

Second Sunday Potluck

BLACK HISTORY MONTH

February 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

SAVE THE DATE

Sage
Upstate

Pride 5K

Saturday, June 6, 2026
Step-Off at 9 am,
Long Branch Park

SAGE relocates some programs to Park Central

Park Central Presbyterian Church has graciously opened their doors to SAGE. Some programs will be meeting this month in their building, located diagonally across the street from the CNY Philanthropy Center where SAGE is located. The elevator is still out of service, though the CNY Community Foundation which owns the building is working to get it repaired.

We thank Park Central for donating their space. The church has multiple floors of accessible space, and 15 community groups meet there.

Programs being held at Park Central this month include the Syracuse Potluck, Lunch and Learns, and String Cheese Acoustic group. Find more info on pages 4-6.

The rest of our programs are being held with a Zoom option, or entirely on Zoom. The information is on the calendar in this issue, but we know this is a big change. Feel free to call or email us if you need more info:

315-478-1923
kdill@sageupstate.org
llamb@sageupstate.org

Finally, this is our current schedule as the newsletter is printed. Please stay in touch with your group leader. It's possible that programs may move to the church if there are accessibility issues for participants.

About Park Central



Where: Park Central Presbyterian Church, located diagonally across the street from the CNY Philanthropy Center, at 504 E Fayette St.

Door: There are two doors facing Fayette Street-- use the door to the east.



Parking: You can park in the CNY Philanthropy Center lot and walk across the street, or use the Park Central lot, which is across Fayette from the door of the church.





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

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Nate Sceiford

Liz Stehle

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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 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 Emmerson Foundation, NYS Legislative funding through the NYS Department of Health, the Leonard Litz Foundation, SAGE USA, donors, events, and business sponsors.

SAGE Upstate is hiring for the postion of Trans Empowerment Initiative Coordinator

The Trans Empowerment Initiative will engage trans and LGBTQ communities in Jefferson County, Syracuse and other areas in the region, working to reduce isolation and improve access to health and legal services. The TEI Coordinator will be based in Syracuse, and an on-site coordinator will be based in Jefferson County.

Responsibilities:

Establishing the Trans Empowerment Initiative:

- Participate in hiring, supervising on-site Jefferson County coordinator
- Develop trans affirming programs in Jefferson County, Syracuse and other CNY regions
- Maintain a coalition of existing services

Ongoing oversight of Trans Empowerment Initiative: develop and maintain programs for trans and LGBTQ communities that:

- Reduce isolation and improve healthy living
- Bring together trans individuals from different regions
- Address legal, medical and behavioral health issues
- Educate on anti-trans discrimination
- Educate cisgender people on TGNCNB issues

Outreach

- Participate in the development/implementation of an education program for providers
- Participate in the development of user-friendly internet directory of TGNCNB resources
- Build relationships with other trans and LGBTQ focused organizations and providers

Administration

- Collect and submit data and create narrative reports for the NYS Department of Health
- Work with other staff to submit timely reimbursement vouchers for expenses
- Evaluate the effectiveness of programs
- Assist in SAGE activities as needed

Qualifications

- Experience in program management and development for TGNCNB communities or related work
- Bachelor's Degree or related experience
- Proficiency in the use of Microsoft Office, especially Word and Excel.
- Experience with grant management
- Strong problem-solving and leadership skills
- Effective written communications and public speaking skills

Send resume and cover letter to kdill@sageupstate.org or mail to SAGE Upstate, 431 E Fayette St. Syracuse, NY 13202



Neighborhood Advisor News

By Masani Tyler

2025-2026 HEAP Updates:

The Home Energy Assistance Program (HEAP) is a federally funded benefit program that provides limited subsidies for heating, cooling, and utility costs.

Regular Benefit:
Opened December 1, 2025.

Emergency Benefit:
Opened January 2, 2026.

