.*

If you are someone who's struggling with the idea or has decided to come out and you need support, there are LGBTQ+ resources and agencies out there. You can look them up online, and of course, SAGE Upstate welcomes you with open arms whether you come to the Center, call in, or write a letter. I am also available if you need my support.

Happy National Coming Out Day! And as also, take care of yourselves and BE KIND to one another.



COMING OUT DAY PARTY!

ENJOY BREWS & BEATS

SATURDAY, OCTOBER 11TH • 6-9PM AT
SENECA ST. BREW PUB

LIVE PERFORMANCE BY



STARTING OFF RED

(More acts will be announced soon, stay tuned)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2025			1 Henna Chats 5p 5:30 Writers 6 pm Wellness Group	2 10 am Walking 6 pm Dinner Out	3	4 11 am Yoga 2 pm Utica Potuck
5	6 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	7 10:30 am Acoustic group 4 Dance class 6 pm Bonding Brothers	8 Henna Chats 5p 5:30 Writers 6 pm Wellness Group 7 Handicrafters	9 10 am Walking 9:30 Breakfast Out	10	11 9 am Out of the Dark- ness Walk 11 am Yoga 2 pm Watertown Potluck 7:00 Gender Blend
12 3:00 pm 2nd Sunday Potuck in Syracuse	13 Office closed, In- digenous Peoples Day	14 6 pm Bonding Brothers 4 Dance class	15 Henna Chats 5 5:30 Writers 6 pm Wellness Group	16 10 am Walking 12:30 Lunch Out	17 7 Men's Night Out	18 11 Am Yoga 5:30 Community Dinner
19	20 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	21 10:30 am Acoustic group 4 Dance class	22 Henna Chats 5 5:30 Writers 6 pm Wellness Group 7 Handicrafters	23 330 Theater Thursday.. <i>Addams Family</i>	24	25 11 am Yoga 7:00 pm HALLOWEEN DANCE
26	27 5:30 Walking group 6 pm Monday Men's Group	28 4 Dance class	29 Henna Chats 5 5:30 Writers 6 pm Wellness Group	30 10 am Walking Group	31	

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.
Breathwork: Feel more peaceful and grounded, and experience better emotional, physical, and spiritual healthy by working with breath.
Dance classes: Led by Susan Shockey-- learn the dance from Thriller and other fun dance steps. Tuesdays at 4 pm. In the center (not ballroom)
Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom (link at sageupstate.org).
Handicrafters: For Knitters, Crocheters, Fiber artists and other handi-crafters. Held on the 2nd and 4th Wednesday at SAGE.
Henna Chats with Kris-- safe space to get a cool Henna tattoo and chat.
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, 3rd Friday, 7 pm
Monday Men's Group: closed support group that takes new members a few times a year.

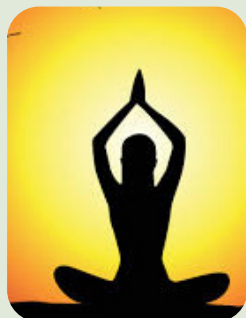
Second Sunday Potluck in Syracuse. See info page 1
String Cheese: learn and play stringed instruments, 2nd & 4th Tues. 9:30 am to learn, 10:30 group. Bring a bag lunch for after.
Theater Thursday: <i>The Addams Family</i> , 10.23, 3:30 Info next pg.
Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.
Walking Group Mondays: The group meets at the Visitor Center at Onondaga Lake Park, Mondays at 5:30
Walking Group Thursdays: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.
Wellness Group: Intern Kris Kadaji is coordinating a group about "wellness" and how to achieve it. On Wednesdays at 6:00
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org
Yoga-- every Saturday at 11:00, led by intern Kris Kadaji.

Wellness Programs with Kris Kadaji

We hope you can check out the new programs being offered Kris Kadaji, SAGE Upstate's new intern from LeMoyne.

For info on any of these programs, contact Leslie at 315-478-1923 or llamb@sageupstate.org

**Yoga,
weekly on
Saturdays
11 am**



Kris has trained and taught yoga and meditation for over 10 years, including time studying in India, which gave her a deep understanding of how the mind and body work together. Bring a friend and join us Saturdays at 11am at the SAGE center. Yoga mats are available.

