

Discounted Internet Access – Are you eligible?

Have you been missing out on SAGE programs because you don't have internet access? Both Spectrum and Verizon have discounted plans. Why not check to see if you're eligible?

Spectrum Internet Assist: To be eligible one or more household members must receive: the National School Lunch Program, the Community Eligibility Provision of the lunch program, or Supplemental Security Income for applicants age 65+. It's worth noting that these programs do NOT qualify: Social Security Disability (SSD), Social Security Disability Insurance (SSDI), and Social Security Retirement and Survivor Benefits. The program offers: \$15/monthly cost, free modem and high-speed internet at 30 Mbps, no data caps or contracts, optional in-home wifi for \$5/mo. The program is for new customers only. To apply:

<https://www.spectrum.com/browse/content/spectrum-internet-assist> or call 1-855-707-7328 or call SAGE-- we can help.

Verizon Low-Income Internet is for new customers who qualify for the low-income Lifeline discount program. The program offers a \$20 per month discount on home Internet service for as long as they remain eligible for the program, bringing the cost to as low as \$19.99 per month (200/200 Mbps). The program offers a \$20 discount (regular \$39.99/monthly) through 2020; the first 60 days of router rental charge will be waived (or you can use your own router); customers must qualify for Lifeline, a federal benefit that lowers the monthly cost of phone or internet service. Apply at: <https://www.verizon.com/info/low-income-internet/> or call SAGE-- we can help.

2nd Sunday in October:

Join us on Sunday, October 11, 4pm for a program on LGBT history and musical guest Nick Orth. Get the link at www.sageupstate.org



2nd Sunday has returned!



Once again, SAGE friends met on a Second Sunday, as we have done from 1997 through March 2020 when the pandemic made impossible to gather for a shared supper. Our oldest program came back -- revised for the times -- with Amy Bartell sharing stories and images about her art, Jon English singing some lovely songs, and people joining small breakout groups for socializing.

If you missed it, don't worry-- we'll be back again on October 11, as we celebrate LGBT History month. Once again we'll have a musical guest -- Nick Orth-- and will break into small groups for socializing. And, the September 2nd Sunday gathering is available to view at www.sageupstate.org.

We thank our October 2nd Sunday sponsor:



The art and activism
of Amy E. Bartell
aeoriginals.com

October 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>All Zoom meetings now require a password. The password for all SAGE meetings is 1969</p>				1 11am Walkers	2 11 am Fitness Class 3 pm Friday Social	3
4	5 11 am Fitness Clas 6 pm Monday Men's	6 4 pm SAGE Shares	7 5:30 Writers 7:00 Knitters	8 11am Walkers	9 11 am Fitness Class	10 Utica group -- call for info
11 4 pm Second Sunday @ SAGE	12 11 am Fitness Class 6 pm Monday Men's	13 3 pm Alzheimer's Support 5:30 Crafting	14 5:30 Writers 7:00 Knitters	15 11am Walkers	16 11 am Fitness Class 6 pm Men's Night Out	17 7 pm Trans Social
18	19 11 am Fitness Class 6 pm Monday Men's	20 5:30 SAGEVets	21 5:30 Writers 7:00 Knitters	22 11am Walkers 5:30 pm SAGE Upstate Board	23 11 am Fitness Class	24
25 2pm Oswego Potluck	26 11 am Fitness Class 6 pm Monday Men's	27	28 5:30 Writers 7:00 Knitters	29 11am Walkers	30 11 am Fitness Class	31 11 am

All Programs on Zoom – find the links on the calendar page at www.sageupstate.org

To call in: 1-929-205-6099 with meeting ID# (for Alzheimer's Support phone number, see below)

