

Second Sunday Potluck

Since we had to cancel the potluck in February, this month we'll hold the program we had planned for then.

**BLACK
HISTORY
MONTH**

March 8

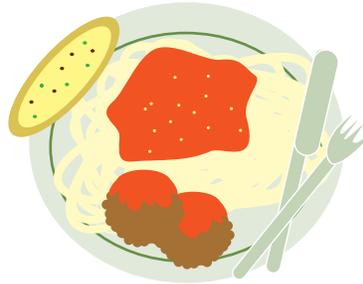
*Park Central Presbyterian
504 E Fayette St.*

Tim Lattimore will lead a Black History Month program including Black History Charades; Who Am I?; and General Trivia.

3 pm Social Time

4 pm Program

Dinner following program



Spaghetti Dinner 3/28

Join us on March 28 for a Spaghetti Dinner from 4 - 7 pm. Dan Bishop-Basler will be cooking up some pasta for the meal, which will be held at Park Central Presbyterian Church at 504 E Fayette St. For a \$15 donation (more if you can, less if you can't) you'll get a plate of spaghetti, bread, salad, and desserts. Vegetarian and Gluten-Free options will be available. We'll have a 50/50 raffle too! Come on out on the 28th and mingle with friends, support SAGE, and have a great meal!

Trans Empowerment Initiative

The work starts now. Our grant from the NYS Department of Health to develop the Trans Empowerment Initiative begins on March 1.

Johna Melius, our former staffer, will return in a part-time role to help oversee the development of this program. The work will take place in Jefferson County, Syracuse, and other areas in our region.

We are now searching for a Coordinator for the entire program. Also, in the coming months, a part time coordinator will also be hired for Jefferson County.

Our task is to establish trans-affirming services that reduce isolation for TGNCNB people, build community, improve access to services, and raise community awareness about Trans Issues.

As we move forward, we will send out updates and post them on the website and social media. If you want more information at any time, please contact us. (315-478-1923, jmelius@sageupstate.org, kdill@sageupstate.org). If you are interested in the Coordinator positions (or know someone who might be, the job description can be found at sageupstate.org

Participants from 2025 SAGE Programs: We want your input.

The survey takes 15 minutes or so-- and it will help us build better programs. Can you help? **Complete a survey and dinner's on us!** We'll treat survey recipients to a meal where we'll share our findings and discuss how we might apply what we've learned to future programs.

Take the Survey at sageupstate.org If you'd rather fill out a **paper copy** of this survey, contact Leslie at 315-478-1923 or llamb@sageupstate.org.



Registration opens March 1

Register at sageupstate.org/pride-5K

Join us for the 2026 Pride 5K
June 6, Long Branch Park, Liverpool-
Register by March 15 for early bird
rate of \$30;
March 16- June 5: \$35



SAGE Upstate News is published monthly and features articles and resources on issues affecting older Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in Central New York. SAGE Upstate is a not-for-profit organization that offers programs to reduce isolation and improve health for LGBTQ communities. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or kdill@sageupstate.org. All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.

SAGE Upstate Board

- Jenny Gluck, Board Chair
- Tim McCoy, Vice Chair
- Katherine Lowe, Treasurer
- Recording Clerk: Susan Horn
- Kevin Bailey
- Dan Bishop-Basler
- Gary Fitzgerald
- Barb Genton
- Nate Sceiford
- Liz Stehle
- Clayton Terry
- Les Wright

Contact the board at board@sageupstate.org

SAGE Upstate Staff

- Kim Dill
Executive Director
- Leslie Lamb
Program Director
- Masani Tyler
Neighborhood Advisor

SAGE Upstate is funded by the the Onondaga County Dept. of Adult and Long Term Care Services, NYS Legislative funding through the Office of Senator Rachel May, Excellus BlueCross BlueShield, the CNY Community Foundation, the Emerson Foundation, NYS Legislative funding through the NYS Department of Health, the Leonard Litz Foundation, SAGE USA, donors, events, and business sponsors.

-STRIKE A POSE-

Top - Bottom: Wrapping Party (2025); Unchained & SAGE Collaboration (2026); Book Cataloging (2026); Apprenticeship Program (2025); Game Night (2025).



by Tim Lattimore

Unchained

“Color Coordinated” is a column dedicated to the LGBTQ+ BIPOC communities providing information, inspiration, acknowledgement, and connection, but it’s also dedicated to the community as a whole. As part of this, on Thurs., 2/12/26, Leslie Lamb and I had the pleasure of collaborating with We Are Unchained (a/k/a Unchained) for their recent Book Cataloging Event, which was the follow-up to their August 2025 Book Drive & Craft-a-thon where over 400 books were donated for incarcerated individuals. It was great to be part of this experience and to witness the strong support of the community that came out to volunteer.

