

# The SAGE

The Newsletter of SAGE of South Florida

June 2021

## Honoring LGBT Elders



May 16<sup>th</sup> marked the 5<sup>th</sup> annual **National Honor our LGBT Elders Day**. Congressman Ted Deutch (22<sup>nd</sup> District – Florida), chair of the House LGBT Elders Task Force, introduced a resolution to commemorate the day, stating: “The elder generation of the LGBT community helped our country make significant strides toward equality, and they continued that fight in the face of decades of bigotry and, too frequently, violence. We should celebrate this population for who they are and what they have accomplished to help bring about incredible change for all LGBT people.”

Tremendous strides have been made towards equality since the Stonewall Uprising fifty-two years ago, and the “older Americans” who have fought the good fight for equal rights deserve our praise. But full equality remains to be achieved. This past February the US House of Representatives, in an effort to address this inequity, passed the Equality Act. The Act, which would amend the Civil Rights Act of 1964 to include sex, sex orientation, and gender as classes protected from discrimination, awaits passage by the Senate to become law.

If, and when, the Act passes and offers equal protection under the law to the LGBT community, LGBT elders will continue to remain unequal when it comes to the physical and emotional challenges of aging. SAGE USA, reporting in their *Facts on LGBT Aging* study, found that 21 percent of older LGBT individuals (versus 6 percent of non-LGBT individuals) have provided care to friends; that many LGBT people delay or avoid medical care because they fear discrimination by health care workers, and as a result, have high rates of poor physical health and mental distress; and that older LGBT people are more likely to be living alone, with smaller social support networks. Research shows loneliness and isolation are associated with poor physical health.

What can you do to combat the loneliness and isolation that afflicts older LGBT people? You can support the mission of SAGE of South Florida by participating in our activities, and by socializing and engaging with other members. Yes, you can make a difference in someone’s life. Especially now, as the pandemic starts to wane and we have the opportunity to re-enter the world.

SAGE USA has adopted a revision to the Pride flag. They’ve added a silver stripe to honor the growing, vibrant elder LGBT population. This change should be lauded and applauded. We have earned that stripe.



The City of Oakland Park is working with historian Susan Gillis to compile information and images to celebrate the city’s approaching Centennial Year of 2029. Anyone willing to share their photos, mementos and stories can submit them to [shareyourhistory@oaklandparkfl.gov](mailto:shareyourhistory@oaklandparkfl.gov) or call Heidi Burnett, Library Director, at 965.630.4510.

## 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
LAURENCE "TURK"	TURK	June-04	JOSEPH	LEONARD	June-17
RON	VIDAKOVICH	June-04	VICKY	ROBBINS	June-18
ETHEL	WEINBERGER	June-05	RAY	STRUBLE	June-18
JERRY	ZIERTMAN	June-05	HERBERT	SLOMOWITZ	June-20
RAFAEL	AGNE	June-08	CHUCK	BELL	June-21
NORMAND J	LECLAIR	June-08	GLORIA	KEY	June-21
BILL	SORN	June-08	LARRY	LEARY	June-21
FRANK	SWEET	June-09	RICH	WINTER	June-21
DAN	DRISCOLL	June-10	JERRY	HEATON	June-23
BEVERLY	JORDAN	June-13	DAVID	COHEN	June-30
PAUL "SONNY"	MILLER	June-14	DAVID	MURPHY	June-30
SAL	ORLANDO	June-16			

### 5 Year Anniversaries

MATT FARBER

*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.*

### 20 Year Anniversaries

ANN SMITH

### New Members

DAVID ECCLESTON, JOHN GILLESPIE, HENRY PENAS, WILLIAM WHITENER

## 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 Lamky  
 Kathy Macchio  
 Paul McNamara  
 Sal Orlando  
 Lisa Peters

### VOLUNTEERS

Jean Arthurton  
 Hank Brooks  
 Frank Cavanaugh  
 Philip Collier  
 Marc Flanagan  
 Michael Gagne  
 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.

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 Attn: Editor

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

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Celebrating over 27 years of service to our community

SAGE Message Line - 954.634.7219 - [www.sagewebsite.org](http://www.sagewebsite.org)

## 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 June. 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 **June 14th** is *A Life in Dance*, presented by William Whitener: *William started as a student dancer in Seattle and went on to a career as a performer and choreographer. He'll discuss his work with Twyla Tharp Dance and The Joffrey Ballet Companies as well as with Bob Fosse in the musical 'Dancin' and Jerome Robbins in the musical anthology 'Broadway'. William will also talk about the transition to his role as Artistic Director for ballet companies in the U.S. and Canada.* The topic scheduled for **June 28th** is *Our Right to, and Need of Intimacy*, presented by author Brian McNaughton. *The desire to touch and be touched are basic to most every gay man, no less so because of age. The challenge can be how to find the means to have our needs met, especially if we have a disinterested partner, we're recently widowed, or we're single. Talking with others about it can feel difficult. But, let's talk.*

Please email Ed Slough at [WILDHYBRID@aol.com](mailto: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

Ladies of SAGE, may we have your ATTENTION PLEASE! Come to the Co-Ed Drop-In. Kathy and Michael are your hosts, every **Thursday at 3:00pm. Join the fun on Zoom!** It's all user-generated content – Participants bring topics, stories, and concerns to share or discuss. Check us out. Schmooze, kibitz, see some of your old friends and make some new ones. Check your emails from SAGE for the weekly announcement and link to the meeting. All (including men) are 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](mailto:virtual_soba_group@aol.com).** Everyone is welcome.



