

SAGE Upstate Annual Picnic

Sunday, August 16, 1:00 pm, Ryder Park
5400 Butternut Drive, East Syracuse

Food Fun Community

SAGE will provide: lunch meat, cheese, lettuce, tomato, buns, bread, condiments and other sandwich fixings, chips and beverages. Gluten free options available. For those of you would like to bring something, a side dish would be great.

No Second Sunday Potluck.
This month, come to the picnic on the third Sunday instead.

Join us on 8/13 for

T R I V I A
NIGHT

Join us at Park Central Presbyterian Church, 504 E Fayette St, on Thursday August 13 for Sage Upstate's Trivia Night, 6 pm. Play as a team (6 people maximum) or on your own. Question topics include geography, pop culture, history and more. Prizes will be offered, including the top three finishing teams. For a \$15 suggested donation, you get to play for prizes, enjoy refreshments, and socialize. Park Central has a parking lot right across Fayette Street, or park in the CNY Philanthropy Center lot (where you usually park for at SAGE).

Correction:

In a previous issue, we incorrectly identified Katherine Lowe as the Chili Cook Off winner. Katherine came in second-- the true winner of the Cook Off was Susan Horn. Apologies! Dori Colvin won third prize.

SAVE THE DATE

Please join us for the
**SAGE Upstate 14th Annual
Community Dinner**
Saturday, September 26,
All Saints Center, 1340 Lancaster Ave.

5:30 Silent Auction & Reception

6:30 Dinner

7:30 Program

Reserve your place: Reserve online at sageupstate.org, get a form to mail in online, or call SAGE at 315-478-1923. Suggested donation: \$35; more if you can, less if you can't.





SAGE Upstate News is published monthly for and about older

Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in CNY, and Trans, BIPOC, and Rural people of all ages. SAGE Upstate is a nonprofit organization working to reduce isolation and improve health for LGBTQ communities. Board meetings are open to the community. For more information: kdill@sageupstate.org. All activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.

SAGE Upstate Board

Jenny Gluck, Board Chair
Gary Fitzgerald, Vice Chair
Katherine Lowe, Treasurer
Recording Clerk: Susan Horn
Kevin Bailey
Callie Campbell
Denise Cody
Dan Bishop-Basler
Gary Fitzgerald
Barb Genton
Nate Sceiford
Liz Stehle
Clayton Terry

Contact the board at
board@sageupstate.org

SAGE Upstate Staff

Kim Dill
Executive Director
Leslie Lamb
Program Director
Trans Empowerment Initiative
Coordinator: Tim McCoy
TEI Support: Johna Melius

SAGE Upstate is funded by the the NYS Department of Health LGBTQ Services, 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, Allyn Foundation, NYS Legislative funding through the NYS DOH, Carrier, Eastwood Rotary, donors, events, and business sponsors.



We are excited to announce that the grant supporting SAGE Upstate's Trans Empowerment Initiative (TEI) has been fully executed! Beginning this month, Tim will be transitioning to the initiative full-time, allowing us to expand and strengthen services for transgender, nonbinary, and gender-diverse individuals throughout our region.

Over the coming months, you'll begin to see exciting changes to our transgender social support programming. We will be expanding outreach and services into additional counties, increasing oppor-

tunities for connection, education, and community engagement. As part of this expansion:

- Johna will facilitate a new Transfeminine Support Group.
- Tim will continue facilitating the Transmasculine Support Group.
- We'll offer a new all-gender support group welcoming transgender, nonbinary and gender-diverse individuals, as well as partners and allies.
- We're also pleased to welcome Valerie Grant to the SAGE Upstate team. Valerie will support the TEI through community outreach, engagement, and promotion as we continue to grow the program.

Tim will be setting up many more programs as well -- workshops for trans people and for allies, a resource directory, a training module on trans issues for providers, and other activities designed to meet the needs of TGNCNB communities. Stay tuned!

SAGE Seeks Neighborhood Advisor

SAGE is looking to fill the position of Neighborhood Advisor vacated by Masani Tyler last May. The position, funded by the Onondaga County Department of Adult and Long Term Care Services, is part of a program that places workers in sites around the county.