Heating Equipment Repair & Replacement (HERR): Opened December 11, 2025. Note: The 2025-2026 HERR Benefit is limited to eligible applicants age 60+ who own and reside in their home. If HEAP is unable to assist, emergency help may be available through Temporary Assistance. See Emergency Benefits at: <https://otda.ny.gov/programs/temporary-assistance/>

Find more information about HEAP here: <https://otda.ny.gov/programs/heap/>

Local HEAP information for Onondaga County residents can be found here: <https://onondaga.gov/aging/heap/>

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

Need a nudge to get those taxes filed? Free tax prep assistance is available! For more information and to see if you qualify, visit: <https://www.peace-caa.org/programs/taxes/>



1201 E Fayette St, Suite 22, Syracuse, NY 13210

*Tuesdays and Saturdays
9:00 am - 5:00 pm
Wednesdays and Thursdays
12:00 pm - 7:00 pm*

Call 315.634.3756 for an appointment

**For more information, visit:
www.peace-caa.org/taxes**

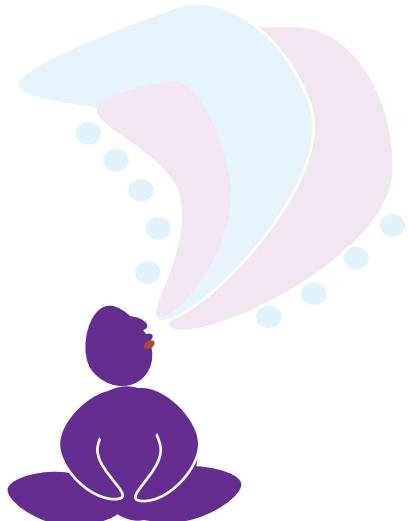
Good news for older adults looking to visit the Milton J. Rubenstein Museum of Science & Technology!



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, especially in these uncertain times and climate.



Breathwork can release stress and anxiety, train the nervous system to respond differently, heal pain and trauma, boost immunity and improve sleep quality. 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.



CENTRAL NEW YORK
COMMUNITY FOUNDATION

Breathwork is made possible by a grant from the CNY Community Foundation

February 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 6 pm Wellness Group	5 10 am Walking 6 pm Dinner Out	6	7 10 am Yoga : Chair or Mat 2 pm Utica Potluck
8	9 2nd Sunday Syracuse Potluck 3pm social; 4pm Program: Black History Month 5:45: Syr. Gay Film Society: <i>Polyester</i> and The Watermelon Woman	10 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	11 10: String Cheese 11:30 Lunch & Learn: Problem Gambling	12 5:30 Writers 6 pm Wellness Group 9:30 Breakfast Out 10 am Walking 5 pm Unchained Book Cataloging	13	14 10 am Yoga : Chair or Mat 7:00 Gender Blend
15	16 Office Closed 5:30 Walking 6 pm Monday Men's group	17 6 pm Bonding Brothers 11:30 Lunch & Learn: Healthy Neighborhoods	18 5:30 Writers 6 pm Wellness Group	19 10 am Walking 12:30 Lunch Out	20 7 Men's Night Out	21 10 am Yoga: Chair or Mat
22	23 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	24 10: String Cheese 11:30 Lunch & Learn: Hearing Assistance & Scans	25 5:30 Writers 6 pm Wellness group	26 10 am Walking	27	28 10 am Yoga: Chair or Mat

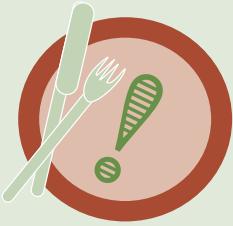
Programs shaded in green meet at Park Central Presbyterian Church, 504 E. Fayette St. Groups meeting at SAGE will offer a zoom option for participation remotely. Your group leader will let you know if your group is moving to the church.

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.
Men's Night Out: Social for SAGE guys, in person and on Zoom 3rd Friday, 7 pm.

Monday Men's Group: closed support group that takes new members a few times a year.
Second Sunday Potluck in Syracuse. Tim Lattimore will lead a program on Black History Month.
String Cheese: learn and play stringed instruments. 2nd/4th Tues.
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.
Wellness Group: Intern Kris Kadaji is coordinating a group about "wellness" and how to achieve it. On Wednesdays at 6:00 Meets on Zoom.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org .
Yoga-- every Saturday at 10:00, led by intern Kris Kadaji. Use a chair or mat. Meets on Zoom.

