

# THE SAGE

The Newsletter of SAGE of South Florida

MAY 2013

“There’s two kinds of marriage, there’s full marriage and then there’s sort of skim milk marriage. [Marriage benefits] affect every aspect of life.”

*Supreme Court Justice Ruth Bader Ginsburg*

**United State v. Windsor**



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**SAGE Editorial Policy**

SAGE welcomes contributors to this newsletter. An author may request their entry to be "anonymous." However, the submission as received by SAGE must be accompanied by the full name and address of the author. Items will be published at our discretion. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit items for size considerations, clarity or standards of decency.

# Highlights

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**SAGE FRIENDLY SUPPORT PROGRAM**

We'd like to think we are not merely fair weather friends, but people who really care about our SAGE family. If you know of any SAGE member who would appreciate a friendly call, is sick, in the hospital, recently lost a loved one, or just needs a note of cheer, please contact:

For women — Inez Pasher @ 954.563.2814.

For men — Leo Glickstein @ 954.935.5799.

This is a SAGE sponsored activity.

**SAGE MISSION STATEMENT**

SAGE of South Florida is a non-profit organization for Senior action in a Gay Environment to enrich the lives of the GLBT senior community through membership inclusive of age, gender, race, nationality and religion. We believe this can be accomplished by sponsoring social alternatives To provide personal interaction, offering educational opportunities to deal with the special needs of aging, and promoting contact with the isolated and homebound persons of our community. SAGE is also an advocate for the concerns and needs of the senior community at large, providing referral information on community resources and promoting inter-generational communication in the GLBT community. SAGE was founded in 1994 as a Florida "not for profit."

Our monthly newsletter is partially underwritten by advertising revenue. We have a written fee schedule for various sizes and number of months. An insert, instead of display advertising, is also available for business and organizations at a very reasonable rate. Contact the SAGE office at 954.634.7219 or email at sagesofl@gmail.com for more information. Appearance of an advertisement in this newsletter does not constitute endorsement by SAGE of South Florida, Inc. of the service being offered. We thank our advertisers for helping us pay for printing this newsletter. Do you have friends or family who own a business? Ask them to place an ad in THE SAGE. We appreciate our business supporters. As members, let's support them in return.

## SHARING SAGE WITH OTHERS

Reconnecting with old friends and meeting new acquaintances is a great part of the SAGE tradition. We invite you to share this tradition by inviting someone new to SAGE to one of our many SAGE-sponsored events. Share the camaraderie and support found among SAGE members with others.

When you invite someone new to any SAGE-sponsored events and that friend joins SAGE, he or she will become a SAGE of South Florida member for the reduced fee of \$25 for their first year of membership.

## SAGE MEMBERS IN NEED

Please contact the **AADRC (Aging and Disability Resource Center)** @ **954.745.9779**. It is a one-stop center for information and referral services available to seniors and their care-givers in our community.

## REMINDER FROM THE BOARD

IF YOU RESERVE A PLACE AT THE 'LUNCH & LEARN' AND YOU DO NOT ATTEND, YOU ARE STILL RESPONSIBLE TO SAGE FOR PAYMENT. WE MUST GIVE THE CATERER AS EXACT A COUNT AS POSSIBLE BASED ON YOUR RESERVATION. THE CATERER MUST BE PAID WHETHER OR NOT YOU SHOW UP.

### MONTHLY "LUNCH & LEARN"

12:30 PM, May 4, 2013

**HERB SKOLNICK**

**COMMUNITY CENTER**

800 S.W. 36th Avenue, Pompano Beach, FL

**RESERVATIONS REQUIRED!!!!!!!!!!**

Members with reservations: \$12.00

All others: \$17.00

Everyone Pays at the Door.

Doors Open at 12:00PM

If you arrive early, please make yourself comfortable in the lobby and meet and mingle with other SAGE members and their guests.

Reservations must be made by 12:30PM on the Thursday preceding the Luncheon, as the caterer must have the final count.

Please make reservations for the May "Lunch & Learn" with the SAGE office @ 954.634.7219.

### MENU

Salad

Risotto with Mushrooms "Funghi"

Veal Stew "Spezzatino"

Carrots with Dill Sauce

Cheesecake

**Our May Speaker will be:**

**Paula Liebeskind, Au.D**

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## SAGE COMPUTER CLUB

**Ken Goodman**



Come and join the fun time we are having at the SAGE Computer Club. Bring any questions and/or problems you may have and we will try to answer or resolve them in a friendly jovial environment. Also, if you wish, you can join us for dinner after the meeting at a nearby reasonable gay- friendly restaurant.

The Computer Club meets every Wednesday at 4PM for at least an hour, sometimes two hours. Any new Computer related news is discussed, followed by the issues you wish to bring or a current topic of interest. We have looked at Windows 8, Office 360, discussed Apple's Mountain Lion, talked tablets and how to diagnose and resolve problems recently. We will talk about social media (FaceBook) and other topics of interest to the group later this year. For the Smart Phone and/or tablets, we will discuss the operating systems including Windows Phone, Google Android, Windows 8 Phone & RT and Apple iOS. Bring your questions and problems and we will try to help.

The May meetings of the SAGE Computer Club will be at the **Pride Center facility on Dixie Highway** Building A in the AV Room 206 on **Wednesdays** at 4PM. Call for directions if you need them at 954.634.7219 or the Pride Center's switchboard at 954.463.9005.

