

The SAGE

The Newsletter of SAGE of South Florida

March 2021

THANK YOU!

This year, SAGE of South Florida celebrates 27 years of providing social and educational activities to enrich the lives of GLBTQ seniors in South Florida. We honor the men and women who have given so much of themselves to build the thriving and vital organization that is our SAGE.

Now, on behalf of the members of SAGE of South Florida, it is time to thank all the donors listed below who generously contributed to the economic well-being of our organization during 2020. Your financial support of our SAGE allows us to continue our mission of enriching the lives of the senior members of our community.

We all will remember 2020 as one of the most challenging years of our lives. The social and economic impact of the pandemic will not be soon forgotten. But we have, and will, endure and survive, and be stronger for it. And, thanks to the tremendous magnanimity of the Alexander Foundation, SAGE helped our members through these trying times by suspending membership dues for a one-year period.

SAGE Donors – 2020

Alexander Foundation – Bears of South Florida – Judith Bowling

Community Foundation of Broward – Martin Horowitz – Imperial Sun Empire

Ed Kane – Julio Manzi – Roger O’Shea – Donald Schultz

Ron Seidle – Stephen Thayer – Tony Tsagris

Lawrence Vanbuskirk – VYUHA, Inc. – Terry Williams

Recognition is also due to those who volunteered their time and talent to continue certain SAGE activities and events during the 2020 COVID-19 crisis: Group facilitators **Jean Arthurton, Carl Barton, Philip Collier, Michael Gagne, Jefy Gaines, Kathy Macchio, Gene Majka, and Frank Piasecki**; Zoom techies **Gene Majka and Paul McNamara**; SAGE Webmaster **Ron Wudarsky**; and **Michael Gagne, Jefy Gaines, Kathy Macchio, Gene Majka, Ed Slough, and Michael Vita** for spreading the word and engaging, and socializing with SAGE members and others in the community. To them and those SAGE members who attend and support our online activities - thank you all!

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 @ sagesof@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
LORI	AZA	Mar-05	RICHARD	GILMER	Mar-17
LAWRENCE H	BARTELSEN	Mar-06	EILEEN M	LANCELLA	Mar-18
LOUIS	MESSINA	Mar-11	KATHY	MACCHIO	Mar-18
RICHARD	CALVIN	Mar-12	PAUL	ROCK	Mar-19
KEN	RUTHERFORD	Mar-14	BILL	BASIST	Mar-26
NORMAN	SCHRIER	Mar-15	PAUL	WENEGRAT	Mar-28
JONATHAN	CHAPMAN	Mar-17	NORMAN	PETERS	Mar-29

5 Year Anniversaries

SAALIK CUEVAS, ROLAND LAPERLE, MARK SCHWARTZWALD, BILL WOLFOLK

15 Year Anniversaries

RONALD SEIDLE

10 Year Anniversaries

ANN GOWEN, BARBARA L SAHAMI

20 Year Anniversaries

CUBBY CUNNINGHAM, RAQUEL C WHITE

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

VOLUNTEERS

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

Email to Editor: sagesof@gmail.com
 Attn: Editor

Website: www.sagewebsite.org
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 Oakland Park, FL 33307

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 March. 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 **March 8th** is **Being Gay and Childless** presented by **Toby Johnston**: Although many gays and lesbians do become parents, a majority are childless. Childlessness can dramatically affect your view of the world and the future, as well as have a profound influence on your overall life experiences. Toby will lead a discussion about the emotional, psychological and spiritual consequences of having or not having offspring. Some recommended background reading will be included with the Zoom invitation. The topic scheduled for March 22nd is **Skiing Made Easy (or How to Quickly Lose Your Life!)** presented by **Doug Kent**: Doug has been a recreational alpine skier for over 29 years. He will review the history of downhill skiing and discuss some of the physics involved. Doug will also explain how the mountain and weather conditions can affect skiing and he'll display some of the equipment he uses. His presentation will include some informative videos. 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

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**, right now via Zoom online or by phone. **Captain Carl** and I, **Jefy Gaines**, are your



hosts. Staying active at our age is very important and SAGE has stepped up to the plate by providing its members dozens of Zoom meetings during this global pandemic. I personally really like the medium – no driving, no hassles; just click the link or call in on your phone and you're there. We continue to meet and have fun together. We share our thoughts, activities, current events, announcements, and pose questions. The format remains the same as when we met in person. We go around the group and everyone has an opportunity, if they choose, to share whatever they want about their health, family, vacations, entertainments, eating out. After everyone has had the opportunity to share, we have open discussions, cross talk, and what I call "schmoozing." All subjects are open for discussion, and we end the meeting with a little surprise. If I told you what it was, it wouldn't be a surprise. Each week before the meeting we send an eblast with the meeting ID and the Password, so, click the link every Wednesday afternoon at 1pm and join us for some fun!