Neighborhood Advisors assist adults age 60 and older on finding services to help them remain independent, living in the community. The position at SAGE provides outreach to older LGBTQ adults, but the SAGE Neighborhood Advisor may also be called on to assist members of the general community.

Critical parts of the job include building relationships with provid-

ers and others, maintaining current information on available resources, keeping records of those served, and attending in-service trainings offered by Onondaga County.

Strong applicants will have knowledge of Microsoft Suite, social service related education or work experience with older adults, ability to work with people of diverse backgrounds, reliable transportation, and excellent communication skills.

Find a complete job description at sageupstate.org. To apply, send cover letter, resume, and three references to kdill@sageupstate.org or SAGE Upstate Neighborhood Advisor Program, 431 E Fayette St. Syracuse, NY 13202.

The Music of Us

Community begins as a rhythm — a steady, pulsing beat beneath everything we do. It's the hum in the chest that says, Come closer. It's the melody that grows when we choose to care. It's the harmony that forms when we reach out instead of turning away.

Listen to it.
Feel it.
Let it move you.



Because community is a song we build together — one voice offering hope, another offering time, another offering tenderness. Every gesture becomes a note. Every act of kindness becomes a chord. Every moment of understanding becomes a bridge that carries us from one heart to another.

And the song is asking for more voices.

It's asking us to step in, to sing louder, to add our warmth to the chorus. It's asking us to check on the quiet ones, to welcome the lonely ones, to stand with the hurting ones. It's asking us to let our differences deepen the harmony instead of breaking it.

Family, an evolved community, becomes a living soundtrack — not just the people we were born to, but the people who show up, again and again, with love that doesn't fade.



by Tim Lattimore



So let's make this music stronger.

Let's reach out.

Let's lift one another.

Let's weave compassion into the everyday.

Let's let our actions be the instruments that build belonging.

Skin color, sexuality, wealth... are the variations in the melody, but it's the heart-song that is bigger than all of them.

So sing.

Act.

Care.



Let the community rise in rhythm, in harmony, in hope — carried forward by all of us choosing to be part of the music.

Take care of yourselves and BE KIND to one another.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2 pm Utica Potluck
2	3 5:30 Walking group 6 pm Monday Men's Group	4 6 pm Bonding Brothers	5 5:30 Writers	6 10 am Walking 6 pm Dinner Out	7	8 7:00 Gender Blend
9 5:45 Syr. Gay Film Society	10 5:30 Walking 6 pm Monday Men's group	11 6:30 Transmasculine Spectrum group	12 5:30 Writers	13 10 am Walking 9:30 Breakfast Out 6 pm Trivia Night 	14	15 6:30 pm Gay Board Game Night
16 1:00 pm Annual Picnic	17 5:30 Walking group 6 pm Monday Men's Group	18 11:30 Lunch & Learn, Elder Abuse 6 pm Bonding Brothers	19 5:30 Writers 6:35 We Care Wednesday at Syracuse Mets	20 10 am Walking 12:30 Lunch Out	21 7 Men's Night Out	22
23 5:45 Syr. Gay Film Society	24 5:30 Walking 6 pm Monday Men's 31 5:30 Walking 6 pm Monday Men's	25 6:30 Transmasculine Spectrum group	26 5:30 Writers	27 10 am Walking	28 10 am Pride Day at the NYS Fair 6:30 Syracuse Gay Film Society	29

Annual Picnic: Join us on the third Sunday-- see p. 1 for details

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.

Gay Board Game Night: meets in the SAGE Upstate Center.

Gay Film Society: meets in the SAGE Upstate Center. See more info p. 7

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

Lunch & Learns meet at SAGE. For details see p 5

Minnie Bruce Book Club: A new book club meeting at SAGE and hosted by the Syracuse Queer History Coalition. More on 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.