Would you like to feel more confident when using your computer, smart phone, tablet, or any other type of internet connected device? You should come to the SAGE Computer Club. If you have a laptop computer you can bring it to help us resolve your problem.

**This is a SAGE sponsored activity.**

## SAGE on the Border/Alternatives

**Caroline Ieto/Bruce Todres**



**Where:** the Volen Center  
1515 West Palmetto Rd., Boca Raton  
**When:** Every Monday from 11AM to 1PM.

**Welcome everyone, no reservation required.**  
**This is a SAGE sponsored activity.**



## Wednesday Men's Drop-In

**Ron Catena**



**Where:** The Pride Center.  
**When:** Every Wednesday from 1PM to 3PM.  
Welcome all men, no reservation required.

**This is a SAGE sponsored activity.**

## SAGE MEN'S SINGLES GROUP

**John Chandler**



Are you a single man who enjoys the company of other single men? If you do then we have an evening for you. Every 4th Monday of every month, SAGE Board member, John Chandler, co-ordinates cocktails and dinner at Tropics restaurant in Wilton Manors. Cocktails, lively conversation and flirting begin at 5:30. At 6:30 the party moves into the dining room where we enjoy a terrific dinner followed by complementary coffee. Prices are reasonable and the food is always wonderful (as is the company). **We usually wear red shirts so that we can all recognize each other.**

**Our next dinner will be held on Monday, May 27nd.**

For reservations please contact **John Chandler @ 954.933.2963** or e-mail @ [stonyman4u@aol.com](mailto:stonyman4u@aol.com) and don't forget to wear your red shirt!  
**This is a SAGE sponsored activity.**

## SAGE AT STONEWALL

**Bill Greeves**



The May Book Club selection is: **The German** by **Lee Thomas** available on Kindle and in paperback. We meet once a month to discuss books of interest to the LGBT community. We invite all readers to join us in engrossing conversation every month at the Stonewall Library. We will meet on **Saturday, May 11th, 2013 at 11AM** at the Stonewall, 1350 E. Sunrise Blvd., Ft. Lauderdale.

**All readers are welcome, no reservation required. Any questions, please contact me. Thank you. Bill Greeves - 954.523.8656**  
**This is a SAGE sponsored activity.**

## SAGE Women @ Golden Corral

**Nancy Drennen**



**IMPORTANT! OUR VENUE HAS CHANGED!**

**Where:** Golden Corral.  
7401 Commercial Blvd. Tamarac  
**Phone:** 954-623-6400

**When:** Noon, 2nd Thursday of every month.  
**Call Nancy @ 954.741.1540 for reservations.**  
**This is a SAGE sponsored activity.**

**2013 Schedule: TBA**

## In Memoriam



**Pat Maczum**

Who was she? She was born 82 years ago in Ohio. Had the best posture of anyone I knew and was the original Hanes girdle model. Her name was Pat Mackzum.

You couldn't miss her as she was always the best dressed, perfectly coiffed, funniest woman in the room. Everyone who met her liked her...she was special.

Poetry was her gift. She could whip up a poem at the drop of a hat and did. They were read at her church, at the women's monthly luncheon, and at other groups she was part of.

On St. Patrick's Day, after two surgeries, Pat succumbed to lung cancer. Being a private person, she did not want any service and so we say good-bye to a friend who brought much joy to all whose path she crossed. Sleep in peace my friend.

-- Caroline Ieto

## In Memoriam

**Shirley Tiano**

March 14, 2013

*You Will Be Missed.*

# See You at the Movies



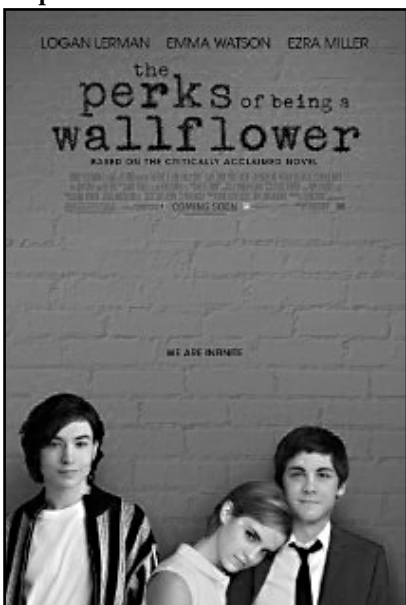
John Gearrity and Carl M. Galli

An active supporter of gay rights, **Stephen Chbosky**, based the screenplay for his acclaimed 2012 directorial debut film, *The Perks of Being a Wallflower*, on his epistolary novel of the same name.



Here, instead of the gay high schooler being the outsider, it is the straight kid, 15-year old Charlie (played by **Logan Lerman**) who is befriended by Sam(antha) (*Harry Potter's* **Emma Watson**) and her out-brother Patrick (played by out-actor **Ezra Miller**) who is the "wallflower" of the title.

With a supporting cast which includes **Paul Rudd**, **Kate Walsh**, **Dylan McDermott**, and **Nina Dobrev** (TV's *Vampire Diaries*), the film went on to win the San Diego Film Critics Society Award for Best Ensemble Performance, as well as the Independent Spirit Award for Best First Feature, the People's Choice Award for Best Drama -- and a host of other awards and nominations, primarily the Boston Society of Film Critics Award to Ezra Miller for Best Supporting Actor.



