

The SAGE

The Newsletter of SAGE of South Florida

January 2021

2021

The year 2020 cannot be regarded with equanimity. It was a year of privation, distress, and for many, a time of great loss. None of us was prepared for the disruption of our lives caused by Covid-19. Many are shocked at the extent of social unrest and the depth of political discord fomented by the pandemic. *Zager and Evans*, had they known, would have changed the title of their 1969 dystopian song, *In the Year 2525*, to *In the Year 2020*.

We all have expectations that conditions will improve in 2021 and that SAGE of South Florida will resume its full complement of in-person social activities including dinners, luncheons, meet-ups, lunch and learn, and other special events and programs. January has traditionally been the month for the SAGE annual Milestone Birthday Celebration, at which we acknowledge SAGE members who have attained in the preceding year the age of 75, 80, 85 or better. Unfortunately, there will be no celebration this month – but we look forward to January 2022 when we will honor our Milestone Birthday Celebrants of 2020 and 2021. Our resolution for 2021 is to persevere. We will endure and return!

What we can celebrate is the ubiquity of *Zoom* which has allowed our SAGE to continue offering virtual meetings of Drop-In, Co-Ed Drop-In, SOBA, the Book Group, and the Round Table. SAGE's own technological wizard **Paul McNamara** has been developing a method to create an In-person/Zoom hybrid meeting format for SOBA (pictured below), which has been offering in-person meetings on alternate Mondays. After Paul has perfected his system, SOBA will be operating weekly in the In-Person/Zoom format. In this endeavor, Paul has been ably assisted by **Gene Majka, Frank Piasecki, Marc Flanagan and Frank Sweet**. SAGE may offer other activities and events utilizing the In-Person/Zoom hybrid format to continue to allow virtual attendance by those unable to participate in person.



Paul McNamara



Speaking of the Round Table, **Paul McNamara, and Gene Majka**, we are pleased to announce that Paul McNamara will be assuming the role of facilitator for the Round Table discussion group beginning this month. Gene, who has actively lead and promoted the Round Table since its beginning in late 2016, will be stepping down but he will continue volunteering for SAGE and other organizations. We are grateful and indebted to Gene for all his service to SAGE. Gene will continue his SAGE Health Tips column for the Newsletter, which he began in April, 2107. (Please see Gene's column on Page 4). Thank you, Gene!



Gene Majka

SAGE OF SOUTH FLORIDA announces the Leaders of Tomorrow Scholarship which, beginning this year, will award \$1,500 each to two selected applicants who qualify as either a child or grandchild of a current SAGE of South Florida member. Further details will be found in next month's Newsletter.

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
JOHN	ACTMAN	Jan-03	ANTHONY	CIANCE	Jan-20
BILL	NYQUIST	Jan-03	CHRISTOPHER	BATES	Jan-21
HANK	BROOKS	Jan-04	RICHARD	WERNER	Jan-23
ROBERT	SMITH	Jan-11	RICHARD	SCHWARZ	Jan-25
BILL	WOLFOLK	Jan-11	WILLIAM	WOODWARD	Jan-26
MICHAEL	WOLMETZ	Jan-11	MICHAEL	MILLS	Jan-27
ALAN	SUTHERLAND	Jan-15	BRIAN	MCNAUGHT	Jan-28
LISA	PETERS	Jan-17	GARY	SNYDER	Jan-29
JEFY	GAINES	Jan-18	TONY	TSAGRIS	Jan-30
BARRY	BATES	Jan-19			

5 Year Anniversaries

LAWRENCE H. BARTELTSEN, BILL HEVERT, KEN RUTHERFORD,
RON WUDARSKY

*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

OFFICERS

President: Patrick S. Vida
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Secretary: Ken Goodman
Assistant Secretary: Michael Vita
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

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 Marilyn Lamkay
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 Paul McNamara
 Sal Orlando

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 Hank Brooks Sonny Miller
 Frank Cavanaugh Ken Moore
 Philip Collier Frank Piasecki
 Marc Flanagan Norma Wingo
 Jean Johnson Ron Wudarsky

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**BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE - MATT FARBER - PAUL FASANA – JODI A FISCHER
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 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.

