

The SAGE

The Newsletter of SAGE of South Florida

December 2021



It's the most wonderful time of the year. And not just according to Andy Williams. This holiday season will be happier and brighter, especially when compared to what we endured last year. Our part of the world has finally begun to re-open. What better way to celebrate than by having a party? This year, SAGE of South Florida has two!

After a twenty-month-long hiatus, our monthly **SAGE Lunch & Learn** program returns to the **Skolnick Center** in Pompano Beach on **Saturday, December 4th, at 12:30pm**. To mark this auspicious occasion, we are replacing "Learn" with "Party". At the "Lunch & Party," you can reacquaint yourself with your SAGE friends and enjoy a holiday celebration of songs and fun, and then partake of a delicious gourmet meal prepared by the one and only Chef Giacomo of Café Primavera. For reservations, be sure to call the SAGE office at 954.634.7219 no later than 12:30pm on Thursday, December 2, 2021. For more information, see the flyer enclosed in this Newsletter.

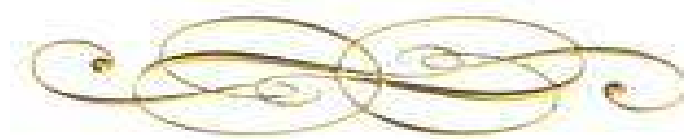
On **Sunday, December 19th at 1:00pm**, we return to the sophisticated **Embassy Suites Hotel** for the **SAGE HOLIDAY PARTY**. We had to cancel last year, so we're eager to come roaring back this year. There will be a cocktail hour from **1:00pm to 2:00pm** during which you can socialize with your friends on the lovely terrace. Then we will sit down to a wonderful meal while we are entertained by the sensational **Chris Aurore**. Reservations close at 1:00pm on Monday, December 13th. See the flyer enclosed in this Newsletter for more information and the reservation form.



A very special program of vital importance will be presented on **December 2nd, 3pm**, at the ZOOM meeting of the **SAGE Co-Ed Drop-In**. Maryann Watson, RN, CHTP, RM, will discuss the "Five Wishes" Advance Directive which concerns making comfort and care choices. The ZOOM link will be sent to SAGE members prior to the event. Mark your calendars, you will not want to miss this informative presentation.

And, don't forget, in January 2022 we will hold our annual **SAGE Milestone Birthday Celebration**. If you turned 75, 80, 85, 90, or better in 2021, please advise the SAGE office so we can include you among the honorees.

SAGE wishes you and yours a happy, safe, delightful, loving Holiday Season!



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
TOM	NICHOLS	Dec-02	BENJAMIN	CONKLIN	Dec-19
DAVID P	DURHAM	Dec-03	DAN	FOUNTAIN	Dec-19
ALLEN	SANDLER	Dec-03	MICHAEL	MARTIN	Dec-20
ROBERT	RICHARDS	Dec-07	HENRY	PENAS	Dec-20
TOM	SLUBERSKI	Dec-07	PETER	THYNNE	Dec-22
BARBARA	VARGA	Dec-08	JOHN	HASANDRAS	Dec-24
GARY	RESNICK	Dec-11	JERRY	MURPHY	Dec-24
NATALIE	LAWRENCE	Dec-13	PATRICK S	VIDA	Dec-26
JERRY	GANZ	Dec-14	HUGH	RANCE	Dec-30
ED	SHELL	Dec-16	CAROLINE	LETO	Dec-31
JERRY	WARD	Dec-18			

10 Year Anniversaries

JONATHAN CHAPMAN

15 Year Anniversaries

FRANK W. KAVANAUGH

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

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

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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.

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Celebrating over 27 years of service to our community

SAGE Message Line - 954.634.7219 - www.sagewebsite.org

REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

IMPORTANT MESSAGE REGARDING SAGE ACTIVITIES

Due to the COVID-19 virus restrictions, some regularly scheduled in-person SAGE activities remain suspended. SAGE members will be notified when **SAGE Women's Lunch**; **See You at the Movies**, and the **SAGE/Prime Gentlemen Monthly 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 **December 13th** is **What's the Key to Keeping Your Brain Healthy as You Grow Older?** *Science indicates that a combination of healthy habits can build and protect your brain's function over time. This "brain health" presentation will explain what brain health is and why it's important. We'll explore how to identify normal brain changes as you age, things you can do to help slow decline in cognition, and ways to nurture your brain's ability to help you stay as sharp as possible.* A staff member from the FAU College of Medicine and Nursing will make the presentation. **DUE TO THE HOLIDAYS, THERE WILL BE NO MEETING ON DECEMBER 27th.**

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 NIGHT OUT

Ed Slough

On **TUESDAY, December 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. 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". Joined by Prime Gentlemen and feel free to invite friends. On Zoom, all are welcome, especially during these times. Captain Carl and I, Jefy, are your hosts. Captain Carl is really enjoying his recuperation at home and he is in great spirits. It's the Holidays, so let's have some fun and some laughs! Just drop in on your "Drop-In". 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. SAGE President Patrick joins me for a little comical repartee just like the old days. Sometimes comical; sometimes not so much. Join us, always for the fun!