Released in October, 2012, *Perks...* was originally rated R, but was successfully appealed by the producers to finally win a PG-13 rating. Coming at the end of the year, when most of the heavyweight Oscar contenders are released, you may have missed this one.

One IMDb.com reviewer wrote: "...I grew up in this era where the internet highway was just about to explode and I felt this film had everything -- great beginning... grabbed your attention, then acceptance, then the complex happened and you just didn't know where this film was going to go...and then the film closure... This has to be the best drama/love story...coming of age (film) I have seen. I would recommend this film to anyone."

*The Perks of Being a Wallflower* screens on Monday, May 20th, in Room 204 of the Pride Center, at 4:15PM. It runs 102 minutes. And, of course, dinner (and discussion) will follow. "

**This is a SAGE sponsored activity.**

## Advocate Volunteer Opportunity

**Florida's Long-Term Care Ombudsman Program** needs volunteers to join its corps of dedicated advocates who protect the rights of elders who live in nursing homes, assisted living facilities and adult family-care homes. The program's local councils are seeking additional volunteers to identify, investigate and resolve residents' concerns.

Special training and certification is provided. All interested individuals who care about protecting the health, safety, welfare and rights of long-term care facility residents -- who often have no one else to advocate for them -- are encouraged to call toll-free 1.888.831.0404 or visit the program's website at: <http://ombudsman.myflorida.com/>

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## Occasional Thoughts



Deric Bownds, Ph.D

This *Occasional Thoughts* contribution to the SAGE newsletter follows up on some questions on our aging brains that I was asked after my February 2<sup>nd</sup> SAGE Lunch and Learn talk on regulating our stress and calm. I felt very aware of my own aging brain as I prepared for the SAGE sponsored March 10th piano concert at the Pride Center. The piano practice required was brain training – to increase the strength and endurance of the attention required to remember and play many notes.

The basic reality is that as we grow older there are fewer of those 'little grey cells' between the ears whose circuits and connections run our behavior and store our memories. The good news is that the part of our brain that remembers things can keep growing new cells and connections, if we challenge it to do so by engaging in novel activities, ideas, or movements. For example, if you try to use your non-customary hand to brush your teeth or shave yourself, new nerve connections are forming as you slowly become more proficient. If you are able to use a web browser, you can go to a number of web sites like <http://lumosity.com> and <http://happy-neuron.com>, which offer a variety of brain enhancing games and exercises.

There is probably no more important job as we age than maintaining the strength and quality of our ability to pay attention, to attend to what is important without distraction or mind-

wandering. Our ability to do this is strengthened by meditation techniques like 'mindfulness meditation.' You can enter "Mindfulness Meditation" in the search box of your web browser to find many videos and instructions. Here is what I have developed for myself:

Sit in a quiet place where you will not be disturbed. Place your fingers along one side of your neck, let the neck muscles relax into your hand...and see if you can sense your heart beat in your neck's carotid artery and start to count the number of heartbeats that happen while you inhale, and while you exhale. (By the way, it's OK if you can't feel the heartbeats, it just helps a bit with the following instructions.)

Now, close your eyes and just notice your breathing; try to have no internal thoughts. Just pay attention to your breathing (and, if you can, count the heart beats on inhaling and exhaling.) Thoughts will almost surely intrude occasionally, but when you notice this happening, just let them go and return to paying attention to your breathing.

Do this for as long as is comfortable (hopefully at least ten minutes), then see if you feel any different afterwards. Do you find it is easier to pay attention to one thing at a time? Do you feel a bit more quiet? If your answers to these questions change as you continue to do the exercise over a number of days, you are re-wiring your brain!

## May is National Hearing Month. Improve Your Ability to Hear!



Dr. Paula Liebeskind

Helen Keller was quoted as saying: *"I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. Deafness is a much worse misfortune. For it means the loss of the most vital stimulus -- the sound of the voice that brings*

*language, sets thoughts astir, and keeps us in the intellectual company of man.*

*Blindness separates us from things but deafness separates us from people."*

When was the last time you had your hearing checked? Every year, as part of a comprehensive medical evaluation, most people have their vision checked, their cholesterol levels, and blood pressure. Yet, despite the fact that hearing loss can be linked to many disease states such as Diabetes and Heart disease; a hearing test is often overlooked.

Research has shown that there are more than 31 million people in the US with hearing loss and nearly 50 million with tinnitus.

People with hearing loss delay hearing loss treatment because they are unaware of the fact that receiving early treatment for hearing loss has the potential to literally transform their lives.

Research by the National Council on the Aging on more than 2,000 people with hearing loss as well as their significant others

demonstrated that hearing aids clearly are associated with impressive improvements in the social, emotional, psychological, and physical well-being of people with hearing loss in all hearing loss categories from mild to severe. Specifically, hearing aid usage is positively related to the following quality of life issues.

Maximizing your hearing will maximize your connection to other people. Call today and schedule your hearing evaluation!!!