Zoom meeting links are listed on the Program Page at sageupstate.org.

LUNCH & LEARNS



SAGE will hold three Lunch & Learn events this month; all three will be held at Park Central Presbyterian Church. All 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.

February 10: Problem Gambling: Consider how your gambling habits might be affecting your life and your relationships. Join our very own Liz Ahl and presenters from NYCPG and Gamblers Anon for a program on increasing public awareness about problem and disordered gambling, and advocating for support services for people adversely affected. We will learn about gambling and how addictive behaviors can affect our lives and those we love.



"Our goal is to ensure that every individual has access to the tools, connections, and support systems they need to thrive. By enhancing Recovery Capital, we empower individuals to not only recover but to thrive." -Jessica McCarthy, Central PGRC Staff

Pictured: Participant(s) of Gambler's Anonymous (Shared with permission), SAGE Upstate and Angela H, Program Manager for Central Problem Gambling Resource Center



Our last presentation on gambling ended up in the NYCPG newsletter!

February 17: Healthy Neighborhoods: Presenter Stephanie Carbone is a Public Health Educator for the Onondaga County Health Department Lead Poisoning Prevention and Healthy Neighborhoods Program. She will provide education on Lead Poisoning Prevention, Healthy Homes and information on how to keep seniors safe and healthy! More info: onondaga.gov/health-lead/healthy-homes/

February 24: Hearing Life: Do you want more information on hearing wellness, hearing loss, and understanding more about how hearing aids work? This program offers an opportunity for hearing screenings. They take about 5 minutes. If you are interested in getting a hearing screening be sure to sign up for a time slot.



2/20: Pride Night at Syracuse Crunch

Pride Night at Syracuse Crunch will feature Drag performer and singer Jan Sport, who has appeared on RuPaul's Drag Race, The Voice, and America's Got Talent. The game starts at 7 p.m and a portion of proceeds go to CNY Pride. Tickets: www.syracusecrunch.com/pridenight

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.



by Leslie Lamb, Program Director

Program News

Meet your SAGE friends for a meal

1st Thursday Dinner

2/5 6 pm

Plaza Grande. 2212 West Genesee.

Syracuse. (Westvale Plaza)

2nd Thursday, Breakfast

2/12, 9:30 am

Market Diner 2100 Park Street
(in front of the Regional Market)

3rd Thursday Lunch:

2/19, 12:30 pm,

Olive Garden

3147 Erie Blvd East. Syracuse

String Cheese will meet at Park Central



String Cheese will begin meeting at Park Central this month. The church has a special room designed with great acoustics. All are welcome on the 2nd and 4th Tuesday at 10 am.

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 Counselling student at Le Moyne. You can reach Kris at 702-530-1272.

Did you participate in programs in 2025? We want your feedback.

SAGE is trying to learn more about the effect of social connection-- how it may enhance what people get from programs, whether it's health information, physical activity, or socializing. With support from Excellus, we are conducting a survey. It'll take a little bit of your time (15 minutes or so) and provide SAGE with a lot of information we can use to 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 lead a discussion about how we might apply what we've learned.

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.



A nonprofit independent licensee of the Blue Cross Blue Shield Association

This program was made possible through funding from Excellus



Book Cataloging with Unchained

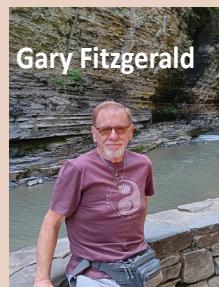
SAGE Upstate will partner with Unchained to make books available to incarcerated people on Thursday, 2-12, 5-8 pm at 615 W Genesee St in Syracuse. Volunteers will sort books and add them to spreadsheets, then match them to requests. Unchained is dedicated to empowering those currently and formerly incarcerated in NYS through policy development, community organizing, advocacy, research, and liberation education.

Meet The Board



Nate Sceiford

Board this year. He is serving on the finance committee and doing policy work for the organization. He lives in Cicero with his wife, three college age children, and dog Stella.



