

The SAGE

The Newsletter of SAGE of South Florida

May 2021

New Board Members Elected at 27th Annual Meeting

SAGE of South Florida's 27th Annual Meeting was held on April 11, 2021. Over forty members participated in the online event at which the following candidates were elected to the Board of Directors by unanimous consent:

**Carl Barton • Allen Churchman • Jefy Gaines
Ken Goodman • Marilyn Lamkay • Lee Lawson • Kathy Macchio • Paul McNamara
Sal Orlando • Lisa Peters • Patrick S. Vida • Michael Vita**

Jefy Gaines, Paul McNamara, and Lisa Peters each were elected to their first full term as Board Members. The remaining Board Members have all previously served on the Board for two or more years.



Jefy Gaines



Paul McNamara



Lisa Peters

Following the meeting, the Board chose the following officers: President – **Patrick S. Vida**; Vice President – **Carl Barton**; Treasurer – **Allen Churchman**; and Secretary – **Ken Goodman**.

We all look forward to next year's Annual Meeting when we once again will be able to meet in person and celebrate, at long last, a return to normalcy and the resumption of the full complement of our SAGE face-to-face meetings, Meet-Ups, dinners, lunches, concerts, recitals, and special events.

LEADERS OF TOMORROW – SAGE OF SOUTH FLORIDA, INC., CARL M. GALLI SCHOLARSHIP

Applications are being accepted now through May 31, 2021. Two \$1,500 scholarships will be awarded. Further information and the application can be found on the SAGE website (www.sagewebsite.org).

REMINDER – MEMBERSHIP DUES SUSPENSION

*As a result of the interruption of activities caused by the pandemic, the Board decided last July to impose a one-year suspension of annual dues for current members from September 1, 2020 through August 31, 2021. **Your membership during this period automatically renews and no payment of dues is required.***

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	FRANK	PIASECKI	May-16
CARLOS A	MOLINA	May-05	KARL	GUSTAFSON	May-17
JESSE G	MONTEAGUDO	May-06	LORRAINE "PINKY"	LUDDY	May-20
RON	WUDARSKY	May-06	PAUL	MCNAMARA	May-20
TED	LEVINE	May-07	CHARLES	CHRISTOPHER	May-23
ALLEN	SPIESS	May-12	SAALIK	CUEVAS	May-24
MAXINE	LEMARR	May-13	TONY	MANZI	May-24
JESSE	DAVILA	May-14	THOMAS	VALENTINE	May-24
BARBARA L	SAHAMI	May-14	LYDYA	CHAPMAN	May-26
DERIC	BOWNDS	May-16	ANGELA	GIELLA	May-26

10 Year Anniversaries

Brett Peeler

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

Jefy Gaines
 Lee Lawson
 Marilyn Lamkay
 Kathy Macchio
 Paul McNamara
 Sal Orlando
 Lisa Peters

VOLUNTEERS

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

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.

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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 May. 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 Co-Ed 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 **May 10th** is ***Breathing and Meditation: New Applications to Age Old Practices***, presented by **Allen Blaich**: *While breathwork and meditation have been around for centuries, modern science and psychology have found new uses for ancient techniques. Allen is an amateur meditator with ten years of experience and he's eager to share this important part of his life. His presentation will explore what meditation and breathwork are; what they can do for you; and how to get started. Be prepared to learn and experience!* The topic scheduled for **May 24th** is ***The Pride Center: Our History, Our Accomplishments and Our Goals for the Future***, presented by **Robert Boo**: *Robert is the chief executive officer of The Pride Center at Equality Park. He'll provide a history of the Center, describe some of the Center's major accomplishments and talk about the Center's goals for a post-pandemic future. Robert will be available to answer questions from the meeting participants.* 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 (SOBA)

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.



NOTES FROM THE MEN'S DROP-IN

Carl Barton & Jefy Gaines

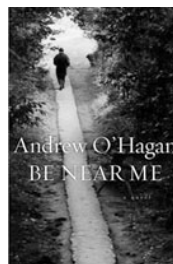


SAGE Men's Drop-In meets every Wednesday at **1:00pm to 2:00pm**,

via Zoom. **Captain Carl** and I, **Jefy**, are your hosts.

Click the link in the emailed announcements and join us. Make some new friends and learn more about some of your current friends. The Divine Miss M said it: "Friends make the day last long." We share our thoughts, activities, current events, announcements, health issues, family vacations, entertainment, and dining out. Everyone has an opportunity to either share, if they choose, or pass. We have a pretty diverse, friendly, and welcoming group attending. Members join us from Massachusetts, Missouri, New York, Italy, North Florida, and the West Coast of Florida because it's a Zoom meeting. After everyone has had the opportunity to share and, if time permits, we have open discussions and some "schmoozing". We tell a couple of jokes at the end of each meeting for some laughs (or for some groans). So, click the link every Wednesday afternoon at 1PM and join us! I guarantee you'll have some fun!