*Dr. Paula Liebeskind has spent the past 30 years working as an audiologist both in private practice and in ENT practices. She received her Bachelor's degree from SUNY Buffalo; her Master's degree from Adelphi University in Garden City, Long Island; her Doctoral degree from Salus University in Elkins Park, PA. Both her education and her experience have provided her with expertise in diagnostics, both for hearing and vestibular disorders, and hearing aids. Through her studies and her experience she stays current with all the latest hearing aid technologies. She also enjoys speaking at educational seminars. She enjoys audiology because it gives her the opportunity to help people communicate with their families.*

**You can reach her at A.Bel Audiology Associates in Pembroke Pines at 954.435.9779 or at Dr. George Georgakakis in Fort Lauderdale at 954.493.8773.**

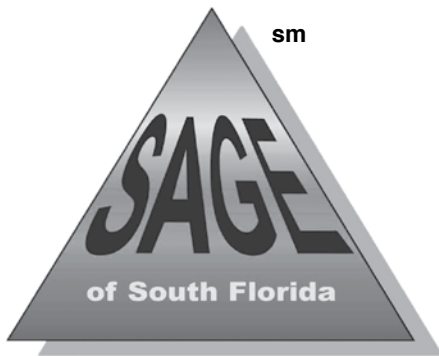
# Our Annual Meeting and Your New Board

I hope this newsletter finds everyone healthy, happy and in good spirits. Our Annual Meeting has been held and you have a new board. As most of you have heard, our Annual Meeting was a huge success. The Westin couldn't have been better and the entertainers, Glenn & Sissy were fantastic. You can see pictures from this wonderful event in this newsletter. From all of those who attended and commented we will be looking to repeat both the venue and the entertainers.

As a final point, the board will begin reviewing the surveys we have received and will let you know over the next few months the results and any suggestions we plan to implement.

--Ken Goodman  
President

*SAGE of South Florida, Inc.*



*The new board is made up of the following  
Officers and Members at Large:*

## Officers

Kenneth Goodman, President

Ron Catena, Vice President

Ann Smith, Secretary

Inez Pasher, Treasurer

John G. Harris, Assistant Secretary

## Members at Large

John Chandler

Nancy Drennen

Gary Kempler

Gary "Lee" Lawson

Frank Piasecki

Bruce Williams

## GIVE FROM YOUR HEART!!!

Thank you all for your generous hearts!!!

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# SAGE Spotlight: Annual Meeting



**Back Row (L-R)** Gary Kempler, Marc Flanagan, Gary "Lee" Lawson, Ken Goodman  
**Front Row (L-R)** Hank Brooks, Inez Pasher, John Harris



**SAGE Board of Directors:**  
**Back Row (L-R):** Gary Templer, Gary "Lee" Lawson, Ken Goodman, John Harris  
**Front Row:** Inez Pasher

*If you who missed the Annual Meeting you really missed out on a fabulous event. The hot and cold hors d'oeuvres were fantastic; the smoothies were incredible; the meal was absolutely delicious; and the entertainers, Glen and Sissy, were the best we've ever had at a SAGE event. Everyone had a great time, and we were all sad when the Westin had to have us leave at 5PM.*

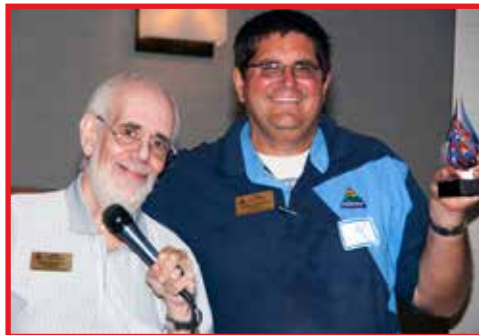
*We all wished the party could have gone on all night.*



# Meeting @ the WestIn Hotel



*in Goodman, Bruce Williams*



*Harris, Bruce Williams*



*Photos: Sharron Demarest*

## Social-lites



Marc Flanagan

The members of SAGE who attended our SAGE annual meeting on Sunday, March 31st at the Westin Fort Lauderdale were treated to fine food, company, and entertainment. The cocktail and hors d'oeuvres hour took place on the patio overlooking a lagoon and the balmy weather enhanced the enjoyment. ...for the teetotalers amongst us, there were strawberry and mango smoothies. And then we were called to the banquet hall, where Glenn and Sissy provided lively music from the past 60 years. Before dinner, president Ken Goodman introduced the members of the new SAGE Board of Directors and presented several service awards. After which we dined on a three course meal. The main courses included filet mignon, gourmet chicken, and salmon. The dessert, orange sherbet with vanilla ice cream and topped with whip cream and a sprig of mint was beyond description (Just remembering it makes my mouth water). If you register for any of our future events (holiday party, hint, hint) at The Westin, and you will be delighted, too. The final play in the SAGE/Broward Center for the

Performing Arts series takes place on Sunday, May 12th at 2PM, and features War Horse.

Our May social event will follow on Sunday (May 19th) from 5PM to 8PM at Chucks Steak House, just east of Federal Highway on the south side of Commercial Blvd. This Fort Lauderdale restaurant, new to the SAGE calendar, is popular for their famous entrees. If this fare isn't enough to whet your appetite, the salad bar should prompt you to make your reservations.

*Remember, whatever event SAGE sponsors, I hope to see you there!*

### SAVE THE DATES:

Sunday, December 1<sup>st</sup> thru Sunday December 8<sup>th</sup>:

"WHAT CRUISE?" on Holland America's Eurodam from Port Everglades to various Eastern Caribbean ports of call.

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OUR BOOKS FILL UP FAST!

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\*PERSONAL INCOME TAX RETURNS ONLY.  
OFFER FOR AGES 50 AND OVER.

