



# SAGE Upstate News

Serving Older Gay, Lesbian, Bisexual, and Transgender People in Central New York

December, 2022 Vol 26 # 11

## Please consider a donation for our year-end appeal.

For 25 years, donor support has made it possible for older LGBTQ adults in Central New York to age with active bodies, hopeful minds, and interconnected lives. Donations have funded programs that improve health and reduce isolation. We've all endured some tough times in the past few years. As we move toward "normal," and away from the lockdown of the pandemic, donations have made all the difference.

That's why we are asking for your support for our year-end appeal. In 2022 we've been able to do so much because of community support. Our Neighborhood Advisor program, which provides health resources and links to community services for older LGBTQ People has offered

*Continued on p 3*



## Holiday Auction: Bidding is open until December 12

So many treasures, all in one place. Do your holiday shopping or treat yourself while also supporting SAGE programs! The auction is open until December 12 and we will announce the winners on December 13. So, there is still plenty of time to bid, rebid, and outbid. Here are some highlights:

**ART:** We've got art and photography from Amy Bartell, Branwen Drew, Wendy Harris, Tom Long, Jerry Reed, and Zee Koh Productions.

**HOME:** Auction items include a Ninja Air Fryer, an Aroma Rice Cooker, decorative trees and an ornament hand carved from White Cedar, a computer tune-up by Thao Nguyen, a tune up for your furnace or A/C from Jeff Kreis.

**BASKETS...** filled with Syracuse Soapworks products (left), chocolates, European biscuits, jams, and household items including an iron and portable ironing board!

**FOR YOU:** You deserve it! Bid on a gift certificate from Sanctuary Spa, a silver and amber ring from the Amber Room, or wine and cheese.

**ENTERTAINMENT:** We've got tickets to Redhouse paired with a gift card for Olive Garden, a \$100 gift certificate for Finally Ours Diner, tickets for the Oswego Players, Symphoria or The Rev.

If you are unable to access it online and would like to participate call SAGE. You can use a computer in our center to view and bid on items, and we can help.

## Second Sunday in December: Gift Swap!



Everyone leaves with a gift! Join us in the ballroom on 12-11 from 2- 4 pm. See details on page 3

## Thank You All Who Donated Auction Items

|                   |                 |                |                    |
|-------------------|-----------------|----------------|--------------------|
| Amy Bartell       | Will Doswell    | Jeff Kreis     | Jerry Reed         |
| Bob Bezy          | & Joe Downing   | Tom Long       | Daniel Rocker      |
| Pat Brady         | Branwen Drew    | Thao Nguyen    | Sanctuary Spa      |
| Kim Dill          | Barb Genton     | Oswego Players | Symphoria          |
| Vivian Derrickson | Wendy Harris    | The Redhouse   | Syracuse Soapworks |
| & Deborah Hardy   | Margaret Himley | The Rev        |                    |

| Sunday                      | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday               |
|-----------------------------|---|--|--|---|--|------------------------|
|                             |   |  |  | 1<br>10 am Walking Group<br>6:00 Dinner Group         | 2<br>11 am Fitness Class<br>3 pm First Friday Social | 3<br>2 pm Utica Social |
| 4                           | 5<br>11 am Fitness Class<br>6 pm Monday Men's | 6  | 7<br>Writers, 5:30   | 8<br>10 am Walking Group                              | 9<br>10:30 am Oswego Social<br>11 am Fitness Class   | 10                     |
| 11<br>2nd Sunday: Gift Swap | 12<br>11 am Fitness Class<br>6 pm Men's Group | 13<br>11:30 am Lunch & Learn: Financial exploitation, scams, elder abuse | 14<br>9:30 Breakfast Club<br>5:30 Writers<br>7:00 Knitters | 15<br>10 am Walking Group<br>3- 6 pm HIV/AIDS testing | 16<br>11 am Fitness Class                            | 17                     |
| 18                          | 19<br>11 am Fitness Class<br>6 pm Men's Group | 20   | 21<br>5:30 Writers   | 22<br>10 am Walking Group                             | 23   | 24                     |
| 25                          | 26<br>6:00 pm Men's Group                     | 27   | 28<br>12:30 Out for Lunch<br>5:30 Writers<br>7:00 Knitters | 29<br>10 am Walking Group                             | 30   | 31                     |

**Drop-In Hours at the Center:**

3:00 pm to 6:00 pm, every Tue, Wed, Thu.  
Need to come a different time? Just call.



