

# The SAGE

The Newsletter of SAGE of South Florida

September 2021

## SAGE of South Florida 27<sup>th</sup> Anniversary

Last year's 26th Anniversary Celebration was canceled due to the COVID pandemic. We decided to celebrate our years of service to the community by making donations to community organizations committed to assisting those in need during such precarious times. When the pandemic continued without abating, we continued our community support through this year by donating to the following organizations:



- \$1,000 to Our Fund/Justin Flippen Scholarship
- \$1,000 to Feeding South Florida
- \$1,000 to Fort Lauderdale Pride
- \$1,000 to The Pride Center's School Supply Drive

What's more, we established an annual SAGE scholarship program to reward individuals who have engaged with and served our community, and an Emergency Fund to assist elders experiencing unexpected financial hardship.

We are proud to announce that SAGE of South Florida, in recognition of our 27 years of community service, has once again received a generous grant from an area Foundation to use for the benefit of our members. Last year, acknowledging that the pandemic prevented us from presenting our usual full calendar of in-person social and educational activities, we used the funds to suspend membership dues for existing members. This allowed our members to automatically renew their membership without payment of dues. As a 27<sup>th</sup> anniversary gift to our loyal members, the Board of Directors has decided once again to use the funds to suspend dues payment by existing members for a one-year period.

### MEMBERSHIP DUES WILL BE SUSPENDED FROM SEPTEMBER 1, 2021 THROUGH AUGUST 31, 2022.

For our members who are comfortable socializing in-person, we have planned a 27th Anniversary Celebration for Sunday, September 26, 2021, 6:00pm, at Café Vico, 1125 North Federal Highway in Fort Lauderdale. Please consult the enclosed flyer for more information. Reservation deadline is 1PM Wednesday, September 22, 2021.

#### CARL M. GALLI "LEADERS OF TOMORROW" SCHOLARSHIPS AWARDED

The recipients of the Carl M. Galli "Leaders of Tomorrow" Scholarship program have been selected. A \$1,500 scholarship has been awarded to MARY TVRDIK, granddaughter of SAGE member GENE BUNGE, who will be entering her senior year at the University of Nebraska – Lincoln; and a \$1,500 scholarship has been awarded to TARYN PETERS, daughter of SAGE member LISA PETERS, who will begin her studies for a Master's degree at the University of St. Augustine – Miami Campus. Mary and Taryn are the first two recipients of the scholarship program which was established this year to honor the memory of the late Carl M. Galli, President Emeritus of SAGE of South Florida. *Please turn to Page 3 to learn more about the recipients.*

## 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	Sept-01	SUE	CHARRON	Sept-19
DAVID	GRIPP	Sept-01	JANE	KREINBERG	Sept-20
BOB	ADAMS	Sept-02	THOMAS	MCGRAW	Sept-20
JERRY	ZYGMUNT	Sept-02	RAQUEL	WHITE	Sept-20
JOEY	ANDREULA	Sept-04	CHARLES (CHIP)	WINEY	Sept-21
ROGER	O' SHEA	Sept-04	JOHN	AMOROSO	Sept-22
TERRY	WILLIAMS	Sept-04	NICK	CAPUTO	Sept-22
HAROLD	ATCHISON	Sept-05	CUBBY	CUNNINGHAM	Sept-22
MARY	VASILIADES	Sept-05	BILL	HEVERT	Sept-22
JOE	MARTIN	Sept-06	MARC	FLANAGAN	Sept-24
PAUL	SMITH	Sept-07	STEVE	FLEISCHMAN	Sept-25
JACK	ALMELEH	Sept-09	MICHAEL	GARCIA	Sept-25
INEZ	PASHER	Sept-10	DEB	MCNERNEY	Sept-25
KENNETH	MOORE	Sept-15	SUSAN	ADELMAN	Sept-26
ANTONIO	BARDELLI	Sept-16	VINCE	BEACHLEY	Sept-26
JOAN	HILL	Sept-17	JERRY	JENSEN	Sept-27
CLAYTON	RANEY	Sept-18	MICHAEL	VITA	Sept-29
BRUCE	WATTS	Sept-18	NORMA	WINGO	Sept-30

