



Show and Tell: Pets
 Second Sunday With SAGE:
 April 10 . 4:00 pm
 on Zoom

Groups now meeting in person:

- Knitting & Fiber Arts • Trans Social
- Wednesdays at 7 pm • 3rd Saturday, 7 pm
-
- SAGEVets • Writers Group
- 4th Tuesday, 6 pm • Wednesdays at 5:30

All groups are hybrid -- you can still join through Zoom

Masks are recommended, not required.

Participants must be fully vaccinated

Hybrid groups start

SAGE Upstate has started a phased re-opening, and will bring some programs back to meeting in person in the Center. All groups will be hybrid-- you will still be able to join on Zoom if that works best for you. We've picked up a few long distance participants and they are welcome to keep coming!

SAGE recommends that participants wear masks, but there is not a requirement to do so in our Center or in the common areas of the CNY Philanthropy Center. All participants must be fully vaccinated; please bring your vaccination card on your first visit. We will scan them and keep them on file, so you only need to show them once.

Just a reminder: our area is still at risk, and older adults are still a risk group. Some people will still be wearing masks and wanting to distance. We support the the decisions of each participant.

Our center capacity is 20, so we would appreciate it if participants would register in advance for programs. You can walk in, but if we are at capacity you will not be able to participate. Please sign in and out as well.

Drop In hours will change slightly; The center will be open Wednesdays and Thursdays 3:00 - 6:00 pm. It's possible there will be other times too -- check at sageupstate.org for changes.

Meeting in person in the Center this month: Knitting and Fiber Arts, SAGEVets, the Trans Social, and the Writers Group.

Say Gay



SAGE Upstate is committed to working against the anti-LGBTQ laws and policies that are being enacted across the

country. You've probably heard about the "Don't Say Gay" bill in Florida. As the *New York Times* reports, it's actually much worse than not being able to say gay. Any recognition of gender and sexuality that is a part of "classroom instruction" would be limited to what is thought to be "age appropriate." These terms are so vague they could be used to mean anything. Banned discussion could include conversations, books, recognition of families that include same sex parents, and any other classroom activity. Mental health services and counseling could also be affected.

In Texas, the Governor is calling on Child Protective Services to investigate parents for potential child abuse if they affirm their trans kids. Other proposed laws restrict health care for trans kids, exclude trans youth from sports teams, and give people the right to deny services based on their religious objections. Some bills would even override local protections already in place.

These are just a few of the bills being discussed that will result in the decrease or removal of protections for LGBTQ people in the US. More than 230 such bills have

Continued on page 3

April 2022

SUNDAY

MONDAY

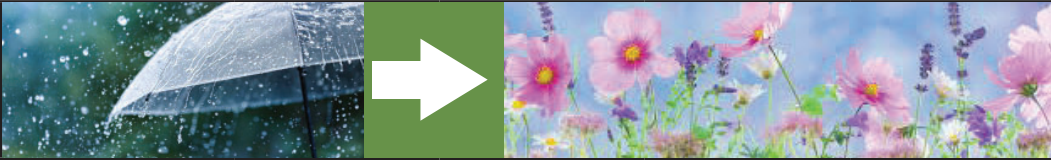
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 11 am Fitness Class	2
3	4 11 am Fitness Class 6 pm Monday Men's	5	6 5:30 Writers* 7:00 Knitters*
7	8 11 am Fitness Class	9 Utica Social, 5pm	10 2nd Sunday With SAGE, 4 pm
11 11 am Fitness Class 6 pm Monday Men's	12	13 5:30 Writers* 7:00 Knitters*	14
15 7 pm Men's Night Out	16 7 pm Trans Social*	17	18 6 pm Monday Men's
19	20 5:30 Writers* 7:00 Knitters*	21 6:00 pm 3rd Thursday With Trish	22
23	24 Oswego Social	25 11 am Fitness Class 6 pm Monday Men	26 6:00 pm SAGEVets*
27 5:30 Writers* 7:00 Knitters*	28 5:00 pm SAGE Upstate Board	29 11 am Fitness Class	30