Don't miss out on complete income tax preparation for only \$49 from our tax professionals. Our firm believes in offering the community one great low price for preparing your federal and state income tax returns.



# "Cruise, What Cruise?"

## *The Seventh Annual SAGE Cruise is Taking Reservations.*

*By now you should have received an e-blast from the SAGE Office regarding the following wonderful incentive being offered by Holland America Lines. Holland is having a 140 year anniversary promotion and all bookings made by April 30th in Ocean View or Higher categories will receive \$140 OBC in addition to the Group level OBC which is \$25 for single occupants and \$50 for double occupancies. That is a pretty fat OBC total -- either \$165 OBC per single or \$190 per double occupancy. Initial Deposits are still 50% off: \$350 total per double and \$175 per single.*

*(For those of you who have already booked, Eric has updated all your reservations, and sent invoices with an explanation by email.)*

**If you're thinking of joining us, now is definitely the time to make your reservation.**

*The increased credits are only good on reservations made through April 30th.*

**Please Note: Our group has been assigned a new agent: April Powers.**

**She can be reached Monday thru Thursday (11AM-9:30PM)**

**@ 800.668.6414 ext. 132. E-mail: [apowers@cruisedeals.com](mailto:apowers@cruisedeals.com).**

*When you call please identify yourself as a SAGE member.*

*See flyer for cruise details.*



**MONA'S**  
Cocktail Lounge

What a Spot!

Wi-Fi

LISA'S BACKYARD

502 EAST SUNRISE BLVD  
FORT LAUDERDALE  
★ 954.525.6662 ★  
MONASBAR.COM

MONDAY-SATURDAY  
**3** Ice Cold Bud Draft  
**\$6**

SUNDAY  
**\$1.25**  
Ice Cold Bud Draft  
Day & Night

MONDAY & TUESDAY  
**FREE POOL**

THURSDAY  
**IN THE BIZ**  
8 pm - Close  
**2-4-1**

FRIDAY & SATURDAY  
**HERE'S THE BEEF!**

WEDNESDAY  
**9 pm KARAOKE**  
With World Reknown  
**FREDDY**

8

Illustration by: Bobby Neal Furest

## **Mona's**

**Fort Lauderdale**  
Established 1997

**Mona's is Open**  
Sunday thru Thursday  
Noon to 2AM  
and  
Saturday & Sunday  
Noon to 3AM

**Tropical Bar  
Now Open**  
Friday thru Sunday  
5PM to 9PM

*Welcome Back to the Hood!  
Eddie from Johnny's Bar*



**Senior Special - 55 and Over**  
Thursdays - Well \$2.00  
Domestic \$2.50  
Noon to 9PM

**Must Bring This Ad!**

## SAGE BIRTHDAYS FOR THIS MONTH

The SAGE Board would like to acknowledge the following members whose birthdays are this month as well as any other member whose birthday that we don't have.

If, when you renewed your membership or became a new member you did not give us your birthday, you may call the office and leave the information at 954.634.7219 or e-mail us @ sagesofl@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Mary-Jane	Cunningham	05/01	Charles P.	Bergelt	05/22
Joan	Brown	05/04	Walter W.	Nieman	05/22
John	Linsley	05/04	Charles	Christopher	05/23
Celia	Cogoni	05/06	Robert	Rebernisek	05/24
Jesse G.	Monteagudo	05/06	Thomas	Valentine	05/24
Alan	Spieß	05/12	Phyllis R.	Foster	05/26
Maxine	Lemarr	05/13	Angela	Giella	05/26
David	King	05/14	Ralph L.	Papenfuse	05/27
Barbara L.	Sahami	05/14	Leonard H.	Smith	05/29
Willis M.	Ross	05/15	Bob	Maletta	05/30
Deric	Bownds	05/16	Dale	Parkinson	05/30
Frank	Piasecki	05/16	Dale F.	Roland	05/30
Heather	Brooks	05/17	Joseph	Levesque	05/31
Elaine	Conrad	05/20			
Lorraine "Pinky"	Luddy	05/20			

### New Members

First Name	Last Name	Date Joined
G. Lee	Adkins	03/13
Charles P.	Bergelt	03/13
Ernie	Blakenship	03/13
Robert C. (Bob)	Boutwell	03/13
Jack	Carrel	03/13
Ray	Edwards	03/13
Arthur	Foley	03/13
Blake	Goodman	03/13

### 5 Year Anniversaries

First Name	Last Name	Date Joined
Ron	Kelley	03/08
Walter	Nieman	03/08
Joel A.	Risch	03/08
Richard P.	Smith	03/08

### 10 Year Anniversaries

First Name	Last Name	Date Joined
Nancy S.	Drennen	03/03
Leo	Glickstein	03/03
Eileen M.	Lancella	03/03

## SAGE NEEDS YOU!

Please Join or Renew Today.