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!

PLEASE JOIN US ON DECEMBER 2ND FOR A SPECIAL PRESENTATION BY MARYANN WATSON, RN, CHTP, RM, THE VITAS COMMUNITY EDUCATION LIAISON WHEN SHE WILL DISCUSS THE "FIVE WISHES" ADVANCE DIRECTIVE ABOUT MAKING COMFORT AND CARE CHOICES.

SAGE Dinner at The Ambry



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

SAGE Lunch & Learn ZOOM

Gary Kempler presents Medicare 2022 Update



SAGE at the Empire Stage Theatre



Board Member Sal Orlando presents to Hope South Florida CEO Dr. Ted Greer a donation of \$1,000 from SAGE. Hope is a non-profit which provides meals and other services to the homeless of Broward County.



In Memoriam

SAGE mourns the loss of Harvey Rappaport, who died on October 29, 2021, following a brief illness. Harvey was born on August 12, 1943, in Brooklyn, New York, and moved to Florida in 1954. He was a graduate of the University of Florida – Gainesville and worked as an accountant in the Auditing Department for Miami-Dade County. Harvey was a soft-spoken and gentle man who was humble and supportive. He was a generous person who was always ready to help others in need. Survivors include his sister, Arlene; his brother, Daniel; nieces Jodi Chernoff and Stefanie Kirkland; nephew Eric Jacobson; and his good friends Julia Fitzpatrick and Ed Slough. He will be missed.

SOCIAL LITES

Sal Orlando

Jingle, Jingle and Ho, Ho, Ho! I trust everyone had a nice Thanksgiving. Except for the hustle and the bustle, and the horrendous traffic, especially with all the snowbirds down for the season, we now look forward to Christmas, Hanukah, and then New Year.

This past month we went to **Zuckerello's** on the **21st**. What a wonderful event! After enjoying cocktails and conversation at the bar, my Partner had their signature dish, Chicken Zuckerello, which was absolutely delicious, and I had the Chicken Sorentino which has eggplant which I adore. The management and staff couldn't have been any nicer. Everyone seemed to have a wonderful time.

On **December 4th**, the **SAGE Cruise** embarks on the Regal Princess for a glorious 6-day/5-night extravaganza stopping at Amber Cove and Princess Cays. I can't wait. Then we get ready for **SAGE's Annual Holiday Party on Sunday, December 19th**, when we go back to one of our favorite venues, **The Embassy Suites** on 17th Street Causeway, where we will have cocktails and conversation starting at 1 PM at the cash bar, followed by a terrific meal. What a beautiful venue. So very festive. It promises to be a lot of fun, especially with none other than **Chris Autore**, who will be entertaining us throughout the afternoon. What a fabulous singer and entertainer. I just love him. Don't miss out. Reservations close **Monday, December 13, at 1 PM**.

Save the dates: Sunday, January 23rd, SAGE's Annual Milestone Birthday Party. Sunday, February 13th, Our Valentine's Day Celebration.

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

Season's Greetings to one and all!

Ciao for now!



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Frank Piasecki & Jean Artherton



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



Each year the SAGE Book Club endeavors to read at least one book that is considered a classic, a book that over time has proven itself to be of importance to gay literature. The classic selection for 2021 is ***Giovanni's Room***, a novel written by **James Baldwin** in 1956. Set among the bohemian bars and nightclubs of 1950s

Paris, it is well known for being ahead of its time in bringing complex representations of both homosexuality and bisexuality to the forefront of public conversation via themes that include social alienation, identity, masculinity, manhood, LGBTQ+ spaces and movement in the public sphere.

Both a psychological and sociological drama, the story itself is fast-paced and poignant as it examines the depths of self-denial an individual can experience when they cannot face their true nature. It also shows the effects social alienation can have on those who dare to move away from expected societal norms.

That the author was a black man living in Paris when he wrote *Giovanni's Room* is of note. Despite the obvious struggles Baldwin must have faced in France and particularly America with his ethnicity, there is not a trace of it in the book. This was a surprise to his readers at the time since Baldwin was primarily known for his first novel, *Go Tell It On The Mountain*, which put emphasis on the African-American experience. Highlighting the impossibility of tackling two major issues such as race and sexuality in 1950s America, Baldwin stated: "I certainly could not possibly have—not at that point in my life—handled the other great weight, the 'Negro problem.' The sexual-moral light was a hard thing to deal with. I could not handle both propositions in the same book. There was no room for it."

