

The SAGE

The Newsletter of SAGE of South Florida

July 2020

INDEPENDENCE DAY

Our celebration of July 4th this year, due to our current environmental circumstances, will be less exuberant than those of years past. During our socially-distanced observation of the holiday, we need to spend a moment reflecting on the wisdom and foresight of our founders. Our founders of the gay rights movement. The courage of these forefathers (and foremothers) who took a stand and sacrificed their social, economic and physical well-being to fight for awareness and a cause larger than themselves, needs to be acknowledged.

In 1957 federal employee Frank Kameny, after his arrest for “deviant behavior”, was fired pursuant to President Eisenhower’s 1953 Executive Order banning employment of homosexuals. Frank, unlike many others who had been purged, challenged his termination in court. Although his lawsuit failed, he continued his activism for LGBTQ equality. In 1968 he promulgated the phrase “Gay is Good”, and in 1973 he was instrumental in successfully lobbying the American Psychological Association to remove the classification of homosexuality as a mental illness. Mr. Kameny’s life is chronicled in the recently published book, *The Deviant’s War*, written by Dr. Eric Cervini.

Mr. Kameny, who died in 2011, sadly did not live to see the 2015 Supreme Court decision allowing gay marriage, or the recent landmark decision expanding protection to the LGBTQ population against discrimination in employment under Title VII of the 1964 Civil Rights Act. Although discrimination in employment is now illegal, discrimination against LGBTQ people in housing, credit, education, public spaces and services remains legal in many states. This would change if the Equality Act, passed by the U.S. House of Representatives in May 2019 would pass in the Senate. Currently, this prospect remains unlikely.

As we celebrate what the “movement” has achieved, we must remember that the fight for equality continues. If you believe that the rights currently won by the LGBTQ community cannot be incrementally eroded in the future, remember these three words: Roe versus Wade. The Supreme Court’s latest “gay rights” decision will only serve to tighten the Bible-belt resolve to endorse continued discrimination under the shibboleth of “religious freedom.”

Don’t be complacent. Vote!



Happy 4th of July!



IMPORTANT MESSAGE REGARDING SAGE ACTIVITIES

Due to the COVID-19 virus restrictions, SAGE of South Florida has canceled special events and suspended regularly scheduled in-person activities for July. 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!

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 J	BOZEK	Jul-01	KEITH	HICKMAN	Jul-20
MATT	FARBER	Jul-02	ANDREW ANDY	MASTERSON	Jul-22
RALPH	TANZI	Jul-06	GEORGE	HASANDRAS	Jul-23
LINDA	EDIN	Jul-09	DAVID	TREECE	Jul-23
KENNETH	GOODMAN	Jul-12	DOMINIC	DESANTIS	Jul-24
BRETT	PEELER	Jul-13	ROLAND	LAPERLE	Jul-24
BILL	RAFTERY	Jul-13	GENE	MAJKA	Jul-25
PATTI	LYNN	Jul-17	DOMINIC	BISIGNANO	Jul-27
PAUL	FASANA	Jul-20	BILL	HIRSCH	Jul-29

5 Year Anniversaries

TONY MANZI

15 Year Anniversaries

GARY KEMPLER, INEZ PASHER

10 Year Anniversaries

HARVEY CHASSER, JANE KREINBERG, TRISH J STYPKA, THOMAS VALENTINE

New Members

RICHARD CALVIN

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
Lee Lawson
Sal Orlando
Marilyn Lamkay
Kathy Macchio

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

Lifetime Members

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

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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** via Zoom. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for July 13th is *Healthy Aging/Well-Being*, presented by Dr. Debra Hain. The topic scheduled for July 27th is *Seniors vs. Health Practitioners*, presented by Gene Majka. 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 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** under normal circumstances at The Pride Center. Now, because

The Pride Center is temporarily closed because of the Covid-19 virus, we are now meeting remotely for one hour via Zoom video conferencing. So far, participation in our weekly Zoom meetings has been doing very well. Stay connected and watch your inbox for all updates through our SAGE eblasts and notifications. 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 Drop-In Zoom meeting, notify co-host Jefy Gaines at: Jefgain@aol.com.**

Thank you, Jefy, for hosting the Drop-In online meetings, and thank you, **Paul McNamara and Michael Gagne**, for your technical assistance and support for our online meetings. Businesses in Broward County are starting to reopen, so we hope to see you all again in person very soon!

SAGE BOOK DISCUSSION GROUP

Philip Collier

In **Evan Fallenberg's** novel – *The Parting Gift* – an unnamed narrator writes a letter to an old college friend, Adam, with whom he has been staying since his abrupt return to the States from Israel. Now that the narrator is moving on to a new location, he finally reveals the events that led him to Adam's door, set in motion by a chance encounter with Uzi, a spice merchant whose wares had developed a cult following. From his first meeting with Uzi, the narrator is overwhelmed by an animal attraction that will lead him to derail his life, withdraw from friends, and extend his stay in a small town north of Tel Aviv. As he becomes increasingly entangled in Uzi's life – and by extension the lives of Uzi's ex-wife and children- his passion turns sinister, ultimately threatening all around him. Written in a circuitous style that keeps you guessing until the end, *The Parting Gift* is a page-turner and a shrewd exploration of the roles men assume, or are forced to assume, as lovers, as fathers, as Israelis, as Palestinians. Via Zoom, the SAGE Book Group will discuss the book on **Saturday, July 11th 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.