SAGE BOOK DISCUSSION GROUP



In the Finger Lakes region of New York State, on the private grounds of an Episcopal Church retreat facility, there was an annual, week-long, intensive workshop focusing on human sexuality that, for over 30 years, dramatically impacted the lives of hundreds of everyday people. **Brian McNaught's** novel – **"SEX CAMP"** – is a lighthearted fictional account of these gatherings presented as dialog between 32 participants who are representative of many who once attended. Over

the course of the week and with input from professional sex educators, the "campers" – among them a nun, an "ex-gay" man, a cross-dressing heterosexual church organist, a 'queer' activist, a homophobic Planned Parenthood educator and two football coaches – discuss an assortment of intimate issues that include body image, gender identity, sexual orientation, sexual abuse and theology. As the story progresses, each individual also endeavors to tell the group of their own personal experiences focusing on the four or five most important events in their lives, good or bad, that influenced their sexuality the most. In due course, individuals not only learn about each other but also find themselves coming face-to-face with their own sexual history – histories that include trauma, secrecy and ignorance. Although there is conflict and argument, a growing familiarity and acceptance of each other lead to changes in the group's dynamic and new insights arise that allow for a shift in attitudes on some sexual matters. Almost everyone goes home changed – that is, if they make it through the week. The author – who is additionally a character in the book's narrative – will be joining the Sage Book Group during the second half of its discussion via Zoom on **Saturday, March 13 from 11am to 12 noon**. Brian McNaught is a sexuality educator, corporate speaker and author whose primary focus is on issues facing gay, lesbian, bisexual and transgender people. His books include: *On Being Gay: Thoughts on Family, Faith and Love*; *Now That I'm Out, What Do I Do?*; *Gay Issues in the Workplace* and *Are You Guys Brothers?* He and his husband, Ray Struble, live in Fort Lauderdale and in Tupper Lake, NY.



SAGE Health Tips

Gene Majka, APRN

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

DEEP DOWN LOWS

March will be one year that we are struggling with this pandemic. I and (I think) many others are tired of our limited daily routine and are hoping to get back to our normal routine. SAGE has given us many outlets to connect to such as Zoom meetings, small groups of members going out to eat, and our first Hybrid Zoom meetings on Mondays. We are still not moving around and intermingling and this can give us a deep-down low aka depression. CDC Notes

DEPRESSION and COVID-19

Depression is a common problem among older adults, but it is NOT a normal part of aging. Research has shown most older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes that happen as we get older, such as a pandemic, may cause feelings of uneasiness, stress, and sadness. The COVID-19 pandemic may make people feel anxious, scared, or depressed. Physical distancing guidelines and travel restrictions can also cause people to feel isolated or lonely. Taking care of your mental health is important.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

HEALTHY WAYS TO COPE WITH STRESS

- 1. Take breaks from watching, reading, or listening to (ESPECIALLY) news stories.** This morning at 11am, I started to get very sleepy working on the computer. I could have crawled into bed easily but I got up and did some chores around the house – laundry, watering my plants – and I felt re-energized and now I am writing this column. You really have to push yourself to get going nowadays. I love sitting with my dog at Anglin's Pier at the end of Commercial Boulevard, listening to the ocean and people watching.
- 2. Plan your week on Sunday.** Go to lunch with a friend in the non-busy hours, or get take-out food and go to a park. Take a drive. I am going with a friend this week down to Homestead (leave at 10am and return before 3pm to avoid Turnpike traffic) and get some of those yummy Penn Dutch cinnamon rolls at Knaus Berry Farm, 15980 SW 248th Street, Homestead (Closed on Sunday). Visit the Miami Zoo on a weekday; go and walk the malls before noon; museums are open; or ice cream (hmmmm blueberry) at Jaxon's in Dania Beach. If you have a dog (or not) go up to Jupiter Beach where pets are welcome. Take a day trip with friends to Naples, or Key Largo. Just get up and GO.
- 3. Take care of your body.** Take deep breaths, stretch, or meditate. Plan to eat healthy, well-balanced meals, exercise (THAT word again) regularly, get plenty of sleep and avoid excessive alcohol, tobacco, and substance use.

