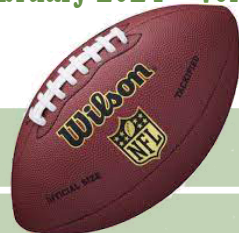


**Sage**  
Upstate

**NEWS**

Serving Older LGBTQ+people  
in CNY area

**February 2024 Vol 28 # 2**



**Superbowl Party!**

**Sunday February 11, 6 pm**  
**49ers v. Chiefs**

Join your hosts, Laura & Charlottee in the SAGE Upstate Center. Come for the potluck then head downstairs to the Center for the game, or do one or the other. We'll have refreshments, but bring a snack if you are able.



**2nd Sunday in Syracuse**

Explore Black History Month in NY  
Sunday, February 11  
3:00 social time  
4:00 program

Shared supper following program  
Bring a dish to pass if you are able. Superbowl party follows potluck.

**Color Coordinated:  
Black History Month**



In recognition of Black History Month, IDENTITY will be sending out an email each day, featuring local and state LGBTQ BIPOC individuals, allies, organizations and more. The idea is to keep Black History Month in our minds this month and to energize us to work for LGBTQ BIPOC communities all year long.

If you would like to be added to our email list, let us know. And, if you'd like more info on IDENTITY, contact Tim: [tlattimore@sageupstate.org](mailto:tlattimore@sageupstate.org).



**There's a new  
Walking Group in Utica!**

Dori and Robin, leaders of the Utica group are starting a walking club! The group will meet on Saturdays, 11 am, at Sangertown Mall (8555 Seneca Tpk, New Hartford, NY 13413). If you are interested in joining, contact Dori and Robin at [utica@sageupstate.org](mailto:utica@sageupstate.org). Or call the office (315-478-1923) and we will get a message to them.



Join us for a Tea Dance in the afternoon on Saturday February 17, 2:00- 5:00 pm. We'll be celebrating the month of Valentines-- but that's not just about couples. We love our friends, we love our families, we love our partners, we love the people that we volunteer with and folks we see at SAGE events. Let's come together and celebrate all of that with DJ Rockin' Robin, refreshments and a 50/50 raffle. Want raffle tickets? See the back of this issue.



*2023 Tea Dance*



### SAGE Upstate Board

Bob Bezy, Chair  
Willard Doswell, Vice-Chair  
Jenny Gluck, Treasurer  
Rita Gram, Recording Clerk  
Mattie Cerio  
Barb Genton  
Susan Horn  
Jerry Reed  
Liz Stehl

Contact the board at  
[board@sageupstate.org](mailto:board@sageupstate.org)

### SAGE Upstate Staff

Executive Director: Kim Dill  
Program Director: Leslie Lamb  
SocialMedia/Office Coordinator:  
Johna Melius  
Office Assitant: Carol Notar

### Ambassadors

LGBTQ BIPOC Communities  
Tim Lattimore  
Trans Communities  
Johna Melius  
Oneida, Madison, Cortland Counties  
Dori Colvin & Robin Latham

SAGE Upstate News is published monthly and features articles and resources on issues affecting older Lesbian, Gay, Bisexual, and Transgender (LGBT) people in Central New York. SAGE Upstate is a not-for-profit organization that promotes the health and well being of GLBT people in Central New York as they age. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

All SAGE Upstate activities are accessible unless otherwise noted.

Interperters and large print publications are are available on request.



## Please Share Info

This month, you will start seeing emails and posts asking you to share some demographics. We need this information for our state grant, but also it really helps us in a number of ways.

First, it tells us who we are serving and who we are missing. It will also help you sign into programs. All of your info will be included in our database so you will only need to check a box or write your name. Finally, we'd like to recognize birthdays (with your permission – no year will be shared).

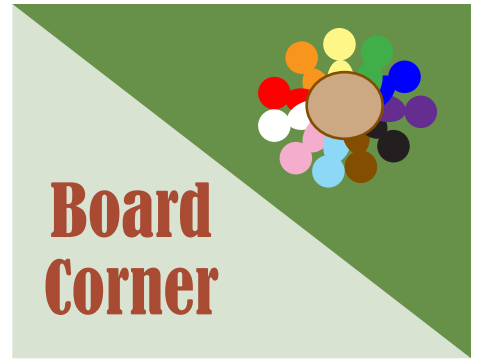
The brief survey asks for your birth date, race/ethnicity, veteran status, gender identity, and sexual orientation. It asks for your permission to use your name and/or photo in publications and whether we can share your birthday. In addition, the survey asks for your program interests.

This information will be kept confidential It will be used in statistics for our publication and in reports and to the state-- no names will be attached to either. You are under no obligation to share information to participate in any programs or activities. If you'd like to fill out a paper copy rather than completing the survey online, you can pick one up at SAGE or we are glad to mail one to you. Or, you can simply call the office (315-478-1923) and give us your answers over the phone. Thank you!