**NAME:** \_\_\_\_\_ **Birthday: Month** \_\_\_\_\_ **/Day** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **CELL:** \_\_\_\_\_



MEMBERSHIP APPLICATION

**COMMITTEE INTEREST:** \_\_\_\_\_

**E-MAIL:**

Would you like to receive the

**Would you care to make a tax-deductible contribution to SAGE included with your dues? Yes No**

**CIRCLE ONE: RENEWAL NEW MEMBER**

Please enclose a check in the amount of \$35.00 made payable to SAGE OF SOUTH FLORIDA

**Mail To:** SAGE of South Florida, PO Box 70516, Oakland Park, FL 33307

**SENIOR ACTION IN A GAY ENVIRONMENT**





**ANDREWS DINER**  
*"A Family Restaurant"*  
 Hosts: Angelo, Gerri & Marla  
 2980 N. Andrews Avenue  
 Fort Lauderdale, FL 33311  
 954.563.3555

**Hours**  
 Monday, Tuesday & Wednesday 7 AM - 3 PM  
 Thursday & Friday 7 AM - 8 PM  
 Saturday 7 AM - 3 PM  
 Sunday 7 AM - 1:30 PM

**CHIC OPTIQUE**

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 JULIE SLATER  
 ED FIORENZA

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 & CONTACT LENS FITTINGS  
 BY INDEPENDENT DOCTOR  
 OF OPTOMETRY

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 WILTON MANORS, FL 33305

954.567.3937  
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**Show Us Your SAGE card and get a 20% discount!**

**ZUCKERELLO'S**  
 3017 East Commercial Blvd.  
 Fort Lauderdale

**50% OFF ENTREE**

With purchase of another of equal or greater value  
 Valid 7 days - after 6pm  
 Must present this coupon. Discount taken from lower priced entrée.  
 Not valid with Early Bird Specials or with any other offer.  
 1 coupon per table. Expires 05.31.13

**EARLY BIRD MENU**  
 7 Days a Week 4pm-6pm  
 Complete Dinners starting at \$12

**HAPPY HOUR**  
 7 Days a Week 4pm-6pm  
 AT THE BAR ONLY

ZAGAT RATED 2011 VERY GOOD TO EXCELLENT


like us on f 954-776-4282  
 Zuckerellos.com

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**CONFUSED ABOUT THE CHANGES IN MEDICARE?**

**Medicare Specialist offering:**  
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 Part D Prescription Drug Plans  
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**Very Affordable Rates On:**  
 Long Term and Home Care Coverage  
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Call Gary Kempler at  
 954-328-5418  
 or send an email to  
 garykempler@ffig.com

**FUTURITY FIRST INSURANCE GROUP**

# Men's Health Screening

Good for the body. Good for the mind.

**30-minute screening. Results within a week. No prescription or appointment necessary.**

Screening includes:

- Blood pressure and pulse oximetry
- Complete blood count
- Complete metabolic profile
- Lipid profile
- Prostate-specific antigen (PSA)
- Testosterone
- Body Mass Index (BMI)
- Vitamin D
- Thyroid (FT3, T4 and TSH)
- Diabetes (A1C)

Monday to Friday, 7am - 5:30pm

Saturday, 8am - 11am

Walk-ins welcome.

Alternative times may be available.

**Call 954.279.7946  
to schedule your appointment.**

\$75 flat fee.

Screening may be covered by insurance.

Call to verify.



6401 N Federal Highway, Fort Lauderdale, FL 33308

**BrowardHealth.org/BHIPmen**

***Join SAGE for Dinner at***



**2428 E Commercial Blvd., Fort Lauderdale, FL 33308**  
**(954) 772-2850**

<b>SUNDAY</b>	<b>May 19, 2013</b>	<b>5 - 8PM</b>
<b><i>5 - 6 Drinks at the Bar*</i></b>		<b><i>6PM - Dinner Seating</i></b>

**Entrées -Choice of one from:**

***Top Sirloin*** - 8 oz. Top Choice Aged and Grilled over Open Flame

***Grilled Pork Chops*** -Center Cut and Grilled with Chuck's House Seasoning

***Chicken Teriyaki*** -10oz. Boneless Breast with Teriyaki Dipping Sauce

***Tilapia*** -Broiled with White Wine, Garlic & Paprika

all entrées include choice of Salad Bar or Caesar salad

***plus*** choice of baked potato, sweet potato, French fries, rice pilaf, or steamed vegetables

**Dessert:** Key Lime Pie or Vanilla Ice Cream

**Beverage:** Coffee, Iced Tea, Soft Drinks

**Pricing: \$ 29 @ Members or \$34 @ Non-Members**

(all inclusive: meal; non-alcoholic beverage, as above; any tax; and gratuity)

***\*If you arrive early, please sign in at the SAGE Reception Table***

**Reservations Close NO LATER THAN: Wednesday, May 15, 2013**

**NOTE: Due to Guarantees Made to the Venue, there can be no Refunds.**

**If you arrive at Chuck's without a paid reservation, there will be a \$5 p/p surcharge at the door.**

---

**Chuck's Steak House Welcomes SAGE**

\_\_\_\_\_ MEMBERS @ \$29.00 & \_\_\_\_\_ NON-MEMBERS @ \$34.00 My Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Write-in Your Entrée Choice: \_\_\_\_\_

Name: \_\_\_\_\_ Write-in Your Entrée Choice: \_\_\_\_\_

Name: \_\_\_\_\_ Write-in Your Entrée Choice: \_\_\_\_\_

Name: \_\_\_\_\_ Write-in Your Entrée Choice: \_\_\_\_\_

**Mail with Payment to: SAGE at P O BOX 70516 OAKLAND PARK, FL 33307**

Questions: Call the SAGE office at (954) 634-7219

**A SAGE-SPONSORED ACTIVITY**



## ***SAGE Cruisers***

Once again we have chosen CruiseDeals.com to help with our "What Cruise" arrangements.

