

The SAGE

The Newsletter of SAGE of South Florida

February 2021

Happy Valentine's Day

Valentine's Day. The signature day of celebrating love and romance. This year Valentine's Day, like every other holiday which has transpired during the COVID-19 pandemic, will prove to be unlike any other we have experienced. For many of us, isolated and social-distanced, it will be a day of reflection upon personal encounters with love, be they past or present, requited or unrequited. Some people may even wax nostalgic and harken back to the 1960s, when they perhaps discovered that free love seldom was and, indeed, could cost dearly.

But let's not be sad or sentimental or indulge in a phenomenological discussion of romantic love. Let's move onto a higher plane and talk about other forms of love. Love for your community and for helping others. We call it philanthropy – generosity for socially useful purposes performed to express support and encouragement for members of your community. What better way to do that than by providing support and encouragement to members of the next generation in their pursuit of higher education? With all that in mind, what better time is there to announce the...

LEADERS OF TOMORROW

SAGE OF SOUTH FLORIDA, INC., CARL M. GALLI SCHOLARSHIP.

The scholarship is named in honor of the late SAGE President Emeritus Carl M. Galli in recognition of his service during his six years of presidency and his previous advocacy work in South Florida relative to AIDS/HIV awareness. The scholarship is open to applicants who are either children, grandchildren, or great-grandchildren of current SAGE of South Florida members who are either graduating high school students or current college students pursuing attendance at an accredited, non-profit college or university in the United States. Winners will be selected by the SAGE Scholarship Committee on the basis of academic achievement, demonstrated leadership, and involvement in community activities and services. Two \$1,500.00 scholarships will be awarded each calendar year. Further information and the application will be available soon on the SAGE website (www.sagewebsite.org), or call the office to receive an application by mail. The deadline for applying is Noon, May 31, 2021. The recipients will be notified thereafter and announced in a future issue of this newsletter. So come on, SAGE members, spread the word!



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 @ sagesof@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
TED	LIMBAUGH	Feb-03	DENNIS	ELLIOT	Feb-20
LEE G	LAWSON	Feb-10	MARILYN	LAMKAY	Feb-21
JERRY	MCDONALD	Feb-10	GERALD O	KENNEDY	Feb-22
JACK	MYERS	Feb-11	MARTIN	FALZACK	Feb-25
EDWARD	SLOUGH	Feb-11	JOHN	FREDRICKSEN	Feb-25
JOEL	TENDLER	Feb-15	TOM	SYLVIA	Feb-25
GARY	KEMPLER	Feb-18	JOAN	FRIMMER	Feb-27
MARK	BARRON	Feb-20			

5 Year Anniversaries

BENJAMIN H CONKLIN, JERRY HEATON

20 Year Anniversaries

HANK BROOKS

10 Year Anniversaries

TOM SLUBERSKI

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
Vice President: Carl Barton
Secretary: Ken Goodman
Assistant Secretary: Michael Vita
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

John Chandler
 Jefy Gaines
 Lee Lawson
 Marilyn Lamkay
 Kathy Macchio
 Paul McNamara
 Sal Orlando

VOLUNTEERS

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

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 – 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: sagesof@gmail.com
 Attn: Editor

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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 February. SAGE members will be notified 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!

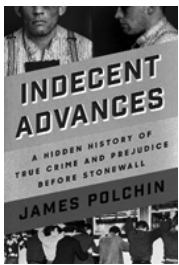


THE ROUND TABLE

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 **February 8th** is **The Pipe Organ**, presented by **Michael Martin** – Many of us have looked at a pipe organ and wondered how the pipes, keyboards, buttons, and pedals all work together. As a professional organist, Michael will attempt to answer this question. He'll explain how he first became fascinated with the organ and how it has affected his life. He'll also discuss his current project of building an affordable 'Virtual Pipe Organ'. The topic scheduled for **February 22nd** is **A Real-Life Horatio Alger Story**, presented by **Lou Wangberg** – Lou was born the grandson of Norwegian immigrants and a poor farm kid with few prospects who went on to dine with Presidents, Prime Ministers, and Kings. He eventually played a major role in running state government. His is a real-life Horatio Alger story and he will provide some of the highlights on how it all happened. 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



For readers searching for a fast-paced, meticulously researched, thoroughly engaging (and often infuriating) look-see into the systematic criminalization of gay men and widespread condemnation of homosexuality post-World War I, cultural historian **James Polchin's** first book – **Indecent Advances: A Hidden History of True Crime and Prejudice Before Stonewall** – is a smart bet. Blending key historical markers, such as psychiatrist Edward Kempf's theory of "acute homosexual panic" in the 1920s and the first edition of the American Psychiatric Association's Diagnostic and Statistical Manual's inclusion of homosexuality as a psychological disorder in the 1940s, with gruesome true-crime stories involving Tennessee Williams, Jack Kerouac and a slew of lesser-known perpetrators and victims, Polchin dissects how medical misconceptions and media biases have stoked Americans' fear of the queer lifestyle, perpetuated the stereotype of gays as abnormal and immoral hedonists, and condoned violence committed against "homosexual hoodlums" for decades. In later chapters, Polchin rightly shifts his focus to hint at the seeds of progress in the struggle for gay equality. The Sage Book Group will discuss this enlightening and provocative cultural history via Zoom on **Saturday, February 13 from 11am to 12 noon**.

