

Sage Upstate News

June, 2021
Vol 25 No 6

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

For up-to-date info on
SAGE programs, see
www.sageupstate.org
The June calendar
of activities is on page 2.



PRIDE!

Second Sunday with SAGE
June 13, 4 pm

Celebrate Pride with your SAGE friends: slide show of SAGE contingents in the CNY Pride March, and speakers on past and present events. Bring a story about the first -- or any-- pride celebration you've attended. Find log in/call in info on page 2 or at sageupstate.org.



PRESENTED BY



BENEFITING



Do the CNY Gay 5K Your Way

The sixth annual CNY Gay 5k will be held this month -- virtually. That means you can truly do it your way-- wherever you'd like and whenever you want between June 12 and June 30. Once again, the generous support of Carrier and our other sponsors -- which you can see listed at cnygay5k.org -- make this fabulous event possible. Last year we hosted nearly 400 participants, and this year we hope to

break that record. Proceeds from the 5K fund SAGE Upstate programs that reduce isolation and improve health for older LGBT adults. Registration is \$20, and you get a CNY Gay 5k t-shirt. We'll have pick-up sites and shirts can be mailed right to your door. You can register ANY TIME this month at www.cnygay5k.org. Walk or run or bike or push as troller-- anyway you want to do it. Tell your friends!

White Allies Group Starts

12 people have been meeting through the month of May to discuss white privilege and how to be antiracist. Led by Lucy Twichell, the group provides materials for discussion from many sources. See one of those on page 4; a listing of privileges white people in this culture enjoy, but may not have realized before. If you are interested in future programs, or on the antiracism initiative as a whole, contact Kim at kdill@sageupstate.org







Spring Appeal

Gifts to our Spring Appeal will be used to improve health and reduce isolation of older LGBT people. Donate online or use the form on the back of this issue. More on page 4.

When will SAGE groups meet in person?

With the CDC recently lifting mask requirements for people who are vaccinated, it seems that in-person meetings might be possible sometime soon. Rest assured that there are folks working to get us there. The CNY Philanthropy Center building won't open until sometime after July 4, so it looks like we will be remote access through this month. It's likely that our center will open in phases, with a few programs first then more as we go forward. If you still would rather log in or call in, no worries-- in-person programs will include that option. Updates will be posted at www.sageupstate.org

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 White Allies Discussion Group	2 5:30 Writers 7:00 Knitters	3	4 11 am Fitness Class	5
6	7 11 am Fitness Class 6 pm Monday Men's	8 White Allies Discussion Group	9 5:30 Writers 7:00 Knitters	10	11 11 am Fitness Class	12 Utica group 
13 4:00 pm Second Sunday With SAGE	14 11 am Fitness Class 6 pm Monday Men's	15 6:30 pm White Allies Discussion Group	16 5:30 Writers 7:00 Knitters	17 	18 11 am Fitness Class 7 pm Men's Night Out	19 7 pm Trans Social
20	21 11 am Fitness Class 6 pm Monday Men's	22 6:30 pm White Allies Discussion Group	23 5:30 Writers 7:00 Knitters	24 5:30 SAGE Board	25 11 am Fitness Class	26 
27 2pm Oswego	28 11 Fitness 6 pm Monday Men's	29 6pmSAGEVets 6:30 pm White Allies Discussion Group	30 5:30 Writers 7:00 Knitters 			

Find links at www.sageupstate.org. Call in at 1-929-205-6099 -- use meeting ID# and passcode

CNY Gay 5K: It's virtual -- do it your way June 12 - 30

Find more info on page 1 or cnygay5k.org

Falls Prevention Fitness Class led by Barb Genton -- exercises to build strength and improve balance. Mon/Fri, 11 am
Meeting ID # 894 0192 9890 Passcode: 1969

Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation. Meeting ID: 812 6815 6658
Passcode: 1969

Men's Night Out: Third Friday at 7 pm
Meeting ID: 817 6668 1893 Passcode: 1969

Oswego Group: 4th Sun, 2 pm: Social with folks in Oswego. Meeting ID: 821 3206 5529 Passcode: 1969

SAGE Upstate Board, 4th Thursday, 5:30 pm:
Meeting ID: 876 4687 0636 Passcode: 1969

SAGEVets, 4th Tue at 6 pm: Discussion/support for SAGE Veterans Meeting ID: 871 5736 4984 Passcode: 1969

Second Sundays @ SAGE: Celebration of pride. Meeting ID # 893 1950 6041 Passcode: 1969

Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support.
Meeting ID: 896 9963 6095 Passcode: 1969

Utica Group: Join other SAGE folks from Utica and beyond for a social gathering on Second Saturday, 5 pm.
Meeting ID: 854 4360 4277 Passcode: 1969

White Allies Discussion Group: The group is now full and meeting. Contact Kim at or more info on future groups and the Antiracism Initiative: kdill@sageupstate.org or leave a message at 315-478-1923.

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088
Passcode: 1969

Thinking about unrecognized privileges of being white

SAGE Upstate's White Allies Discussion Group explores how privilege benefits white people in our culture. One of the first things to do is recognize it, and this list from "Unpacking the Invisible Knapsack" by Peggy McIntosh gives us a starting point. If you are interested in SAGE Upstate's Antiracism Initiative, please email Kim at kdrill@sageupstate.org, or leave a message at 315-478-1923.

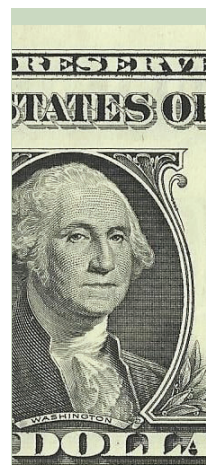
When I shop I am pretty sure I won't be followed or harassed.	I see my race widely represented in the newspaper or on TV.	I'm never asked to speak for all of the people in my race.
I can arrange to protect my children most of the time from people who might not like them.	I can easily buy posters, picture books, greeting cards and magazines featuring people of my race.	I can be pretty sure that if I ask to speak to "the person in charge" I will be facing someone of my own race.
When I learn about history, I'm told that people of my color made it what it is today.	I can choose blemish cover or bandages in "flesh" color and have them more or less match my skin.	If the cops pull me over, I can be fairly certain that I haven't been singled out because of my race.
It's not difficult for me to rent or purchase housing where I want to live, and neighbors will be pleasant or neutral about my race.	I don't have a hard time finding the food of my culture in the grocery store or someone who can cut my hair at the salon or barber.	Whether I use checks, credit, or cash, I can count on the fact that my race won't negatively affect how financially reliable I appear.
I can work for an affirmative action employer without having coworkers suspect I got the job because of my race.	If I swear, dress in second hand clothes, or skip replying to calls and emails, I won't worry that people will think my race has bad morals, lives in poverty, or is illiterate.	I can choose public accommodations without worrying about whether people of my race will be able to get in or whether they will be mistreated if they do.

When you donate to the Spring Appeal, here's where your dollars go:

The 2021 SAGE Upstate Budget provides for offering programs that reduce isolation, improve health, and educate providers. As you can see, most of the funds go to programs and outreach. Donations also go toward administrative expenses that keep our organization strong. Here's where each dollar will go.



About half of your dollar (47 cents) goes toward health and wellness programming, and special events. This includes supplies needed, printing, and staff coordination.



17 cents goes to administration, including staff time.



12 cents goes to internet and outreach.



A quarter keeps our doors open for when we can meet in person.

To donate, use the form on the back of this issue. You can also donate at sageupstate.org under the "donate" tab.



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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.

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strong!

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