

## Thank you for your support

The support of generous donors has made it possible for SAGE to stay connected to the community, with exercise classes, health presentations, social gatherings and training for providers. COVID-19 has forced a "new normal" on us all, but that doesn't mean that the needs of older LGBT people have gone away. In fact, in some cases they are even greater. Can you help? If you are able to make a donation, please use the form on the back of this issue or give online at [sageupstate.org](http://sageupstate.org). Donations of all sizes are needed and appreciated.

## Is the SAGE Fitness Class right for you?



You may have heard about SAGE Upstate's Falls Prevention Fitness Class that has been meeting on Mondays and Fridays for three years now. But what do you really know about it? You may wonder what we mean by "Falls Prevention", or whether the class would be too difficult or too easy for you. Since we've had it going for a while, you may think it's for people who have taken the class before. We want everyone to know that this class is for EVERYONE, regardless of fitness ability and experience. The exercises offered by leader Barb Genton are easily modified. If you are new to exercise, she will make sure you can keep up, no problem. If you're an old hand-- she will challenge you. And it's never been easier-- you can log in and do the exercises in your own home. **See our interview with Barb on page three to find out more. Find log-in info on page 2.**

## Second Sunday: Holiday Celebration



Join us for a "Classical, Comical, and Traditional Holiday Celebration" on **Sunday, December 13, 4 pm**. Our musical guests will perform Vivaldi's "The Four Seasons," holiday favorites like "Winter Wonderland", and some original songs, including a number about coming out during the holidays. Tim Lattimore, Cindy Perrine, and Anthony Ragonese from the SAGE Upstate Writers Group will read original poems. After the program we'll have "Table Hopping," where participants will gather in smaller groups for conversation. Our featured violinist, Will Knuth, is a native of Utica NY and has performed in Europe, Africa, North and South America. His most recent album *Duo Sondios* was #3 on Billboard's Classical Music charts. He also performs with the Goo Goo Dolls. Last year he joined the faculty of the Setnor School of Music at Syracuse University. Also featured in the program will be Joe Downing, a long time friend and member of SAGE Upstate. A composer, organist, and conductor, he is a former director of the Setnor School of Music at Syracuse University where he specializes in teaching theory and ear training. He is also director of music at Plymouth United Church of Christ. **Find log-in and call-in info on the next page and at [sageupstate.org](http://sageupstate.org).**



# December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 4 pm SAGE Shares	2 5:30 Writers 7:00 Knitters	3	4 3 pm Friday Social	5
6	7 11 am Fitness Class  6 pm Monday Men's	8 3 pm Alzheimer's Support 5:30 Crafting	9 5:30 Writers 7:00 Knitters	10	11 11 am Fitness Class	12 Utica group
13 Second Sunday With SAGE: Holiday Celebration	14 11 am Fitness Class  6 pm Monday Men's	15	16 5:30 Writers 7:00 Knitters	17	18 11 am Fitness Class  6 pm Men's Night Out	19 7 pm Trans Social
20	21 11 am Fitness Class  6 pm Monday Men's	22 5:30 SAGEVets	23 5:30 Writers 7:00 Knitters	24	25 Open House on Zoom, 2 pm	26
27  2pm Oswego group	28 11 am Fitness Class 6 pm Monday Men's	29	30 5:30 Writers 7:00 Knitters	31	 January 1 Open House on Zoom, 2 pm	

<b>Alzheimer's Association Caregiver Support Group: 2nd Tuesday at 3 pm:</b> Call the 24-Hour Helpline, 800-272-3900, for secure joining details.
<b>Crafters, 2nd Tuesday at 5:30 pm:</b> Projects made out of everyday items. Meeting ID: 850 8420 1891
<b>Falls Prevention Fitness Class</b> led by Barb Genton -- exercises to build strength and improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890
<b>Friday with Friends Social Hour, First Friday, 3 pm:</b> Games and social time. Meeting ID: 880 3712 6750
<b>Knitting and Fiber Arts, Wednesdays at 7 pm:</b> Fiber arts and conversation. Meeting ID: 812 6815 6658
<b>Men's Night Out:</b> Third Friday at 6:00 pm, social for SAGE guys. Meeting ID: 215 654 6687
<b>New Years Day Open House on Zoom:</b> January 1, 2pm,
<b>Oswego Group: Fourth Sunday, 2 pm:</b> Join other SAGErs in Oswego for discussion and socializing. Meeting ID: 821 3206 5529

