

The SAGE

The Newsletter of SAGE of South Florida

May 2020

COPING STRATEGIES FOR A PANDEMIC

Marc Flanagan, LCSW

Due to the pervasive effects of the COVID-19 virus, this article will straddle away from coaxing the reader into viewing every third Monday a movie of interest to the LGBT community. Ironically, the evolving plot of this reality would have been considered too radical for even the most creative minds in Hollywood. Since the writer's day job is a psychotherapist, it might be more appropriate to expound about matters at hand.

Before the "social distancing" thing was conceptualized, elderly individuals were deemed to be one of the target groups to be infected. As SAGE members, we are perceived to be deviant in several ways. It is hypothesized that many of us have busier social calendars than the average senior. While disregarding our segment of the population, officials were alarmed at throngs of spring breakers and how they would rapidly carry the virus. The sports world remained unimpeded until a young, virile NBA player (as well as several teammates) tested positive for the virus. Consequently, we began to swiftly (yet gradually) attain the restrictions we are experiencing.

One bit of advice is to definitely limit the amount of news viewing. In a typical thirty-minute broadcast, there is the death/infection counts, followed by the unemployment numbers and a politician/physician (or both) discussing scarcity of resources and who is responsible. If time permits, a debate ensues whether going to the grocery store should consist of astronaut attire. At least the networks attempt to conclude with a myriad of human-interest stories. Being subjected to these grim details on a daily basis is a challenge to optimal mental health.

In regards to having a routine, being a social butterfly apart from the telephone and the internet is highly discouraged at this time. One may want to take cues from my dad's former business partner who, unable to find a tangible opponent to play bridge, recruited a group of Australians who made virtual wagers in their quests for a "full house". You might acquire a skill that was previously lacking, such as accessing a meeting on the web. Just be mindful that your appearance is magnified above the waist, which is sufficient reason to wear a shirt and look into the (Zoom) camera- not the screen.

Unless you are a fastidious individual, there must be a project in your vicinity that has been delayed to the point of "what's the use". Here are some suggestions: Completing a home project. Your walls are peeling at the same rate as your arms due to being out in the blazing sun because (at last count) WE are allowed to go for a walk. Perhaps you can organize the closets, where many items, either on hangers or piled up on shelves, you are aspiring to fit into by this summer (even after you gorge on peanut butter cups and lasagna that was under a block of ice in the freezer). Now that your vehicle is not as operational and car washes are not considered essential businesses (inexplicably), how about rekindling the flame with your rusty four-legged friend? At least your neighbors will no longer scribble on your trunk about subjects not even suitable for bathroom walls. If time permits, one can get to the putrid mass that has accumulated after your pepperoni pizza craving just couldn't wait for it to get to your dining room table.

Here's hoping this endeavor at levity motivates the reader to "stay the course" and soon, we will return to our whirlwind existences or continue being couch potatoes. At least at that point, it would be a voluntary decision.

Marc Flanagan, a SAGE of South Florida member for more than 25 years, is co-host of the SAGE SEE YOU AT THE MOVIES film series, presented on the 3rd Monday of the month, which will be returning soon.

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
R LYNN	HOFFMAN	May-03	KARL	GUSTAFSON	May-17
JOAN	BROWN	May-04	ANTHONY	SANGIOVANNI	May-18
CARLOS	MOLINA	May-05	LORRAINE PINKY	LUDDY	May-20
JESSE G	MONTEAGUDO	May-06	PAUL	MCNAMARA	May-20
RON	WUDARSKY	May-06	TONY	LARSON	May-22
TED	LEVINE	May-07	BARB	SANTOS	May-22
ALLEN	SPIESS	May-12	CHARLES	CHRISTOPHER	May-23
MAXINE	LEMARR	May-13	SAALIK	CUEVAS	May-24
JESSE	DAVILA	May-14	TONY	MANZI	May-24
BARBARA	SAHAMI	May-14	THOMAS	VALENTINE	May-24
DERIC	BOWNDS	May-16	LYDYA	CHAPMAN	May-26
FRANK	PIASECKI	May-16	ANGELA	GIELLA	May-26

5 Year Anniversaries

CHARLES W (CHIP) WINEY

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 OF SOUTH FLORIDA

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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, by providing personal interaction, offering educational opportunities to deal with the special needs of aging, and by promoting contact with the isolated and home-bound persons of our community. SAGE was founded in 1994 as a Florida “not for profit” corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax deductible donations.

SAGE EDITORIAL POLICY

SAGE welcomes contributors to the newsletter. An author may request their entry 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, and such publication does not constitute endorsement by SAGE of South Florida. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit articles for length, clarity, or standards of decency. We do not accept paid ads in the newsletter.

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REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

IMPORTANT MESSAGE REGARDING SAGE ACTIVITIES

Due to the COVID-19 virus, SAGE of South Florida has canceled special events and suspended most regularly scheduled activities for May. SAGE members will be notified when *The Round Table*, *SAGE Women's Lunch*; *SAGE Men's Night Out*; *SAGE Computer Class*; *SAGE Lunch & Learn*; *See You at the Movies and Social Lites* monthly social activities resume. Until then, Be Safe and Stay Healthy!



SAGE ON THE BORDER/ ALTERNATIVES

Caroline Leto & Frank Piasecki

This Co-Ed discussion group meets every Monday at 11:00am at the Volen

Center in Boca Raton. Now, because of the COVID-19 virus, the group will be meeting remotely via Zoom video conferencing. If you don't have access to video-conferencing devices, you can participate by calling in to the meeting on your cell phone.

