

The SAGE

The Newsletter of SAGE of South Florida

September 2020

SAGE of South Florida 26th Anniversary

Last year, at the luxurious Pelican Grand Beach Resort, SAGE of South Florida held a memorable and splendiferous celebration to commemorate 25 years of service to LGBTQ+ older adults. This year, due to current circumstances, the celebration of our 26th anniversary needs to be more subdued. But it will be just as memorable because SAGE of South Florida, to celebrate 26 years of service to our community, has made donations to the following organizations to assist those most in need during these unusual times:

- \$500 to Area Agency on Aging of Broward County
- \$500 to Feed South Florida
- \$500 to The Pantry of Broward
- \$500 to The Pride Center's School Supply Drive



SAGE of South Florida, in recognition of our 26 years of service, has received a generous grant from an area Foundation to use for the benefit of our members. Since the pandemic prevents us from presenting our usual full calendar of social and educational activities, the Board of Directors has decided to use the funds to make the following anniversary gift to our current members:

MEMBERSHIP DUES

**FOR THE PERIOD SEPTEMBER 1, 2020 THROUGH AUGUST 31, 2021
WILL BE SUSPENDED.**

We all look forward to the time when we can once again safely socialize in person, rather than through our computer screens. Maybe our 27th Anniversary will be the next party to remember?

New SAGE Co-Ed Drop-In Debuts

And, speaking of computer screens, SAGE of South Florida is proud to announce that our newest weekly video conferencing activity, **Co-Ed Drop-In**, has launched. The group meets each **THURSDAY** afternoon, **3pm to 4pm**, on the *Zoom* platform. KATHY MACCHIO and MICHAEL GAGNE are the co-hosts of this hour of upbeat discussion and lively conversation. Be sure to check your emails from SAGE for the weekly announcement and link to the meeting. EVERYONE IS WELCOME, SO LOG ON AND JOIN IN!



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
GINO	BRANDIMARTE	Sep-01	SUE	CHARRON	Sep-19
DAVID	GRIPP	Sep-01	JANE	KREINBERG	Sep-20
BOB	ADAMS	Sep-02	THOMAS W	MCGRAW	Sep-20
JERRY	ZYGMUNT	Sep-02	RAQUEL C	WHITE	Sep-20
JOEY	ANDREULA	Sep-04	CHARLES W (CHIP)	WINEY	Sep-21
ROGER	OSHEA	Sep-04	JOHN	AMOROSO	Sep-22
TERRY	WILLIAMS	Sep-04	NICK	CAPUTO	Sep-22
HAROLD	ATCHISON	Sep-05	CUBBY	CUNNINGHAM	Sep-22
REV ANNE	ATWELL	Sep-05	BILL	HEVERT	Sep-22
MARY	VASILIADES	Sep-05	MARC	FLANAGAN	Sep-24
PAUL M	SMITH	Sep-07	STEVE	FLEISCHMAN	Sep-25
JACK	ALMELEH	Sep-09	MICHAEL	GARCIA	Sep-25
INEZ	PASHER	Sep-10	DEB	MCNERNEY	Sep-25
KENNETH M	MOORE	Sep-15	SUSAN	ADELMAN	Sep-26
ANTONIO	BARDELLI	Sep-16	VINCE	BEACHLEY	Sep-26
JOAN	HILL	Sep-17	MICHAEL	VITA	Sep-29
CLAYTON	RANEY	Sep-18	FRANK W	BILANCIA	Sep-30
BRUCE	WATTS	Sep-18	NORMA	WINGO	Sep-30

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 – 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 September. 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!

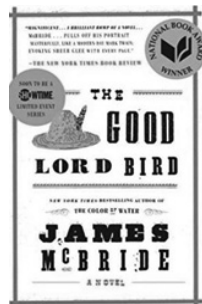
THE ROUND TABLE

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**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for September 14th is **Windsurfing**, presented by **Paul McNamara**: *Windsurfing (also known as sailboarding) is a sport that combines elements of both surfing and sailing. For over twenty-five years, Paul was an avid windsurfer who traveled to some exotic sailing destinations seeking the winds necessary to fulfill this obsessive passion. He'll discuss some of the technical aspects of windsurfing and share stories from some of the world's best windsurfing locations. Tales of the adventures of other former (or current) sailors will be encouraged.* The topic scheduled for September 28th is **To Mask or Not to Mask, That is the Question: Whether 'Tis Nobler to Mask and be Considerate of Thy Neighbor, or Not to Mask and Say, 'It Is What It Is?'**, presented by **Michael Vita**. 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

Philip Collier

"I was born a colored man and don't you forget it," announces Henry Shackleford in the opening pages of musician and author **James McBride's** novel, **The Good Lord Bird**. A manuscript supposedly discovered after a church fire cleanup, offers the first-person account of Henry, a young slave living in the Kansas Territories in 1857, as he becomes involved – reluctantly – with the anti-slavery forces led by John Brown. Brown, who was considered a hero to some and a terrorist to others, led the ill-fated Harper's Ferry raid that kick-started the Civil War. Following a violent confrontation at his master's tavern, Henry rather unwillingly joins John Brown's anti-slavery crusade. The child is deemed a good luck charm by Brown and his followers, who rename him "the Onion." Onion exploits his petite size for a gender reassignment: Already a motherless boy when he first encounters Brown, he becomes an orphan girl by the time he is kidnapped hours later. The switch is immediately accepted by all the whites he encounters – and yet Black women, in particular, can immediately detect his ruse. A mashup of history, fiction and comedy, the SAGE Book Group will discuss the book **via Zoom on Saturday, September 14th, from 11am to Noon**.



