

Sage Upstate News

November 2021
Vol 25 No 11

Serving Older Gay,
Lesbian, Bisexual, and
Transgender People
in Central New York

Coming Up At SAGE:

Our new Neighborhood Advisor starts this month: Trish Johnson joins the SAGE Upstate staff. See article on page two and watch our website for details.

SAGEVets connects LGBTQ veterans to each other and resources: See inside for more about the group, which meets on the 4th Tuesday of every month.



Second Sunday with SAGE in November: 9th Annual Community Celebration

Join us on November 14, 4:00 pm on Zoom

Honoring Group Leaders
Recognizing Veterans
Giving Away Raffle Prizes

See sageupstate.org or page 2 for login/call-in info

Thank You Group Leaders! This year we celebrate the backbone of our SAGE community: Volunteer Group Leaders. We'll recognize these dedicated individuals and hear a little bit about their history with SAGE and the groups they lead.

Thank You For Serving. Wanda Martinez-Johncox will share info on SAGEVets, a program that serves LGBTQ veterans statewide. Wanda works with Dan Bishop-Basler and Rita Gram to reach out to veterans in Central and Western NY.

Raffle and Program: You'll get the chance to win fabulous prizes by entering our raffle. You can use the form on the back of this issue, or download a form at sageupstate.org. You can also make your raffle donation online. Prizes include original art by Amy Bartell, a Chromebook and an Amazon

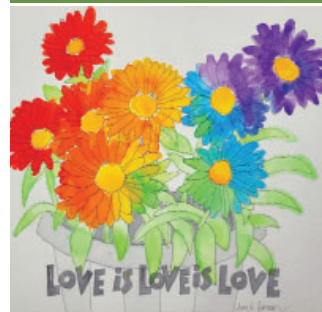
Echo, and an Instant Pot rice steamer and cookbook. After the three main prizes are drawn, we'll raffle off baskets full of lottery tickets, coffees & teas, gift cards, and other treats.

Our Community: It wouldn't be a "community" celebration if we didn't recognize all of the great CNY organizations serving the LGBTQ community. The pandemic has taken its toll on all of us, but there are groups getting back out there-- we'll share info on what's happening. If you are a part of an LGBTQ organization in CNY, please let us know about your plans so we can pass them on to SAGE folks.

Tune in at 4:00 pm, November 14. The raffle will be drawn live during the program. (you need not be present to win). All proceeds from this event will go toward programs for older LGBTQ people.

Raffle Prizes

Love Is Love Is Love,
original art by
Amy Bartell



Chromebook &
Amazon Echo

Instant Pot Rice/Grain
Steamer & Cookbook



AND ... BASKETS!



November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11 am Fitness Class 6 pm Monday Men's	2	3 5:30 Writers 7:00 Knitters	4	5 11 am Fitness Class	6
7	8 11 am Fitness Class 6 pm Monday Men's	9	10 5:30 Writers 7:00 Knitters	11 Veterans Day	12 11 am Fitness Class	13 Utica Social
14 4 pm: 2nd Sunday with SAGE: Community Celebration	15 Fitness Class 6 pm Monday Men's	16	17 5:30 Writers 7:00 Knitters	18 5:30 pm SAGE Upstate Board	19 11 am Fitness Class 7 pm Men's Night Out	20 7 pm Trans Social
21	22 6 pm Monday Men's	23 6:00 SAGEVets	24 5:30 Writers 7:00 Knitters	25 Thanksgiving	26	27
28 Oswego Social	29 11 am Fitness Class 6 pm Monday Men	30	 <p>We're thankful for you.</p>			

Find Zoom links at www.sageupstate.org, OR call in at 1-929-205-6099 – use meeting ID# and passcode

Fitness Class led by Barb Genton -- exercises to build strength, improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890 Passcode: 1969	SAGE Upstate Board, 4th Thursday, 5:30 pm (this month on the Third Thursday because of Thanksgiving): Meeting ID: 876 4687 0636 Passcode: 1969
Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation Meeting ID: 812 6815 6658 Passcode: 1969	Second Sunday With SAGE: Community Celebration. Meeting ID: Meeting ID: 893 1950 6041 Passcode:1969
Men's Night Out:Third Friday at 7 pm Meeting ID: 817 6668 1893 Passcode: 1969	Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 896 9963 6095 Passcode: 1969
Oswego Social: 4th Sunday, 2:00. Join other SAGE folks from Oswego and beyond for a social gathering Meeting ID: 821 3206 5529 Passcode: 1969	Utica Social: Join other SAGE folks from Utica and beyond for a social gathering on Second Saturday, 5 pm. Meeting ID: 854 4360 4277 Passcode: 1969
SAGEVets: 4th Tuesday, 6:00 pm Join other LGBTQ veterans for socializing, programs about benefits, and resource sharing. Meeting ID: 871 5736 4984 Passcode: 1969	Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome . Meeting ID: 596 630 088 Passcode: 1969

Are you LGBTQ+ and a veteran?