HELP

If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress/depression gets in the way of your daily activities for several days in a row. Play safe, get your vaccinations, wear your mask, keep your distance and go out enjoy life once again.

References and Resources:

Depression and Older Adults: <https://www.nia.nih.gov/health/depression-and-older-adults>

Coping with Stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Depression in the Elderly: <https://www.webmd.com/depression/guide/depression-elderly#1>

Recognizing and treating depression in the elderly: https://www.health.harvard.edu/newsletter_article/Recognizing_and_treating_depression_in_the_elderly

U.S. Department of Health & Human Services Substance Abuse and Mental Health Administration, National FREE Helpline – 1-800-662-HELP (4357) Open 24/7 365: <https://www.samhsa.gov/find-help/national-helpline>

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 (who suggested this topic), and Martin Horowitz, MD.

SAGE ON THE BORDER (SOBA) Hybrid Meeting



Photos contributed by Gene Majka

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

Applications are being accepted now through May 31, 2021. The scholarship is open to applicants who are either children, grandchildren, or great-grandchildren of current SAGE of South Florida member and are either graduating high school students or current college students pursuing attendance at an accredited, non-profit college or university in the United States. Two \$1,500 scholarships will be awarded. Further information and the application can be found on the SAGE website (www.sagewebsite.org).

SAGE ANNUAL MEETING – VIA ZOOM

Sunday, April 11, 2021 at 2:00pm

See Next Month's Newsletter for More Details!

SAGE of South Florida
Financial Report for Fiscal Year Ending December 31, 2020

	2020 Budget	YTD Actual	Variance Over/Under Budget	
REVENUE:				NOTES TO FINANCIALS:
Contributions (1)	10,850	70,950	60,100	(1) Contributions from Members, Community Partners, and Bequests.
Membership Dues	11,000	5,255	(5,745)	
Interest Income (2)	3,300	3,109	(191)	(2) Interest Income derived from SAGE's Edward Jones Investment Account
Miscellaneous Revenue	0	131	131	
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TOTAL REVENUE	25,150	79,445	54,295	(3) Monthly Newsletter costs include printing and envelopes.
EXPENSES:				(4) Office supplies include office operation, telephone, computer software/hardware and website expense.
Insurance	1,450	1,462	12	(5) Postage includes office mailings, membership mailings and monthly newsletter.
Newsletter (3)	6,400	3,060	(3,340)	(6) Rental costs include office space that SAGE maintains at The Pride Center and off-site storage unit.
Office Supplies (4)	2,300	2,750	450	(7) Community Activities include SAGE sponsored Concerts, Events held at The Pride Center, Educational Forums and Donations to local Charitable Organizations.
Postage (5)	1,500	1,693	193	(8) SAGE Social and Educational Activities generated Revenue of \$3,788 and Expenses of \$4,789 resulting in a Deficit of \$(1,001).
Rent (6)	7,400	7,383	(17)	
Community Activities (7)	3,000	7,262	4,262	
Miscellaneous Expense	100	70	(30)	
Special Event Costs (8)	3,000	1,001	(1,999)	
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TOTAL EXPENSE	25,150	24,681	(469)	
		=====		
NET REVENUE/(EXPENSE)		54,764		

IN MEMORIAM



SAGE of South Florida mourns the loss of **MICHAEL CARMADO**. Michael, a member of SAGE since 2012, died November 22, 2020 at 90 years of age. He was born August 21, 1929 in Newport, Kentucky and moved with his family to Syracuse, New York. After serving in the Korean War, he worked for the Federal government and moved to Pompano Beach after retiring. He loved spending summer and fall in New York with his family and enjoyed his travels to Italy to visit relatives. He was an avid reader and regular participant in the SAGE Book Group. He is survived by three nieces, three great-nieces, and several cousins. Michael will be remembered for his kindness, generosity, selflessness and love of his family. Our condolences to Michael's family and many friends.

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

