



Trans Awareness Month

In November, we recognize and celebrate the lives of Trans/Non-Binary people. Trans Awareness week is held each year from November 13-19, leading up to Transgender Day of Remembrance on November 20. Look for our email series celebrating trans lives (if you'd like to receive them, email jmelius@sageupstate.org). SAGE will participate in a Transgender Day of Remembrance Event organized by the Q Center on November 20, 6-8 pm at University United Methodist Church at 1085 E Genesee St, which will include an art show, a resource fair, and a vigil.

Celebrating Our Veterans



As Veterans Day approaches, we thank the LGBTQ (and all) veterans for their service. At our Thanksgiving Potluck on 11/10, we will be reading the names of veterans in our community. To make sure that you are included, please contact Leslie at llamb@sageupstate.org, and include branch of service. At this month's SAGEVets gathering on 11/19 a representative from the VA will speak. SAGEVets will also have a table at the Veterans Expo on 11/9 at the Fairgrounds. At left, you'll see some of the vets we've profiled over the years in this newsletter. *Top-Bottom, Rita Gram, Dan Bishop-Basler, Jerry Reed, Beverly Taylor.*

October with SAGE



12th Annual Community Dinner



Halloween Dance



Thank you to Table Hosts and Volunteers for the 12th Annual SAGE Upstate Community Dinner

Ron Baldwin
Keith Bertrand
Bob Bezy
Dan Bishop-Basler
Karen Bowman
Jean Brooks
Carol Burchim

Dori Colvin
Will Doswell
Joe Downing
Sue Friedland
Barb Genton
Jenny Gluck
Rita Gram

Valerie Grant
Nancy Gwin
Monica Hamilton
Diane Johnson
Leslie Lamb
Robin Latham
Tim Lattimore

Greg Lewis
Laura Masuicca
Johna Melius
Scott Milner
Liz Stehle
Jean Swanger
Lucy Twichell

Masani Tyler
Charlotte Vallejo
Les Wright
Deb Zaengle



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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.

All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.



Wouldn't you like to VOLUNTEER?

This month, volunteers are needed for events, in the center and for the newsletter mailing.

Second Sunday in Syracuse Thanksgiving Potluck

Volunteers are needed for serving food, set up, and clean up.

Center Volunteer

We need volunteers to help staff our center, greet visitors.

Fundraising Committee

Work with other volunteers on fundraising events and initiatives.

Monthly Newsletter Mailing

As always, we need volunteers to help with mailing the newsletter on the last week of the month. Volunteers gather in the Center to stuff and seal the newsletter, and we provide lunch. If you're interested, let us know and we will contact you with the date and time of the mailing.

If you'd like to help with these or other events, please contact Leslie at llamb@sageupstate.org or 315-478-1923.

SAGE Upstate is funded by the Onondaga County Department of Adult and Long Term Care Services, generous individual donors, fundraising events, and business sponsors. Specific program funding comes from SAGE USA, the Health Foundation of Western and Central New York, the CNY Community Foundation, and the Emerson Foundation.



by Tim Lattimore

I am happy to say that SPARK has had two successful projects, both collaborations between SAGE Upstate and Project Out Loud.

First, the Fiber Arts Collaborative is still in progress. Many 12 x 12 squares (and such) have been collected from all over Syracuse and neighboring cities/counties. On October 30, we will begin connecting the pieces to create a one-of-a-kind wall tapestry. Our goal is to have it completed before 2025. Second, the Intergenerational Day of Peace (IDP) event was a huge success. We received a lot of great feedback.

Next year we plan to continue IDP as a series with each event having a different focus. This is only the beginning. There is more to come in 2025, so be on the lookout for our December newsletter. In the meantime, take care of yourselves and be kind to one another.



Johna Talks: Non-Binary Confusion



Nonbinary Flag



My youngest child came to me and showed me a picture of the pop socket they wanted, which featured the non-binary flag. Being trans, I was proud that they felt safe enough to come out too. Defining non-binary for someone who believes there is only male and female can be a challenge. Please bear with me on this journey-- all I ask is that you keep an open mind as you read this article.

The identity of non-binary falls under the trans umbrella. The term is used for an identity that is neither male or female, but maybe both or neither. As young people begin to understand themselves, they have begun to use pronouns and identities that more fully align with how they see themselves.

In our culture, people tend to think in a "male or female" context. In earlier articles on "Understanding Intersex," and the Gender Spectrum, we discussed how sex and gender are fluid, rather than being "either-or." Gender Fluid is an identity someone may use if they express their gender as flowing from male to female and sometimes in between. Think about the Native American identity, Two-Spirited, which means being both male and female simultaneously.