SAGE BOOK DISCUSSION GROUP



Be Near Me, by **Andrew O'Hagan**, is a bur-nished gem of a novel with drama, emotional resonance and intellectual power enough to recall one's favorite 19th century writers. At its center is David Anderton, a Scottish-born, Oxford-educated Catholic priest who, after years in England, assumes a parish in working-class Scotland to be closer to his mother, a writer and free spirit. Now in his

50s, David recalls his own youthful passions vividly, but he has traded his 1960s university ideals and his realizations of romantic love for a life of the cloth. From early on, there is a glaring gap between David's first-person recollections and the elitist, alienating affectations he assumes with others. His Dalgarnock parishioners are suspicious of his education; his only companions are his sardonic but morally stringent housekeeper, Mrs. Poole, and a pair of thuggish teenagers, Mark and Lisa, who reminds him of his own youthful rebellions. As Mark and Lisa draw David into their chaotic lives, the novel builds to an inevitable clash between the spiritual and the secular, the adult and adolescent, the utopian 1960s and the neoconservative 2000s. Throughout, O'Hagan enchants with his effortless prose, vivid characters and David's uncanny asides, making O'Hagan's fourth novel a heartrending tour de force. The SAGE Book Group will discuss the book via Zoom on **Saturday, May 8, from 11am to 12 noon.**



SAGE Health Tips

Gene Majka, APRN

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

50 is Nifty and Politicians, Pandemic & Media - OH! MY!

This is OUR 50th health column. When I say OUR I mean my Editors Nurse Practitioner Ann Smith and Dr. Marty Horowitz in Massachusetts. The biggest contributor, however, was YOU. I could easily Google senior health concerns for topics. As I participated in many SAGE meetings, I listened to your comments and that is where I gathered a majority of my topics. YOU are more reliable because you reflect our community. Thank You.

"I feel like I'm in quicksand." "I'm just so exhausted all the time." "I have more time and fewer obligations, yet I'm getting so much less done." We have gone through a major life disturbance for over 12 months. Anxiety has increased and we are just like Zombies wandering about in our living areas. A July Kaiser Poll states among older adults (ages 65 and older), close to half (46%) said that worry and stress related to coronavirus has had a negative impact on their mental health, up from 31% in May. The anxiety about the pandemic has gone through the roof. Worry about the vaccinations and politicians spewing out garbage to stay in power increased. The media blows up little stories into major catastrophes so you will continue to watch so they can increase their ratings and make money. It is endless.

It is time to STOP watching and listening to garbage. I know people who watch CNN, MSNBC and Fox news continuously all day. This will increase anxiety and borders on addiction. I know we all have days when we just roam about our homes and put on the TV. We now have more racism incidents and shootings which increase our anxiety especially with the media playing the video incidents over and over again. The TV media reporters (especially field reporters) are hyper and scream their reports. Enough is enough. Turn it off.

A Kaiser study, however, indicates that our lifetime experiences help older adults build resilience to pandemic trauma. We have experienced many traumatic national events. And we have survived. Think about our parents who survived the Depression and WWII, both of which were more devastating and went on for years. We have been secluded for only a year and have many more resources to deal with our anxiety than our parents did. We will survive.

It is time to think outside the box. Step back and observe and see what is happening. When my husband died, I did not know how I would survive day-to-day. I then thought outside the box of grief and thought of millions of people (especially women) who have survived spousal death and survived. I can, too, and did. Women are our biggest survivors and if men do not know that by now, get with it. Women are the backbone of the world and have experience with tragedies. Take advantage of it and talk to our sisters. Who comforted and cared for gay men in the AIDS crisis? Our lesbian sisters.♥♥

Pandemic Anxiety

The Centers for Disease Control and Prevention (CDC), states that there are several ways seniors can stay happy, healthy and reduce anxiety during the pandemic:

- Break away from news coverage.
- Care for your physical health. Try to maintain your personal hygiene, eat a balanced diet, exercise regularly, and get plenty of sleep. Make time to rest and relax. Every day, set aside time for fun activities that you enjoy.
- Stay connected with friends and family. Reach out to your trusted loved ones to share your concerns and feelings.
- Call your healthcare provider for support. If you are feeling overwhelmed several days in a row, ask for help from your health care team.
- Take action if strong emotions persist or worsen. If you, or a loved one, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you may harm yourself or others, call 911 for immediate assistance.

We all know the Gloria Gaynor song (almost a gay anthem) "I WILL SURVIVE." We will. Thanks for reading this column, our past health columns, and, hopefully, the next 50 columns.

References and Resources:

We Have All Hit a Wall -New York Times [We Have All Hit a Wall - The New York Times \(nytimes.com\)](https://www.nytimes.com)

One in Four Older Adults Report Anxiety or Depression Amid the COVID-19 Pandemic. <https://www.kff.org/medicare/issue-brief/one-in-four-older-adults-report-anxiety-or-depression-amid-the-covid-19-pandemic/>

Senior Care: How to Cope with COVID-19 <https://www.wellstar.org/articles/helping-older-adults-cope>

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, 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