**Saturday Drop-In Hours**  
**2nd Saturday, 11 am - 4 pm**  
**3rd Saturday 11 am - 7 pm**

Someone on staff is usually in the office every weekday-- just call to make sure the person you are looking for is in.

SAGE Upstate will be closed for President's Day on February 19.



## Board Corner



As chairman of the SAGE Upstate Board od Directors, I am happy to be the first to write for the "Board Corner" column.

Each month a different board member will share their prime interest in SAGE and what they are working on.

As you know, SAGE Upstate is dedicated to improving health and reducing isolation for aging LGBTQ+ people in Central New York and neighboring communities through wellness programs, social support groups, and education for service providers and others.

The Board has several committees which meet to work on many issues. These include fundraising, advocacy, finance, board development/recruitment and the executive committee.

We invite SAGE participants to attend any board meeting on Zoom, or apply to be considered for service as a board member. In addition, we encourage participants to join one of the board committees and share thoughts and ideas on how to build up and strengthen SAGE Upstate.

To sit in on a board meeting, view board minutes, join a committee or nominate yourself or someone else for board service, contact me at [board@sageupstate.org](mailto:board@sageupstate.org), or call the office (315-478-1923) and leave a message for me. We look forward to using this column to share what's happening at SAGE.-- Bob Bezy



by Leslie Lamb, Program Director

*Greetings! Leslie here to let you know about all of the exciting programs we have added to our calendar.*

**Ballroom Dance Classes** are in full swing! There are 3 classes left in February (meeting Tuesdays at 2 pm). We appreciate Susan Shockey for dedicating her time and talent to us!! We will schedule future classes if there is interest-- let us know.



**Theater Thursdays:**

We'll have 2 showings of a film every 3rd Thursday, at 3 and 6 pm. Popcorn provided! This month our film is *Maestro*, a fearless love story that chronicles the complicated lifelong relationship between music legend Leonard Bernstein and Felicia Montealegre Cohn Bernstein. (2h 11min) If you have movie suggestions, let us know!



**Learn to play a new game:** On the fourth Friday of each month we will learn how to play a game. This month, on 2/23, 5:30 pm, we'll learn how to play Pitch. If you have a suggestion for a game you'd like to learn, or if you would be willing to teach a game, LET US KNOW!



**Men's Night Out**, a social for SAGE guys usually meets on the third Friday of every month at SAGE. This month, however, head out to the Wolf's Den to socialize and play pool/darts with old and new friends. The gathering will be held on Friday 2/16, 6:30 pm. The Wolf's Den is located at 617 Wolf Street in Syracuse.

**Crafting: Soap Making with Keith:**

Join us on the second Tuesday--2/13 -- to make soap. All supplies will be provided. We ask that you R.S.V.P by 2/9 to assure we have enough supplies/snacks.



**Are You Interested?**

**Women's Group**

I have had a few people inquire about (re)starting a Women's Group. If you are interested, come to SAGE on 2/28 at 3 pm to discuss what you'd like to get from a women's group. Are you looking for a support group, socializing or both? We also need to have a leader and plan the dates and times.

**Men's Group**

We have a closed Men's Group on Monday Nights that takes new members a few time a year. Is there interest in another-- open-- Men's Group? We have Men's Night Out for socializing-- is there interest in a support group?

**Chronic Condition series**

I am working with Upstate on scheduling a Chronic Disease Self-Management Program; a 6-week program meeting once a week starting in June.

**Tai Chi**

We may also offer a "Tai Chi for Arthritis and Falls Prevention" class, for 8 weeks, twice a week.

**Contact Leslie**

I need to make sure there will be enough participant interest, so if you'd like to participate, let me know: 315-478-1923 ext 2 or llamb@sageupstate.org

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 am Walking 6pm Dinner OUT	2 11 am Fitness Class 3 pm 1st Friday Social	3 2 pm Utica Social
4	5 11 am Fitness Class 6 pm Men's Group	6 2 pm Dance Class	7 5:30 Writers 7:00 Knitting & Fiber Arts	8 10 am Walking 9:30 Breakfast OUT	9 11 am Fitness Class	10 11 am Utica Walking group 11-4 Drop In hours:
11 2nd Sunday Potluck 3pm social time 4pm program dinner after 6 pm Superbowl party	12 11 am Fitness Class  6 pm Men's Group	13 2 pm Dance Class 5:30 Crafting Making soap with Keith	14 5:30 Writers 7:00 Knitting & Fiber Arts	15 10:00 Walking 12:30 Lunch OUT Theater Thursday 3 and 6 pm showings of <i>Maestro</i>	16 11 am Fitness Class  6:30 pm Men's Night Out at Wolf's Den	17 2:00 pm Tea Dance 7:00 Gender Blend Drop In hours: 11- 7 pm
18 2:00 pm Oswego Potluck	19 Office Closed 6 pm Men's Group	20 2 pm Dance Class	21 5:30 Writers 7:00 Knitting & Fiber Arts 10 am SAGE- Vets outing to ClearPath	22 10 am Walking Group  5:30 pm Board Meeting	23 11 am Fitness Class 6:00 pm Learn to play PITCH	24 11 am Utica Walking group
25	26 11 am Fitness Class 6 pm Men's Group	27 11:30 Lunch & Learn: Mental Health  6 pm SAGEVets	28 3 pm-- Women's Group planning 5:30 Writers 7:00 Knitting & Fiber Arts	29 10 am Walking Group		

