



## Celebrate Black History Month

Here are some online resources

**PBS** (pbs.org) offers many videos and shows this month. *How Hip Hop Changed the World* airs on Tuesdays at 9 and is also available online. The series chronicles Hip Hop's political awakening over the last 50 years. Another doc to check out is *Sledge-n-dary*, a conversation with Debby Sledge from the group Sister Sledge who recorded hits like *We are Family* and *He's the Greatest Dancer*.

On **NPR** (npr.org), you'll find special programs throughout the month on the air and at the website. Find out more about Ray Billingsley, whose comic strip *Curtis* has depicted Black family life since 1988. Another story features Niecy Nash and Jessica Betts, the first same sex couple to appear on the cover of *Essence*.

The National Museum of African American History and Culture offers the **Searchable Museum**, a virtual collection of history and culture through an African American lens. (searchablemuseum.com).

At **OutHistory** you'll find an African American LGBTQ+ US Timeline from 1912 to the present. It marks the milestones, paying attention to the many conversations about what sexuality has meant in African American communities across time. Find it at: [outhistory.org/exhibits/show/afam-timeline/timeline](http://outhistory.org/exhibits/show/afam-timeline/timeline).



## Love is Love is Love ... Tea Dance: Feb 18

Valentine's Day isn't just about couples, because "love is love is love..." We love our friends, we love our families, we love our partners, we love the people that we volunteer with and folks we see at SAGE events. Let's come together and celebrate all of that! DJ Rockin' Robin will bring the music to the "Tea Dance," held in the afternoon from 2:00- 5:00 pm. Join us in the 2nd floor ballroom for dancing, refreshments, and a 50/50 raffle. Want tickets? See the back of this issue. **Snow date: 2/25**

## 2nd Sunday With SAGE: Superbowl Party on 2-16, 6 pm

Come to the Center at 6 pm on Superbowl Sunday! Not a football fan? No worries. The game will be on in one room in the center and in the other room people will be socializing and playing games. Bring a dish or snack to pass if you able. Thank you to our hosts, Laura and Charlottee!

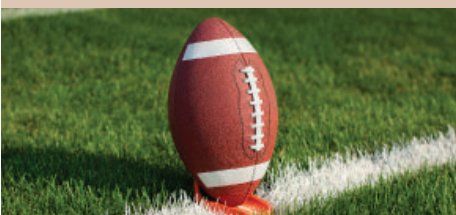
## This Month @ SAGE

What's a  
Tea Dance?

Late night  
music and fun  
in the daytime!

### 2/18 Love is Love is Love Tea Dance

Join us in the 2nd floor ballroom,  
for an afternoon dance



### 2/12 Superbowl (2nd) Sunday

Bring a snack or dish to pass to the  
SAGE Upstate Center for games  
and socializing. (Some people will  
watch football too...)



2/28 Lunch & Learn: Ageism  
Join us in the Center for a  
presentation and lunch.

## Veterans Spotlight: Branwen Drew

SAGE Upstate Board Member Branwen Drew enlisted in the US Navy in 1962 – her senior year in high school. She was following in the footsteps of her father, who served in WWI, and other relatives.

She says it was a positive experience overall. She was an electronics technician and she left the Navy as a Second Class Petty Officer in 1972.

She also remembers the "ultra-masculine" environment. "At the time I identified as a cross dresser," she said. "But in the service I did a lot of things to show I was masculine—drinking, girls, listening to people talk about going out to gay-bash. There was a lot of macho talk."

She didn't identify as gay or trans at the time. "Looking back, I didn't really see all that was going on. I didn't notice how people were being treated."

She recalls a trip out with the guys to an adult movie theater. It turned out the show was a movie about Christine Jorgenson – a soldier who had the first widely publicized gender reassignment surgery. Branwen was intrigued, but was happy to leave the theater with her buddies in the middle of the movie.

When home on leave, Branwen continued to cross dress. "There was a fear that someone would find out," she said, "and I think – in a way – I hoped that someone would find out."

But no one found out, so Branwen lived a life in the shadows, coming out to dress the way she felt when opportunities came to her. "I honestly don't know



how I found places to go. There were bookstores and underground magazines. I found EON (a local trans group) in the 1980s.

Things stayed the same until the late 1980s with the birth of the world wide web. "I'd thought about it a lot, wondering who I was," she said. "Now I was able to look online for answers. And I worked in a library so I had plenty of access." In 2018, Branwen came out as Trans.

She believes it's important for LGBTQ veterans to be as visible and they can, "to show that anyone who is LGBTQ can serve." Branwen participates in many regional and national LGBTQ veterans groups. She's been active in an initiative to change VA rule making which would allow trans veterans to have all of their health care covered, including surgeries.

Though she knows that many mainstream veterans organizations now have LGBTQ groups within them, she still feels a bit leery about approaching them.

