COME CELEBRATE THE FOURTH OF JULY WITH SAGE ON JULY 1ST
by Ron Catena, President, SAGE of South Florida

ONCE AGAIN, THE MEMBERS OF THE SAGE BOARD OF DIRECTORS HAVE PUT THEIR HEADS TOGETHER AND HAVE COME UP WITH A PLAN FOR A FUN-FILLED ALL-AMERICAN CELEBRATION ON SATURDAY JULY 1, 2017 AT THE HERB SKOLNICK COMMUNITY CENTER IN PALM AIRE. THIS WILL TAKE THE PLACE OF OUR REGULARLY SCHEDULED MONTHLY LUNCH & LEARN PROGRAM. THE PARTY STARTS AT 12:30 PM.

THE TYPICAL ALL-AMERICAN MENU INCLUDES:
COOKED TO PERFECTION ALL BEEF HAMBURGERS ON A BUN
ALL BEEF GRILLED HOTDOGS ON A ROLL
HOMEMADE POTATO SALAD, COLESLAW, FRESH GARDEN SALAD AND PICKLES
ASSORTED SOFT DRINKS AND, FOR DESSERT, HOMEMADE CHOCOLATE CAKE

THE INFORMAL PROGRAM WILL BEGIN WITH THE PLEDGE OF ALLEGIANCE. FOLLOWED BY THE GROUP SINGING VARIOUS PATRIOTIC SONGS. WE WILL HAVE AN AMERICAN HISTORY QUIZ WHERE PRIZES WILL BE AWARDED TO THE WINNERS. PLUS AN ENHANCED FIFTY-FIFTY. THE ROOM WILL BE DECORATED BY YOUR BOARD.

THIS EVENT IS OPEN TO MEMBERS AND THEIR GUESTS FOR A VERY SPECIAL PRICE OF ONLY $10 EACH FOR EVERYONE.

A GOOD PART ABOUT HAVING THIS CELEBRATION IN A COMFORTABLE INDOOR SETTING IS NO WEATHER WORRIES, NO MOSQUITOES, NO ANTS.

PUT TOGETHER A GROUP OF FAMILY, FRIENDS, AND NEIGHBORS AND COME CELEBRATE INDEPENDENCE DAY 2017 WITH SAGE. WE LOOK FORWARD TO SEEING YOU ALL.
RESERVATIONS ARE REQUIRED. SO PLEASE CALL THE SAGE OFFICE 954-634-7219 BY 1pm WEDNESDAY, JUNE 28th, AND SAY YES! COUNT US IN ON THE FUN.
REMEMBER, IT IS ONLY $10 EACH FOR EVERYONE!
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.

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New Members May 2017

RICHARD BEGELMAN, CHARLIE FREDRICKSON, A. PATRICK VALCHANT

5 Year Anniversary

MARC S HOROWITZ

If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years and you have not received your pin, please call the SAGE office (954.634.7219) to pick it up.

SAGE Health Tips

Gene Majka, ARNP

Welcome. If you have a topic, comment, or questions please send an email to sagesofl@gmail.com. Thank you.

Diabetes

Diabetes is very prevalent in our society. The American Diabetes Association (ADA) states that in the United States about one in four people over the age of 60 have diabetes. If your parents have diabetes there is a greater chance of you getting diabetes. Obesity is one of the predominant factors in getting diabetes. Obese individuals make enough insulin but the cells in the body have become resistant to the action of insulin which controls your blood sugar.

Diabetes can affect many different parts of the body especially your eyes, feet, and internal organs. My mother lost both of her legs to diabetes. The reason was that she was not compliant with her medications and diet. Her neighbor was a baker and she loved those sweets. Her nurse son could not even change her habits. It is a tough disease to have and controlling your blood sugar is not an easy task.

A diabetic nurse I knew explained an easy description of the complications of diabetes. She stated, take a 6-oz. glass of water, and add about five tablespoons of sugar to it and mix. Now take a funnel with very small diameter tubing and try to pour the mixture through. It is very slow and may become clogged. The same thing happens to your body when your blood sugar becomes very high. The blood cells cannot go through your very fine capillaries to nourish your eyes and feet. If you have a foot injury it takes a long time (if ever) for the foot to heal. Hence the tissue may die and become gangrenous and, as in my mother’s case, the limbs may have to be amputated. Your eyes have very thin one cell capillaries and those can get clogged and eventual blindness may occur. Scary, HUH?