Pride Day at the Fair-- volunteer at the SAGE table. See p. 5

Syracuse Gay Film Society: See details on p. 7

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

Trivia Night: Thursday August 13, 6 pm at Park Central Presbyterian Church, 504 E Fayette St. Details on page 1

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) meets at the Visitor Center at Onondaga Lake Park & Thursdays (10 am) meets at the benches by Panera at Destiny.

We Care Wednesday: A portion of the ticket revenue of a Syracuse Mets game goes to SAGE! See page 5

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org.

Pride Day At The Fair: August 28



Pride Day at the NYS State Fair is set for August 28. SAGE will staff a table there and we need volunteers. Contact Leslie at 315-478-1923 or llamb@sageupstate.org to sign up for a shift between 10 and 5 pm.

FAIR-NY coordinates the LGBTQ Information booth each year in the Center of Progress Building, which is staffed every day of the fair, August 26 through September 7. To sign up to volunteer at the LGBTQ Information Booth, email fairny@fairny.org.



by Leslie Lamb, Program Director

August Lunch & Learn: Elder Abuse Tuesday, 8/18

Presenter Juliann Hall, Prevention Educator from Vera House, will discuss types of elder abuse, how to recognize signs of abuse, as well as how to identify at risk populations. By the end you will feel equipped to respond to abuse disclosure as well as knowing how to help prevent elder abuse.



Lunch and Learns are held at SAGE Upstate, located in the CNY Philanthropy Center, 431 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.

Meet your SAGE friends for a meal

1st Thursday Dinner, 8/6, 6 pm

Plaza Grande. 2212 W. Genesee St.
(Westvale Plaza). Syracuse

2nd Thurs. Breakfast, 8/13, 9:30 am

Stella's Diner. 110 Wolf St.
in Syracuse

3rd Thurs. Lunch: 8/20, 12:30 pm

Waterfront Tavern. 6 US route 11.
Central Square



Please RSVP with Ron or email Leslie at llamb@sageupstate.org



We Care Wednesdays

At "We Care Wednesdays" the Syracuse Mets feature local nonprofits at a game. On **Wednesday, August 19**, SAGE Upstate will be featured, and \$5 from the sale of tickets will go to our organization. SAGE will have an information table at the game, banners will be posted, and announcements will be broadcasted to the stadium. Here's the link for tickets: www.gofevo.com/event/Sageupstate2026

Interested in community events, but don't want to go alone?

Sign up for our SAGE Out Together List to attend events with others: email to llamb@sageupstate.org or call Leslie at 315-478-1923

Oswego Rural Health Fair

SAGE will have a table at the Oswego Rural Healthcare Fair on August 1. The event offers free coffee and pastries provided by 114 Reserve Cafe, sponsored graciously by Kinney Drugs; a free, all skill-levels outdoor yoga session at 9am, taught by Kelly Blake from Inner Peace Yoga; therapy animals from Paws of CNY; free blood pressure and hernia screenings, courtesy of Oswego Health; free screening for unclaimed funds by the Office of the New York State Comptroller; free oxygen bar samples, courtesy of the Aqua Spa Float Center. Stop by the SAGE table. The Health Fair will be held from 10 am to 1 pm at Fulton War Memorial, 609 W Broadway, in Fulton.



Utica Unitarian, 10 Higby Rd.

Get more out of doctor visits

This information, from the National Institute on Aging (nia.nih.gov) will help you make the most out of your next trip to see your health care provider.



Decide on questions before your appointment

Choose a few questions or concerns that you most want to talk about. Share them with your doctor at the beginning of the appointment, and then discuss them first. These may include life changes, medications, or symptoms you may be experiencing. Whatever is on your mind, share it with your doctor first thing.



Have things handy

Here are some things it's good to have with you: a list of prescriptions and other medications/vitamins, insurance cards, names and phone numbers of other doctors you see, and any medical records your doctor may not have.



Be Honest

We all like to put our best put our best foot forward. We may say we eat healthy when that could be stretching the truth. Your doctor's office is not the place to do this. They can suggest the best treatment only if you say what is really going on. Don't sugarcoat it.