This groundbreaking novel about love and the fear of love will be discussed by the SAGE Book group **via Zoom on Saturday, December 11 from 11 AM to 12 noon.**

SAGE LUNCH & LEARN

Lunch and Learn is held the **first Saturday of the month, 12:30pm**, at the Herb Skolnick Community Center.

RESERVATIONS ARE REQUIRED. Please see the enclosed flyer for more information.



Does Medicare Cover Ambulance Services?

Ambulance service is covered by Medicare and Medicare Advantage if certain conditions are met. Medicare Part B covers ambulance transportation to a health care facility when it is medically necessary and transportation in any other vehicle would endanger your health. The tricky part is judging when these conditions are met especially in an emergency when no health care professional is present. If you call 911, whether the responding ambulance or emergency medical services are public or private, Medicare will be billed for at least some ambulance services and you will pay some of the total cost. That cost which can range from several hundred dollars to \$1,000 or more. If you call for an

ambulance and it is not an emergency, Medicare will cover it only if specific conditions are met. So it's important to understand key details of Medicare ambulance coverage.

Ambulance transportation for emergency care.

If you believe a medical emergency exists and requires ambulance transportation to a treatment facility, call for one – and be sure someone follows up with providers to back up your claim. Make sure that the providers document the episode as an emergency. Make your case to them that it was reasonable to call for an ambulance given what you knew and what you were experiencing.

Ambulance services in nonemergency situations.

Medicare will sometimes cover nonemergency ambulance transportation if a physician certifies that it is medically necessary. The patient typically must be confined to bed or require vital medical services during the trip. The ambulance must take you to a facility that provides Medicare-covered service, whether it is a hospital, skilled nursing facility or other health care setting. Note that in a nonemergency situation, if a private ambulance company believes Medicare might deny a claim for a specific ambulance service, the company is required to give you an Advance Beneficiary Notice of Noncoverage,

What you will pay for ambulance transportation.

You pay 20% of the Medicare-approved amount for ambulance services, and the Medicare Part B deductible which is \$203 in 2021. Medicare covers ambulance transportation only to the nearest medical facility that can give you the required care.

Medicare Advantage and ambulance coverage.

Medicare Advantage must cover at least what Medicare Part B covers. In some parts of the country, plans may be available that provide additional coverage, but the details of coverage can be complex. You need to look deep into your plan's Evidence of Coverage document to see if your particular situation will be covered. This research can be worthwhile for chronically ill patients who are likely to require multiple ambulance trips for treatment.

What to do if your ambulance claim is rejected.

Has your claim for ambulance services been denied? Consider filing an appeal. As the nonprofit Medicare Advocacy puts it: "Ambulance transportation is frequently inappropriately denied Medicare coverage. If a Medicare beneficiary's transportation meets the coverage guidelines but is denied Medicare coverage, appeal!"

Courtesy of Medicare Specialist Gary Kempler (954) 328-5418

FRIENDLY SUPPORT PROGRAM

We'd like to think we are not merely fair-weather friends, but people who really care about our SAGE family. If you know of any SAGE member who is sick, in the hospital, recently lost a loved one, or would appreciate a friendly call or a note of cheer, please contact: **Michael Vita @ 786.586.4286**

SAGE MEMBERS IN NEED

If you are a Senior, or a Care Giver, who needs information or referral services regarding assistance with Activities of Daily Living, please contact the ADRC (Aging and Disability Resource Center), part of the Area Agency on Aging:

In Broward County – 954.745.9779

In Palm Beach County – 561.684.5885

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



SAGE Health Tips

Gene Majka, APRN

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

Your S.O.B.

No, this is not about anyone's Ex's. S.O.B., in medical terminology, is for Shortness of Breath aka Dyspnea. The medical profession has many, many acronyms. I remember having to take an exam of all medical acronyms. Now, the pharmaceutical companies make up acronyms for their advertising of new drugs. When these commercials appear on TV, I am mystified that after 50 years in medicine I never heard of their acronyms. Thank you to SAGE member Richard Calvin, R.N., for suggesting this topic.

I was in Asheville, NC, which is in the mountains, and I took a friend's dog for a walk. Since Florida is flat, I was not used to hills. After walking uphill back to the apartment and then up two flights of stairs my breathing sounded like a runaway freight train. After a week, my body got used to this and I sounded like a slow-moving freight train. There are a number of reasons for S.O.B. There is a **decreased** amount of oxygen (inhaling) in the bloodstream. There is an **increased** level of carbon dioxide (exhaling) in the bloodstream. The lungs cannot expand fully and increase in activity brings increasing rapid breathing.

Medical Causes of S.O.B.

Common causes are asthma, lung infection, overweight, smoking, and panic attacks. Serious S.O.B. can be from COPD (Chronic Obstructive Pulmonary Disease), heart disease, such as congestive heart failure, anemia, and lung cancer. Previously undiagnosed S.O.B. presents itself while carrying out usual activities or at rest, especially at night in bed, or if you are exposed to smoke or other irritating fumes. You may also have weight loss or night sweats.