You want to keep your fasting blood sugar level in the normal range 80-120 (mg/dl). Your medical practitioner will work with you on medications, diet, and an exercise program to control your blood sugar.

Reference: ADA Living Healthy With Diabetes Guide. To order your free copy today, call 1-800-DIABETES or download Living Healthy with Diabetes Guide.


-Your Health Professionals from the SAGE Board.
We Care because YOU care about your health.
Please always seek advice from your physician/nurse practitioner
Thank you to my editors Ann Smith, GNP, Nancy Drennen, R.N. and Martin Horowitz, MD.

We have closed out Slow Burn Theatre reservations to make room for Broward Center Shows.
As soon as we receive pricing from the Broward Center, we will send an E-blast to our Membership.
Flyers will also be in the August Newsletter. Please be on the lookout: First Come, First Served.
THE ROUND TABLE

This CoEd group, sponsored jointly with The Fort Lauderdale Prime Timers, meets to discuss contemporary topics and ideas from **2:30 - 3:30 pm on the second and fourth Mondays of each month** in Room 206 of the Pride Center. Sessions have a moderator who presents brief background on the discussion topic chosen for the session. Topics scheduled for the month of July 2017 are Grief and Grieving (July 10th), and Alternate Sources for Energy (July 24th). Please email Ed Slough at WILDHYBRID@aol.com if you would like to be on the mailing list to receive notice of upcoming topics and background material for the sessions.

SAGE WOMEN’S LUNCH

*Nancy Drennen & Jean Johnson*

**Every 2nd Thursday of the month, the Women of SAGE of South Florida meet at the Golden Corral, 7401 Commercial Blvd., Tamarac 33319 at 12:00 pm.** Here they meet, greet, eat and have conversations on current happenings. Call Nancy at 954.741.1540 for information. The restaurant’s phone is 954.623.6400. Reservations are not required.

SAGE COMPUTER CLUB

*Ken Goodman*

Would you like to feel more confident when using your computer, smartphone, tablet, or any other type of internet connected device? You should join us at the SAGE Computer Club. Bring your questions and problems and we will try to help you solve them. No question is too basic. We want everybody to learn and become better at using their devices. If you have a laptop computer, smartphone or tablet you can bring it with you to help resolve your problem. We discuss Windows, OS/X, Android, Windows 10, iPhone and Apple iOS operating systems. The Computer Club meets every Wednesday at 4:00pm at the Pride Center AV Room 206 for at least an hour. Also, if you wish, you can join us for dinner after the meeting at a nearby, reasonably-priced, gay-friendly restaurant.

SAGE ON THE BORDER/ALTERNATIVES

*Caroline Leto & Frank Piasecki*

This Co-Ed discussion group meets every Monday from 11:00 am to 1:00 pm, at The Volen Center, 1515 W. Palmeto Park Rd., Boca Raton 33486. Everyone is welcome. No reservations are needed. (Please call The Volen Center at 561-395-8920 to assure the Center is open as it is closed on most Legal Holidays.)

SAGE MEN’S NIGHT OUT

*John Chandler*

If you are a man who enjoys the company of other men, then we have an evening for you. **Every 4th Monday of the month**, SAGE Board member, John Chandler, co-ordinates cocktails and dinner at Tropic’s Restaurant in Wilton Manors. Cocktails, lively conversation, and meeting and making friends begins at 5:30pm. At 6:30 pm the party moves to the dining room where we enjoy a terrific Ten For $10 Menu. Any questions, please contact John at 954-933-2963 or Email him at stonyman4you@aol.com.

SAGE BOOK DISCUSSION GROUP

*Philip Collier & Alan Dorfman*

At eighteen, Timothy John left the steamy little East Texas town of Splendora, unhappily. Now, at thirtythree, he returns with a dazzling companion: Miss Jessie Gatewood, the new hired by mail librarian, come to operate the county bookmobile. Drenched in social graces, Miss Jessie takes the town by storm. But, though it might be said that Timothy John arrived with her, it might also be said that he arrived within her . . . and therein lies the tale. Aided at every turn by a cast of relentless eccentrics, Miss Jessie endures a series of thoroughly splendid adventures. Please consider joining the SAGE book group on July 8 as it discusses this bit of summer froth, Splendora by Edward Swift, from 11 AM to noon at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale. All readers are welcome - no reservation is required. For information contact Philip (443) 614-7135 or Alan (561) 4992913. Alan (561) 3858260.
SAGE presents *A Modern Day Schubertiade*