* Groups with an asterisk are meeting in person AND on Zoom

Find Zoom links at www.sageupstate.org, OR call in at 1-929-205-6099

Drop-In Hours at the Center, 3:00 pm to 6:00 pm, every Wednesday and Thursday
Fitness Class led by Barb Genton -- exercises to build strength, improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890 Passcode: 1969
Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation: in person and on Zoom Meeting ID: 812 6815 6658 Passcode: 1969
Men's Night Out: Third Friday at 7 pm Meeting ID: 817 6668 1893 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
SAGEVets: 4th Tuesday, 6:00 pm Join other LGBTQ veterans for socializing, programs about benefits, and resource sharing. In person and on Zoom Meeting ID: 871 5736 4984 Passcode: 1969
SAGE Upstate Board, 4th Thursday, 5:30 pm Meeting ID: 876 4687 0636 Passcode: 1969

Second Sunday With SAGE, 4:00 pm Meeting ID: 893 1950 6041 Passcode:1969 Tell us about your pets!
Third Thursday With Trish: On the 3rd Thursday of every month, Trish offers a program for socializing and finding out about health resources. Meeting ID: 896 9963 6095 Passcode: 1969
Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. In person and on Zoom Meeting ID: 896 9963 6095 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
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969

Spotlight on Resources

Call Trish at 315-282-5428 to for info on these resources:

Project Fix:

In-home repair service for Onondaga County homeowners aged 60+. Repairs must be minor and include plumbing, electrical, carpentry and/or small masonry repairs.

Dental Network Access:

More affordable fees for patients without dental insurance. List includes dentists and dental specialists throughout Onondaga County and estimated costs of procedures.

ARISE Medical Equipment

Loan Closet: allows you to borrow and test wheelchairs, walkers, and other adaptive devices on a short term basis.

Vera House: prevents, responds to and partners to end domestic and sexual violence and other forms of abuse. 24-Hour Crisis & Support Line 315- 468-3260 TTY (Hearing Impaired) Crisis Line 315- 484-7263, www.verahouse.org

Come to Third Thursday With Trish, on **Thursday, April 21, 6:00 pm on Zoom** to find out more about these resources, and also for socializing, trivia and more.

Coming back to the Center in April:



Rita Gram and Jerry Reed – both Vietnam era veterans – at the Vietnam Veterans Appreciation Day at Clear Path. SAGEVets will meet in person in the SAGE Upstate Center starting this month: April 26, 6:00 pm. Also meeting in the Center in April: Knitting and Fiber Arts on Wednesdays at 7:00 pm, Trans Social on the third Saturday at 7:00, and the Writers Group on Wednesdays at 5:30. See details on the front page. The SAGE Board will be evaluating our reopen plan monthly. We hope to bring more programs back to the center as soon as it is safe to do so.

Second Sunday: Tell us about your pets!

We've seen them, jumping into your little box on Zoom and cheering up any meeting. Now we'd like to know more about them. You can share about your current pets and let them take over your screen, or tell us about pets you had in the past. We'll go around the meeting and folks can have the spotlight for 5 minutes or so. If you'd like us to share pictures of your furry friend, send them to kdrill@sageupstate.org. Join us on Sunday, April 10 at 4:00 pm. Find info on page 2, or visit sageupstate.org

Hate Free Zones, cont'd from page 1

been proposed.

We-- as LGBTQ elders -- have witnessed the discrimination and prejudice of earlier eras, and we've worked hard to make change, only to watch these bills take us back in time. We want to act now to stand up against these laws and make people aware that in New York, we do have protections. The Sexual Orientation Non-Discrimination Act (SONDA) bans discrimination based on sexual orientation statewide. The Gender Expression Non-Discrimination Act (GENDA) does the same for bias related to gender identity. The Dignity for All Students Act is in place to provide a safe and supportive environment for all students from discrimination and bullying based on race, weight, national origin, ethnic group, religion, mental or physical ability, sexual orientation, gender identity, and sex.

We also want to celebrate the Hate Free Zones that exist here in CNY and across the state. If you know of such a place, increase its visibility with a Hate Free Zone poster designed by Amy Bartell. You can pick up posters at the SAGE Upstate Center on Wednesdays and Thursdays, 3:00 - 6:00 pm.

If you'd like to support the organizations that are working directly with the affected areas, find a list of these organizations at sageupstate.org on the home page.

So yes, say Gay, say Trans, but say more. Say we are proud of our Hate Free Zones in New York. Say that we won't let our young people be exposed to the bigotry that we faced when we were younger. Say what you feel in a letter to your local and national leaders. Stand with LGBTQ people in this country -- especially youth -- so we can all live fully, openly and without fear.



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