**They have assigned SAGE a new Cruise Agent: APRIL POWERS.** She is getting to know us now. Whatever your request, please make sure to contact her ASAP to ensure you get what you want. She will try her best to accommodate all of us.

This time, though some of the ports-of-call may be familiar, we are trying a different Cruise Line: Holland America, and its ship the Eurodam.

At 7 nights, it's a slightly longer cruise than we are used to booking. But this will allow more time for on-board revelry and camaraderie.

As we have in the past, we will be publishing any SAGE Cruise updates and reminders in the Newsletter. If you have any questions, please call April directly at **800.668.6414, extension 132. Her hours are Monday - Thursday, 11AM - 9:30PM.**

### ***from Cruise Deals.com:***

- Pier assistance on and off the ship can be arranged and notated on the reservation. Let April know if you will need this service.
- Special dietary needs can be arranged and notated on the reservation; there may be some dietary needs that cannot be arranged due to certain cruise line limitations. This is on a case by case basis.
- **All guests must be checked in and onboard the *Holland Eurodam* no later than 3 pm EST on departure date, December 1<sup>st</sup>, 2013.**
- **Late arrivals will be denied boarding without refund.**
- *Passports are highly recommended, but not required if a guest is a US born citizen. Passports must have at least 6 months validity on them from the return date of the cruise (ex: passport expiration must be at least June 2<sup>nd</sup>, 2014). A state issued Birth Certificate AND a valid state issued photo I.D., such as a Driver's License or State Photo I.D. can be used in lieu of a passport, as of December 1, 2011. Acceptable Certified Birth Certificate copies can be ordered online at [www.vitalcheck.com](http://www.vitalcheck.com). It can take up to 3 weeks to get delivered so please do it sooner than later. Birth Certificates directly from a hospital are not acceptable.*

### **Special Needs Staterooms for person with disabilities**

The Special Needs (HCP) stateroom categories are on limited availability and are on a first come first served basis. Rates will be quoted by request. These ADA staterooms are HCP type-wheelchair accessible and have roll-in shower entry. These sell out fast so please book ASAP if needed. (Medical certification from your doctor may be needed. Please discuss with April.)

### ***Dinner Seating Options***

Each of you can choose what time you would like to dine. There are 3 choices: 6PM (Main), 8:30PM (Late), and Anytime Seating (between 6 and 9:30PM). However, we recommend that if you want to eat dinner with our group you pick either the Main Seating.

### ***Travel Insurance***

Because most of us are seniors, and sometimes not in the best of health, we recommend that you purchase Travel Insurance to protect you should unfortunate circumstances arise. You may buy Insurance from either CruiseDeals, InsureMyTrip.com, or any other agent of your choosing.

(See other side)

## SAGE "WHAT CRUISE" FOR 2013



*"Come Sail Away, Come Sail Away, Come Sail Away with..."* SAGE  
Onboard Holland America's *Eurodam*

7 Night Eastern Caribbean: Including Turks & Caicos, Puerto Rico, U.S.V.I., and Bahamas,

Departing from Ft. Lauderdale: Sunday, **December 1, 2013 at 4PM**

Returning to Ft. Lauderdale: Sunday, **December 8, 2013 at 7AM**

Go to [CruiseDeals.com](http://CruiseDeals.com) Website.

**YOU Pick Out Your OWN Deck, Cabin, Regular Price, Etc.**

**Afterwards, Call Our New Agent: APRIL POWERS at 800-668-6414 -EXT 132**

**(Mon-Thur 11AM - 9:30PM) to Arrange the SAGE Group Rate for You**

**(DO NOT BOOK ONLINE!)**

***(Fares NOT Guaranteed Until You Deposit\*)***

**Only 1 Person in a Cabin Must be age 55 or older. Only 1 person in a Cabin Must be a SAGE Member.**

**Dining Options for ALL: 6 PM; 8:30 PM; or OPEN Seating/ Table Size: You decide**

**Below are Per-Cabin SAMPLE FARES as of 2/20/13**

**Interior category L:** 185 sq ft, queen or 2 double beds, bathroom with shower, TV

· Double occupancy: \$499 pp + \$120.19 taxes pp = \$619.19 pp or \$1238.38 total

· Single Occupancy: \$798 + \$120.19 taxes pp = \$918.19 total

**Large Ocean View category F:** 185 sq ft, queen or 2 double beds, non-obstructed view picture window, bathtub with shower, TV

· Double occupancy: \$619 pp + \$120.19 taxes pp = \$739.19 pp or \$1478.38 total

· Single Occupancy: \$990 + \$120.19 taxes pp = \$1110.19 total

**Deluxe Ocean View Verandah category VE:** 249 sq ft, queen or 2 double beds, floor to ceiling window, private verandah, sitting area, bathtub w/ shower, TV

· Double occupancy: \$799 pp + \$120.19 taxes pp = \$919.19 pp or \$1838.38 total

· Single Occupancy: \$1598 + \$120.19 taxes pp = \$1718.19 total

**Superior Verandah category SY:** 389 sq ft. (Eric can get more while inventory is available. But can only add them 1 at a time as they are booked and deposited on.)