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

Carl Barton & Jefy Gaines

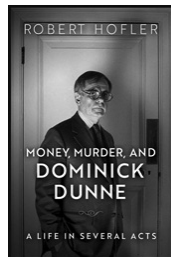
SAGE Men's Drop-In meets every Wednesday at **1:00pm to 2:00pm**,

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

Click the link we send out and join us. Make some new friends and learn more about some of your current friends. Everyone has an opportunity to either share, if they choose, or pass. 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 groans). So, click the link every Wednesday afternoon at 1PM and join us for some fun!



#### SAGE BOOK DISCUSSION GROUP



"I never repeat gossip," Dominick Dunne liked to joke, "so listen closely the first time." It was the perfect one-liner for a man who made a career out of peddling rumors and anecdotes about the rich and glamorous people he encountered. Before his death at 83 in August 2009, Dominic Dunne had led many lives: Hollywood producer, screenwriter, celebrity journalist, victims' advocate, TV host, father, husband, closeted gay. **Robert Hofler's – MONEY, MURDER, AND DOMINICK DUNNE** – begins with the boy playing his first and most uncomfortable role to a demanding, demeaning father: Sissy. Hofler, via extensive research with Dunne's diaries and papers and numerous interviews, peers into the psyche of an outsider who wanted desperately to be an insider, a queer who wished to be straight about his sexuality, a social climber, snob and despite his many artistic and sexual insecurities, a genuinely kind colleague and friend. By the 1960s Dunne married ("It's what gay men did then") an heiress, had three children, found himself in an enviable Hollywood social circle and whirl and in competition with his younger brother John Gregory Dunne and his wife Joan Didion. Then, following a divorce, drug and alcohol addictions and a derailed professional standing, there came a brutal descent where he was not so much run out of town as he fled for the hills. Gradually, a comeback followed as Dunne scored as a true crime-inspired novelist. The 1982 murder of his successful actress daughter Dominique Dunne by her chef boyfriend irrevocably changed Dunne into an avenger, a champion for murder victims who no longer could speak for themselves. His Vanity Fair reporting – on the courtroom trials of his daughter, O.J. Simpson, the Menendez brothers, Phil Spector, Claus von Bulow and Michael Skakel – made Dunne a household name, the host of a TV series, and very rich. Hofler understands what drove Dunne, evaluates the contrast between the private and public lives and in the process offers an intimate view of a changing America over a half-century. Dunne was a great gossip – this is a great read – and the SAGE Book Group will be discussing it **via Zoom on June 12, from 11 AM 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](mailto:sagesofl@gmail.com).

### The Skinny on Skin

The skin is the largest organ of the human body, unbeknownst (my \$10 word of the year) to many men and women who think otherwise. Seniors already know our skin changes with age. We are not happy with these changes but we must be aware of some for our health benefit. Summer is here and we have to be mindful of our skin care.

Our skin is constantly changing and new skin cells (slowly now) are being formed from the deeper layers to the surface, and then shed. As we age, the dead skin cells remain on the surface longer. This makes the skin looks rough and scaly. Our skin elasticity decreases which can cause sags and wrinkles. Skin becomes thinner and blood vessels are easily injured resulting in multiple bruising. The skin also heals more slowly. Yes, this sounds like a downer but we can still survive and enjoy life.

### Xerosis /Asteatotic Eczema

The skin's natural oil decreases and skin becomes dry & itchy (Xerosis). Red patches and scaly indentations can appear (Asteatotic eczema). I have this on my lower legs. Your dermatologist can give you special creams to control the problem. Floridian seniors especially must have a dermatologist full body examination yearly. The following can also cause dry skin: not drinking enough liquids, overexposure to the sun, dry air, smoking, stress, diabetes, kidney disease and daily bathing, especially hot baths. Hospital nurses do not give daily baths to seniors anymore (unless necessary), as it causes more dry skin.

### Age Spots and Skin Tags

Age spots (aka liver spots) are flat brown spots caused by previous long sun exposure. Sunscreen products help prevent additional spots. Some creams will reduce the color but see your dermatologist for information. Skin tags are flesh- colored growths with a raised surface. They are harmless but may get irritated at their location and may require removal.

### Skin Cancer

There are three types of this skin cancer caused by the sun, tanning booths and sun lamps. Basal cell and squamous cell cancers grow slowly and rarely spread and are treatable. They usually appear on the head, face, neck, hands and arms. The third cancer is melanoma which is more serious and deadly.

### Moles

Moles can be a problem so you have to monitor them. Check your visible moles and ask a friend for assistance to check areas you cannot see (such as your back) using the following tool.

### Check Moles, Birthmarks, or Other Parts of the Skin for the "ABCDE's"

- A = A**symmetry (one half of the growth looks different from the other half)
- B = B**orders that are irregular
- C = C**olor changes or more than one color
- D = D**iameter greater than the size of a pencil eraser
- E = E**volving; this means the growth changes in size, shape, symptoms (itching, tenderness), surface (especially bleeding), or shades of color

See your health practitioner right away if you have any of these signs to make sure it is not skin cancer.

There are many types of skin disorders and diseases. You and your health practitioner/dermatologist must complete a scheduled assessment of your skin. Please be safe.

### References and Resources:

#### *Skin Problems in the Elderly*

<https://www.nsc.com.sg/Patient-Guide/Health-Library/Types%20of%20Skin%20Conditions/Pages/Skin-Problems-In-The-Elderly-1.aspx>

#### *Skin Care and Aging*

<https://www.nia.nih.gov/health/skin-care-and-aging>

#### *Senior skin care*

<https://www.skinhealthinstitute.org.au/page/90/senior-skin-health>

**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](mailto:Anne@sunshinecathedral.net)