### 15 Year Anniversaries

KENNETH MOORE

### New Members

GENE BUNGE, DAVID HEIKKILA, JERRY JENSEN, VINCENT ZACCAGNINO

*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

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

### VOLUNTEERS

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

### Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATRO – 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 – JEAN JOHNSON – 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 – NORMA WINGO

**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:** [sagesofl@gmail.com](mailto:sagesofl@gmail.com)  
Attn: Editor

**Website:** [www.sagewebsite.org](http://www.sagewebsite.org)  
**Facebook:** [www.facebook.com/SageOfSouthFloridaInc](http://www.facebook.com/SageOfSouthFloridaInc)

**Mailing Address:** SAGE of South Florida  
PO Box 70516  
Oakland Park, FL 33307

Contents Copyright © 2021 SAGE of South Florida, Inc. All Rights Reserved (Except excerpts, under their own protections).

Celebrating over 27 years of service to our community

SAGE Message Line - 954.634.7219 - [www.sagewebsite.org](http://www.sagewebsite.org)

## 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 Lunch & Learn**; **See You at the Movies** and **SAGE/Prime Gentlemen Movie** 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 **September 13th** is ***A Gay Perspective on Spirituality and Religion***, presented by Toby Johnson. *Toby is the author of ten books that deal with aspects of gay consciousness and he was formerly the editor of the quarterly White Crane Journal. He will discuss his idea that being gay potentially imbues us with a talent for seeing life and human culture as an outsider, from over and above. Toby also believes that being gay may provide us with a "higher consciousness" of the nature of life, religion, and "God."* The topic scheduled for **September 27th** is ***Climate Change Solutions and Sustainable Development***, presented by Ed Slough. *Our planet is currently facing severe environmental threats while at the same time the needs and wants of a growing population are further stressing the earth's finite resources. Sustainable development is meant to meet the needs of the present without compromising the ability of future generations to meet their own needs. Ed will lead a discussion on how the goals of sustainable development can be achieved.* 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.



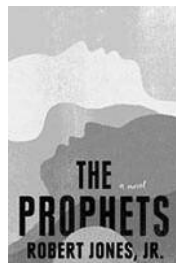
#### SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

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.** Everyone is welcome.

#### SAGE BOOK DISCUSSION GROUP



**Robert Jones, Jr.**, debut novel, ***The Prophets***, tells the story of Samuel and Isaiah, two Black boys enslaved on an American plantation who have grown up together so closely that as adults they have become lovers. Theirs is a breathtaking bond of love, one in which they can share quiet joys amidst the brutality of their everyday existence. But their love fails to escape the scrutiny of others, namely the plantation owner who would have them 'breed' for him and another enslaved man named Amos, who is committed to bringing the word of God to the plantation for complicated reasons of his own. The consequences wrought by the refusal of Samuel and Isaiah to bow to the whims of those who would subdue them come to be felt by all on the plantation in many lingering ways. What's remarkable about Robert Jones, Jr.'s novel is found in the way that it unearths rare moments of joy and sets them alight against the backdrop of racist cruelty on the plantation (known to the slaves as Empty). The triumphant defiance of Samuel and Isaiah's love feels all the more radiant given the inevitable pain that you know they will suffer later. But this book doesn't linger unduly on the pain of the enslaved – there is hope to be found in this story. *The Prophets* also brings together a magnificent cast of characters beyond Samuel and Isaiah, from the enslaved to their ancestors, as well as the voices of seven prophets speaking from beyond the grave to guide them. The blending of their stories allows the novel to cast off the voice of the traditional historical novel for one that speaks to the body of work set down by Black writers such as Toni Morrison, James Baldwin, and Zora Neale Hurston. The SAGE Book Group will have the pleasure of discussing this instant NY Times bestseller via **Zoom on Saturday, September 11, from 11 AM to 12 noon.**

#### SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio



Ladies of SAGE, may we have your ATTENTION PLEASE! Come to the Co-Ed Drop-In. Kathy and Michael are your hosts, every **Thursday at 3:00pm**. **Join the fun on Zoom!** It's all user-generated content – Participants bring topics, stories, and concerns to share or discuss. Check us out. Schmooze, kibitz, see some of your old friends and make some new ones. Check your emails from SAGE for the weekly announcement and link to the meeting. All (including men) are welcome!