Gary Fitzgerald

Nate Sceiford has been a longtime participant and volunteer with the CNY Pride 5k, and is new to the SAGE Board this year. He is serving on the finance committee and doing policy work for the organization. He lives in Cicero with his wife, three college age children, and dog Stella.

Gary is returning to the Board after previously serving 4 years, with one year as Vice-Chair. He will serve on the Board Development and Program Committees during his current term. He grew up in a rural farming community in northern New York and graduated Houghton College in 1978. In Syracuse, he worked at the Rescue Mission, in various roles including EMT in the Alcohol Crisis Unit, Case Manager, Activities Director of the Adult Home, and Director of Residential Services. At



Held in the SAGE Upstate Center on the 2nd and 4th Sunday, 5:45 pm
Feb. 8 Polyester and
The Watermelon Woman
Feb 22 -- Carol and Happy Together



the Salvation Army, Gary was the Director of Case Management in Senior Services, which included the Neighborhood Advisor Program. He retired from Nascentia Health in December 2024 where he worked with people seeking long-term care services while living at home.

Gary now works part-time for Hertz, and lives with his two cats in Syracuse. He has three adult children and three grandchildren and likes spending time with his family, his partner and his friends. He enjoys history, current events, local cultural events, and watching documentaries and shows of intrigue and mystery on Netflix.



by Tim Lattimore



**WE ARE THE FLAME,
NOT JUST THE TORCH.**

In recognition of Black History Month, Tim shared his poem with us. He will also lead a Black History Month program at the Second Sunday Potluck in February.

In recognition of Black History Month, check out the virtual exhibits at the National Museum of African American History and Culture website. There's an LGBTQ collection that features things like a playbill from Lorraine Hansberry's *Raisin in the Sun*, or a photo entitled "James Baldwin by His Typewriter, Istanbul 1966." There are many collections that feature various historical artifacts, such as Woolworth's Lunch counter stools from Greensboro, NC sit-ins. Visit: nmaahc.si.edu

Where We Stand, We Rise

by Tim Lattimore

There are moments when the past presses its forehead to ours, close enough that we can feel its trembling breath. Close enough that the old wounds throb inside our own ribs. And still — we stand. We stand with the bones of those who came before us humming inside our bodies, their strength braided into our spine, their courage beating in our blood like a second heart.

Our beginning was brilliance — a continent of kingdoms, scholars, healers, builders, dreamers. A people who knew the language of the earth and the sky. Then came the rupture, the tearing, the iron, the ships that swallowed light. But even in that darkness, our ancestors held each other's hands so tightly that the grip traveled across centuries and found us here. Their whispers became our inheritance. Their survival became our birthright.

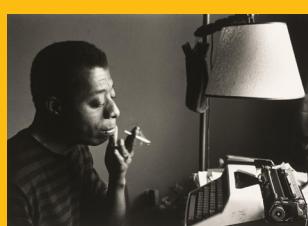
We come from people who endured the unthinkable and still managed to love. People who sang through cracked lips, who prayed through broken nights, who carried hope like a hidden ember under their tongues. People who were told they were nothing and yet created everything — music that shook the world, stories that refused to die, families that held together even when the world tried to pull them apart.

And look at us now — rising like thunder rolling across a long-awaited storm. Rising with voices that refuse to be quiet, with joy that refuses to be small, with pride that refuses to bow. Our laughter is a drumline. Our sorrow is a river that keeps moving. Our culture is a constellation — bright, sprawling, impossible to contain.

To be Black is to carry centuries in your chest and still walk with your head high. To feel the ache of what was stolen and the triumph of what we reclaimed. To know that your skin is a monument, your breath a testimony, your existence a victory carved out of the impossible.

We rise because our ancestors planted that rising in us. We rise because the world tried to break us and failed. We rise because every step we take is a step they dreamed of. We rise because our story is not just one of survival — it is one of becoming. Becoming fire. Becoming thunder. Becoming the very thing that cannot be silenced.

We rise because we are Black — and that truth alone shakes the earth.





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

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to promote
HEALTHY
AGING

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- \$35 per month
- \$65 per month
- \$100 per month
- Any amount

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

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