

# The SAGE

The Newsletter of SAGE of South Florida

November 2020

## HAPPY THANKSGIVING

On October 3, 1789, **George Washington** issued a proclamation designating the first nationally-recognized Thanksgiving day so *“that we may unite in most humbly offering our prayers” to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually, to render our national government a blessing to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed...*” Well, George, more than two hundred years later, we’re still working on it.

And, due to the circumstances of this most unusual year, our traditional means of uniting through celebration will be restricted. The only travel for many people this year will be over the internet. The Thanksgiving feast will be shared with family and friends via *Zoom*. What’s important is that we be together and stay connected.

This year, take time to reflect on what we all have endured. Yes, there have been hardships. But we have, and will, persevere and be stronger, both individually and as a nation. **Henry David Thoreau** wrote, *“I am grateful for what I am and have. My Thanksgiving is perpetual.”* Every day of the year, be thankful for what you are and what you have.



### **SPECIAL ANNOUNCEMENT REGARDING SAGE ON THE BORDER/ALTERNATIVES (SOBA)**

The Volen Center in Boca Raton, home of SOBA in-person meetings, is re-opening to the public on a limited basis.

The SOBA Group plans to meet at the Volen Center *in-person* on the following dates:

**November 2; November 16; November 30; December 14; and December 28**

(Zoom meetings will be held on November 9; November 23; December 7; and December 21)

Please consult the announcements which will be emailed to all SAGE members prior to the scheduled meetings. The announcements will enumerate the Volen Center’s COVID precautions and requirements for entry.

## 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
ROBERT	TAUBER	Nov-01	MIKE	PETERSON	Nov-23
ED	LUISI	Nov-04	DAVID	STAMPS	Nov-24
JIM	FISHER	Nov-11	MARK	SCHWARTZWALD	Nov-28
STEVE	SHAW	Nov-19	JOHN	BOLTON	Nov-29
CHARLIE	FREDRICKSON	Nov-22	ROGER	CRUTTENDEN	Nov-30
CAROL	CLARK	Nov-23			

### 10 Year Anniversaries

JERRY MURPHY

*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.*

### IN MEMORIAM

SAGE of South Florida mourns the loss of **JOANIE BROWN**, who succumbed after a lengthy illness on October 9th. She is survived by her partner of 37 years, Barb Varga. She was a long-time member of SAGE and enjoyed the SAGE Women's Lunch at the Golden Corral restaurant, where she was loved by all who attended. SAGE extends its condolences to Barb and Joanie's families, friends, and acquaintances. She will be missed by all who knew her.

## SAGE OF SOUTH FLORIDA

### OFFICERS

**President:** Patrick S. Vida  
**Vice President:** Carl Barton  
**Secretary:** Ken Goodman  
**Assistant Secretary:** Michael Vita  
**Treasurer:** Allen Churchman

### BOARD MEMBERS AT LARGE

John Chandler  
 Lee Lawson  
 Sal Orlando  
 Marilyn Lamkay  
 Kathy Macchio

### VOLUNTEERS

Jean Arthurton      Jean Johnson  
 Hank Brooks        Gene Majka  
 Frank Cavanaugh    Sonny Miller  
 Philip Collier        Ken Moore  
 Marc Flanagan        Frank Piasecki  
 Jefy Gaines            Norma Wingo

### Lifetime Members

**BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE - MATT FARBER - PAUL FASANA – JODI A FISCHER  
 MARC FLANAGAN – MICHAEL GAGNE -JEFY GAINES - JOHN GAMBINO - RICHARD GILMER - KENNETH GOODMAN  
 JUDITH HARTSHORN - JACKSON HAVERLY - RICHARD E HERMAN – MD HUSSAIN - JAMES W LAIRD - MARILYN LAMKAY  
 TOMMASO LEPORE - PATTI LYNN - KATHY MACCHIO - PAUL MCNAMARA - DAVID MURPHY – JACK MYERS - SAL ORLANDO  
 BRETT PEELER - HUGH RANCE - CLAYTON RANEY - GARY RESNICK - WAYNE SCHREBE – RICHARD SCHWARZ  
 ANN SMITH - ALLEN SPIESS - ALAN R SUTHERLAND - STEVE THAYER - TONY TSAGRIS - RAQUEL C WHITE**

**SAGE MISSION STATEMENT:** SAGE of South Florida (Senior Action in a Gay Environment) is a non-profit organization which seeks 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, by 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.

**Email to Editor:** [sagesofl@gmail.com](mailto:sagesofl@gmail.com)  
 Attn: Editor

**Website:** [www.sagewebsite.org](http://www.sagewebsite.org)  
**Facebook:** [www.facebook.com/SageOfSouthFloridaInc](http://www.facebook.com/SageOfSouthFloridaInc)

**Mailing Address:** SAGE of South Florida  
 PO Box 70516  
 Oakland Park, FL 33307

## REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

### IMPORTANT MESSAGE REGARDING SAGE ACTIVITIES

Due to the COVID-19 virus restrictions, SAGE of South Florida has canceled special events and suspended most regularly scheduled activities for November. SAGE members will be notified when *when 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!