SAGEVets Central & Western NY Meets every 4th Tuesday, 6:00 pm

Join other LGBTQ veterans for socializing, programs about benefits, and resource sharing.
Find zoom link at sageupstate.org or call in at 929-205-6099
Meeting ID: 871 5736 4984 Passcode: 1969

Trish Johnson starts at SAGE as Neighborhood Advisor

At the end of October, the long search for a Neighborhood Advisor ended. "I am looking forward to being a part of the SAGE Upstate community," Trish Johnson said, when she accepted our offer for the position. She will start November 15.

SAGE Upstate received a three-year grant from the Onondaga County Department of Adult and Long Term Services to hire a Neighborhood Advisor. In this position, Trish will help older LGBT adults find programs and resources that help them to remain independent in the community. She will reach out within SAGE Upstate programs and also through building relationships with other agencies serving older adults. Please stay tuned to sageupstate.org to find out more about how the program will roll out.

LGBTQ Veterans: Thank You for Your Service

As Veterans Day approaches, we thank the LGBTQ (and all) veterans who served, and offer support and assistance through the SAGEVets program. At our October meeting of SAGEVets, the featured speaker was Eric Alva, a Marine and author of three books on his experiences in and out of the military, including advocating for the repeal of Don't Ask Don't Tell. In the picture at right, Eric stands next to Nancy Pelosi and over the right shoulder of President Obama as he signs the bill into law.

The October meeting was open to all, and SAGEVets will offer these a few times each year. Normally, the group gathers LGBTQ veterans on the 4th Tuesday of every month, 6:00 pm, for socializing, support, and resource sharing. Outreach Coordinator Wanda Martinez works with Rita



Gram and Dan Bishop-Basler to reach out to veterans in CNY, the Finger Lakes, and Western NY. SAGEVets works with LGBTQ veterans to improve their access to the VA and other veteran services, as well as support their overall health and wellness.

If you or someone you know is LGBTQ and a veteran, SAGE Vets is here for you. For more info, please contact Wanda at wmartinezjohncox@gmail.com or 585-414-9164. You can reach Dan or Rita by emailing Kim at kdill@sageupstate.org.

Next Meeting: November 23, 6:00 pm

Connecting to SAGE Upstate and each other in the new normal

We know that some of you have been Zooming, some of you are tired of Zooming, and others have decided that Zoom is not for you. It looks like we will be using it exclusively for a while longer. And, when it's safe to meet in person, we will keep Zoom in place, making it possible to reach people who've had issues accessing SAGE programs in person for a variety of reasons.



Zooming: Currently, you can zoom in to many programs, including Fitness Classes, Knitting and Fiber

Arts, Men's Night Out, Second Sunday With SAGE, Socials in Oswego and Utica, Trans Socials, SAGEVets and the Writers Group. There are a surprising number of new ways that these groups can continue what they were doing before the pandemic. Knitters hold up patterns and stitching to each other. Writers share poems and stories on their screens. Second Sunday has music, quizzes, and breakout groups. Socials offer a chance to check in online or by phone. People exercise in fitness classes (with or without their screens turned on) while Barb teaches. It's different, but it works.

News, emails, web site: Every month we mail out the newsletter, and every week we update the web site with program and health info and community news. You can see videos of some programs, find out more about health and other issues, and see what other community organizations are doing at sageupstate.org.

Tech Support: If you want to Zoom but haven't been successful, there are people who will help

you. They can call on the phone and talk you through it, and/or get on Zoom with you to show you how to do things. Let us know if you need help.



Neighborhood Advisor: As we start this program, there will be more one-on-one outreach to people who need services, those who have questions, and those who feel isolated.

Friendship groups: Some networks formed in SAGE groups are speaking, texting, and in some cases meeting in person with each other. Let us know if you want to know about any of these.

What are your ideas?

We are now exploring a variety of ways to reach out to you all, including videos, message boards, and mailings. We'd love to hear your ideas!





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

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Enter for your chance to win original art by Amy Bartell, a Chromebook & Echo, an Instant Pot Rice and Grain steamer & Cookbook. And -- your donation will fund programs for older LGBT people. Drawing will be done live at the Community Celebration on November 14. You need not be present to win, but we hope you will join us! See details on the front page.

2021 Community Celebration Raffle

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

My donation: \$_____ Enter my name in the raffle for _____ chances. Check is enclosed bill my card

CARD# _____ Exp _____ CVV _____

Donation of	\$10	1 ticket
	\$25	3 tickets
	\$45	6 tickets
	\$80	10 tickets

THANK YOU for your support of SAGE Upstate
Mail to: SAGE Upstate, 431 E. Fayette St. Syracuse, NY 13202

I am not interested in the raffle, please accept my donation of \$_____