Viral Entr'acte

The COVID-19 first act was three months long. What is going to happen in Act II? How do we seniors protect ourselves? My primary research was the article by Dr. Bromage, Faculty of the University of Massachusetts Dartmouth, referenced below. Now, how do we go about resuming our daily tasks? Here are some suggestions:

Viral Droplets

Breath: A single breath releases 50 – 5,000 droplets. Most of these droplets are low velocity and fall to the ground quickly. Fewer droplets released through nose-breathing.

Cough: A single cough releases about 3,000 droplets and droplets travels at 50 miles per hour. Most droplets are large, and fall quickly (gravity), but many do stay in the air and can travel across a room in a few seconds.

Sneeze: A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 miles per hour. Most droplets are small and travel great distances (easily across a room).

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continued from page 3

If you are face-to-face with a person, having a conversation, and that person sneezes or coughs straight at you, it's pretty easy to see how it is possible to inhale 1,000 virus particles and become infected.

Formula: Successful Infection = Exposure to Virus x Time

If you're with someone who is symptomatic or asymptomatic, your risk depends on how long you are in that room (exposure) and how much of the droplets (virus) you inhaled. The biggest super-spreading events are:

1. Meat packing: In meat processing plants, densely packed workers must communicate to one another amidst the deafening drum of industrial machinery and a cold-room virus-preserving environment.
2. Weddings, funerals, birthdays: 10% of early spreading events
3. Business networking: Face-to-face business networking
4. Senior Events

Okay, we do not work in a meat packing facility or have full-day business meetings BUT we enjoy restaurants, parties, religious services and senior group functions.

LOWEST RISK	MODERATE RISK	HIGHER RISK	HIGHEST RISK
			
HOME ALONE OR WITH HOUSEMATES	OUTDOOR ACTIVITIES	OUTDOOR GATHERINGS	INDOOR GATHERINGS
<ul style="list-style-type: none">• Stay home as much as possible.• Try to allow only people you live with into your home.• Wash your hands.• If you're sick, stay home and isolate from housemates.	<ul style="list-style-type: none">• Wash your hands and don't touch your face.• Stay at least 6 feet from people you don't live with.• Wear a mask.• Avoid shared surfaces, like swings or benches.	<ul style="list-style-type: none">• Wash your hands and don't touch your face.• Stay at least 6 feet from people you don't live with.• Wear a mask.• Don't share food, toys, and other items, and avoid shared surfaces.• Participate in events like these infrequently.	<ul style="list-style-type: none">• Wash your hands and don't touch your face.• Stay at least 6 feet from people you don't live with.• Wear a mask.• Don't share food, toys, and other items, and avoid shared surfaces.• Open windows for better ventilation.• Try to avoid gathering indoors as much as possible.

Adapted from Julia Marcus, Harvard, and Eleanor Murray, Boston University

Vox

A Chicago Story

Bob (pseudonym) was infected but didn't know. Bob shared a takeout meal, served from common serving dishes, with 2 family members. The dinner lasted 3 hours. The next day, Bob attended a funeral, hugging family members and others in attendance to express condolences. Within 4 days, both family members who shared the meal are sick. A third family member, who hugged Bob at the funeral, became sick. But Bob wasn't done. Bob attended a birthday party with 9 other people. They hugged and shared food at the 3-hour party. Seven of those people became ill. But Bob's transmission chain wasn't done. Three of the people Bob infected at the birthday went to church, where they sang, passed the tithing dish, etc. Members of that church became sick. In all, Bob was directly responsible for infecting 16 people between the ages of 5 and 86. Three of those 16 died.

The spread of the virus within the household and back out into the community through funerals, birthdays, and church gatherings is believed to be responsible for the broader transmission of COVID-19 in Chicago.

All these infection events were indoors, with people closely-spaced, with lots of talking, singing, or yelling. The main sources for infection are home, workplace, public transport, social gatherings, and restaurants. This accounts for 90% of all transmission events. In contrast, outbreaks spread from shopping appear to be responsible for a small percentage of traced infections.

The principle is viral exposure over an extended period of time. In all these cases, people were exposed to the virus in the air for a prolonged period (hours). Even if they were 50 feet away (choir or call center), even a low dose of the virus in the air reaching them, over a sustained period, was enough to cause infection and in some cases, death. Social distancing rules are really to protect you with brief exposures or outdoor exposures. In these situations, there is not enough time to achieve the infectious viral load when you are standing 6 feet apart or where wind and the infinite outdoor space for viral dilution reduces viral load. The effects of sunlight, heat, and humidity on viral survival all serve to minimize the risk to everyone when outside.

If you are sitting in a well-ventilated space, with few people, the risk is low. So please wear your mask, stay 6 feet apart and avoid crowded indoor event with poor air circulation.

I do not know when we will have a finale to this horror show but we all hope it is soon.

References and Resources:

- <https://www.vox.com/21262268/coronavirus-tips-covid-social-distancing-harm-reduction>
- <https://www.erinbromage.com/post/the-risks-know-them-avoid-them>

Stay SAGE Safe

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

Thank you to my editors Ann Smith GNP and Martin Horowitz, MD.