

# The SAGE

The Newsletter of SAGE of South Florida

November 2021

## Happy Thanksgiving



It's Thanksgiving. That delightful season of pumpkin spice. Although the pandemic is still with us, it has, finally, begun to wane. Special thanks are due to all those who created, distributed, and administered the COVID vaccines. And thanks are due, as well, to all those responsible citizens who understand the importance of the social contract and willingly received their vaccinations and complied with precautionary protocols. Perhaps next year we will return to "the way we were". Or, maybe the world will be forever changed, a 'new normal' will emerge, and these will be "the good old days".

Again, this year, we should take time to reflect upon what we have learned and endured during these many months of restrictions and hardships. We have adapted to new circumstances and have persevered. We've done our best to remain connected through the technology of our phones and the internet. And slowly, at long last, we are eagerly (but gingerly) venturing out to socialize in person. We have had time to realize the importance of family, and to appreciate the gift of friendship and the significance of community. On Thanksgiving Day, and every day, we need to be grateful and thankful for what we are and what we have.

*I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.*

— G. K. Chesterton

**REMINDER:** Membership dues have been waived from September 1, 2021 through August 31, 2022. Your annual SAGE membership will renew automatically during this time period.



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### **MEDICARE UPDATE PRESENTATION**

*On November 6, 2021, at Noon, SAGE will offer a special presentation, live on ZOOM, featuring Insurance Advisor GARY KEMPLER who will discuss MEDICARE CHANGES FOR 2022 and be available to answer your questions. For more information about this event, see the enclosed flyer.*

## 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
ROBERT	TAUBER	Nov-01	MIKE	PETERSON	Nov-23
ED	LUISI	Nov-04	DAVID	STAMPS	Nov-24
JIM	FISHER	Nov-11	MARK	SCHWARTZWALD	Nov-28
STEVE	SHAW	Nov-19	JOHN	BOLTON	Nov-29
CHARLIE	FREDRICKSON	Nov-22	ROGER	CRUTTENDEN	Nov-30
CAROL	CLARK	Nov-23			

### 5 Year Anniversaries

RAY LEGALL, STEVE THAYER

### New Members

DAN CHADBURN, TOM NICHOLS, MARK SMITH

### 10 Year Anniversaries

FRANK PIASECKI

*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 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 – 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](https://www.facebook.com/SageOfSouthFloridaInc)

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Oakland Park, FL 33307

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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 November. 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 **November 8th** is **Senior Housing Options: Questions & Answers**, presented by Michael Brodie. *Michael is the owner of Michael Brodie Senior Placement which provides seniors, families and caregivers with the knowledge and experience to make an educated decision regarding the variety of local housing options. His presentation will include information on Senior Housing, Independent Living, Assisted Living, Alzheimer's Day Care, Continuing Care Retirement Communities and Nursing Homes. Following the presentation, Michael will be available to answer specific questions.* The topic scheduled for **November 22nd** is **Belgium**, presented by Dirk Van Nieuwenhuysse. *Belgium is a complex federal kingdom in the heart of Europe. It is a country rich in history and traditions, with a modern service economy and a multicultural population. As a Belgian native, Dirk will provide a comprehensive view on life in Belgium. He'll reveal why Belgium can be a great starting location for exploring Europe after you have taken in the Belgian vibe.* 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.



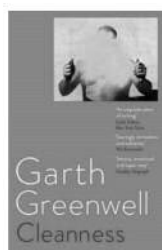
#### SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

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



Set in Sofia, Bulgaria, a landlocked city in southern Europe, **Cleanness** is **Garth Greenwell's** second novel, following his award-winning debut book, *What Belongs to You*. The book continues the story of an American teacher's reckonings with intimacy and alienation with characters unnamed, designated only by

first initials. The narrator, never identified, tells his story as he remembers it — disordered events, reaction and reflection — with the unreliability of memory. In bits and disarranged pieces, he shares the after and the before of his love affair.

Divided into nine stories that track the anonymous narrator, they serve as touchstones in his emotional development from an attempt to shepherd a student through the crisis of first love in "Mentor," to an encounter with homophobia in the midst of an outpouring of national solidarity in "Decent People." As the teacher's hopes of a life with R. fade, he returns to sex with men he meets online, which proves both dangerous, as in the chilling "Gospodar," and revelatory, as in his encounter with the self-abnegation of the young man he calls Svetcheto, "Little Saint."

Unresolved regarding his own character, "how little sense of myself I have, how there was no end to what I could want or to the punishment I would seek," the narrator struggles to guide the young people he teaches, conscious of the chasm of experience and expectation between them. Greenwell writes about sex as a mercurial series of emotional states and is lyrical and precise in his descriptions of desires and motivations he suggests are not subject to control or understanding.