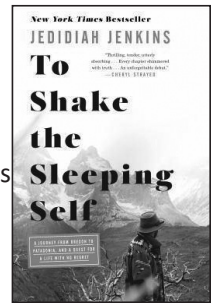
If you would like to be invited to the SAGE on the Border/ Alternatives Zoom meeting, send your request to: virtual_soba_group@aol.com. Everyone is welcome.



SAGE BOOK DISCUSSION GROUP

Philip Collier

On the eve of turning thirty, terrified of being funneled into a life he didn't choose, **Jedidiah Jenkins** quit his dream job and spent sixteen months cycling from Oregon to Patagonia. He chronicled the trip on Instagram, where his photos and reflections drew hundreds of thousands of followers, all gathered around the question: What makes a life worth living? In the memoir that followed – *To Shake the Sleeping Self* – Jenkins puts his adventure into narrative form by writing of the people and places he encountered on his way to the bottom of the world as well as the internal journey that started it all. As he traverses cities, mountains, and inner boundaries, Jenkins grapples with the question of what it means to be an adult, his struggle to reconcile his sexual identity with his conservative Christian upbringing, and his belief in travel as a way to wake up to life back home. The SAGE Book Group will discuss this New York Times best-seller via Zoom on Saturday, May 9 from 11am to Noon.

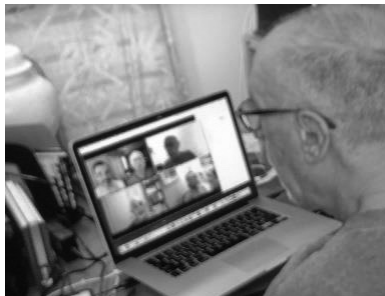


NOTES FROM THE MEN'S DROP-IN

Carl Barton

SAGE Men's Drop-In meets every **Wednesday at 1:00pm** under normal circumstances at The Pride Center. Now, because of the Covid-19 virus, we will be meeting remotely via Zoom video conferencing. If you don't have access to video-conferencing devices, you can participate by calling in to the meeting on your cell phone. **If you would like to be invited to the Drop-In Zoom meeting, notify co-host Jefy Gaines at:**

Jefgain@aol.com. Thank you, Jefy, for hosting the Drop-In online meetings, and thank you, **Paul McNamara and Michael Gagne** for your technical assistance and support for our online meetings. We miss everybody, so please stay safe, be well, and we all look forward to the time when we will all be back together, again, in person. Join us!



Be Safe AND Stay Healthy





SAGE Health Tips

Gene Majka, APRN

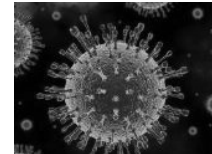
Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

BUGS

I am not talking about VW cars or insects but bacteria and viruses (aka germs). We are familiar with our current situation with the COVID 19 (Corona) virus. So, what is the difference between bacteria and a virus? The comparisons are...



Bacteria



Virus

Structure:	Cells (many forms)	Not a cell but a protein molecule with genetic material
Size:	1000nm	20 – 400 nm (1000 viruses can fit into one bacteria)
Reproduce:	Yes	No, must invade your body's cells then reproduce and destroy that cell and attack other cells
Infections:	Localize to specific site of entry, some do not cause disease	Usually, specific to a site as lungs, liver or blood, even bacteria
Diagnosis:	Swab infected area or blood	Swab entry way or blood test
Antibiotics:	Yes, will only kill bacteria	No, need anti-viral meds to be eliminated
Examples:	Plague, TB, Strep	HIV, Polio, Measles colds, chickenpox

Sometimes it is difficult to determine whether an illness is viral or bacterial because many ailments -- including pneumonia, meningitis, and diarrhea -- can be caused by either.

Preventive Measures

- Immunizations, if available.
- Wash Hands appropriately (20 seconds).
- Correct medications, antibiotics for bacteria and antivirals for viral infections (if available).
- Healthy habits such as eating well, getting enough sleep, exercising, and avoiding tobacco and illegal drug use.

Remember the TV show Hill Street Blues? Sergeant Phil Esterhaus (actor Michael Conrad) always ended his reports with the following phrase: "HEY, LET'S BE CAREFUL OUT THERE!"

References and Resources:

- ▶ <https://biodifferences.com/difference-between-bacteria-and-virus.html#ComparisonChart>
- ▶ <https://www.webmd.com/a-to-z-guides/bacterial-and-viral-infections#1>
- ▶ <https://www.mayoclinic.org/diseases-conditions/infectious-diseases/expert-answers/infectious-disease/faq-20058098>
- ▶ <https://www.ncbi.nlm.nih.gov/books/NBK209704/>

**Please always seek advice from your physician/nurse practitioner (HP's).
Thank you to my editors Ann Smith GNP and Martin Horowitz, MD.**

IN MEMORIAM

SAGE mourns the loss of FRED VEGA, who died on March 19th at the age of 83 years. Fred, who is survived by his husband, Ron Seidle, joined SAGE in 2008. Fred and Ron, together since 1996, and married in 2004, were dependable supporters of, and participants in, many SAGE activities. We will remember Fred as a kind, gentle, and thoughtful man. Our heartfelt condolences to Ron and to Fred's relatives, friends, and acquaintances. He will be missed by his SAGE family.

