

# The SAGE

The Newsletter of SAGE of South Florida

April 2021

## SAGE 27<sup>th</sup> Annual Meeting Online

Last year, when the pandemic began to erupt, SAGE of South Florida's 26<sup>th</sup> Annual Meeting at Tropical Acres Steakhouse had to be canceled. One year later circumstances dictate that, again, we are unable to meet in person. This year, however, with the ubiquity of online meetings and the proficiency many of us have developed navigating those meetings, we have decided to hold **SAGE of South Florida's 27<sup>th</sup> Annual Meeting at 2pm, Sunday, April 11, 2021, live on Zoom.**

Beginning with the first annual meeting held on March 5, 1995, we use this occasion to reflect on what SAGE has achieved in the preceding year and to acknowledge those who have demonstrated particular contributions to SAGE and the community at large. The recipients of this year's awards will be:

**John Gearrity Donor Award – Leslie L. Alexander Foundation**  
**Volunteer of the Year Award – Paul McNamara**

At the meeting, we also will formally recognize those SAGE members who have been with us since our beginning in 1994. Those founding members are:

**Joyce Edelson • Marc Flanagan • Richard Rogers • Joel Tendler • Norma Wingo • Jerry Zygmunt**

Every January, at the Milestone Birthday Celebration, SAGE salutes members who have marked a memorable birthday in the preceding year. Since this year's event was canceled, we will pay tribute to the following "Milestone" of 2020 at the Annual Meeting:

**Dominic Bisignano (90) • Rex Coston (98) • Joyce Edelson (90) • Don Mitchell (80)**  
**Joel Rubin (80) • Herb Slomowitz (92) • Michael Vita (80)**

And, finally, the election of the Board of Directors for the upcoming term will be held at the Annual Meeting. The candidates for the Board are:

**Carl Barton • John Chandler • Allen Churchman • Jefy Gaines**  
**Ken Goodman • Marilyn Lamkay • Lee Lawson • Kathy Macchio • Paul McNamara**  
**Sal Orlando • Lisa Peters • Patrick S. Vida • Michael Vita**

If you haven't already done so, please complete the registration form previously sent to you and return it before Wednesday, April 7, 2021, to receive the Zoom link for the meeting. All registrants will be eligible for a \$25 Publix Gift Card drawing to be held at the meeting. The number of participants is limited to 75 persons. A replacement registration form is available at our website: [www.sagewebsite.org](http://www.sagewebsite.org).



**SAGE (Seniors Active in a Gay Environment)**  
**of South Florida**

**Celebrating 27 Years (1994-2021)**

## 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
PAMELA	LARSEN	Apr-02	LOUIS	SEAGULL	Apr-14
RONALD	SEIDLE	Apr-02	PETER	CHARLTON	Apr-15
BRUCE T	WILLIAMS	Apr-02	JOHN	CHANDLER	Apr-16
JAMES V	FICKE	Apr-06	MD	HUSSAIN	Apr-17
RICHARD	BYRD	Apr-07	FRANK W	CAVANAUGH	Apr-20
MARTIN	HOROWITZ	Apr-08	MICHAEL	KELLER	Apr-21
JEAN	JOHNSON	Apr-09	ELAINE "MICKI"	MURPHY	Apr-21
JOHN	GAMBINO	Apr-13	ED	KANE	Apr-22
ELIOT H	COHEN	Apr-14	DAVID	GILMORE	Apr-25
JANYCE	FORSTER	Apr-14			

### 5 Year Anniversaries

GENE MAJKA, MIKE PETERSON, PAUL ROCK, BILL SORN

### 15 Year Anniversaries

BOB ADAMS

### 10 Year Anniversaries

LEE G. LAWSON

*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  
 Lisa Peters

### 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.

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 Attn: Editor

**Website:** [www.sagewebsite.org](http://www.sagewebsite.org)  
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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 April. 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 **April 12th** is **Memories of an AIDS Pioneer: Grief, Pain, Humor, Anger, Hope Defiance and Love** presented by **Ken South, M. Div.**: *Starting in 1983 in Hartford, Connecticut, Ken found himself on the front lines of the AIDS epidemic. He will present a series of short stories describing some of his experiences during the crisis. Ken will also discuss the current status of prevention attitudes of older gay men.* The topic scheduled for April 26th is **Identifying Cognitive Bias** presented by **Paul McNamara**: *How we look at the world and make decisions about the ways we live our lives can be profoundly affected by any of several identifiable cognitive biases. Before we even have a chance to notice it, our brains can create their own "subjective reality". We'll discuss thirteen common cognitive biases, each beginning with the letter "c".* 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 (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**, right now via Zoom online or by

phone. **Captain Carl** and I, **Jefy Gaines**, are your hosts and thanks to Zoom, we can stay active. Staying active at our age is vital for good health. SAGE has provided us with many Zoom activities almost every day of the week, and sometimes more than one activity per day: Just click the link or call on your phone. At the Wednesday Men's Drop-In, we share our thoughts, activities, current events, and announcements. Everyone has an opportunity, if they choose, to share whatever they want about health, family, vacations, entertainment, or eating out. After everyone has had the opportunity to share, we have open discussions and some "schmoozing". We end the meeting with a little surprise. Spoiler alert: The surprise is – we tell a few jokes. So, click the link every Wednesday afternoon at 1pm and join us for some fun.