SAGE at Las Vegas Cuban Restaurant
Gay Men’s Chorus of South Florida at Lunch & Learn

SAGETable

Please see the article “What was SAGETable All About?” on the back cover

Photos contributed by Allen Churchman, Rex Coston, Carl Galli, Gene Majka, and others.
View more photos by visiting our Photo Gallery at our website: www.sageofsofl.org
NOTES FROM THE MEN’S DROP IN
Ron Catena

It has been over eleven years since the Men’s Drop-In group has been meeting on Wednesday’s at 1:00 pm. I vividly recall my first meeting. I had been a SAGE member for several months when I was reading the latest SAGE newsletter and saw the notice of the meeting. The next Wednesday, I went to the old center on Andrews Avenue, which was a shabby building with a huge main hall and several smaller meeting rooms. I inquired as to where the Men’s Drop-In group was meeting and was directed to a small, windowless room with a through-the- wall air conditioner that leaked into the room. Several guys were already seated. I said hello and the then moderator, Dr. Norm Peters, came over and introduced himself and welcomed me. I noticed an older man sitting in the corner of the room talking while knitting a mile a minute. The next person I met was a retired school teacher, the late Guy Boccia. We shook hands and said welcome. Norm Peters called the meeting to order and the conversation began. I was so impressed by the topics being discussed and the gibe and take that I thought, wow, what have I been missing? I eagerly looked forward to the next meeting, and the next, and the next. Dr. Peters eventually retired after being the moderator for almost eight years. During those years, Norm would take vacations, and I would often be asked to fill in as the moderator. I agreed to take on the job “temporarily”. Well, weeks went into months, and months have turned into years, and I still enjoy the job. Of course, I could not do the job without our dear friend, Captain Carl Barton, who does a splendid job moderating the second hour and filling in when needed. Under his leadership, the number of people staying for the second hour has continued to increase.

I remember so many great guys who have passed on. I remember a man named Joe Rose. Joe drove a Corvette and was always being pulled over for speeding, especially on his way to the Drop-In meeting. Joe suffered from a severe case of logorrhea. He could go on and on about his experience waiting for the refrigerator repair man. His partner, Fabio, was a retired Yale University professor with a thick French accent, and he would regale us with stories of his experiences at Yale. Then we had the ultimate class act. The late Dr. David Goldberger, a brilliant concert pianist who was a down to earth, lovable man who seldom missed a meeting.

So, there you have it. A little trip down memory lane. Smiles and friendly welcomes have always been the order of the day at the Drop-In. That tradition continues, so if you have not attended a meeting at 1:00 pm at the Pride Center on Wednesday, you should. The conversation is always lively and interesting. The program is one of SAGE of South Florida’s most successful ongoing programs. Thanks to everyone who makes this possible. Especially our members.

SOCAL LITES Sal Orlando

I’m baaack! After a long-needed sabbatical, I have rejoined the SAGE board as Social Chair once again, taking over for Ron Catena. Ron is now the SAGE President and serving on various SAGE committees.

Those of you who have been with SAGE for a while will remember The SAGE Variety Show which I produced in April of 2008. This was SAGE’s biggest fund raiser ever. It was a great show with a lot of undiscovered talent. A lot of effort and hard work was put into that show to make it both entertaining and profitable.

I am ready to go out there, together with a terrific Social Committee Team, to bring you, our members, some wonderful events. This team, for the past year, which was headed by Ron, has done a fantastic job.

It’s sizzling in South Florida. It seems to be getting hotter sooner each year (so much for global warming). But as Ron said in the last newsletter, “there are no summer doldrums for SAGE”. This past month we had a fabulous time at Chatham House which everyone loved the first time around, so we returned once again. The food was delicious, the restaurant very cozy, and the service professional and friendly.

There are a couple of Meet-Ups during the summer months which require no advance reservations, just show up and pay for what you order. On Tuesday, July 18th, at 5 PM, we will be meeting at Aruba Beach Cafe for dinner and drinks. There is always a lively crowd, and a fun atmosphere right on the ocean. On Tuesday, August 22nd, at 5 PM, we will be Meet-Up at Rosie’s Bar and Grill, an event planned by our Treasurer and Social Committee member, Allen Churchman. This venue is a fun and popular place on the Drive, which promises a good time will be had by all who attend.