Crafting: Join Leslie and your SAGE crafting friends every 2nd Tuesday at 5:30 in the SAGE Upstate Center.	Men's Night Out: This month join SAGE guys at Wolf's Den, 617 Wolf St. at 6:30
Dance Classes with Susan Shockey -- 2nd floor Ballroom	Oswego Potluck, 3rd Sunday at Trinity Methodist; 45 E Utica St in Oswego. Bring a dish to pass if you're able
First Friday Social, at 3:00 in the Center-- games and socializing.	SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tue 6:00
Fitness Classes are held Mon/ Fri, 11 am. Join us in the SAGE Upstate Center or on zoom (details at <a href="http://sageupstate.org">sageupstate.org</a> )	Second Sunday Potluck: Social time at 3 Program starts at 4, potluck follows program-- bring a dish to pass if you are able.
Gender Blend, the new Trans Social, 3rd Saturday, social/support for Transcommunity. In person and on Zoom (details at <a href="http://sageupstate.org">sageupstate.org</a> )	Super Bowl party in the center (see front page)
Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & conversation. In person only. For fiber artists of all skills	Tea Dance, 2- 5 pm February 17, see front page for info
Lunch and Learn: 11:30 am. Please RSVP in advance (share dietary restrictions) <a href="mailto:llamb@sageupstate.org">llamb@sageupstate.org</a> or 315-478 1923 Free, lunch provided. This month: Mental Health	Utica Potluck 1st Sat. 2- 4 pm at Utica Unitarian, 10 Higby Rd. Potluck-- bring a dish to pass if you are able.
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.	Walking Group Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
	Walking Group Utica: Meet at Sangertown Mall on the 2nd and 4th Saturday
	Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at <a href="http://sageupstate.org">sageupstate.org</a>

## LUNCH & LEARN:



### Mental Wellness and Service Connection

Join us for lunch and a presentation by Contact Community Services on Tuesday, February 27 at 11:30 am. Please RSVP to Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org).

## Meet your SAGE friends for a meal!

To RSVP, Contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Your info will be sent to Ron, who leads the groups. This month:

**1st Thursday Dinner:** 2/1, 6:00 PM, *Flaming Grill Buffet* 244 Northern Lights Plaza

**2nd Thursday Breakfast:** 2/8, 9:30 AM, *Market Diner*, 2100 Park St.

**3rd Thursday Lunch:** 12:30, *Finally Ours Diner*, 3788 W. Seneca Tpk, 3 miles past the exit to OCC

**Gender Blend Live**  
Formerly Trans Social

A TQIA+ Social Support Group

WELCOME ADULTS OF ALL AGES

IN PERSON  
SAGE UPSTATE

ZOOM  
<https://us02web.zoom.us/j/89699636095>  
Meeting ID: 896 9963 6095



WHEN: THIRD SATURDAY @ 7PM



## Health Series in March

A Lunch and Learn Series, funded with a grant from the Emerson Foundation, is coming up. It starts on March 12 and will continue for the next six weeks, every Tuesday at 11:30am. Here are the March offerings:

**3/12: Scams 101:** Learn about Impersonator Scams, Romance Scams, Tech Support Scams, virtual Kidnapping Scams, "You've Won" Scams, Check Scams, Charity Scams and many more... presented by the Upstate Elder Abuse Center at Lifespan of Greater Rochester.

**3/19: Planning: what comes next:** John Murphy Jr. ESQ. from Safe Harbor Wills & Trust will talk to us about things such as assets protection, trusts, wills, Medicaid planning, estate planning, etc. He will be available after the presentation to answer any questions you may have.

**3/26: Elder Abuse and Gambling:** Presented by Elizabeth Toomey, Team Leader of the Central Problem Gambling Resource Center.

For more info or to sign up, contact Leslie: [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or 315-478-1923 ext 2

Thank You  
Emerson  
Foundation!



Learning to play Mahjongg in February. This month we'll learn to play Pitch on March 23 at 6:00. Mahjongg will start meeting regularly this month or in March.