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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 January. 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!



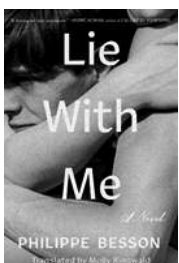
THE ROUND TABLE

Paul McNamara

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 **January 11** is *My Experience as a Peace Corps Volunteer*, presented by **Stephen Thayer** – Stephen will discuss his time as a Peace Corps volunteer, serving in Tunisia from 1966 to 1970. He'll present a brief history of the founding of the Peace Corps as well as the story of how he became interested in serving. His presentation will include pictures from his assignment in the City of Tunis and from his travels throughout the country. The topic scheduled for **January 25** is *How to Write Your Novel*, presented by **John Lloyd** – John started writing his first novel in 1987. He will describe where and how his writing hobby started. Since he began writing he has e-published nine novels or novellas, twelve short stories, essays, travelogues and, most recently, a memoir. John's presentation will describe how anyone who wants to can tell their own story. He will answer questions about the writing process, the obstacles to writing and the different types of writing. 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 BOOK DISCUSSION GROUP

Philip Collier



Readers with a taste for innovative plots will likely be disappointed with **Philippe Besson's Lie With Me**. The storyline is a well-worn one: young love followed by young heart-break followed by middle-aged ennui. But stories like this are common for a reason, and Besson does an excellent job describing the experience of being a young gay man. "I understand the fear and panic he carries with him," Philippe thinks about Thomas. "I know how strong this fear is and also that it can't only be the fear of being caught. It's a fear of himself, too. A fear of what he is." A gifted stylist, Besson infuses Philippe's story with the right notes of sadness and longing. Reflecting on his affair with Thomas, Philippe muses, "There was something in the atmosphere, something in the time and the place, that brought us together. And then everything broke – like a firework exploding on a dark night in July that spirals out in all directions, blazing brightly, dying before it touches the ground, so that no one gets burned. No one gets hurt." It's a wistful passage that perfectly captures what it's like to be young and in love, as well as a good summation of Besson's lovely novel. Beautifully translated by **Molly Ringwald**, this New York Times Book Review Editor's Choice will be discussed via Zoom by the **SAGE Book Group on Saturday, January 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**, right now temporarily via Zoom online or by phone. Each week before the meeting we send an eblast with the meeting ID and the Password. So far, the Zoom meetings have been very well attended. Everyone is always welcome to participate in the meetings. We are hearing from some of our members who are participating from out of state. Thank you all for your continued support of our Zoom meetings. Hopefully, The Pride Center will be re-opening soon and we will be getting back together again in our normal setting. Thanks to **Jefy Gaines** for a great job co-hosting. Until we meet again, via Zoom, stay safe!

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 Artherton

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 SOBA Zoom meeting, send your request to: virtual_soba_group@aol.com.** Everyone is welcome. **PLEASE NOTE: SOBA NOW MEETS IN-PERSON ON ALTERNATE MONDAYS AT THE VOLAN CENTER. CONSULT THE SAGE WEEKLY EMAIL ANNOUNCEMENT FOR THE DATES.**

BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely. Free LGBT Bereavement Group helps to manage the waves and tsunamis of grief. For days, time, and location contact:

Rev. Anne Atwell – 954.462.2004x208
Anne@sunshinecathedral.net



SAGE Health Tips

Gene Majka, APRN

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

HAPPY-UP YOUR NEW YEAR 2021

The Holidays will soon be over and in past years we have looked forward to the many SAGE events for the new year. This new year will be different with the pandemic. We do have hope of the vaccine in the next few months but we still have to endure this winter at home. All of us have come a long way and endured many of life's disappointing events. We have endured and now we have to take it a little bit more. This does not have to be "our winter of discontent." So, take charge and give your life a boost.