Wellness Wednesdays @ 6 pm

Every Wednesday Kris will lead a Wellness group which will include learning how to:

- Cope with daily life stress
- Deal with grief, divorce, domestic violence, depression
- Defuse anger in yourselves and others
- Help other people, families, in your community
- Learn self compassion and self care so yo can support yourself, your family and your friends



**Henna
Chat
Wednesdays
5 - 6 pm**

Henna Chats blend art, reflection, and conversation. Henna body art has been practiced for almost 9,000 years, symbolizing joy, love, and community. Space is limited. Please sign up ahead of time by contacting Leslie at 315-478-1923 or llamb@sageupstate.org to reserve your spot. *Together, we'll create designs that honor your story.* -- Kris



by Leslie Lamb, Program Director



**Theater
Thursday:
October 23,
3:30.pm
The
Addams
Family**

In this Halloween Favorite, Gomez, Morticia, Wednesday and Pugsley — welcome long-lost uncle Fester back into the creepy, kooky and close-knit fold. Popcorn provided.

Financial Planning Workshop: Making an Impact with our financial resources.

October 23, 5:30 to 7:30, All Saints, 1340 Lancaster Ave. Syracuse. Gayle Olivette and Laura Adams from Hansen's Advisory Services will present a workshop on socially conscious Investing and charitable giving. Sponsored by the All Saints Church, the Syracuse Peace Council, and SAGE Upstate. Light refreshments provided. More details to follow. Please contact wyost@verizon to register or with questions. Registration is helpful, but not required.

Meet your SAGE friends for a meal

1st Thursday Dinner: 10/2, 6 pm

The Wolf's Den. 617 Wolf Street Syracuse 13208

2nd Thursday Breakfast: 10/9, 9:30

Ellie May's Diner. 508 West Manlius St. East Syracuse 13057

3rd Thursday Lunch: 10/16 12:30

Firekeepers 3879 Frontage Rd. Nedrow 13120

Madison County Office for the Aging Senior Information Fair

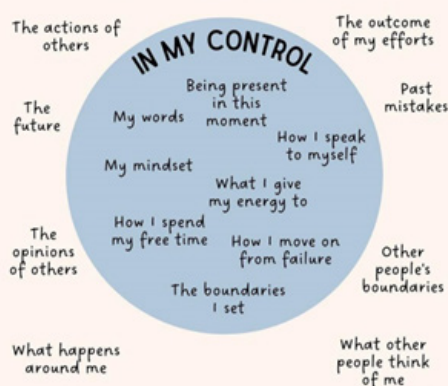
Wednesday Oct 1, 10 am- 1 pm

Theodore's Restaurant

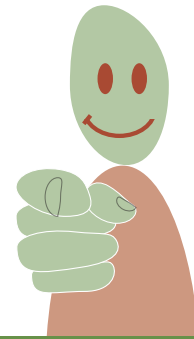
3231 Seneca Turnpike, Canastota

The senior fair will offer resources for older adults, their families and friends including Medicare Info, Flu Shots, Benefits Eligibility Screening and more! If you would like to volunteer at the SAGE table, contact Leslie at llamb@sageupstate.org or 315-478-1923.

OUT OF MY CONTROL



SAGE @ Oswego Pride

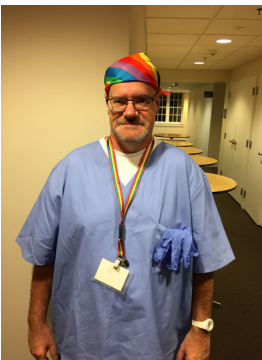


SAGE Upstate Still Needs You!

Your support will determine what SAGE Upstate looks like as we go forward. What programs will we be able to offer? How many people will be on staff? Will your favorite SAGE activity continue? That depends on our donors. If you believe that our community benefits from what SAGE offers, please make a donation to help SAGE stand strong and provide safe affirming space in this anti-LGBTQ climate. Donate online or print a form and mail it in at sageupstate.org. Or, contact Kim at 315-478-1923 or kdill@sageupstate.org. Any amount will make a difference.

HALLOWEEN DANCE: 10/25

Get your costumes ready! Here are some pics from previous dances to inspire you. See you there!