Cofounded by Derek Singletary and Emily NaPier Singletary, “Unchained is a non-profit organization dedicated to dismantling the carceral state and the prison industrial complex." Their mission is to empower individuals who are currently and formerly incarcerated in NYS, giving them a fighting chance to be more than just a statistic. This work also extends to the children of incarcerated parents, giving them support that becomes a lifeline, offering stability in a world shaken by absence,

continues on next page

telling them they are worthy of joy, guidance, and opportunity — that their future is not predetermined by someone else's past. Unchained also offers our community an Apprenticeship Program, Gift Gangs, resources, unwavering involvement in the legal aspects of prisons and parole, and so much more. If you are interested in learning more about Unchained and their never-ending work or you would like to become a volunteer, you can look them up at www.weareunchained.org or call them at (315) 464-0275.

What I've come to better understand over the last 7 years is that, in every community, there are people carrying invisible chains — not always the metal kind, but the ones made of stigma, isolation, and the long shadows cast by incarceration. We Are Unchained exists to break those chains, not with force, but with presence, compassion, and unwavering belief in human dignity. For individuals who are incarcerated, our presence tells them they are not forgotten. It reminds them that their story is still unfolding, that they are more than the worst moment of their lives, and that someone on the outside believes in their capacity to grow and give back to the community. Volunteering with organizations like Unchained is an act of recognition that tells someone who has been judged, isolated, or forgotten that they are still part of us — that their life still holds value, dignity, and possibility. For children of incarcerated parents, it can mean having a stable adult who listens, encourages, and reminds them that their story is not defined by someone else's mistakes. For people reentering society, it can mean having a commu-

nity that believes in their potential long before they fully believe in it themselves. But the impact doesn't stop with the people receiving support. Volunteers often discover that this work changes them, too. When we listen to someone's journey — the mistakes, the bad choices, the growth, the resilience — we're reminded of our shared humanity. We see how powerful redemption can be. And it is in that exchange, something shifts... empathy deepens, assumptions fall away, and community becomes not just a place we live, but a place we build together. The simple act of showing up can change a life. Sometimes, it can even change your own.

Being formerly incarcerated myself, I fully understand what it feels like to be judged based on my past all

while wanting to show the community that I am a different person who wants to give back and make a difference in the community, my community. Thus, it is organizations like Unchained, SAGE Upstate, and several others that motivate me even more. There is so much I have already done, but so much more that I can and will do. This is the hope that Unchained brings to our community. So, if you've ever wondered whether your time or compassion could make a difference, the answer is yes — profoundly. Your presence can help someone feel "unchained" for the first time in years.

Thank you Unchained for your presence and inspiration, and we look forward to future collaborations with you.

Miss Iris Ichaca's

SYRACUSE GAY FILM SOCIETY
with co-host Juniper Verse

Generously hosted at 431 E Fayette St. #050 by **Sage Upstate**

Sunday, March 8th, 2026 —

- 5pm - 5:45pm: Live drag, followed by "Actor Tag" game
- 5:45pm - 8pm: *Some of My Best Friends Are* (1971) dir. Mervyn Nelson

Free admission, free food!

- You're welcome to bring your own food, whether for yourself or to share.
- Food brought to be shared is greatly appreciated!
- RSVP encouraged, but not required.
- Second and fourth Sunday of every month with showtime always at 5:45pm (or first showtime, in case of double feature).

RSVP here ^

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30 Walking group 6 pm Monday Men's Group	3 6 pm Bonding Brothers	4 5:30 Writers	5 10 am Walking 6 pm Dinner Out	6	7 2 pm Utica Potluck
8 2nd Sunday Syracuse Potluck 3pm social; 4pm Program: Black History Month 5:45 Syr. Gay Film Society	9 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	10 10 SAGE Strings 11:30 Lunch & Learn: Now Hear This	11 5:30 Writers	12 9:30 Breakfast Out 10 am Walking	13	14 7:00 Gender Blend
15	16 5:30 Walking 6 pm Monday Men's group	17 11:30 Lunch & Learn: Healthy Relationships 6 pm Bonding Brothers	18 5:30 Writers	19 10 am Walking 12:30 Lunch Out	20 7 Men's Night Out	21
22 5:45 Syr. Gay Film Society	23 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	24 10 SAGE Strings	25 5:30 Writers	26 10 am Walking	27	28 Spaghetti Dinner

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm. Closed group .
Breathwork: Feel more peaceful and grounded, and experience better emotional, physical, and spiritual health by working with breath. 2nd and 4th Mondays-- Zoom and In Person.
Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom (Zoom link at sageupstate.org).
Lunch & Learns in February will meet at Park Central Presbyterian. For details see next page.
Meals OUT -- Dinner on the 1st Thursday Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.
Monday Men's Group: closed support group that takes new members a few times a year.
Men's Night Out: Social for SAGE guys, in person and on Zoom 3rd Friday, 7 pm.