#### THE ROUND TABLE

This CoEd group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, is meeting remotely using the Zoom platform to discuss contemporary topics and ideas from **2:30-3:30pm** on the **second and fourth Monday of each month**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for November 9th is **LGBT Alphabet Soup**, presented by **Gene Majka**: *First it was LGBT and then more added to the acronym. What is this all about? We will discuss the additions, meanings and how does it affect you?* The topic scheduled for November 23rd is **What Does an Engineer Do?**, presented by **Paul McNamara**: *Beyond the ones who operate a locomotive along a set of iron rails, in general engineers apply the principles of science and math to solve technical problems. We'll discuss the details of various engineering disciplines as well as their education and licensing requirements. Paul will also talk about his career as a civil engineer working in the construction management field.* 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 CO-ED DROP-IN

Michael Gagne & Kathy Macchio

The Co-Ed Drop-In meets every **Thursday at 3:00pm** on the Zoom video-conferencing platform. If you don't have access to video-conferencing devices, you can participate by calling in to the meeting on your cell phone. Check your emails from SAGE for the weekly announcement and link to the meeting. Discover SAGE of South Florida's newest discussion group. Everyone is welcome!



#### SAGE ON THE BORDER/ ALTERNATIVES

Frank Piasecki & Jean Arthurton



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.



#### NOTES FROM THE MEN'S DROP-IN

Carl Barton

SAGE Men's Drop-In meets every **Wednesday at 1:00pm**, right now temporarily via Zoom on-line or by phone. We email each week before the meeting an eblast with the meeting ID and the Password. Join our Zoom meetings to hear what's going on with some of our members and special guests. They introduce many interesting topics. So far, the Zoom meetings have been very well attended. Everyone is invited to attend. Hopefully, we will be getting back together again in our normal setting. The Pride Center is temporarily closed to group meetings. Thank you all for your continued support, and thanks to **Jefy Gaines** for a great job co-hosting. Consider Zooming in every Wednesday at 1pm. Stay safe and we hope to see you all again in person very soon!

#### SAGE BOOK DISCUSSION GROUP

Philip Collier

When the heir to a steel fortune vanishes in Thailand with thirty-eight million dollars, private eye Donald Strachey and his lover Tim are hired to find the missing person. At first the job seems like a dream come true – more like a much-needed vacation in an exotic location rather than a job – but trying to piece together a puzzle while dealing with an unfamiliar culture and an alarmingly corrupt criminal justice system proves to be both costly and dangerous. Intrepid PI Strachey is forced to rely on the help of Bangkok private eye Rufus Pugh, who guides Strachey through the maze of sights, politics, religion, customs, and pleasures unique to Thailand. They do, of course, eventually find the missing heir, but also find themselves neck-deep in a totally different and much more dangerous situation. Strachey has to use all his considerable wit to figure a way to keep himself, his lover, and his client out of harm's way. **The 38 Million Dollar Smile**, 10th installment of the Donald Strachey Mystery series by **Richard Stevenson**, will be discussed via Zoom by the SAGE Book Group on **Saturday, November 14, from 11am to Noon**.





## SAGE HEALTH TIPS

Ann C. Smith, M.A., M.S.N., R.N., G.N.P.

Welcome. If you have a health topic, comment, suggestions or questions please send an email to: [sagesofl@gmail.com](mailto:sagesofl@gmail.com).

### ♪ MUSIC, MUSIC, MUSIC ♪

Do you have a particular musical genre? I do. I love the music of the 40's. I remember **Vera Lynn** singing "We'll meet again/ Don't know where/ Don't know when/ But I know we'll meet again some sunny day." And I can't forget **Barry White** singing **Never Gonna Give You Up, Can't Get Enough of Your Love Baby** and **You Sexy Thing**. (Now you know how old I am.) It doesn't matter. What matters is what do you like. What do you get in to. What makes you happy? What makes you sad? What helps you reminisce?



According to **Dr. Andrew Budson** of Harvard Medical School, "Listening to music can be a very active, rich experience, almost as rich as interacting with another human being."

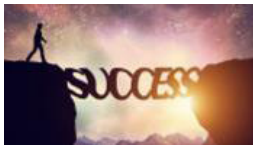
#### A Mood Booster

Music has the ability to alter your mood. It can make you happy, sad, energetic or calm. It can evoke many emotions all at one time. The music you choose can alter your mood. Music can help you remember happy periods in your life, or not so happy periods.

Listening to a piece of music with a friend during this pandemic of COVID-19 can capture the way you both feel about someone you have lost. You share this experience with each other. Or the piece of music you choose can help you remember the good times which can be a positive way of handling this COVID-19 situation and help to lift you out of depression.



#### Achieving your Goals

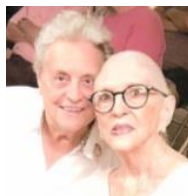


Music can inspire you when you are not feeling motivated. For example, you may have a selection of music you play when you are cleaning the house – Ugh. Or perhaps when you are exercising. Music can propel you onward.

#### A Memory Aid

It has been shown that music can sometimes help us remember some things such as where you parked your car, if you can make up a little song-like rhyme such as, "The ocean's blue. I parked in aisle two."

Music can help you connect with family or friends who suffer from dementia. If you ever wondered what can I do with them, you can always listen to music together. According to **Dr. Budson**, people who are cognitively impaired, are able to remember music, even when other memories elude them. So, let's get together and have a sing-a-long!



#### References and Resources:

Harvard Women's Health Watch, Volume 28, Number 1, September 2020

**SAGE cares because YOU care about your health.**

**Please always seek advice from your physician/nurse practitioner (HP's).**

**Thank you to my editor Gene Majka, APRN**