Keep reading the Social Lites column in your newsletters to find out what upcoming SAGE events will be taking place. And, for on-going activities, keep checking the SAGE calendar for meeting times and places.

Ciao for now.

SEE YOU AT THE MOVIES

Marc Flanagan

The SAGE July movie is “Monster-in-Law”, a 2005 film that showcased a couple of actress divas spanning two generations. Not unlike similar films, it was significantly more popular with the public than with critics. While this may not be Academy Award material, it definitely has its comical moments and is appropriate for the summer season. The film was directed by Aussie Robert Luketic (“Legally Blonde”).

MIL begins with a young woman, Charlie (played by Jennifer Lopez) working several jobs (perhaps) to pay for her pricy condo. While on the beach, walking her clients’ dogs, she locks eyes with a jogger, Kevin (Michael Vartan, “Alias”, “The Arrangement”). They briefly talk, and she finds out he’s a doctor. Charlie doesn’t respond to his calls, but all is not lost. They meet again at a cocktail party, where Charlie is waitressing. Just as before, she plays hard to get. When he corners her, she questions his interest due to being told by his ex-girlfriend that he is gay. Kevin assures her this is untrue and they make a date. This leads to a full- fledged romance and a meeting with his mom, Viola Fields (Jane Fonda), who was just dumped from her talk show gig. During this encounter, Kevin pops the question to Charlie & Viola conjugates up schemes to prevent the nuptials. Throughout this process, Viola enlists the support of her

continues on page 7
assistant, Ruby (Wanda Sykes, “Wanda @ Large”). Ruby assures her that Charlie is of fine character, but Viola doesn’t accept this assessment and makes certain to stack the deck. After she insists on being the wedding planner amid Charlie’s gentle rebuke, Viola has a panic attack (?) that results in going to the hospital, followed by recuperation in the home of the engaged couple. When Kevin departs for a convention, the fur flies between Charlie and Viola. The remainder of the film shows how both so subtly inflict insanity on the other. These are exemplified by Viola creating insomnia for Charlie who, in turn, gets revenge through pharmacology slight-of-hand. These antics continue until the time of the wedding, when a guest, Gertrude (Elaine Stritch) arrives to alter the course of events.

MIL is rated PG-13 for sex references and language. It will screen with subtitles on Monday, July 17 at 4pm in Room 204 of the Pride Center. The 102 minute running time will allow us the opportunity for discussion as we dine afterwards.

HANDY WAYS TO USE SOCIAL SECURITY ONLINE

Want access to our latest news, retirement planning tips, and sound guidance? Social Security Matters is our blog at blog.socialsecurity.gov. There, you can also connect with us on Facebook, Twitter, LinkedIn, and YouTube, where you can watch our popular, charming, not-to-be-missed cat videos.

Lost or missing Social Security card? Find out how to get a new, replacement, or corrected card at www.socialsecurity.gov/ssnumber. In fact, you may be able to apply for a replacement card with a my Social Security account, if you meet certain qualifications, at www.socialsecurity.gov/myaccount.

Dream of moving to London, Paris, or the Cayman Islands? Learn how Social Security makes international payments and how you can do business with us from around the world at www.socialsecurity.gov/foreign.

If you like to read and prefer to know all the details, our publications webpage is a library of helpful information. Access it at www.socialsecurity.gov/pubs.

-Courtesy MARIA DIAZ, Public Relations Specialist, South Florida Area Director’s Office
What was SAGETable All About?

by Carl M. Galli, President Emeritus, SAGE of South Florida

On May 18th, SAGE of South Florida hosted an early evening Pizza Party for a few SAGE Members and SunServe youth members. This was part of a nationwide event co-sponsored by SAGE USA & AARP. Planned to help different LGBT generations understand the needs & goals of one another: “...a one-day opportunity to break bread with LGBT people and allies of all ages.” (SAGE USA)

Marty Hoegg and his SunServe youths were exceptional. No question was off limits, and their well-thought-out responses displayed great candor and respect. And our SAGE Members were on their game as well. I felt like all our minds were expanded after the give and take. How much we shared is amazing. How close we became in 2 hours! All because of everyone's willingness to "let down their guards".