· Double occupancy: \$1299 pp + \$120.19 taxes pp = \$1419.19 pp or \$2838.38 total

· Single Occupancy: \$2598 + \$120.19 taxes pp = \$2718.19 total

**SAGE Group On Board Credit is \$25 (Single) or \$50 (Double) per Cabin\***

**\*Deposit is \$350 per Cabin**

**Deposit Must be Paid by Friday, June 28<sup>th</sup>**

**Final Payment Must be Paid by Friday, September 13<sup>th</sup>**

**We highly recommend that you purchase Travel Insurance.**

**Either from CruiseDeals, InsureMyTrip.com, or any other agent you choose.**

**\*\*IF YOU BOOK BY APRIL 30<sup>th</sup>, YOUR ONBOARD CABIN CREDIT WILL BE  
\$145 (Single Occupancy) or \$190 (Double Occupancy)**

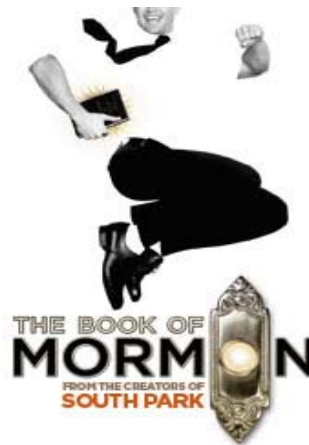
(See other side)

## SAGE Announces Our 2013-2014 Broadway Series Pre-Booking

All Mezzanine Seats at the Broward Center  
(There are NO Orchestra Seats Currently Available)



October 9 - 20, 2013



November 26 - December 22, 2013



February 25 - March 9, 2014



April 29 - May 11, 2014

**Pricing: \$45 @ Members & \$50 @ Non-Members**

We do not have Confirmed Group Dates -and May Not Until mid-June.  
However, if the Exact Date Does Not Matter to You, Please Make Your Reservations Now.  
Ticket Quantities are Extremely Limited -Especially for "The Book of Mormon".  
There will be NO REFUNDS!

----- **BUY ONE or ALL SHOWS NOW, and GUARANTEE your SEATS** -----

-----  
**YES! I want tickets to: Chicago # \_\_\_\_\_ Mormon # \_\_\_\_\_ Memphis # \_\_\_\_\_ Ghost # \_\_\_\_\_**  
**MY PHONE NUMBER: \_\_\_\_\_ CHECK for \$ \_\_\_\_\_ for TOTAL NUMBER of TICKETS**

**NAME: \_\_\_\_\_ NAME: \_\_\_\_\_**

**NAME: \_\_\_\_\_ NAME: \_\_\_\_\_**

**Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307**

**Questions? Call the SAGE Hot Line at: (954) 634-7219**

**A SAGE-Sponsored Activity**



# SAGE 2013 Activities Calendar

**MAY 2013**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 1 PM Men's Drop In @ Pride Center 4 PM <b>COMPUTER CLUB</b> @ Pride Center	<b>2</b>	<b>3</b>	<b>4</b> 9:30AM <b>Board Meeting</b> SKOLNICK Ctr. <b>LUNCH &amp; LEARN</b> 12:30 PM Call Office @ (954) 634-7219 for reservation
<b>5</b>	<b>6</b> 11AM - 1PM <b>SAGE On the Border Co-Ed / Alternatives</b> @ Volen Center in Boca	<b>7</b>	<b>8</b> 1 PM Men's Drop In @ Pride Center 4 PM <b>COMPUTER CLUB</b> @ Pride Center	<b>9</b> Noon <b>SAGE Women's Lunch</b> @ Golden Corral – Tamarac - call Nancy for more info (954) 741-1540	<b>10</b>	<b>11</b> 11AM <b>SAGE at Stonewall</b> – Book Club @ Stonewall Library Call Bill Greeves 954-523-8656
<b>12</b> <b>Mother's Day</b> 2PM War Horse @ Broward Center-SOLD OUT	<b>13</b> 11AM - 1PM <b>SAGE On the Border Co-Ed / Alternatives</b> @ Volen Center in Boca	<b>14</b>	<b>15</b> 1 PM Men's Drop In @ Pride Center 4 PM <b>COMPUTER CLUB</b> @ Pride Center	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> 5PM - 8PM <b>Dinner at Chuck's Steak House</b>	<b>20</b> 1AM - 1PM <b>SAGE On the Border Co-Ed / Alternatives</b> @ Volen Center in Boca 4:15 PM <b>SAGE Movie "The Perks of Being a Wallflower"</b> @ Pride Center - dinner TBD	<b>21</b>	<b>22</b> 1 PM Men's Drop In @ Pride Center 4 PM <b>COMPUTER CLUB</b> @ Pride Center	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27 Memorial Day</b> 11AM - 1PM <b>SAGE On the Border Co-Ed / Alternatives</b> @ Volen Center in Boca <b>Men's Singles DINNER</b> @ TROPICS - call John C (954) 933-2963	<b>28</b>	<b>29</b> 1 PM Men's Drop In @ Pride Center 4 PM <b>COMPUTER CLUB</b> @ Pride Center	<b>30</b>	<b>31</b>	

# ***SAVE the DATES:***

**June 20th Thurs      Dinner @ Peter Pan Diner**

**July 18th Thursday      Lunch at the 5<sup>th</sup> Avenue Grill**

**Dec 1st – Dec 8<sup>th</sup>      SAGE 2013 Cruise (“What Cruise?”) on Holland American’s Eurodam**