Second Sunday Potluck in Syracuse. Tim Lattimore will lead a program on Black History Month (originally planned for last month). Social time at 3:00, program at 4:00, dinner after program-- meets at Park Central.
Spaghetti Dinner: Join us for a Spaghetti Dinner fundraiser. For details see page 1.
SAGE Strings: Meets on the 2nd and 4th Tuesday, 10 am, for acoustic players who want to learn and play together. Held at Park Central.
Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able. Details p.6.
Walking Group Mondays (5:30 pm) & Thursdays (10 am): The group meets at the benches by Panera at Destiny.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org .

Highlighted programs meet at Park Central Presbyterian Church, 504 E. Fayette Street -- use the east door on Fayette St. Park at SAGE or in the Park Central lot across Fayette from the church door.

All SAGE groups meeting at SAGE will offer a zoom option for participation remotely. Find the links listed on the Program Page at sageupstate.org.

March Lunch & Learns



Lunch and Learns are held at Park Central Presbyterian Church, 504 E Fayette St. Programs start at 11:30 and lunch is served at 12:30. Please R.S.V.P. to Leslie at llamb@sageupstate.org or by calling 315-478-1923. Let us know of any dietary restrictions.

Now Hear This! 3-10, 11:30 am

As we observe World Hearing Month, we are reminded how important good hearing is for staying safe, connected and independent at home. Healthy hearing helps older adults communicate clearly, notice alarms and doorbells, and confidently age in place in their own homes. Join presenters from Hearing Life Together and Touching Hearts at Home for a program and lunch.

Healthy Relationships 3-17, 11:30 am

Interested in learning about healthy relationships and what that means? Learn to recognize potential signs of abuse and the types of abuse you may not recognize as abuse. St. Patrick's Day lunch provided! Presented by Kris Kadaji.

TALK TIME WITH KRIS

Times are tough. If you need someone to talk to, call Kris Kadaji, our intern, who is a Clinical Mental Health Counseling student at Le Moyne. You can reach Kris at 702-530-1272.

Trans Action 2026 Friday March 6, 9 am - 4 pm *Managing Advocacy & Queer Joy: Importance of Finding Balance in Challenging Times*

This 8th Annual SUNY Cortland conference focuses on the needs and experiences of transgender and gender queer individuals in the college environment. SAGE Upstate will have a table at the event, stop and see us! To register or for more info: reddragonnetwork.org/transaction

Is Breathwork for You?

Interested in trying Breathwork? Roslyn Rasberry leads the program on the 2nd and 4th Mondays at SAGE and on Zoom. Sessions cover the basics of Breathwork, and offer participants the chance to engage in the practice. The program's goals are for participants to feel more peaceful and grounded, as well as to experience better mental, emotional, physical, spiritual, and identity health. Programs will be offered in a welcoming environment where everyone feels safe and seen.

To sign up, contact Leslie at llamb@sageupstate.org or 315-478-1923.

Utica, Watertown Potlucks

The **Utica** potluck is held on the first Saturday of the month, 2 pm, at Utica Unitarian Universalist, 10 Higby Rd.

The **Watertown** potluck is currently on hold and will begin meeting again after March.



Program News

by Leslie Lamb, Program Director

Meet your SAGE friends for a meal

1st Thursday Dinner, 3/5 6pm

Copper Top Tavern 3220 Erie Blvd. E.
Syracuse (Dewitt) NY 13214.

2nd Thurs. Breakfast, 3/12, 9:30 am

Market Diner. 2100 Park Street.
Syracuse, NY 13208

3rd Thurs. Lunch: 3/19, 12:30 pm,

Firekeepers. 3879 Frontage Rd.
(Justoff Rt 81 Exit 78). Nedrow, NY

SAVE THE DATE Earth Day Clean-Up 4-25-26



Last year we had a good group of SAGERS meet to clean up downtown. We want to continue the tradition and have another group this year. Stay tuned for more details.

Addressing Social Isolation

Did you know that one in four adults age 65 and older are socially isolated? When you don't get out and socialize with others, your health can be affected. And, loneliness and social isolation have been associated with higher rates of depression, a weakened immune system, heart disease, cognitive decline, obesity, dementia and more.