Fundraiser for SAGE

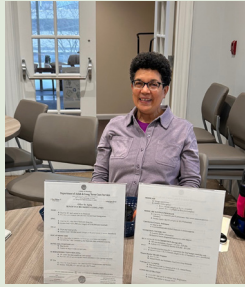
Check out the LGBTQ Syracuse "Chasing Rainbows" candle & wax melts from our candle maker: Oswego River Candle Co. 25% of each sale will be donated to the local nonprofit SAGE Upstate.

You can purchase the candles and melts at Blue Moon Apothecary & Wellness Center and Home Town Crystals in Phoenix. There will be a 3rd location soon.

Our mission is simple - help support local safe space businesses and help a Non-profit with a donation.



Neighborhood Advisor News: Masani Tyler



*It's that time of year again --
Autumn leaves, warm sweaters,
pumpkin spice EVERYTHING,
Medicare Open Enrollment,
and help with heating bills!*

MEDICARE

During Medicare Open Enrollment, October 15-December 7, you can:

- Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare.
- Join, drop, or switch to another Medicare drug plan if you're in Original Medicare.

Coverage starts January 1 of the next year. (The plan must get your enrollment request by December 7). Find more Medicare enrollment dates here: www.medicare.gov/basics/get-started-with-medicare/

New in 2025! All Medicare plans will include a \$2,000 cap on what you pay out of pocket for covered prescription drugs. The cap only applies to drugs that are covered by your plan, so it's more important than ever to review your plan options to make the most of your prescription drug coverage. More info: www.cms.gov/files/document/2024-medicare-open-enrollment-fact-sheet.pdf

HIICAP

Get free and unbiased information and assistance with your

Medicare options through HIICAP --the Health Insurance Information, Counseling and Assistance Program! Your Neighborhood Advisor can make a referral for you, or you can reach out to HIICAP directly. Onondaga County residents can call Masani Tyler, SAGE Upstate Neighborhood Advisor, at 478-1923 x5 or Onondaga County Office for Aging HIICAP at 315-435-2362. Residents of other counties can call their local Office for Aging. More info: onondaga.gov/aging/medhelp/.

HEAP

The Home Energy Assistance Program (HEAP) is a federally funded benefit program that provides limited subsidies for heating, cooling, and utility costs. The Office for Aging HEAP Unit distributes mail-in applications to seniors, age 60 or older, and can assist with the application process. Your Neighborhood Advisor can help with this as well! Applications are available November 1st. For more information, visit: onondaga.gov/aging/heap/.

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

**Out of the Darkness Walk
Saturday Oct. 11, 2025.
9 am Long Branch Park**



Join the American Foundation for Suicide Prevention for the Out of the Darkness Walk at Long Branch Park. Held in hundreds of cities across the country, these walks give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health.

SAGE has signed up a team, we hope you will join us. If you would like to take part in the walk with your SAGE friends, you can register at afspwalks.donordrive.com/Syracuse Call Leslie at 315-412-7495 or email llamb@sageupstate.org if you are interested.

Talent Show?

Is there any interest in holding a SAGE Upstate Talent Show? Do you have a special skill you'd like to share? Maybe you have ideas about coordinating an event like this? If you are interested, please contact Tim at: tlattimore@sageupstate.org,



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

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



RSVP for the 13th Annual SAGE Upstate Community Dinner
Please respond by October 13. Seating is reserved on a first-come first-served basis.

Name _____ No. of Attendees _____

City, State, Zip _____

Phone _____ Email _____

☐ I am unable to attend, please accept my donation of: \$ _____

Amount you wish to give: ☐ \$ _____ ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 or more

Payment by ☐ Cash ☐ Check ☐ Credit Card

Card # _____ exp. _____ CVV# _____

Thank you for your generous donation! Questions? 315-478-1923 or kdill@sageupstate.org. Vegetarian options will be available. The facility is wheelchair accessible, and sign language interpreters are available on request. Mail to SAGE Upstate, 431 E. Fayette St., Syracuse, NY 13202. Please provide additional attendee names on the back.

Meal Choice: Pork, Turkey, Vegetarian
Please indicate choice for all attendees