Share how you feel

Tell the doctor if you feel rushed, worried, or uncomfortable. Yes, they have many other patients to see, but let them know if something is really concerning you. Offer to come back for a second visit, if need be.



Think about bringing a friend

Sometimes it is helpful to bring someone to the doctor with you. Tell them in advance what you want from your visit, and they can remind you if things get off track. They can take also notes for you and can help you remember what the doctor said. But, remember, it's your appointment-- your friend shouldn't take too strong a role (unless you want them to). It's ok to ask your friend to stay in the waiting room while you discuss personal matters. Be sure to let them know how they can be most helpful.



Take Notes

Take along a notepad and pen and write down the main points. Don't be afraid to ask the doctor to write something down for you. If you can't write while the doctor is talking to you, make notes in the waiting room after the visit. Most phones have a recording app-- ask your doctor if it's ok to record what they tell you. You also might want to bring someone with you for a second set of ears.

Stay FOCUSED

You've got a limited amount of time, so stick to the basics -- the symptom, when it started, how often it happens, and if it is getting worse or better.

Getting started with a new doctor

Introductions: Let the doctor know the name and gender you'd like them to use.

Off Hours: What do you do when the office is closed?

Medical History: Make sure your new doctor knows about illnesses, operations, medical conditions, medications.

Contacts: Let them know who they should contact in an emergency

For more info, see www.nia.nih.gov/health/medical-care-and-appointments/how-prepare-doctors-appointment

Community Connections Intergenerational Dinner



Oswego Pride



Just a reminder ... We still need your support

First, thank you so much to everyone who has donated to our current fundraising appeal. I want to tell you, the only reason we are still here today is because of the generosity of our donors. We have been hung up waiting on state grant money to come in all year long, and without people who were kind enough to send in donations, I don't know how we would have made it through.

To those of you who received our appeal letter in the mail about a month ago and put it aside to deal with later-- this is a gentle reminder to go back to that form and consider a donation to SAGE. -- Kim



Three ways to donate:

- Return the form on the back of this issue
- Use the QR code
- Visit sageupstate.org

Syracuse Gay Film Society

Doors open at 5:15. Movie at 5:45
Meets in SAGE Upstate Center

Sunday August 9

5:45: Frida, (2024).

Documentary/Biography, An intimately raw and magical journey through the life, mind, and heart of iconic artist Frida Kahlo. Her diary, revealing letters, essays, and print interviews are brought vividly to life by lyrical animation inspired by her unforgettable artwork. 1 hr, 28 min



7:20: Chavela, (2017) The life of pioneering singer Chavela Vargas, from her birth in Costa Rica in 1919 to her death in Mexico in 2012. 1 hr, 33 min

Sunday August 23

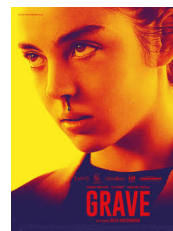
5:45: I'm Your Venus, (2024). Docu-

mentary. Follows the unsolved murder of Venus Xtravaganza, star of the legendary Paris Is Burning as Venus's two families-- biological and ballroom-- come together to seek answers and celebrate her legacy. 1h 20m

7:15: Tangerine, Comedy/Drama/Crime. After hearing that her boyfriend/pimp cheated on her while she was in jail, a transgender sex worker and her best friend teach him and his new lover a lesson. 1 hr, 27 min

Friday August 28 Freaky Final Friday

6:30: Raw (2017) Horror/Drama. Stringent vegetarian Justine (Garance Marillier) encounters a decadent, merciless and dangerously seductive world during her first week at veterinary school. Desperate to fit in, she strays from her principles and eats raw meat for the first time, and experiences terrible and unexpected consequences as her true self begins to emerge. 1 hr, 39 min





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

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



YES, I WANT TO SUPPORT SAGE!

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

☐ Bill my card for \$_____/month

☐ Bill my card for the one time amount of \$_____

My check is enclosed for \$_____

Payment Information

Fill out donation amount on the other side

☐ My check is enclosed

☐ Please charge my card

Card Number:

Exp: _____ CVV# _____

Signature _____

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