Boosters

Go online the following sites for something that may interest you:

- 50 Activities for The Elderly in Lockdown and Isolation
<https://www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265/>
- 11 Top Tablet Games for Seniors and the Elderly
<https://www.noobie.com/tablet-games-for-seniors/>
- 32 Best Mobile Games for Parents, Senior & the Elderly
<https://www.beingtechsavvy.com/best-android-ios-mobile-games-parents-senior-elderly/18050>
- AARP features a collection of senior online games such as chess, puzzle games, brain games, word games, card games, puzzles, word games, Online Scrabble, Online Mahjong Games and General Online Games
<https://www.onlinegamesforseniors.com/>
- Go to YouTube search for something that has pleased you in the past such as music, songs, film, travel, and jokes. Search subjects that always interested you but you never had time to look into, as – architecture, animals, flowers literature, biopics, the list can go on forever.
- Visit museums, art galleries, national parks, etc., online.

I realize a few individuals do not have computers so here are some suggestions.

- Watch some old Disney films. They will remind you of your pleasure when you watched them the first time and now give you a new perspective.
- Make a list of some old films that you never saw and always wanted to. I finally watched "On the Waterfront" and "Suddenly Last Summer."
- Remember when you were a kid you had car and plane models? You can still put them together and be creative.
- What other activities in the past? Resurrect them and go for it.
- Play your favorite thinking games of the past.
- Call friends, form a telephone discussion group or common interest group.
- Attend SAGE meetings on Zoom online or by telephone.
- Try new recipes and share them or take-outs or pick-ups for your friends.
- Treat yourself once a week for a take-out. Jaxson Ice Cream Parlor in Dania Beach is empty Monday-Friday mid-afternoon from 1:30-4:00 PM. My favorite is blueberry (ice cream & topping) sundae and don't forget the whipped cream. Many of these activities are sedentary so you have to get up and move around. You know that scary word "exercise." The very hard task now is watching your diet. I have gained weight because I am not moving around as much I did before the pandemic. I also rediscovered the nurse's heroin "chocolate".

A Guide to Risk of Viral Exposure. (per a NYT survey of 700 Epidemiologists)

Most Risky

- Eating indoors at a restaurant or bar
- Attending a wedding or a funeral (except on line)
- Attending a sporting event, concert or play (many on Zoom for free or small fee)

Least Risky

- Bringing in mail without precautions unless in an apartment/condo building
- Hiking or gathering outdoors with friends (use 6 feet distance).
- Going on errands (like to a grocery store or pharmacy) in person.

Stay safe, wear your mask, wash your hands, get mentally active and Happy-Up Your New Year.

References and Resources:

For Seniors, COVID-19 Sets Off A Pandemic of Despair
<https://khn.org/news/for-seniors-covid-19-sets-off-a-pandemic-of-despair/>
New York Times "The Morning" December 4, 2020, David Leonhardt.

SAGE cares because YOU care about your health.
Please always seek advice from your physician/nurse practitioner (HP's).
Thank you to my editors Ann Smith GNP (who suggested this topic), and Martin Horowitz, MD.



**SAGE Celebrates Milestone Birthdays of
Some of Our *Most Senior* Senior Members**

In January 2020, Our Honorees included:

*Carl Barton - 80 Michael Camardo - 90 Rex Coston - 97 Dan Driscoll - 75
David Durham - 75 Ken Goodman - 75 Gerald Heineman - 94 Emma Hinman - 98
Caroline Leto - 85 Thomas McGraw - 80 Bill Raftery - 85 Charlie Scarcella - 75
Herb Slomowitz - 91 Alan R. Sutherland - 75 Michael Thau - 75*

**Due to the Pandemic SAGE will be unable to host its 2020
Milestone Birthday celebration as we have in the past. We still want to
update our list for 2020 as we enter 2021. Please see below.**

***If YOU are a Member who turned 75, 80, 85 or 90
(and above) in 2020, please contact the
SAGE Office at 954-634-7219 and leave you name
and age so we can add you to our list of Honorees***