



# SAGE Upstate News

August 2023  
Vol 27 # 8

Serving Older LGBTQ+ people in CNY

## 2nd Sunday Potluck this month is a PICNIC!



August 23 -  
September 4

The Great New York State Fair starts on August 23 and runs through September 4th. This year, Pride Day will be held on Friday, August 25. It begins with a Progress Flag Raising ceremony at the front gate. There will also be an LGBTQ Resource Fair at Chevy Court Pavillion from 10 am to 6 pm. Special entertainment is planned from noon to 9 pm at the Empire Theater in the Art and Home Theater.

But Pride Day is every day during the fair at the LGBTQ Community Booth in the Center of Progress Building. The booth is open and distributing resources every day of the fair. If you'd like to volunteer, call 315-460-6971 or email to [fairny@fairny.org](mailto:fairny@fairny.org) or visit [fairny.org](http://fairny.org).

## Annual Picnic

Sunday August 13, 1:00 pm



Come and join us at Ryder Park on Sunday August 13, 1:00 pm, for our annual picnic. SAGE will provide hamburgers, hot dogs & veggie burgers. You can bring a side to pass if you'd like.

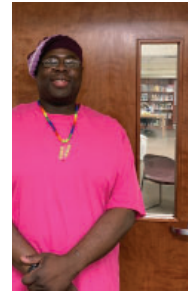
The picnic will be held at Ryder Park, 5400 Butternut Drive in East Syracuse (next to the Dewitt Town Hall). We'll have games to play, great food, and plenty of time for socializing. Volunteers are needed for set up and clean up-- if you are interested, please contact Trish at 315-478-1923 or [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org). **Please RSVP so we will be sure to have plenty of food for everyone. We hope to see you there:** contact Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org).

FYI: ALL **Utica** potlucks during the summer months are picnics-- outdoors, food on the grill, fun social time. Join them on the first Saturday of every month, 2:00 pm, at Utica Unitarian, 10 Higby Road.

### Suggestions for sides and other things to bring:

Italian Sausage, potato salad, baked beans, veggie platter, fruit salad, peppers & onions, tossed salad, salad dressing or desserts.

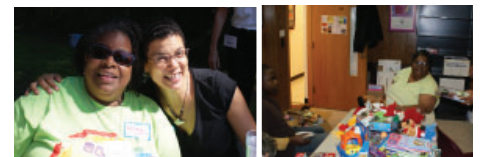
## Communities of Color Outreach Lunch: 8/26





SAGE is inviting all past participants of Uzuri and other LGBTQ People of Color for a luncheon on August 26, 12 to 2pm, 2nd floor ballroom, 431 E Fayette St.

On August 1, Tim Lattimore will begin work as SAGE Upstate's Ambassador to LGBTQ Communities of Color. He'll be calling folks to invite them to the lunch and preparing for a discussion at the event on how SAGE can better serve the needs of this community. Everything is on the table, including restarting the Uzuri group, establishing other groups, and community collaborations. Tim will be looking for what those who have gathered consider to be the issues that need to be addressed, and the direction that should be taken.

This event is free and open to all LGBTQ People of Color in Central New York. To get more information, please contact Tim at [tlattimore@sageupstate.org](mailto:tlattimore@sageupstate.org), or Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org).



*Pictures of Uzuri, the SAGE Upstate group for LGBTQ People of Color, over the years.*

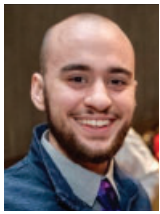
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>August 2023</b>		1	2 5:30 Writers 7:00 Knitters	3 10 am Walking 6 pm: Dining Out	4 3 pm 1st Friday Social	5 2 pm Utica Social
6	7 6 pm Men's Group	8	9 5:30 Writers 7:00 Knitters	10 10 am Walking 9:30 Breakfast Out	11 11 am Oswego Social	12
13 Annual Picnic 1 pm, Ryder Park in Dewitt	14 6 pm Men's Group	15	16 5:30 Writers 7:00 Knitters	17 10 am Walking Group 12:30 Lunch Out 3- 6 AIDS testing	18 7 pm Men's Night Out	19 7 pm Trans Social
20	21 6 pm Men's Group	22 11:30 am Lunch & Learn	23 5:30 Writers 7:00 Knitters	24 10 am Walking Group	25	26 12 pm: Lunch for LGBTQ People of Color (see p. 1)
27	28 6 pm Men's Group	29	30 5:30 Writers 7:00 Knitters	31 10 am Walking Group		