Branwen is part of SAGEVets for LGBTQ veterans for the past five years. The group meets on the 4th Tuesday, now on Zoom. In addition to serving on the SAGE Upstate Board, she is a member of the writing group., which meets every Wednesday at 5:30 – one of her poems is featured at right.

### ODE TO WASHING DISHES by Branwen Drew

Pots, pans, dirty dishes everywhere,  
Not a clean glass from which to drink.

Clear out the sink,  
Steaming water  
Flowing from the faucet,  
A cascade onto the metal below.

Bringing Joy to the task,  
It Dawns on me,  
Washing dishes is a meditation.

Each soap bubble is a universe,  
Part of a frothy metaverse.  
Starting out Ivory white,

Turning darker as grease and grit  
Come off each plate or pan.

Empty of dishes,  
At the end of its usefulness,  
The plug is pulled.  
The metaverse of dirty water,  
detritus and grease of yesterdays,  
Spirals down into black hole in the sink.

Repeat the cycle,  
new creation,  
Dish washing,  
An Ode to Joy.

Find more of Branwen's poetry at:  
<https://branwenspoetry.substack.com/>



When you join enlivo, a virtual senior center, each day is different, interesting, stimulating-- and it all happens in your own home.

Enlivo offers daily programs on a variety of topics including wellness, art, music appreciation, live music, history, games, exercise, computer training, and travel, and cultural/religious programming. You can meet people, make friends, have fun, and learn something new.

It's an easy-to-use way to counter boredom and isolation. New programs are offered weekly, and training & tech support are available. Ready to sign up? Need more info? Contact Trish: 315-478-1923 or [tjohnson@sageupstateorg](mailto:tjohnson@sageupstateorg)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Writers, 5:30	2 11 am Walking Group 6 Dinner Out	3 11 am Fitness 3 pm First Friday Social	4 2 pm Utica Social
5	6 11 am Fitness Class 6 pm Men's Group	7	8 5:30 Writers 7:00 Knitters	9 9:30 Breakfast Club 11 am Walking Group	10 10:30 Oswego 11 am Fitness	11
12 Superbowl 2nd Sunday 6 pm	13 11 am Fitness Class 6 pm Men's Group	14	15 5:30 Writers	16 11 am Walking 12:30 Lunch Out 3- 6 pm HIV/AIDS testing	17 11 am Fitness Class 7 pm Men's Night Out	18 2- 5 pm Love is Love is Love Tea Dance 7 pm Trans Social
19	20 President's Day 6 pm Men's Group	21	22 5:30 Writers 7:00 Knitters	23 11 am Walking Group	24 11 am Fitness Class	25
26	27 11 am Fitness Class 6:00 pm Men's Group	28 11:30 am Lunch & Learn: Ageism 6pm SAGEVets	February 2023			

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.



In person only



On Zoom Only



In Person & Zoom

Breakfast Club, 2nd Thursday, 9:30. SAGErs meet for breakfast. See page 3 for details
Falls Prevention Fitness Class: In person and online Mondays and Fridays at 11 am. Meeting ID # 894 0192 9890 Passcode: 1969
First Friday Social, every first Friday at 3:00 in the Center-- games and socializing. In person only.
HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3:00- 6:00 pm
Knitting & Fiber Arts, 2nd and 4th Wed at 7 pm. Fiber arts & conversation. In person and on Zoom. Meeting ID: 812 6815 6658 Passcode: 1969
Lunch and Learn:Dismantling Ageism, 2/28, 11:30 am. Please RSVP to Trish in advance (and share any dietary restrictions) by 2/24: tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info.
Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm.

Out For Dinner, 1st Thurs, 6 pm. See details on back.
Second Sunday: Superbowl party, see page one for details.
Oswego Social, 2nd Friday, Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month 10:30-11:30
Out For Lunch: Third Thursday, 12:30 pm See details on back.
SAGEVets: support and socializing for LGBTQ Veterans. Fourth Thursday, 6:00 pm
Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd.
Walking Group, Thursdays at 11 am, meet at Destiny near Panera.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969



**Lunch & Learn:  
Let's Dismantle Ageism**  
Tuesday, February 28, 11:30

This one-hour workshop is designed to raise awareness about ageism, how it appears in our lives, and what we can do to dismantle it. Please RSVP by Friday, 2/17 to Trish, including dietary restrictions: 315-478-1923 or [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or



**FREE TESTING**  
"HIV DOESN'T HAVE AN AGE LIMIT"  
**EVERY 3RD THURSDAY OF EACH MONTH**

- HIV
- SYPHILIS
- HEP C

GET TESTED TODAY!  
**ACRHealth**  
Opening doors to walk healthy communities  
3pm-6pm

## Dining OUT with SAGE Friends

NEW: All SAGE dining out groups now meet on Thursdays. These popular gatherings draw 8-12 SAGE friends together 3 times per month (breakfast, lunch, dinner) at local restaurants.