Declared "an instant classic" by *The New York Times Book Review* and named a Best Book of the Year by over 30 major publications, this piercingly observant and meticulously reflective narrative will be discussed by the SAGE Book Group via **Zoom on Saturday, November 13, from 11 AM to 12 noon.**



## ***SAGE 27<sup>th</sup> Anniversary Dinner at Café Vico***



## ***SAGE Night Out at Tropics Grille***



For up- to- date news and information about SAGE, follow us on Facebook: **SAGE of South Florida Inc**

View more photos by visiting the Photo Gallery at our Website: [www.sagewebsite.org](http://www.sagewebsite.org)

## SOCIAL LITES

Sal Orlando

My favorite time of year is upon us, November, when the weather starts to cool, and we look forward to the holidays. This is why we live in South Florida, eight months of paradise. Except we don't get to see the beautiful fall foliage as they do up north.

Last month we had a terrific **Oktoberfest** at **The Ambry**, on **October 21st**. What a quaint and cozy venue with great service and a delicious meal! The staff couldn't have been nicer.

This month we return to an old-time favorite, **Zuckerello's**, on **Sunday, the 21st at 5PM** for cocktails and mingling at BOGO pricing, followed by a scrumptious Italian dinner. Their signature dish, Chicken Zuckerello, never disappoints. Bring your appetite. Don't miss this event.

**Save The Date:** Sunday, **December 19th**, at our favorite Holiday venue, **The Embassy Suites**.

Reminder: Time is running out to book your **SAGE December 4-9, 2021 Cruise**. If interested, 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 times and places.

**Ciao for Now!**

## 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 NIGHT OUT

Ed Slough

On **TUESDAY, November 23rd**, 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!

**WARNING: Please do not attend if you are not fully vaccinated. Even if you are vaccinated, do not attend this event if you are immunocompromised, or if you are experiencing a fever or cold or flu-like symptoms.**



## 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 and in great spirits. Our friend Richard Calvin is on the mend from a medical procedure and is doing well. It's turkey time, yes, Thanksgiving, and time to give thanks. I want to give thanks for SAGE, Prime Gentlemen, The Pride Center and SunServe and for all staff, volunteers, fellow members and friends. So, let's have some fun and some laughs. Just drop in on your "Drop-In". We are abiding by The Pride Center COVID precautions. Click the Zoom link we send out and join us. See your friends and make some new ones, all are welcome. We share what's going on in our lives, a little kibitzing and if time permits, we have open discussions. We close with sharing some jokes. Sometimes 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).

### Fear = Anxiety



Nurse Ratched (*One Flew Over the Cuckoo's Nest*) and Nurse Diesel (*High Anxiety*) from the movies can produce fear leading to anxiety. I taught Psychiatric Nursing (now called Behavioral Health) for many years and you have not seen high anxiety until you observe nursing students on their first day in a hospital-locked Psychiatric unit. 😊



The most common behavioral problem with seniors is Generalized Anxiety Disorder (GAD). Fears and concerns of our future health are common among seniors. Fear of falling is the most prominent concern. Other concerns are worry over health symptoms that may lead to incapacitating illness. I had a stroke 20 years ago and my first symptom was awakening with severe vertigo. I had anxiety for a year of waking up again with the same symptoms. Seniors' anxieties can also come from the inability to complete daily tasks, leaving the house, limitations related to moving around in public, forgetting things that may signal dementia, financial worries, bereavement and incontinence. Seniors who struggle with dressing, bathing, preparing meals, dealing with caretakers, and not getting the help they need, may experience high levels of anxiety.

#### Risk Factors

- Chronic medical conditions (especially chronic obstructive pulmonary disease [COPD], cardiovascular disease including arrhythmias, angina, thyroid disease, and diabetes)
- Overall feelings of poor health
- Sleep disturbance
- Side effects of medications (i.e., steroids, antidepressants, stimulants, bronchodilators/inhalers, etc.)
- Alcohol or prescription medication misuse or abuse
- Physical limitations in daily activities
- Stressful life events
- Negative or difficult events in childhood
- Excessive worry or preoccupation with physical health symptoms

#### Anxious or Anxiety Disorder?

We all feel anxious from time to time but an anxiety disorder is more than an occasional episode of worry and fear. The disorder is when you have an overwhelming feeling of anxiety that is so intense that it interferes with your day-to-day life. The anxiety is out of proportion to the things that you are worried about and you cannot place the negative effects aside. High anxiety can easily lead to depression. If this is your situation, please see your health care practitioner.