*SAGE Upstate Office Hours: Tuesday - Thursday, noon - 6:00 pm -- other times call first: 315-478-1923*

*The Falls Prevention Fitness Class and SAGEVets are on a break -- they will return in Fall.*

Annual Picnic: Sunday August 13, 1:00 pm, at Ryder Park, 5400 Butternut Dr, East Syracuse, NY 13057 Located next to Town Hall of DeWitt
First Friday Social, at 3:00 in the Center-- games and socializing.
HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3 - 6 pm
Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & conversation. In person only. For fiber artists of all skills, even no skills! You can learn to knit or crochet in this group.
Lunch and Learn: 11:30 am. Please RSVP in advance (and share dietary restrictions) <a href="mailto:tjohnson@sageupstate.org">tjohnson@sageupstate.org</a> or 315-478-1923 Free-- lunch provided. Details next page.
Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm. Includes pizza and food!
Oswego Social, 2nd Friday, 11 am at Mimi's in Oswego
Out For Dinner, 1st Thurs, 6 pm. See details next page
Out for Breakfast, 2nd Thursday, 9:30 am. details next page
Out for Lunch, 3rd Thursday, 12:30 pm. Details on next page
Trans Social, 3rd Saturday, socializing/support for Trans community. On Zoom and in person. Meeting ID: 896 9963 6095 Passcode: 1969 Find link at <a href="http://sageupstate.org">sageupstate.org</a>
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, Thurs at 10 am, location varies, call us.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only: Meeting ID: 596 630 088 Passcode: 1969





## Thank You Jerra

Jerra Loomis, who joined the SAGE Upstate staff in April, resigned in July because his childcare arrangements have changed. We thank him for his work on the CNY Gay 5K, and around the office. In his short time here he made changes in our database, phone system and computer network, that will continue to help SAGE serve older LGBTQ people. We wish Jerra the best in all of his future endeavors.

### Meet your SAGE friends out for a meal!

All SAGE dining out groups now meet on Thursdays at local restaurants. Would you like to receive emails about these events? Contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Your info will be passed on to Ron, who leads these groups. See this month's locations below.

**Dinner on First Thursday:** 8/3, 6:00 PM, *The Retreat*, 302 Vine St. Liverpool

**Breakfast on Second Thursday:** 8/10 9:30 AM, *Finally Ours*, 3788 West Seneca Turnpike, in Syracuse

**Lunch on the 3rd Thursday:** 8/17, 12:30 pm *Waterfront Tavern*, 6 Us Route 11. Central Square

**Please RSVP to arrange for your seat.**

### July at SAGE

At right: Lunch and Learn on Pronouns  
Below: Ice Cream Social



The Syracuse chapter of the community chorus *Rock Voices* will feature SAGE Upstate as their nominated charity group this month. This means that SAGE will have a table at the concert on August 19 and a representative of the choir will encourage attendees to donate to SAGE.

SAGE Upstate participant Karen Woodside sings with Rock Voices, and she nominated our organization for this event. The concert will be held on August 19 at the Storer Auditorium on the OCC campus. The doors open to the public at 6:30 pm and the concert begins at 7:00 pm. Rock Voices features more than 60 members who perform classic and modern rock & pop songs. On 8/19, the theme is Summer of the 70's. Get your tickets (\$15 for seniors) at [eventbrite.com](http://eventbrite.com) -- search for Rock Voices Syracuse.

## August Lunch & Learn

Join us on August 22 for *Maintaining Health, Independence, & Quality of Life in Aging: The Role of the Speech-Language Pathologist*. Healthy older adults may begin to notice changes in their swallowing, communication, and thinking skills. Many of these changes are consistent with the normal process of aging. However, other factors such as frailty, chronic health issues, neurological conditions, and depression can result in impairments in these necessary functions. In this presentation, early signs of cognitive or swallowing impairments, appropriate times to refer to a speech pathologist, and an overview of speech and swallowing interventions will be reviewed. Presenter Ainsley S. Martin, MS, CCC-SLP is a certified speech-language pathologist with almost a decade of experience working with adults. Join us on 8/22, 11:30, in the SAGE Upstate Center. After the presentation, lunch will be provided. Please RSVP (including dietary restrictions) to Trish by Friday, 8/18 to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org), or 315-478-1923.



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

- HIV
- SYPHILIS
- HEP C

GET TESTED TODAY!  
**ACR Health**  
Opening doors to create healthy communities

3pm-6pm





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

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Your donations make it possible for SAGE Upstate to improve health and reduce isolation for older LGBT people. We thank you for your support.

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SAGE  
Upstate  
strong!**

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