When to See Your Health Care Practitioner

If your S.O.B.:

- Lasts longer than a month
- Gets worse with usual activity
- Gets worse when you lie down
- Coughing lasts more than three weeks
- You have swollen ankles

Call 911 When

- Your chest feels tight or heavy
- Chest pain that spreads to your arms, back, neck and jaw (possible heart attack)
- You have a severe allergic reaction
- You have sudden blood loss
- You're feeling sick (Note-For women, symptoms may include nausea, sweating, fatigue, lightheadedness)
- Obstruction in your airway that cannot be removed via the Heimlich maneuver
- You have a medical condition that cannot be resolved with your usual medications or treatments
- You have severe low blood pressure
- You have breathlessness for more than 30 minutes after rest

Prevention

- Avoid fumes from paint, car exhaust, and smokers
- Practice deep breathing or relaxation techniques to improve breathing function
- Stop smoking
- Yes, that dreaded word, exercise
- Maintain healthy weight
- Avoid activity when temperature and humidity are high or it is very cold
- Adhere to air pollution alerts if you have an underlying lung problem
- Make sure your equipment is in good working order if you use oxygen or breathing equipment

Another year is coming to an end and the Holidays will be celebrated. Please enjoy and keep well.

HAPPY HOLIDAYS!

References and Resources:

Dyspnoea/Shortness of Breath in Elderly: <http://www.myhealth.gov.my/en/dyspnoea-shortness-of-breath-in-elderly/>

Shortness of breath: <http://nhs.uk/conditions/shortness-of-breath/>

Shortness of breath: [Shortness of Breath Causes – Mayo Clinic](#)

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.

SAGE of South Florida

Lunch & Learn

December 4, 2021, at 12:30pm

HERB SKOLNICK COMMUNITY CENTER
800 SW 36TH AVENUE, POMPAÑO BEACH, FL

RESERVATIONS REQUIRED

MEMBERS - \$15.00 GUESTS - \$20.00

EVERYONE PAYS AT THE DOOR

DOORS OPEN AT 12:15PM

RESERVATIONS MUST BE MADE BY 12:30PM ON THURSDAY, DECEMBER 2, 2021, BY CALLING 954.634.7219



There will be no speaker. We wish to celebrate the return of Lunch and Learn and the upcoming holidays. Come join your friends and sing some holiday songs.

If you arrive early, make yourself comfortable in the lobby and meet with other SAGE members and guests.

December Menu

Romaine Hearts Salad

Ricotta Tortellini in Fresh
Tomato Sauce

Chicken Breast Piccata Style

Green Beans

Apple Pie with Vanilla Ice Cream

Catered by



SAGE HOLIDAY PARTY

SUNDAY, December 19, 2021

1:00pm – 4:00pm



**EMBASSY
SUITES**

by HILTON™

1100 SE 17th Street Causeway Ft. Lauderdale, FL 33316 954-527-2700

Front Cash Bar available from 1:00pm-2:00pm for Drinks on the Terrace

DINNER MENU 2:15pm – 4:00pm

Salad:

**Classic Caesar Salad with Herb Ciabatta Croutons with fresh shaved
Parmesan Cheese and Traditional Caesar Dressing
Warm Rolls & Butter**

Entrée -Choice of one:

Pan Seared Chicken Marsala with Wild Mushrooms

Pan Seared Grouper with Lemon Butter

NY Strip Steak with Shallot Butter

All Entrees served with Oven Roasted Potatoes and Fresh Vegetables

Dessert: Crème Brulee or Sugar-Free Dessert – (Select Below)

Beverages: Iced Tea, Coffee and Decaf on request

Pricing: \$29.00 @ Members & \$45.00 @ Non-Members

(A Portion of Members Cost is Subsidized by SAGE)

Reservations Close at 1:00pm Monday, December 13, 2021- NO REFUNDS!

Note: Self-Parking - \$3.00 For SAGE, Valet Parking \$18.00

SAGE will reimburse \$13.00 for Valet Parking at event check-in

SAGE Holiday Party at Embassy Suites - Sunday December 19, 2021

_____ MEMBERS @ \$29.00 & _____ NON-MEMBERS @ \$45.00 My Phone # _____

Name: _____ Entrée: _____
(Check if Sugar-free Dessert ☐)

Name: _____ Entrée: _____
(Check if Sugar-free Dessert ☐)

Name: _____ Entrée: _____
(Check if Sugar-free Dessert ☐)

Mail with Payment to: SAGE - PO BOX 70516, Oakland Park, FL 33307

Questions: Call the SAGE Message Line at (954) 634-7219 - A SAGE-SPONSORED EVENT