In person only



On Zoom Only



In Person & Zoom

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| Breakfast Club, 2nd Wednesday, 9:30. SAGErs meet for breakfast. See page 3 for details   |
| Falls Prevention Fitness Class: In person and online Mondays and Fridays at 11 am. Meeting ID # 894 0192 9890 Passcode: 1969   |
| First Friday Social, every first Friday at 3:00 in the Center-- games and socializing. In person only.   |
| HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3:00- 6:00 pm   |
| Knitting & Fiber Arts, 2nd and 4th Wed at 7 pm. Fiber arts & conversation. In person and on Zoom. Meeting ID: 812 6815 6658 Passcode: 1969   |
| Lunch and Learn: Elder Abuse, 12/13, 11:30 am. Please sign up with Trish in advance (and share any dietary restrictions): tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info. |

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| Second Sunday: Gift Swap. Sunday 12-11, 2:00pm, 2nd Floor Ballroom at 431 E. Fayette St                                |
| Oswego Social, 2nd Friday, Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month 10:30-11:30          |
| Out For Lunch: This month held on the 4th Wednesday, 12:30 pm See details on page 3.                                   |
| Out For Dinner, 1st Thurs, 6 pm. See details on page 3   |
| Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd.  |
| Walking Group, Thursdays at 10 am, meet at Destiny. See Facebook for location  |
| Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969 |

## Dining OUT with your SAGE Friends

SAGE friends meet 3 times per month at local restaurants-- once for dinner, once for breakfast, and once for lunch. Would you like to receive emails about these events? Contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Your info will be passed on to Ron, who leads these groups. Here are this month's locations:

**To arrange for your seat at the table, RSVP** to Ron or contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

### Dinner on First Thursday

12/1, 6:00 pm, **Spaghetti Warehouse**, 689 Clinton St, in Syracuse

### Breakfast on Second Wednesday

12/14, 9:30 am, **Denny's**, 7873 Brewerton Rd in Cicero

### Lunch -- this month on the 4th Weds.

12/28, 12:30 pm, **Sherwood Inn**, 26 West Genesee St. in Skaneateles



## Lunch & Learn: Financial Exploitation, Neglect & Elder Abuse

Tuesday, December 13, 11:30 am  
SAGE Upstate Center

Loren Ulrich from Vera House was unable to make this presentation in November -- now you have another chance! She will speak at our December Lunch & Learn about elder abuse, financial exploitation, and scams. Please RSVP (deadline Friday, 12/9) to Trish, including any dietary restrictions. Email to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or call 315-478-1923.

## Oswego Group:

Now meeting 2nd Friday, 10:30 am



The Oswego County group has changed location and time -- gatherings are now held on the second Friday of each month, at 10:30 am, at Catholic Charities, 808 W Broadway in Fulton.

## 2nd Sunday in December: Holiday Gift Swap!

December 11, 2 - 4 pm

Join us for a gift swap this month on the 2nd Sunday. Bring a new, wrapped item \$5 or less in value. We'll play a game to swap them. If you are unable to bring a gift, come anyway -- we will have extras. Refreshments and beverages will be served -- no need to bring anything but your gift to swap. The gathering will meet in the 2nd Floor Ballroom at 431 E Fayette St. If you let us know you are coming, we can make sure we have enough food for everyone.



## New Years Day Social

Ring in the New Year with your SAGE friends at an Open House in the Center on January 1, 2-4 pm. Bring a snack and if you'd like, a game to play. Resolutions are not required.

## APPEAL (cont'd from p1)

health programs, distributed farmer's market coupons, and connected people to critical services. Programs like the Falls Prevention Fitness class are back in the center but also available online. People have been meeting out for meals, going to plays and connecting on Zoom.

The biggest news this year is this: because of the advocacy of the LGBT Health and Human Service Network, Governor Hochul more than doubled the amount of funds lined out for LGBT organizations in the state budget. **Our state funding has been restored** -- and because your support kept SAGE stable and strong-- we are here to accept it! Going forward, the state pays attention to how much community support an organization has -- this plays a part in decisions about future funding.

**As we near the end of our first quarter-century, we ask you to invest in the next 25 years.** Here are some things we have planned for 2023-- your support can make these hopes a reality.

Neighborhood Advisor programs will include a Virtual Senior Center, meal programs, and continued one-on-one services. SAGE will expand its outreach to LGBTQ People of Color, the Trans Community, and people living in regions outside of Syracuse. New staff will be hired to increase the reach and capacity of our organization.

**Can you help?** Use the form on the back of this issue to make a donation to the SAGE Upstate year-end appeal, or visit [sageupstate.org](http://sageupstate.org) to give online.



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

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Help keep SAGE Upstate strong enough to improve health and reduce isolation for older LGBT people during these challenging socially distant times and beyond.

**I want  
to keep  
SAGE  
Upstate  
strong!**

Name:

Address , City, State, Zip:

Phone:

Email:

Credit Card #:

Exp: CVV \_\_\_\_\_

**Choose One**

Please accept my one  
time gift of \$ \_\_\_\_\_

I pledge \$ \_\_\_\_\_  
per month

- Check enclosed
- Bill my card one time
- Bill my pledge monthly until I stop

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

Can we recognize your gift in SAGE Upstate publications?  Yes  No