SAGE Message Line - 954.634.7219 - www.sagewebsite.org



NOTES FROM THE MEN'S DROP-IN

Carl Barton & Jefy Gaines

SAGE Men's Drop-In meets every **Wednesday at 1:00pm**, right now temporarily via Zoom online or by

phone. **Captain Carl** has been hosting the Drop-In for many years. He asked me, **Jefy Gaines**, to co-host with him a little over three years ago, more or less. At 73, I can't really keep track of time, if you know what I mean. I am very fond of all our SAGE members and am very grateful for the service our organization provides. I have fun co-hosting with Captain Carl and he tells me my training will be completed by next year. Staying active at our age is very important and we have been doing so for the last eleven months by Zooming. I personally really like the medium – no driving anywhere; just click the link or call in on your phone. We are lucky to have so many activities through Zoom. When the pandemic hit, we at SAGE rose to the occasion and continued to meet and have fun together through Zoom by sharing our thoughts and activities, discussing current events, and posing questions we might have as we continue seeing our friends. I am very grateful for so many Zoom meetings that keep us in touch without having to drive anywhere. At the Drop-In, we've been having around the same number of SAGE members online as we used to have in-person – between 17-24 participants. The format remains the same. We go around the group and everyone has an opportunity, if they choose, to share what is going on in their lives with their health, family, vacations, or their take on politics, films, theater, or current news. After everyone has had the opportunity to share, we have open discussions, cross talk, and what I call 'schmoozing'. All subjects are open for discussion, and we end the meeting with a little surprise. If I told you what it was, it wouldn't be a surprise. Each week before the meeting we send an eblast with the meeting ID and the Password. So, log in every Wednesday afternoon at 1pm and join us!



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, 1515 W. Palmetto Park Road, Boca Raton, subject to COVID safety precautions and requirements. Those unable to attend in person can participate remotely via 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.

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.





SAGE Health Tips

Gene Majka, APRN

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

Know Your Vacs

The vaccines have arrived and as of this writing (early January) we have two available vaccines with more to come. You have to know which vaccine you are receiving, how the administration will be performed (once? twice?) and make sure to record the dates (where you will see them for a reminder, such as the refrigerator door?), if you require two vaccinations. COVID-19 vaccines that require two shots may not protect you until a week or two after your second shot. The vaccine can be administered but safety data is limited for the following underlying conditions: HIV, Auto-immune diseases, Guillain-Barre syndrome and Bell's Palsy.

CDC Notes

- Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company.

- **Common side effects** (may or may NOT occur) and others may occur, too:

Injection site: Pain or swelling. Treatment - Apply a clean, cool, wet washcloth over the area. Use or exercise your arm.

The rest of your body: Fever, Chills, Tiredness Headache. Reduce fever –drink plenty of fluids and dress lightly. Over the counter medications such as Tylenol may help. Always check with your health care practitioner.

Call your health care practitioner: In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider: If the redness or tenderness where you got the shot increases after 24 hours; If your side effects are worrying you or they do not seem to be going away after a few days.



PVM

Will Post Vaccine Masks (PVM) be required? **YES**. Some of those vaccine antibodies will circulate in the blood to the nasal mucosa and stand guard there, but it's not clear how much of the antibody pool can be mobilized, or how quickly. If the answer is not much, then viruses could bloom in the nose — and be sneezed or breathed out to infect others. This means that as an unmasked vaccinated individual you can still carry the virus in your nose and spread it to others. When you may stop wearing masks will be determined (by the CDC) when a specific percentage of the population has been vaccinated.

Take Care of Yourself and Your Community

Taking care of yourself is job number one. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections (SAGE ZOOM & soon ZOOM Hybrid meetings) and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated. Be sure to consult your Jan/Feb 2021 **AARP Bulletin** for many more questions and answers about vaccines

TAKE CARE

References and Resources:

What to Expect after Getting a COVID-19 Vaccine? <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

Frequently Asked Questions about COVID-19 Vaccination <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

What to Know About the Coronavirus Vaccines? <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-vaccine-research.html>

Here's Why Vaccinated People Still Need to Wear a Mask <https://www.nytimes.com/2020/12/08/health/covid-vaccine-mask.html>

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.

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