# February is Cancer Prevention Awareness Month

From the National Council on Aging: The five-year survival rate for many cancers is almost 90% if the cancer is found early. Screenings can help detect cancer earlier, when successful treatment is more likely. Healthy lifestyle changes can also reduce your risk. For more: [ncoa.org/article/prevention-how-older-adults-can-reduce-their-risk-of-cancer](https://www.ncoa.org/article/prevention-how-older-adults-can-reduce-their-risk-of-cancer).

## Screening guidelines

Which screenings you need and how often you need them depend on many factors, including age, family history and your lifestyle habits such as smoking. The body parts you have (such as breasts, testicles and/or prostate), also affect which screenings you need. If you are transgender, talk to your health care provider.

The following screening tests are recommended for adults 50 and older who are at average risk:

- Breast cancer
- Cervical cancer until age 65
- Colorectal cancer until age 76
- Prostate cancer-- determine with your doctor
- Lung cancer
- Oral cancer
- Testicular check
- Skin check
- Hepatitis B vaccine up to age 59, if not already vaccinated
- Hepatitis C testing at least once between ages 18-79

## Quit Smoking

Tobacco use is linked to several cancers, including lung, breast, colorectal, throat, cervical, bladder, mouth, and esophageal cancers.



## Wear Sunscreen

Skin cancer is the most common and preventable cancer, and most cases are diagnosed in people over the age of 65.

## Try a plant-based diet

A recent study found that three servings of non-starchy vegetables and two of fruit every day resulted in a 10% lower risk of death from cancer.



## Limit alcohol

The more you drink, the greater your risk, for many cancers, including breast, colorectal, esophageal, oral, and liver cancers.

## Maintain a healthy weight

Being overweight is linked to many types of cancer.



## Stay physically active

Aim for at least 30 minutes of physical activity at least 5 times a week.

## Practice safer sex

The human papillomavirus (HPV), is spread through vaginal, oral, and anal sex and is linked to many types of cancer. Using condoms or barriers does not offer 100% protection, but is much safer.



# SAGEVets to visit Clearpath

SAGEVets is going on a field trip! We'll visit Clear Path For Veterans on Wednesday February 21. Meet up at SAGE at 10:00 to car pool, or join us at ClearPath at 10:45. We'll have lunch there and tour the facilities.

Clear Path offers a wide range of programs tailored to meet each veteran's needs. The offerings include opportunities for connection, support for healing, service dogs, peer support, craft classes, and more.

We'll be participating in the weekly complimentary lunch, which is open to all veterans, military members, and their families, and caregivers at no cost. The meal is prepared in-house by Clear Path's Executive Chef Michael Sheets and the culinary team. If you need more info, please contact Leslie at 315-478-1923 or llamb@sageupstate.org

**Don't forget about these continuing programs!**  
For more info, contact Leslie at 315-478-1923 or llamb@sageupstate.org

**First Friday Social:** 3 pm, in person  
Meet in the center every first Friday for games, snacks, and socializing. There's a lot of talking and laughing--whether we get to playing the games or not!

**Falls Prevention Fitness Classes**  
Mondays and Fridays, 11 am  
Twice a week Barb Genton is leading folks through exercises to lower risk for falls. You can participate in person or on Zoom. The class is for people with all abilities and exercise levels -- if you want to work in a chair, that's fine. If you're looking for more, Barb will challenge you.

**Monday Men's Group** Mondays at 6  
This is a closed peer support group, but it does take new members a few times each year. Many of the guys have been meeting for a long time, but newcomers seem to fit well.

**Walking Group** Thursdays at 10 am  
This time of the year, the group walks around Destiny, and when it's nice, they walk at Onondaga Lake Park. After walking, the group has lunch together.

**Knitters/Fiber Artists**  
Wednesdays at 7 pm, in person  
It's for people of all skill levels, beginners to experts. You can actually learn how to knit or crochet from other members. This is a tight-knit group (pun intended) that share stories and laughter while their fingers work.

**Writers** Wednesdays at 5:30 on Zoom  
People of all skill levels and experience writing in any genre are welcome. Poetry, fiction, non-fiction -- anything! People read their work and get supportive feedback. You don't have to anything written to participate.

## 3 ways to get your Tea Dance RAFFLE TICKETS!

**1.**  
Cut on the dotted line above and use the form on the other side of this page.

Winner drawn at the Tea Dance on 2/17

**2.**  
Use the paypal button at [sageupstate.org/donate](https://sageupstate.org/donate).  
In the description, write number of tickets or send an email to [kdill@sageupstate.org](mailto:kdill@sageupstate.org)

**3.**  
Call **315-478-1923** and we'll take your card number by phone.  
You need not be present to win.