Another identity, demi boy/girl, is used by people who partially identify with their assignment at birth. As with demigods in mythology, who are both humans and gods, using the demi identity allows people to span the continuum. If someone does not identify as male, female or anywhere in between, they may identify as Agender.

Non-binary, demi boy/girl, and agender are all ways of being that do not fit in the binary, and these are just a few. Facebook offers almost 60 different gender identity options.

If anyone has a topic they would like to learn about feel free to email me at jmelius@sageupstate.org or call me at the office, (315) 478-1923 Ext 3.

Gender Blend Expands to meet twice/month

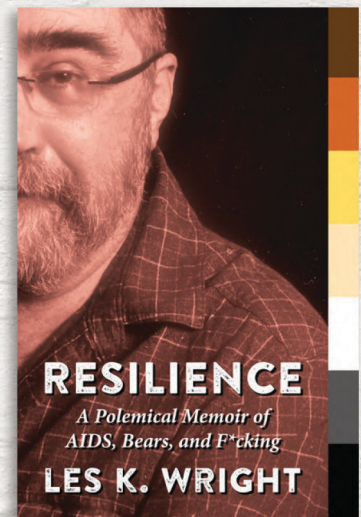
Gender Blend, the SAGE Upstate social/support group for people in trans communities, is expanding to include two meetings per month. Starting in November, Gender Blend will meet on the 2nd Saturday of the month for the usual peer support group gathering. On the 4th Saturday, people in the group will meet out in the community. This month-- on Nov 23-- the group will meet at Tully's Good Times, 2843 Erie Blvd E, at 6pm for dinner as a group. Please RSVP with Johna at 315-478-1923 or jmelius@sageupstate.org, so we can make reservations.

—Wayne Hoffman

"RESILIENCE READS LIKE
A HISTORY OF A HALF-CENTURY OF
OF GAY AMERICAN LIFE,
CONDENSED INTO ONE MAN'S INTIMATE STORY."

"WRIGHT'S STYLE OF
WRITING IS CLEAR AND
CONCISE, HONEST, AND
EMOTIONALLY CHARGED
AT ONCE."—Perry Brass

"RESILIENCE UNFOLDS
THE PLEASURES AND
PAINS OF GAY LIFE AND
RAISES CHALLENGING
QUESTIONS ABOUT SEX,
SUFFERING, AND THE
FAILURES OF QUEER
REVOLUTION."
—Tyler Bradway



Bearskin Lodge Press

www.leskwright.com/bearskin-lodge-press


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Lunch & Learn: 11/26, 11:30 am
WILLS, TRUSTS, ESTATES



Join us for a presentation by Safe Harbor Wills and Trusts on asset protection, trusts, wills, Medicaid planning, and estate planning. Lunch will be provided. Please RSVP by 11/25 and include any dietary restrictions to: llamb@sageupstate.org or 315-478-1923.

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Turkey and Stuffing provided at all Thanksgiving potlucks-- please bring a side to pass.</p>					1	2 2 pm Utica Potluck: Thanks-giving
3	4 6 pm Men's Grp	5	6 5:30 Writers 7:00 Knitting & Fiber Arts	7 6 pm Dinner Out 10 am Walking	8 3 pm Fun Friday Social	9 Vets Expo 9 am-2pm 11 am Utica Walking group 7:00 Gender Blend
10 3 pm Syracuse Potluck: Thanks-giving	11 Veterans Day Office Closed 6 pm Men's Grp	12 5:30 Crafting	13 5:30 Writers 7:00 Knitting & Fiber Arts	14 9:30 Breakfast Out 10 am Walking 6 pm Partners in Pride	15 7 Men's Night Out	16 2 pm Watertown Potluck: Thanksgiving
17 2:00 pm Oswego Potluck: Thanksgiving	18 6 pm Men's Grp	19 3 pm Partners in Pride 6:00 pm SAGE-Vets welcomes a speaker from the VA	20 5:30 Writers 7:00 Knitting & Fiber Arts	21 10 am Walking Lunch Out, 12:30 3:00 & 6:00 pm, Theater Thursday: <i>Will & Harper</i>	22 12:30 Oswego Lunch Bunch 6:00 Mahjongg	23 11 am Utica Walking group 7:00 Gender Blend
24	25 12:30 Utica Lunch & Learn:SNAP program 6 pm Men's Grp	26 11:30 Lunch & Learn, Advanced Planning 6:00 pm Game Night	27 5:30 Writers 7:00 Knitting & Fiber Arts	28 Thanksgiving Office closed	29 Office closed	30

Crafting: Every 2nd Tuesday at 5:30 in the SAGE Upstate Center.
Fun Friday Social: 2nd Friday at 3 pm. Games, socializing and snacks.
Game Night in the Center: come and play board games, cards, whatever! ! 11-26, 6:00 pm
Gender Blend, 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at sageupstate.org) 4th Saturday, meet out for dinner (see page 3 for details).
Knitting & Fiber Arts: Wednesdays at 7 pm. Learn, or work with others on knitting, crocheting, and other fiber arts.
Lunch & Learn, 11-26, 11:30 am. See details on page 3
Mahjongg in the Center, 4th Friday, 6 pm come and play-- if you don't know how, we can teach you.
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 5
Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm
Oswego Lunch Bunch: Meet out for lunch with friends from Oswego and beyond. See details on page 5.
Oswego Potluck, 3rd Sunday, Trinity Methodist; 45 E Utica St. Turkey provided-- bring a side to pass if you are able.