Everything was laid bare: from Captain Carl's intense tale, to Sonny's experience as an LGBT/Civil Rights activist (along with his partner, Larry). From Marty finding his prince, to Michael G's civil disobedience to get his adoption rights (and his recent televised protest of the Mayor's "Prayer Breakfast"). From Dr. Marty's fluidity before it was fashionable, to Ann's disclosures of her participation in SAGE'S early days, to Chris' overcoming adversity to head to medical school, to Jean & Norma's palpable love for one another. From Tyrrell's story of his mother's love, to Michael Vita's reminiscences. From my rather melodramatic first gay love -which, unlike a TV soap, ended well for all concerned. To our Q&A facilitator, Gene, who spoke about his coming out & his first loves.

Many thanks to everyone for all their efforts. Not to mention the scrumptious rainbow cupcakes baked for us by SAGE Vice President, Patrick. Under The Pride Center setup (and watchful eyes) of Clarence. And the hours of Internet tutelage from across the Atlantic Ocean (by Ron W.) And in-office preparations (by Allen). You are what SAGE of South Florida is all about: CommUNITY. And Team Work!

I feel we have begun an Intergenerational dialogue. Which is the start of a tradition for us all.

“Thanks so much for the beautiful summary and for sending these pictures and evaluations. I deeply appreciate the effort you and your SAGE of South Florida Team put into your SAGE Table event and your amazing follow up. I’m thrilled beyond words that the event went so well for you!” (Serena Worthington, Director of National Field Initiatives, SAGE USA)

If you’re interested in hearing what some celebrities thought of the Nationwide SAGETable Event, you may check: https://www.youtube.com/watch?v=KHfTr8EpEdM&feature=youtu.be

Please see Page 5 for more pictures of the SAGETable event.
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UPCOMING SAGE EVENTS

Join SAGE Women for lunch at 12 noon on the 2nd Thursday of every month at The Golden Corral 7401 W. Commercial Blvd. in Tamarac.

Enjoy a night out with the SAGE Men’s Night Out at 5:30 pm the 4th Monday of every month at Topics Piano Bar and Restaurant in Wilton Manors. Come for drinks – stay for dinner.

Community Events

BALLET AND OPERA GROUP meets at The Pride Center at 12:30 pm in room 204 on the 2nd & 4th Sunday of every month.

GLBTQ VETERAN’S DROP IN GROUP sponsored by the Gold Coast Chapter of AVER meets the 2nd Tuesday of each month at 7:00 pm, at SunServe (2312 Wilton Drive, Wilton Manors, FL 33305) on the 2nd Floor.
JULY 1, 2017 at 12:30 pm  
HERB SKOLNICK COMMUNITY CENTER  
800 SW 36th Avenue, Pompano Beach, FL  
RESERVATIONS REQUIRED!  
Members $10.00  
Guests $10.00  
Everyone Pays at the Door  
Doors Open at 12:00 pm  
Reservations must be made by 12:30 pm on Thursday, June 29, 2017 by calling 954.634.7219  

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

JULY MENU  
Celebrate with an Indoor Picnic  
Hamburgers & Hot Dogs  
Potato Salad & Cole Slaw  
Pickles  
Chocolate Cake  
Soft Drinks  
Catered By

Join SAGE of South Florida’s members and friends in celebrating Independence Day with an Indoor Picnic.

A SAGE-SPONSORED ACTIVITY

SAGE WANTS YOU!

PLEASE JOIN OR RENEW TODAY

NAME: ___________________________________ BIRTHDAY MONTH__ DAY__

ADDRESS: ____________________________________________________________

CITY: ____________________________ STATE:______ ZIP:__________

PHONE: ___________________________ CELL: _____________________________

EMAIL: ________________________________________________________________

CIRCLE ONE: RENEWAL NEW MEMBER

Newsletter Mailing Options:

1. Do not mail the newsletter to me
2. Please email me the newsletter
3. Please mail newsletter to me (Annual Membership cost is $45)

I have enclosed: $300 for my Lifetime Membership  □  
$35 for my Annual Membership □ 
$45 Annual Membership with newsletter mailed to me □  
$___________ as a Special Gift to SAGE
SAGE MEET UP
JULY 18, 2017
5—8:00 pm

No Reservations Required
Come Join the Fun—Drinks and Dinner On the Beach
Tell the Hostess that you are with SAGE
Order what you want—Pay for what you order

Questions? Call SAGE: (954) 634-7219 A SAGE-Sponsored Activity