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

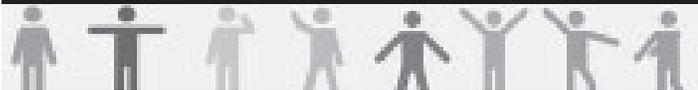
SAGE Shares, First Tuesday at 4 pm: Join this meeting to help SAGE Upstate reach out to those in need. Meeting ID: 846 1136 5984
SAGEVets, 4th Tuesday at 5:30 pm: Join other SAGE Veterans for discussion and support. Meeting ID: 871 5736 4984
Second Sundays @ SAGE are Back! Join us on Zoom September 13, 4 pm for music, a program, and socializing! Meeting ID # 893 1950 6041
Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 301 786 717
Utica Group: Please call SAGE Upstate for info.
Walking Group, Thursdays, 11 am: Walk and chat with other walkers. Meeting ID: 833 4116 8008* Time may change -- see sageupstate.org
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088

Anyone up for Tapping?



At the Deepening Our Humanity presentation on doing antiracist work, Susan White spoke about "tapping," a way to manage our feelings. Understanding racism has to start with looking inside ourselves, and often that can bring up difficult emotions. Tapping helps to release negative and uncomfortable feelings so we can choose to respond differently. Susan spoke of it in the context of doing

antiracist work, but it can help with all kinds of situations. The Emotional Freedom Technique (EFT) works by tapping on nine acupressure points: the side of hand, the eyebrow point, beside your eye, underneath your eye, underneath your nose, the chin point, the collarbone, the side of your rib cage, and the top of your head. Tapping relaxes the amygdala, the part of the brain that controls emotions. The amygdala can read an emotional threat the same way it would see a physical threat, and move us to fight, flight or freeze. Tapping tells your thinking brain that you are safe, and helps you reason your way through difficult emotions. If you're interested in seeing a demonstration and hearing Susan talk about it, check out the video of the Deepening Our Humanity workshop at sageupstate.org. **If there is interest in EFT tapping at SAGE, Susan will lead a class for us.** Please contact Kim at kdill@sageupstate.org or 315-478-1923 for more info.



The SAGE Upstate Falls Prevention Fitness Class is free and fun – TRY IT! This class is for people of ALL fitness levels. Haven't exercised in a while? No worries, instructor Barb Genton will help you get started. The exercises focus on building strength and improving balance, so as to reduce your risk for falls. Find link at sageupstate.org

We Want To Reach YOU!

SAGE has been offering online and call-in programs since April. Have we reached you? If not, let us know why. If you don't have internet access, check out the programs on the front page. If you're not sure about how to Zoom, let us know, we can help. If you'd rather speak to someone on the phone, someone from SAGE Shares would be glad to call. We need physical distance to stay safe, but being social is still be ok! Contact Kim at 315-478-1923 or kdill@sageupstate.org. Also let us know if you know of someone we should try to contact.



8th Annual Community Celebration

It's not possible to hold the Community Dinner this year, but that doesn't mean we can't celebrate community. Please join us on Sunday, November 8, 4 pm for the 8th Annual Community Celebration, with musical guests, social time, and the drawing for a fabulous raffle, which will include original art by Amy Bartell commemorating Ruth Bader Ginsberg, a smart tv and sound bar, a fitbit and heart rate monitor, and much much more. Look for your raffle tickets in the mail or at www.sageupstate.org. Hope to see you there on Zoom.



How about a Halloween Contest? We are sad to say that we will not hold the Halloween Dance this year. But, if you'd still like to get dressed up, do it and take a picture of yourself. If we get enough interest in the idea, we'll hold a costume contest online WITH PRIZES. We'll collect votes for the best costume and for the person who is least recognizable. Interested? Please let me know at 315-478-1923 or kdill@sageupstate.org.

amyandsarah.com is the website for the collaboration between local artist Amy Bartell and Brooklyn artist Sarah Argus -- two women in two different cities passing one piece art back and forth. Amy spoke and shared images of the project at 2nd Sunday @ SAGE this month. You can see three pieces -- Untitled Space, Act Two, and Market Diner -- and how they came together at this site.





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Help SAGE Upstate continue to improve health and reduce isolation for older LGBT People, during these times, during all times. Please consider making a pledge or one-time donation.

Please accept my pledge to keep SAGE Upstate strong

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Can we recognize your gift in SAGE publications? Yes No