#### SAGE BOOK DISCUSSION GROUP



When university student Ludwik meets Janusz at a summer agricultural camp, he is fascinated yet wary of this handsome, care-free stranger, but a chance meeting by the river soon leads to an intense, exhilarating, and all-consuming affair. After their camp duties are fulfilled, the pair spend a dream-like few weeks camping in the countryside as they bond over an illicit copy of **James**

**Baldwin's Giovanni's Room**. While inhabiting this beautiful natural world far removed from society and its constraints, Ludwik and Janusz fall deeply in love; but the passion they share is utterly unthinkable in their repressive communist and Catholic society. Once they return to Warsaw, the charismatic Janusz quickly rises in the political ranks of the party and is rewarded with a highly-coveted position in the ministry. Unable to ignore rising food prices and the stark economic disparity around them, Ludwik is instead drawn toward impulsive acts of protest. Their secret love and personal and political differences slowly begin to tear them apart as both men struggle to survive in a regime on the brink of collapse. Shifting from the intoxication of first love to the quiet melancholy of growing up and growing apart – **Swimming in the Dark**, by **Tomasz Jedrowski** — is a potent blend of romance, post-war politics, intrigue, and history. The SAGE Book Group will discuss the novel – named "A Best Book of 2020" by NPR – via Zoom on **Saturday, April 10, 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](mailto:sagesofl@gmail.com).

### Get da Right Vac Facts, Jack!

OY! So, why the OY!? Vaccine **misinformation** is floating around like oxygen. Recently, someone emailed post-vaccine facts and the source was **National Geographic**. Granted, **National Geographic** is a reputable organization about geography but I would not say it was about medical science. This article did not even have a listed author. We have to be careful of what and where we read information. This is not easy because we want information and want to tell loved ones. People will believe a complete stranger's word of mouth information more than their medical professionals' and then relate this misinformation to others. Medical professionals know, after their many years of education and experience, that the most difficult people to give medical information is to?????? their parents. Parents see them as "little Gene" not "Nurse Gene." My mother would never listen to me and subsequently lost both her legs due to diabetes. OY!

So, whom do you trust? Reputable science professionals in this pandemic are our most trusted resource and they are at The Center for Disease Control and Prevention (CDC). Are they infallible? No, but they will correct themselves with scientifically researched facts. We have to trust them. The news media's goal is to give you up-to-the-minute information but it is not always correct. They are out to make money and they want your viewership, enticing you with misleading headlines. The news commercials are always using the words TRUST US and WE are with you. NOT SO. I will not say anything about politicians, especially Governors.

The CDC recommends the Immunization Action Coalition approach for evaluating online health information:

- Who is writing the information online? Wikipedia is NOT reliable. Why? Anyone can change the information.
- Check the "About Us" section. Who is promoting the site?
- Is an original information source stated? if not, is it plagiarism?
- Peer-reviewed – have similar health professionals reviewed this information?
- Check the information date. Is it recent? The pandemic information can change in a very short period of time.
- If asked, never reply with personal information such as birthdate, medical history and social security number.

You can also use the time-tested journalism guide to writing and evaluating. Did the article answer the following: "who," "what," "where," when," "why" and "how"? It just takes a little time to check what you are reading before disseminating it to others.

I hope you have received your vaccination and if not, you are trying to obtain an appointment. It will get easier with another vaccine and more organization in distribution. Once you are vaccinated the CDC still recommends the following until they announce it is safe to stop:

Wear a mask over your nose and mouth  
 Stay at least 6 feet away from others  
 Avoid crowds  
 Avoid poorly ventilated spaces  
 Wash your hands often.

Please do not listen to politicians but, rather, listen to science professionals. Stay safe and properly informed. Someone told me a great idea is to take a phone picture of your Vac Card. Wallets are lost or stolen but your phone information is always saved somewhere for easy access.

**Get the correct facts, Jack! (or Jill) No hill.  
(I miss serving you at Lunch & Learn)**

#### References and Resources:

Myths and Facts about COVID-19 Vaccines. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>  
 After Vaccination Information <https://www.sahealth.sa.gov.au/wps/wcm/connect/2ce054004bd1585e80a5adeb3852325e/18009+3+After+vaccine+slip+final+.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-2ce054004bd1585e80a5adeb3852325e-niQ34Dc>  
 Benefits of Getting a COVID-19 Vaccine <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.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.**

### 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)

### IN MEMORIAM

SAGE of South Florida mourns the loss of FRANK W. BILANCIA, who died on March 7, 2021, at 80 years of age. Frank worked many years as an educator in Iowa before moving to South Florida. Frank was an enthusiastic participant at many SAGE events, where he occasionally had the opportunity to display his virtuosity at the piano. He will be remembered for his friendly, kind demeanor. His wife, Pamella, predeceased him. Our condolences to Frank's sisters, other family members, and his many friends.