<b>SAGE Shares, First Tuesday at 4 pm:</b> Join this meeting to help SAGE Upstate reach out to those in need. Meeting ID: 846 1136 5984
<b>SAGEVets, 4th Tuesday at 5:30 pm:</b> Join other SAGE Veterans for discussion and support. Meeting ID: 871 5736 4984
<b>Second Sundays @ SAGE : 8th Annual Community Celebration.</b> See details in special section. Meeting ID # 893 1950 6041
<b>Trans Social, 3rd Saturday, 7 pm:</b> Trans-identified people meet for socializing and support. Meeting ID: 301 786 717
<b>Utica Group:</b> Please call SAGE Upstate for info.
<b>Walking Group, Thursdays, 11 am:</b> Walk and chat with other walkers. Meeting ID: 833 4116 8008* Time may change -- see sageupstate.org
<b>Writers Group, Wednesdays at 5:30 pm:</b> All genres and experience levels welcome. Meeting ID: 596 630 088

## Q & A on Falls Prevention with Barb Genton

*One in three people over the age of 65 fall each year and 1 of 10 of those falls result in hospitalization. More than half of fall injuries occur at home. Onondaga County has the highest incidence of death due to falls in Upstate New York. SAGE Upstate offers a Falls Prevention Fitness Class on Mondays and Fridays at 11 am(it is now offered on Zoom). Barb Genton leads the group. Here's what she has to say about classes:*

### **Q: What are "Falls Prevention" exercises?**

**A:** The main focus of the class is balance exercises, including strength training. The idea is that improving balance and leg strength reduces fall risk.

### **Q: What if someone has not exercised before?**

**A:** All exercises are done in a chair or standing near a chair. As participants build strength and balance, they may need the chair less. Participants are encouraged to work within their own limitations. People can take breaks, do fewer reps, and use lighter weights to start out.

### **Q: Is the class only for beginners?**

**A:** All of our exercises can be modified to meet participants skill level. The class provides the opportunity to increase strength and balance for people of all exercise abilities.

### **Q: What do you do during the hour of class?**

**A:** We start with a warm-up routine, then move to handheld weights and resistance bands. Exercises include standing on one leg, standing with feet in tandem, strengthening eye muscles, and squats from a chair.

### **Q: What else can you tell us?**

**A:** As we age, our sense of balance decreases, and these exercises provide a repetitive practice that is always making us more balanced and stronger.

### **Q: Is there a process to register?**

**A:** If you need more information, contact Kim at [kdill@sageupstate.org](mailto:kdill@sageupstate.org) or leave a message at 315-478-1923. Or just come to the class!

**See log-in info on page 2 or at [sageupstate.org](http://sageupstate.org).**

## Antiracist Tapping Group To Start

You've probably seen this quote recently (or something like it): *To deal with racism, it's not enough to be 'not racist' -- white allies must be 'antiracist.'*" For white allies, the work of undoing racism starts within us. We acknowledge our privilege in society, and work to counter all of the racist messages we've taken in. A technique that may help is "Tapping." Tapping can be used to address negative feelings. It's a technique you can do on yourself as you tap with your fingertips on specific meridian points. Susan White, who will lead the group, says, "this program is all about recognizing and releasing the emotions that often get in our way, as white people, when confronted with issues of race." Susan will teach participants how to use the technique, then the group will work on issues brought up by participants. Susan will work on as many individual issues as time permits. Everyone else will tap along because the benefits can extend to all. If you are interested in participating in a monthly SAGE Upstate Tapping group, please contact Kim at [kdill@sageupstate.org](mailto:kdill@sageupstate.org) or leave a message at 315-478-1923.



Once again, SAGE Upstate will offer a social on New Years Day so you can ring in 2021 with your SAGE friends. This year, the social is on Zoom on January 1, 2 pm (see log in info on page 2 or at [sageupstate.org](http://sageupstate.org)). We'll have trivia challenges and word games— bring a favorite of either if you'd like to share. After the year we've had, we are going to have to send out some serious positivity to make 2021 better! Hope to see you there.



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It's been a challenging year for us all. We've closed our center and cancelled our in-person events because we know that these measures will keep people safer. **But just because COVID-19 has forced this "new normal" on us all, it doesn't mean that the needs of older LGBT people have gone away.** Because of donors like you, SAGE Upstate is finding ways to *remotely* address our mission: reducing isolation and improving health of older LGBT people, and educating providers to improve access to care. Please consider a year-end gift to SAGE.

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