#### 10 Ways to Relieve Anxiety Feelings in Seniors

The COVID pandemic has caused many of us anxiety. If you are having an anxious moment here are some ways to assist you to relax.

1. Deep breathing exercises – inhale and exhale and hold for a four-count.
2. Mindfulness – focus on the present moment, combine with a breathing exercise.
3. Physical activity – for example, walking, water aerobics, dancing, chair yoga, etc.
4. Diet changes – eat a variety of foods and avoid caffeine and nicotine.
5. Social Interaction – attend SAGE activities in person or via Zoom.
6. Routines – schedule daily or weekly activities at the same time each week
7. Sleep Hygiene – go to bed and awake at the same time, white noise machines, reading or music before bed, avoid caffeine in the afternoon, and have a personal contact or medical alert device available for emergencies.
8. Hobbies – distract yourself with drawing, coloring, gardening, visit a hobby store (avoid anti-LGBTQ Hobby Lobby) for many possible interests.
9. Health care – visit your practitioner yearly and write your concerns before the visit.
10. Counseling – if you need to talk to someone, go for it.

There is a light at the end of the COVID tunnel. Let's get out and live once again!

#### References and Resources:

Clinical practice guidelines for Geriatric Anxiety Disorders <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5840911/>

Anxiety In Older Adults <https://www.mhanational.org/anxiety-older-adults>

Seniors struggle with anxiety when personal needs not met <https://news.umich.edu/seniors-struggle-with-anxiety-when-personal-needs-not-met/>

10 Ways to Relieve Anxiety in Seniors <https://bluemoonseniorcounseling.com/10-ways-to-relieve-anxiety-in-seniors/>

**SAGE cares because YOU care about your health.**

**Please always seek advice from your physician/nurse practitioner (HP's).**

**Thank you to my editor Ann Smith GNP, and Richard Calvin, R.N.**







3017 E Commercial Blvd, Fort Lauderdale, FL 33308 (954) 776-4282

**Sunday - November 21, 2021**

**Cocktail Hour at the Bar (cash bar) 5:00pm - Dinner Seating: 6pm**

**Starter: Soup (Choice of Pasta Fagiola or Minestrone) or House Salad**  
served with fresh-baked Crusty Italian bread with Garlic Dipping Sauce or Butter

**Entrée -choice of one:**

**Chicken Zuckerello's-** Chicken breast stuffed with mushrooms, prosciutto, roasted peppers, & Rosemary in a Marsala mushroom sauce. Creamy mashed potatoes & fresh vegetables.

**Chicken Sorentino-** Chicken breasts, eggplant & sauteed spinach with a side of pasta

**Meat Lasagna-** Meat Ragout, Cheeses & Pomodoro Sauce

**Lemon Sole-** Parmesan Crusted Lemon Sole, White Wine, Lemon Butter Sauce with a side of Mashed potatoes

**Dessert: Cannoli or Cheese Cake ( or Sugar-Free Dessert -upon request)**

**Beverages: Coffee or Decaf, Hot or Iced Tea, Fountain Soft Drinks**

**Pricing: \$25.00 @ Members or \$30.00 @ Non-Members**  
(A Portion of Member Cost is Subsidized by SAGE)

**Reservations Close NO LATER THAN: Wednesday, November 17, 2021**

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ZUCKERELLO'S Welcomes SAGE Sunday November 21, 2021

#\_\_\_ MEMBERS @ \$25.00 & #\_\_\_ NON-MEMBERS @ \$30.00 My Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice: \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice: \_\_\_\_\_

Name: \_\_\_\_\_ Entrée Choice: \_\_\_\_\_

**Mail with Payment to: SAGE at PO BOX 70516, OAKLAND PARK, FL 33307**  
**Questions: Call the SAGE office at (954) 634-7219 - A SAGE-SPONSORED ACTIVITY**

# CONFUSED ABOUT THE CHANGES IN MEDICARE?



Update on  
**WHAT YOU NEED TO KNOW**  
regarding your health  
coverage for 2022

Please join us for this  
very informative talk  
from our Award-Winning

***Medicare Specialist  
Gary Kempler***

954-328-5418  
[kempler33@aol.com](mailto:kempler33@aol.com)

**SATURDAY,  
NOVEMBER 6TH  
AT NOON**

***SAGE of South Florida  
Live ZOOM Presentation  
Meeting ID: 850 1289 4363  
Pass Code: 773050***

***MEDICARE ANNUAL  
ENROLLMENT PERIOD  
STARTS OCTOBER 15TH  
FOR JANUARY 1ST  
EFFECTIVE DATE***

***JOIN US FOR A FUN AND INTERACTIVE PRESENTATION***