Partners in Pride: Two Zoom brainstorming sessions on fundraising for 2025-- find the links at sageupsate.org .
SAGEVets 11-19:6 pm. Speaker from the VA.
Second Sunday Potluck in Syracuse, 11-10 Turkey provided -- bring a side to pass if you are able.
Thursday Movie: <i>Will & Harper</i> , see details on p. 5
Utica Lunch & Learn, 11/25 at Utica Unitarian, 10 Higby Rd.
Utica Potluck 1st Sat. 2- 4 pm at Utica Unitarian, 10 Higby Rd. Turkey provided-- bring a side to pass if you are able.
Veterans Expo, 11/9, Fairgrounds-- stop at the SAGEVets table!
Walking Group Thursdays in 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
Watertown Potluck: 3rd Saturday at 2 pm, All Souls Unitarian Universalist Church. Turkey provided-- bring a side to pass
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Meet your SAGE friends for a meal!

To RSVP, contact Ron or Leslie at 315-478-1923 or llamb@sageupstate.org.

1st Thursday Dinner: 11/7

6 pm, Bistro 1926 (at Drumlin's Country Club), 800 Nottingham Road in Syracuse.

2nd Thursday Breakfast: 11/14

9:30 am, Ruston's Diner. 6407 Rock Cut Road in Jamesville .

3rd Thursday Lunch: 11/21

12:00 pm, Julie's Diner. 3800 Brewerton Road in Mattydale.

Crafting in the Center: Fall Ribbon Wreaths 11/12, 5:30



We will be making Fall Ribbon Wreaths-- supplies will be provided, but if you have some ribbon you'd like to use, bring it. Crafting is held in the SAGE Upstate Center.

Outside of Syracuse:

Open to LGBTQ+ folks and Allies in these towns and beyond.

For all potlucks in November, turkey is provided -- please bring sides to pass if you are able.

Watertown:

Potluck 3rd Saturday, 2 pm (11/16)
All Souls Unitarian Universalist
1330 Gotham St.

Oswego:

Potluck on 3rd Sunday at 2 pm (11/2)
Trinity Methodist, 45 E. Utica
Lunch Bunch on 11/22, 12:30, at
GJP Italian Eatery, 140 NY-104
Oswego, NY 13126. Please RSVP to
Leslie llamb@sageupstate.org or by
calling (315) 478-1923

Utica:

Walking Group meets at Sangertown Mall on the 2nd and 4th Saturday at 11 am.

Potluck meets on the first Saturday (11/2), 2 pm at Utica Unitarian, 10 Higby Rd.

Lunch & Learn: 11/26, 12:30 pm, Utica Unitarian, 10 Higby Rd. Presentation by the Oneida County and Hanaford stores on the SNAP Program and nutrition resources. Please RSVP to Robin Latham @ udream4freedom@gmail.com. Let us know of any dietary restrictions.

SAGEVETS meets 11/19

Join us in the SAGE Upstate Center for a presentation by the VA. Snacks and socializing too!

SAGE GUYS:

Don't forget -- Men's Night Out meets every Third Friday at 7 pm



by Leslie Lamb, Program Director

Thursday Movie



November 21
3:00 & 6:00 pm

When Will Ferrell's good friend Harper comes out as a trans woman, they take a road trip to bond and reintroduce Harper to the country as her true self. *Will & Harper* is the documentary about the trip. Popcorn/Candy provided!

FUN Friday Social 11/8, 3 pm

Friday socials have moved to the 2nd Friday. Join us for some games, refreshments, and fun.

Fitness Class on a break

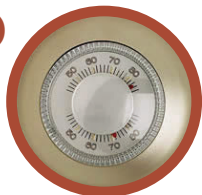
The Falls Prevention Fitness class is on a temporary hiatus. Please stay tuned for more details on when the class will return.





Home Energy Assistance Program (HEAP)

Need help with home heating?



The 2024-2025 Regular HEAP benefit opens on November 1. If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home.

Eligibility and benefits are based on:

- Income
- Household size,
- Primary heating source
- A household member who is under age 6, age 60 or older or permanently disabled.

