

# The SAGE

The Newsletter of SAGE of South Florida

August 2020

## KEEP CALM and CARRY ON

How, under our current circumstances of sheltering in place, can we be more engaged with others? Technology has the answer! Video-conferencing provides an online simulacrum of face-to-face interaction. Since March, several popular SAGE of South Florida activities have been conducted online using the *Zoom* platform. The **Book Group**, **Men's Drop-In**, and **The Round Table** have had great success with virtual meetings. At the weekly **SOBA** meeting, SAGE members from Kentucky, New York, Vermont and Florence, Italy, have joined in to participate with South Florida residents.

SAGE member **Paul McNamara**, our in-house "*Zoomologist*", offers the following guidelines to optimize the *Zoom* experience for everyone:

- **Think of a Zoom meeting as the same as a face-to-face meeting**— Conduct yourself as you would if we were all present in the same room (because we are). Remember to dress appropriately and if that's not possible, turn off your computer camera.
- **Join the meeting early** — Attempt to join the meeting several minutes before the start time to overcome any connection issues and to avoid interrupting a meeting already in progress.
- **Check the image you're projecting to the group** — Adjust the camera or position yourself to show your entire face. Make sure you're close enough to microphone. Your video image quality will be dramatically improved with more lighting. An extra nearby lamp is usually helpful. Just make sure the light is in front of you, not behind you: being back-lit makes it harder for you to be seen.
- **Avoid using inappropriate or distracting virtual backgrounds** — Be sensitive to the feelings of other members who may find certain images offensive or disruptive.
- **Stay on mute if you're not talking** — Once a meeting has begun, if you aren't sharing anything be sure to mute yourself until you do. This will eliminate the potential for audio disruptions.
- **Avoid talking over or at the same time as other participants** —The *Zoom* technology is generally capable of broadcasting the audio from only a single individual at any given time. If you want to make a comment, raise your hand physically or virtually in order to be recognized by the meeting host before talking.
- **Avoid distracting behaviors during a meeting** — Remember that while your computer camera is turned on you will remain in full view to all participants. Eating, talking on your phone, or doing other tasks can be distracting. If you do need to engage in these or other activities during a meeting, please turn off your video/audio. Don't forget to turn them back on when you're done. (Remember, bathroom breaks can be embarrassing with the video/audio left on).
- **Take advantage of the chat function** — If you have a question for or a comment to an individual or to the entire group, it's possible to do so using the chat function. It's also a great way to say goodbye if you need to leave the meeting early. And don't forget to let the host know if you've enjoyed the meeting!

We all anticipate the day when life returns to normal and we can go out "face naked" (no mask). Until then, stay safe indoors and participate in SAGE activities from home. Eblast announcements about virtual meetings are sent out to all SAGE of South Florida members every week. And, if you don't have a computer with a camera, you can attend meetings telephonically.

## 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
TONY	RIGOLOSI	Aug-02	ANN	SMITH	Aug-11
BRUCE S	GELLY	Aug-03	HARVEY	RAPPAPORT	Aug-12
PAT	NOON	Aug-03	HOWARD	TERRY	Aug-12
RICHARD	MAGGIORE	Aug-04	CHARLES	GREEN	Aug-13
CHARLES	SCARCELLA	Aug-04	ANN	GOWEN	Aug-17
HARVEY	CHASSER	Aug-06	DAVID	SHAPIRO	Aug-19
PEGGY	WATSON	Aug 06	JOEL	RUBIN	Aug-20
MICHAEL	THAU	Aug-07	JOYCE	EDELSON	Aug-23
REX	COSTON	Aug-09	JOEL A	RISCH	Aug-23
STEVE	THAYER	Aug-09	MICHAEL	GAGNE	Aug-24
SHARON	KNOWLES	Aug-10	KAY	TOWNS	Aug-25
TRISH J	STYPKA	Aug-10	RAFAEL	SUAREZ	Aug-29
PAT	DECOURSEY	Aug-11			

### 5 Year Anniversaries

MICHAEL GAGNE

### 15 Year Anniversaries

REX COSTON

### New Members

JIM GROSS

*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

### VOLUNTEERS

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

### 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 - 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

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

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 ROUND TABLE WILL BE ON HIATUS FOR THE MONTH OF AUGUST, BUT WILL RETURN IN SEPTEMBER.** 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

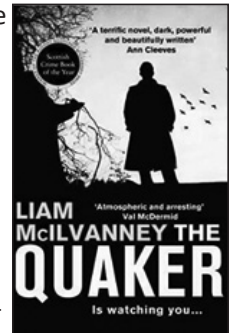
Carl Barton

SAGE Men's Drop-In meets every **Wednesday at 1:00pm**, temporarily now via Zoom because The Pride Center is closed to group meetings and gatherings because of the Covid-19 virus. So far, participation in our weekly Zoom meetings has been very successful, so tune-in every Wednesday at 1pm to hear what's going on with our members and share your experiences. One day soon, things will return, but it will be a new normal. 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. Thank you all for your continued support of our Zoom Drop-In meetings, and thank you **Jefy Gaines** for your superlative co-hosting. Please stay safe, and we hope to see you all again in person very soon!