# SAGE Carl M. Galli “Leaders of Tomorrow” Scholarship Winners

**MARY TVRDIK** *with her grandfather,*  
**GENE BUNGE**

Mary will be entering her senior year at the University of Nebraska-Lincoln, where she is pursuing an undergraduate degree in psychology and sociology. She intends to pursue a Master's degree in social work. She volunteers at CEDARS in Lincoln, Nebraska, an organization which secures emergency shelter for at-risk children.



**TARYN PETERS** *with her mother,* **LISA PETERS**

Taryn received a Bachelor's degree from the University of Central Florida where she studied health science. She assisted with her grandmother's recovery from hip surgery and realized her desire to work with the elder population as an occupational therapist. She will attend the Flex Master of Occupational Therapy program at the University of St. Augustine-Miami campus.

## SAGE NIGHT OUT *at Tropics Grille*



## SOCIAL LITES

Sal Orlando

Still counting down to the end of summer. Three more weeks, hooray! Soon after, the weather starts to cool and the best part, humidity begins to drop.

Let the games begin.

This month, by popular demand, we return to **Cafe Vico** for **SAGE's 27th Anniversary on Sunday, September 26st**. Cocktails and mingling with delectable Hors d'oeuvres between 6 and 7PM at Happy Hour pricing at their beautiful bar, followed by a fabulous dinner. I enjoy going there. The staff treats us like royalty. Don't wait. Get your reservations in early. Seating is limited.

Save the Dates:

**Thursday, October 21st; SAGE celebrates Oktoberfest at The Ambry.**

**Sunday, November 21st;** we go to one of my favorite restaurants, **Zuckerellos**.

**Sunday, December 19th;** our yearly Holiday Gala at the luxurious **Embassy Suites Hotel**.

**Reminder:** There is still time to join us on your **SAGE December 4-9, 2021 Cruise**.

For more info, contact me at **954 649-2036** or email [sorlan8@aol.com](mailto:sorlan8@aol.com).

As always, for ongoing activities both in person and via Zoom, consult your **SAGE** Calendar for meeting time and places.

**Ciao for Now!**



## SAGE NIGHT OUT

Ed Slough

On **TUESDAY, September 28th**, SAGE is having an informal dinner at **Tropics Grille**, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from 5:30PM to 6:30PM, with "Happy Hour" prices at the bar, and dinner at 6:30PM. Tropics has offered SAGE all dinners at half-price (no longer 2 for 1) to make the evening simpler for you. This is an event for friends to get together and celebrate the ability to socialize in person once again. It should be a good time for all.

Please email me to let me know if you plan to attend so I can give Tropics a heads-up. My email is: [wildhybrid@aol.com](mailto:wildhybrid@aol.com). Thanks!



## 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**,

via Zoom. Doors open at 12:45pm for a little extra "schmoozing". **Captain Carl** and I, **Jefy**, are your hosts. Captain Carl is presently at home recuperating, so give him a call or text him to wish him well. Ah, the Fall in Fort Lauderdale – no turning of autumn leaves, but just some more summer breezes. So, drop in on your "Drop-In" and let's have some fun and laughs! We are abiding by The Pride Center COVID precautions and moving towards a hybrid meeting, which would be in person, plus a Zoom meeting. For now, click the Zoom link we send out and join us. Meet with your friends and make some new ones. After announcements everyone has the opportunity to share and, if time permits, we have open discussions. We close with volunteers telling a couple of jokes. Sometimes we have a good laugh and sometimes a good groan, all in fun. Join us!



## 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. Dr. Anne Atwell** – 954.462.2004x208 [Anne@sunshinecathedral.net](mailto:Anne@sunshinecathedral.net)



## 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).

### Bad APP

APPS! They have been around since 2007 when they exploded by the thousands with the introduction of the smartphone. Medicine has a BAD APP and that is Sleep Apnea 😴. Sleep Apnea is a breathing disorder. There are three types of sleep apnea.