For eligibility information and to apply, visit: <https://otda.ny.gov/programs/heap/>

It's Medicare Open Enrollment season (October 15-December 7)

Do you know about the Medicare Diabetes Prevention Program? It's a once in your lifetime, no cost to you if you qualify, behavior change program to help you prevent type 2 diabetes, and it's covered by Medicare Part B.

According to the CDC, if you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.

Learn more at: <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>

More Dinner and Dance Pics



The Onondaga Office for Aging is in partnership with **GoGo Grandparent**, a transportation service that allows you to book rides with just a phone call. To qualify, you must live in Onondaga County and be age 60 or older. The Office for Aging covers 100% of the cost on 4 one-way trips (or 2 round trips) per month, per person! You can use it for trips to visit Community Centers, loved-ones, medical appointments, and more! For more information or to register for GoGo Grandparent Transportation service, please call the Office for Aging at 315.435.2362



Virtual Senior Center is an online community that streams interactive, live programs led by experts, and provides person-to-person video chat for members to talk directly to each other. Join from your own PC/laptop, tablet or smart phone with internet connectivity at home. Contact Masani for more information or to sign up.

For more info, contact SAGE Upstate Neighborhood Advisor, Masani Tyler, at 315-478-1923 or mt Tyler@sageupstate.org.

Partners In Pride

I'm writing today to ask you to partner with SAGE Upstate. It will take all of us working together to help our organization continue to serve our community. Think about the most important thing you get from SAGE. Then, think about others out there who need that thing. How can we make sure that it continues to be available for others? Will you partner with us to figure that out?

I've been talking to people about these things. One person told me that she valued her connection to others. She was isolated before coming to SAGE and would never want to go back there. Another person told me that the Neighborhood Advisor program made a huge difference in his life. I've heard from writers and fiber artists that weekly meetings

cal. We must continue to maintain a safe and affirming space where older LGBTQ people can come together to build friendships and support networks.

To do that, we are asking for partners. Maybe you'll give a big check or maybe you'll share a big smile-- both contribute to a welcoming environment. Everyone has different gifts to bring and we need ALL of them right now. No one person can do everything needed to keep our organization going. But every person can do something. Will you become our "Partners In Pride?"

There are many ways to do that. Here are a few. We are offering two "Partners in Pride" Zoom brainstorming sessions this month. Join us on November 14 at 6 pm or November 19 at 3 pm for an open



From the Executive Director

by Kim Dill

You might want to sponsor the cost of programs or shoulder the responsibility of leading a group. We need people who will raise money and people who will send isolation into decline.

Yes, we need funding. But we need community more. Be a part of SAGE Upstate in whatever way you can, and rest assured, it will make all the difference.

The result of our efforts will build the SAGE of 2025 and beyond. It will affect what we are able to do as an organization, who we are able to reach, and how we move forward. You are a part of that.

Think about the most important thing you get from SAGE. Then, think about others out there who need that thing. How can we make sure that it continues to be available for others? Will you partner with us to figure that out?

keep them on track to express creativity and keep it in their lives. People are glad for walking and fitness groups, they learn from health presentations, and they find friends at socials. People from BIPOC and Trans communities, people in Watertown and Oswego and Utica are finding and celebrating each other. What's your thing? Can you help us keep it going?

It's pretty challenging all over. We do not have state funding to rely on now. This year we've seen new levels of anti-LGBTQ rhetoric -- especially toward the trans community. Isolation is bearing down on us, affecting our ability to stay healthy as we age.

Regardless of the level of resources or funding we have, the need remains criti-

session where no ideas are bad ideas. Check sageupstate.org for the links.

You might want to go a little beyond this and join the fundraising committee, to see these ideas through to their implementation. The people in this group of dedicated volunteers work on events, reach out to sponsors, explore grants, and engage with donors.

It's a good time to volunteer (it's always a good time to do that). As we work to reduce costs, we will rely more on volunteers to keep the work moving forward. We need group leaders, mailing volunteers, event helpers-- seriously, there is not one thing SAGE does that doesn't have a volunteer's fingerprints on it somewhere.

Ways to partner in pride:

- ▶ Give and support events if you can.
- ▶ Join the fundraising committee.
- ▶ Make friends and support each other.
- ▶ Volunteer when you can.
- ▶ Take part in the "Partners in Pride" brainstorming sessions on 11/14 or 11/19
- ▶ Bring your friends and get them involved.
- ▶ Suggest a business for us to approach for sponsorships
- ▶ Connect someone who is lonely to SAGE.
- ▶ Age happy and healthy with your SAGE friends; feel so positive about growing older that it becomes contagious and everyone around you catches it.



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gift in SAGE publications?
 Yes No