As we age, we tend to spend more time alone. We may have lost partners or friends, retired from work, or affected by health issues that keep us at home. Spending time with others is so important -- studies show that isolation can be as dangerous to our health as smoking 15 cigarettes a day! If our isolation leads us to be sedentary, a whole host of problems can follow. Weaker muscles may make us more likely to fall. Not getting enough exercise can affect heart health and other physical health conditions.

Older LGBTQ people are more likely to be isolated than older adults in the

mainstream community. We are less likely to have children to rely on and more likely to live alone. Reaching out to providers who may be able to help us may be affected by our wariness. Who can we trust? The political climate seems harsh these days for LGB and especially Trans people.

Addressing the effects of social isolation is one of SAGE's main goals. That's why, with support from Excelus BlueCross BlueShield, we ran programs last year and are now conducting a survey to help us understand the effects of social connection. It has also moved us to create a workshop series-- coming soon-- that will help participants understand the importance of connection and how to make changes that reduce isolation and improve health. Stay tuned for more details.

Until then, do things to keep yourself connected and active. No one needs to be out there aging alone-- come to SAGE. Find suggestions on how to fight loneliness on the right.



- Revive an old hobby and share it with others
- Send letters or cards to friends who are far away to catch up
- Meet friends out for a movie
- Use technology-- Zoom, facetime, social media
- Take a walk with a friend
- Introduce yourself to neighbors
- SAGE has an average of 30 program meetings per month (and when the elevator comes back, it will be closer to 40).

Your support helps SAGE make a difference every day.

Ongoing support from donors helps SAGE Upstate reduce isolation and improve healthy aging for LGBTQ people in CNY. Donations also provide the needed matching funds for state and county grants that make it possible to reach TGNCNB communities with needed services, provide outreach to LGBTQ BIPOC and rural communities, and offer outreach that keeps older LGBTQ adults living safe and healthy in the community.

Help SAGE Upstate

Make A Difference



To donate:
Use the QR code above
Visit sageupstate.org/donate
Use the form on the back of this issue. Thank You.



Neighborhood Advisor News

By Masani Tyler

Colorectal Cancer Awareness

March is, among other things, Colorectal Cancer Awareness Month. According to the Colorectal Cancer Alliance, "One in 24 people will be diagnosed with colorectal cancer in their lifetime." Brown University Health advises, "When colon cancer is found in early stages, the 5 year survival rate is at about 90%."

Have you scheduled your screening? Preventive and screening services are covered under Medicare Part B. For more information, visit: <https://www.medicare.gov/coverage/preventive-screening-services>

Free cancer screening is available for uninsured Onondaga County residents: <https://onondaga.gov/health/cancer-screening/>

Cancer Doesn't Wait
Schedule your Cancer Screening Today

No Health Insurance?
Call about FREE Cancer Screenings!
315.435.3653



Knowledge Center
Cancer Services Program
Partnership in Cancer Community Support 2018-2020

This project is supported with funds from the State of New York

onondaghealth
Onondaga County Health Department
Environmental Health Department

Cayuga, Cortland and Tompkins Counties
Cancer Services Program
Your partner for cancer screening, support and information



Uninsured/underinsured residents of Cayuga, Cortland & Tompkins Counties: Find free screenings: <https://www.cortlandcountyny.gov/529/Cancer-Services-Program>

Tech Innovations

Did you know that Apple Watch has a Fall Detection feature that can summon help if you have a hard fall? Find it here: <https://support.apple.com/en-ng/108896>.

There are also medical alert systems that include fall detection. Find a 2026 comparison of tested and reviewed products here: <https://www.ncoa.org/product-resources/medical-alert-systems/best-medical-alert-systems/>

For a deeper dive into technology's ever-developing role in Aging Services, check out the Ag-eTech Podcast from: <https://theagerontechnologist.com/podcast/>



Are You A Caregiver?

If you run errands, prepare meals, drive a loved one to appointments, or provide support in any other way — you are a caregiver. And help is available for you! (from: <https://aging.ny.gov/programs/caring-loved-one>).

For caregiver resources in NYS, visit: <https://www.anycarecountsny.com/>

For assistance finding other services and supports to help you stay healthy and independent at home, contact your SAGE Upstate Neighborhood Advisor at 315-478-1923 or mtyler@sageupstate.org.

The Neighborhood Advisor Program is funded by the Onondaga County Department of Adult & Long Term Care Services.

We're Looking For A Few Good Chili Cooks!

Want to enter YOUR chili?
Contact Leslie: llamb@sageupstate.org
or 315-478-1923

**CHI I
COOK OFF**



April 18, 2026



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

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



Name:

Address , City, State, Zip:

Phone:

Email:



Check enclosed Bill my card one time Bill my pledge of \$ _____ monthly until I stop

Credit Card # _____ exp _____ cvv _____

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

Can we recognize your gift in publications? Yes No