1. Obstructive – occurs when the throat muscles relax (most common).
2. Central – occurs when the brain sends inappropriate signals to muscles controlling breathing.
3. Complex – occurs when you have both Obstructive and Central sleep apnea.

### Risk Factors

They include obesity, anatomical abnormalities, aging, family history, male species (sorry guys), smoking, medical conditions such as hypertension, cardiovascular and pulmonary diseases. The prevalence of sleep apnea increases with age.

### Symptoms

The most common signs and symptoms of obstructive and central sleep apneas include:

- Loud snoring
- Stop breathing while sleeping as observed by someone else
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersomnia)
- Difficulty paying attention while awake
- Irritability
- Decreased cognitive functioning

### Diagnosis

Your primary care practitioner may refer you to a specialist such as an Ear, Nose or Throat practitioner (looking for blockage), or a Cardiologist or a Neurologist.

Testing can include the following:

1. **Nocturnal polysomnography.** Wow! a \$100 word. This occurs at a hospital or clinic overnight and you are hooked up to monitors evaluating your heart, brain, lungs, breathing patterns, arm and leg movements, and blood oxygen levels. When I got hooked up, I could receive "Wheel of Fortune" in Zimbabwe.
2. **Home Sleep Tests.** This monitors heart rate, blood oxygen levels, airflow, and breathing patterns.



### Treatment

The treatment is given according to the severity of the apnea. Milder cases may be treated with lifestyle changes such as weight loss, quit smoking, or if you have allergies, with prescribed medications. A more aggressive treatment for an underlying disease may be initiated. In more serious cases a C-PAP machine at night may be required.

Continuous positive airway pressure (CPAP) therapy is a common treatment for obstructive sleep apnea. A CPAP machine uses a hose and mask or nosepiece to deliver constant and steady air pressure. Time and patience are required to get used to wearing the mask through the night. Some may find the mask uncomfortable but there are other devices including other air pressure devices and oral appliances. Surgery is usually only an option after other treatments have failed.

If you experience any of the symptoms of sleep apnea, please contact your healthcare practitioner ASAP. May your sleep be safe and comfortable. ZZZZZZ.



### References and Resources:

Sleep apnea in the older adult: pathophysiology, epidemiology, consequences and management.  
<https://pubmed.ncbi.nlm.nih.gov/12795623/>  
Sleep apnea  
<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

CPAP machines: Tips for avoiding 10 common problems

<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/in-depth/cpap/art-20044164>

**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 Richard Calvin, R.N.





## SAGE Celebrates It's 27<sup>th</sup> Year at Café Vico

1125 North Federal Highway Ft. Lauderdale 33304 (954-565-9681)

**Sunday September 26, 2021 at 6:00pm**

Enjoy Cocktails, Conversation and Hors d'oeuvres at their gorgeous modern bar at Happy Hour Prices, Followed by Dinner at 7pm



### MENU

#### First Course (Choice of One)

Homemade Meatballs in Marinara Sauce, Caesar salad or Minestrone soup

#### ENTRÉE (Choice of One)

- 1) Lasagna alla Bolognese
- 2) Penne Pasta with Vodka Cream Sauce
- 3) Chicken Marsala in a wine sauce with mushrooms
- 4) Filet of Flounder Francese- sauteed in lemon butter sauce

#### DESSERT (Choice of One)

Cannoli, Fruit cup

Coffee, Tea or Iced Tea included with your meal (At Table Only)

**PRICING: \$25 @ Members & \$35 @ Non-members**

(Member Pricing partially subsidized by SAGE)

**Reservations Close 1pm Wednesday, September 22, 2021**

**SAGE 27<sup>th</sup> Anniversary Dinner at Café Vico, Ft. Lauderdale - No Refunds**

\_\_\_\_\_ Members @ \$25 & \_\_\_\_\_ Non-Members @ \$35 - Phone Number \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

**Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307**

**Questions? Call the SAGE Message Line at (954) 634-7219 - A SAGE-Sponsored Activity**