#### SAGE BOOK DISCUSSION GROUP

Philip Collier

It is 1969 and Glasgow is in the grip of the worst winter in decades yet it is something else that has Glaswegians on edge: A serial killer is at large. The brutality of The Quaker's latest murder — a young woman snatched from a nightclub; her body dumped like trash in the back of a cold-water tenement has left the city trembling with fear. The assassin leaves no clues and the police investigation seems to be going nowhere. Duncan McCormick, a talented young detective from the Highlands, is brought into the investigation to identify where, exactly, it's gone wrong. An outsider with troubling secrets of his own, DI McCormack has few friends in his adopted city and a lot to prove. His arrival is met with anger and distrust by cops who are desperate to nail a suspect. When they identify a petty thief as the man seen leaving the building where the Quaker's last victim was found, they decide they've found their serial killer. But McCormack isn't convinced. From ruined backstreets, to deserted public parks, and down into the dark heart of Glasgow, McCormack follows a trail of secrets that will change the city—and his life—forever. Via Zoom, the SAGE Book Group will discuss **The Quaker**, by **Liam McIlvanney**, a Scottish Crime Book of the Year on **Saturday, August 8, from 11 AM to 12 noon.**



#### IN MEMORIAM

SAGE mourns the loss of **BILL RAFTERY**, who died on June 20, 2020. Bill, together with his partner, Paul Rock, were enthusiastic participants in many SAGE of South Florida events. SAGE extends our condolences to Paul and to Bill's children, relatives, friends, and acquaintances. We will miss you, Bill.





# 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).

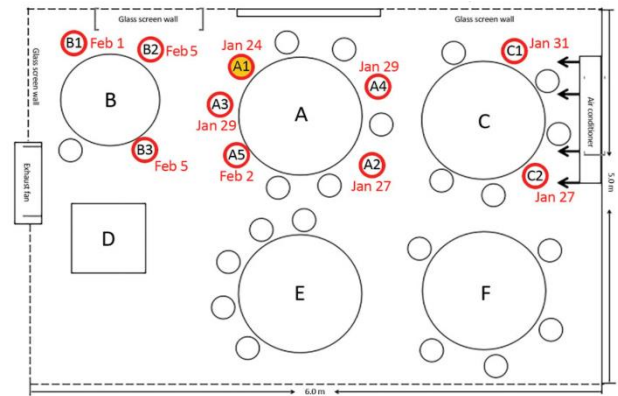
## Viral In—House vs. Viral Out—House

The reopening of restaurants and bars has many of us concerned. We know we are safer in the outdoor seating in an establishment (wide circulating air) but what about indoor tables for dining. We know to keep away from individuals who are symptomatic. Unfortunately, the virus can be spread by someone who does not have symptoms for up to five days. These examples are also for any type of respiratory virus as colds and the flu virus. My primary reference is Dr. Bromage’s article “The Risks - Know Them – Avoid.” Dr. Bromage is on the Faculty of the University of Massachusetts Dartmouth where he teaches courses in Immunology and Infectious disease



The amount of the virus released from an infected person changes over the course of infection and it is also different from person-to-person. Viral load generally builds up to the point where the person becomes symptomatic. So just prior to symptoms showing, you are releasing the most viruses into the environment. Interestingly, the data shows that just 20% of infected people are responsible for 99% of viral load that could potentially be released into the environment. Below is an experiment of someone coughing onto an agar petri dish with and without a mask. Notice the growth without a mask from the droplets spray.

The adjoining graph below is an example of a *single asymptomatic carrier* in a restaurant environment. The infected person (A1) sat at a table and had dinner with 9 *unmasked* friends. Dinner took about 1 to 1.5 hours. During this meal, the asymptomatic carrier released low-levels of the virus into the air from their breathing. Airflow (right side restaurant's various airflow vents) was from right to left. Approximately 50% of the people at the infected person's table became sick over the next 7 days. Also, 75% of the people on the adjacent downwind table became infected. Even 2 of the 7 people on the upwind table were infected (believed to happen by turbulent airflow). No one at tables E or F became infected, they were out of the main airflow from the air conditioner on the right to the exhaust fan on the left of the room. The dates they became symptomatic are next to the seat number.



I do not want to discourage you from going out for a nice meal. We need the physical presence of people from our isolation. We have to be careful and social distancing and masks are required. A suggestion is going for a late lunch or early dinner when the establishment is less crowded. Wear your mask at the table until the meal arrives and replace the mask afterward. Remember in a restaurant we do not know who is or not infected and unless you’re an engineer and know the current of the air flow. Fewer people in a well-ventilated place have a low risk of the contagion. Remember it is a viral dose and length of time of the exposure to become infected. We teach our nurses when HIV became wide spread that assume everyone is infected. Wash your hands (sanitizer) before eating. Your other options are takeout meals with friends and go to a picnic table in the park or fishing pier. Enjoy an “Out-House” (☺) meal but stay safe. Bon appétit for your “In-House” experience.

### References and Resources:

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them>

<https://quillette.com/2020/04/23/covid-19-superspreader-events-in-28-countries-critical-patterns-and-lessons/>

**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.**