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 via Zoom online or by phone. Each week an eblast is sent with the meeting ID and the Password. So far, the attendance at the weekly Zoom meetings has been very successful, so tune-in every Wednesday at 1pm to hear what's going on with our members and guests who share their activities and events. Some of our participants are Zooming from Kentucky, Missouri and Vermont! Hopefully, we will soon return to a new normal. Watch your inbox for all updates through our SAGE eblasts and notifications. Thank you all for your continued support of our Zoom Drop-In meetings, and thank you **Jefy Gaines** for a great job co-hosting. Please stay safe, and we hope to see you all again in person very soon!

IN MEMORIAM

SAGE mourns the loss of **ED ULLMANN, JR.**, age 81, who passed on Saturday, August 8, 2020. He is survived by his loving husband of 12 years **Harold Atchinson**. Ed grew up in Hampton Bays, New York. He was a Psychotherapist Social Worker. Ed and Harold relocated to South Florida over twenty years ago. SAGE extends its condolences to Ed's relatives, friends, and acquaintances.





SAGE Health Tips

Gene Majka, APRN

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

Back da Vac

What is a vaccine?

Vaccines have the same bacteria or virus (germs) as the transmitting disease BUT they are killed or weakened so they do not give you the disease. A vaccine stimulates your immune system to produce antibodies. So, if you are exposed to that bacteria or virus the antibodies will kill the active germ and you will not get the disease.

Types of Vaccines

- ▶ **Live attenuated (weakened) vaccine** - this vaccine produces the disease BUT without the symptoms (asymptomatic) and the immune system response is similar to the body's natural defenses without causing the illness. Examples are: measles, mumps, rubella (MMR combined vaccine) Chickenpox and Yellow fever.
- ▶ **Inactivated (Dead) vaccines** – The disease germ is kaput BUT this vaccine does not give as much protection as the live vaccine. Most of them require several doses to obtain the power to give you immunity to the disease. Examples are Hepatitis A, Flu & Polio (only the shot) and Rabies.
- ▶ **Subunit, recombinant, polysaccharide, and conjugate vaccines** – WOW! That is a lot of unfamiliar terms. Simply stated scientists take a piece of the germ as a protein, sugar or casing around the germ and create a vaccine. Your immune system will then have a strong response to the exposure of the disease. This vaccine can be given to individuals with weakened Immune systems (HIV, Cancer) and those with long term health problems. This vaccine may require booster shots. Examples are: Hib (Haemophilus influenza type b) disease; Hepatitis B; HPV (Human papillomavirus); Whooping cough; Pneumococcal (lung) disease; Meningococcal (brain & spinal) disease and Shingles.
- ▶ **Toxoid vaccines** – use a harmful product of the germ for the vaccine. This creates immunity to the parts of the germ that causes a disease instead of the germ itself. You will need a booster shot every 10 years for ongoing protection. Examples are: Diphtheria and Tetanus.

Research

- ▶ **DNA Vaccines** – stimulates your immune system with an infectious part of the germ that does not cause the disease but exposure to the disease will be neutralized.
- ▶ **Recombinant vector vaccines (platform-based vaccines)** - act as a natural infection, so they're especially good at teaching the immune system how to fight germs.
- ▶ **Genetically engineered vaccines** - This type of vaccine uses genetically engineered RNA or DNA (parts of your cells) that have instructions for making copies of a specific protein. These copies prompt an immune response to the virus. This approach means no infectious virus needs to be handled. While genetically engineered vaccines are in the works, none have been licensed for human use.

COVID 19

Researchers are trying to develop a COVID 19 vaccine using all the different types but it still is a very difficult task. Viruses can mutate quickly, which could potentially make any cure or vaccine obsolete over time.

Stages of Vaccine Development

The general stages of the development cycle of a vaccine are:

Exploratory stage

Pre-clinical stage

Clinical development

Regulatory review and approval

Manufacturing

Quality control

Clinical development is a three-phase process. During Phase I, small groups of people (20-80 people over several months) receive the trial vaccine. In Phase II, the clinical study is expanded and the vaccine is given to people (hundreds over months and years) who have characteristics (such as age and physical health) similar to those for whom the new vaccine is intended. In Phase III, the vaccine is given to thousands of people (currently 3000 over years) and tested for efficacy and safety. This lengthy process is being rushed but safety has to be the first priority.

Meantime

Please protect yourself. Wear your mask, wash your hands and limit your exposure to others. So, please **Back da Vac** that vaccines are safe and do not cause other diseases like Autism, etc.

References and Resources:

- https://www.huffpost.com/entry/vaccines-fraud_b_6631132
- <https://www.cdc.gov/vaccines/vpd/vpd-vac-basics.html>
- <https://www.historyofvaccines.org/content/types-vaccines>
- <https://www.vaccines.gov/basics/types>
- <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vaccine/art-20484859>
- <https://www.cdc.gov/vaccines/basics/test-approve.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, and Martin Horowitz, MD.