**Would you like to receive emails about these events?** Contact Kim at 315-478-1923 or [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org). Your info will be passed on to Ron, who leads these groups. See this month's locations at right.

**To arrange for your seat at the table, please RSVP**

### Dinner on First Thursday

2/2, 6:00 pm @ **Mr. Noodle & Ms. Dumpling**, 2841 Erie Blvd East in Syracuse

### Breakfast on Second Thursday

2/9, 9:30 am @ **The (Allnight) Eggplant**, 5781 Bridge St. East Syracuse

### Lunch on the 3rd Thursday

2/16 12:30 pm @ **The Brooklyn Pickle** 2222 Burnett Ave in Syracuse



## The SAGE Upstate Walking Group meets at 11 am every Thursday

The walkers meet near Panera at Destiny, then return. Those who wish to may join group members for food and conversation.

## Need help?

## Contact Trish

Trish Johnson, SAGE Upstate's Neighborhood Advisor, can assist you in finding benefits or services you might need to age healthy and strong. Trish can help you find services for health care, legal issues, transportation, housing, nutrition and exercise, social support, and caregiver needs.

**315-478-1923, 3xt 2**

**[tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org)**

This program is funded by the Onondaga County Office of Adult and Long Term Care Services.



## Abuse in Later Life: Financial Exploitation, Scams

Excerpts from the December Lunch and Learn Presentation by Loren Ulrich, Prevention and Outreach Coordinator, Abuse in Later Life Program at Vera House

*“Creating a just society includes treating older people as equal members and making sure we are all connected to our communities as we age, so that we can prevent and address elder abuse.” (Frameworks Institute: Talking Elder Abuse)*

Elder Abuse can be seen as social justice issue. Singling people out and treating them unfairly because of they are part of a group is discrimination. The issue is isolated as no one else's problem, and it's stigmatized which makes it difficult to talk about. In December, Loren Ulrich from Vera House made a presentation in our Center, and we offer the highlights here.

Elder abuse take many forms. An abuser may use physical actions to intimidate, such as grabbing, hitting, kicking or choking. When abuse is sexual, it can include

unwanted contact or comments, or forcing someone to look at inappropriate images or videos.

Emotional abusers may make threats or negative, hurtful comments to make someone feel bad about themselves. Or, the person may be excluded or prevented from doing things they want to do.

Abusive situations involving neglect happen when caregivers don't do the tasks a person needs, such as bathing and other personal tasks – the person may feel afraid to ask about it

## Scams and Exploitation

While general financial exploitation is likely to happen with someone you are in an ongoing relationship with (family, friends, caretakers, lawyers, financial advisors), scammers are usually strangers.

**Exploitation** involves someone taking your money or property without permission. **Scammers** will contact you via phone, email, in person or internet. Here are some things to look for:

- An "emotional hook" like really good or really bad news.
- Requests for payment in cash or gift cards or another form of nontraceable currency
- Requests for personal information, such as bank account information or social security number.
- Urgency – "this has to be done immediately"

<b>Resources</b>	<b>Vera House.</b> verahouse.org 24-Hour Crisis Line: 315-468-3260	<b>Adult Protective Services</b> 315-435-2815	<b>National Elder Fraud Hotline:</b> 833-372-8311
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## But how do I get my "Love is Love is Love Tea Dance" RAFFLE TICKETS?

We're so glad you asked! There are a few ways you can enter this 50-50 raffle!

### 1.

Cut on the dotted line above and use the form on the back of this issue.

### 2.

Make your ticket donation online at [sageupstate.org/donate](http://sageupstate.org/donate). Specify the amount of tickets you want in the description of the paypal form, or send an email to [kdill@sageupstate.org](mailto:kdill@sageupstate.org)

### 3.

Stop into our center at 431 E Fayette St. Drop-In Hours are 3-6 Tues/Wed/Thu or call for another time.

Winner drawn at the Love is Love is Love Tea Dance on February 18  
You need not be present to win.

**\$5 for one ticket**  
**Five for \$20**



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

Address service requested

Nonprofit Org.  
US Postage Paid  
Syracuse, NY  
Permit 1930



### Love is Love is Love Dance Raffle!

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone or Email \_\_\_\_\_

My check is enclosed  Please bill my credit card:

Card # \_\_\_\_\_

Expiration \_\_\_\_\_ CVV \_\_\_\_\_

*Fill out the number of tickets you want.  
We'll cut them out and add them to the drawing.  
You need not be present to win.*

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

\$5 for one ticket  
Five for \$20

I do not wish to participate, but here's my donation:

\$ \_\_\_\_\_

Phone # _____	Name _____	Phone # _____	Name _____	Phone # _____	Name _____	Phone # _____	Name _____	Phone # _____	Name _____
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