

The SAGE

The Newsletter of SAGE of South Florida

January 2022



It's the New Year! Last year certainly had its challenges. So, this year, as things improve, we must continue to be vigilant and do what we can to make the coming months happier and healthier.

It's also January, and that means it's time for our annual SAGE of South Florida Milestone Birthday Party!

Last year's celebration was canceled due to the pandemic, but this year we're back – live and in person! Last year's honorees (those who reached a Milestone Birthday in 2020) missed out on a party of their own, but we wish to acknowledge them and have them join us for this year's event. The "Milestoners" of 2020 are:

Don Mitchell – Joel Rubin – Michael Vita

The honorees for 2022 (those who had a Milestone Birthday – having turned 75, 80, 85, 90, or greater years of age in 2021) are:

Lawrence Bartelson – Sue Charron – Allen Churchman – David Cohen

Joyce Edelson – Richard Herman – Bill Hirsch – Ted Limbaugh

Sonny Miller – Herb Slomowitz – Ed Slough



WE ARE PLEASED TO ANNOUNCE THAT OUR 2022 CELEBRANTS WILL BE FETED AT A NEW VENUE ON:

SUNDAY, JANUARY 23, 2022

1:00pm – 4:00pm

KIWANIS CLUB OF WILTON MANORS

2749 NE 14th AVENUE

WILTON MANORS, FLORIDA



**PLEASE SEE THE ENCLOSED FLYER FOR MORE INFORMATION AND THE RESERVATION FORM.
RESERVATIONS CLOSE AT 1:00PM WEDNESDAY, JANUARY 19, 2022.**

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
ED	MAC DONALD	Jan-02	BARRY	BATES	Jan-19
MARCUS	SMITH	Jan-02	ANTHONY	CIANCE	Jan-20
JOHN	ACTMAN	Jan-03	CHRISTOPHER	BATES	Jan-21
BILL	NYQUIST	Jan-03	RICHARD	WERNER	Jan-23
HANK	BROOKS	Jan-04	RICHARD	SCHWARZ	Jan-25
DOUG	KENT	Jan-11	JIM	GUNTER	Jan-26
ROBERT	SMITH	Jan-11	WILLIAM	WOODWARD	Jan-26
BILL	WOLFOLK	Jan-11	MICHAEL	MILLS	Jan-27
MICHAEL	WOLMETZ	Jan-11	BRIAN	MCNAUGHT	Jan-28
ALAN	SUTHERLAND	Jan-15	GARY	SNYDER	Jan-29
LISA	PETERS	Jan-17	JOHN	GILLESPIE	Jan-30
JEFFY	GAINES	Jan-18	TONY	TSAGRIS	Jan-30

5 Year Anniversaries

JOEY ANDREULA, DICK ANGEL, GEORGE HASANDRAS, RAFAEL SUAREZ

10 Year Anniversaries

RICHARD GILMER

New Members

MICHAEL IRADI, KEN KALENDERIAN, JERRY MILNE, MIKE NICOTERA, IRMA REY

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
Gene Majka
Sonny Miller
Ken Moore
Frank Piasecki
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 – 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 – JOSEPH YATES

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 28 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 **January 10th** is **SOGI 4 Seniors** presented by Avani Vijayalaskshmi-Ramanathan: *"SOGI 4 Seniors" is an educational training program for LGBTQ+ elders on the ABCs of Sexual Orientation and Gender Identity conducted in a presentation and town hall style. As the Active Aging Specialist at the Pride Center, Avani will provide training on the basic definitions of the different LGBTQ communities, the social and economic issues affecting the LGBTQ+ community, and the most effective way to conduct outreach to LGBTQ+ seniors.* The topic scheduled for **January 24th** is **The Mysteries of Our Lives: An Open Conversation** presented by Michael Vita: *Each of us has a mystery which, when revealed, will show us how we arrived at this very moment in time. Everything that has happened to us thus far has led us to the person we are today. Were you inspired by a teacher? Did being gay influence your decisions? The meeting participants will be encouraged to share the mysteries of their lives.* 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

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!



NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines

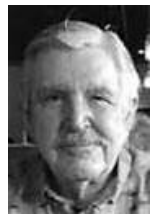


SAGE Men's Drop-In meets every **Wednesday at 1:00pm to 2:00pm**, via Zoom, soon to be hybrid, fingers crossed. Wow, 2022,

a Happy and Healthy New Year to all. YES! The Pride Center is opening up again and we are beginning to return for our meetings and get-togethers. We will keep you updated. For now, Wednesday Men's Drop-In is Zooming, and the Zoom Room opens at 12:30pm for a little extra "schmoozing". At 1pm, we start sharing and are joined by Prime Gentlemen, friends from around the country, and friends from around the world – all are welcome on Zoom. Captain Carl and I, Jefy, are your hosts. So, let's have some fun and some laughs or just get something off your chest, which we usually do. We share what's going on in our lives. Listen, Patrick has his double oven warming up to bake us some of his gourmet cookies and cakes for when we do return to meeting in person. We close our meeting with some jokes. SAGE President Patrick joins me for a little comical repartee just like the old days. Full disclosure: Sometimes comical, sometime not so much, but always good-hearted and fun.

SAGE NIGHT OUT

Ed Slough



On **WEDNESDAY, January 26th**, 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.



SAGE at Zuckerello's Italian Restaurant



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

SAGE Lunch & Learn Returns to the Skolnick Center



***Celebrating Thanksgiving Day
at Bobby Rubino's***

***SAGE makes a Holiday
Donation to Paradise Manor***



***Betty from the Bronx and Board Member Kathy Macchio
present a \$1,000 check to Michael Williams, Director of the
Assisted Living Facility which caters to disabled veterans.***

SOCIAL LITES

Sal Orlando

Another year has come and gone. Boy, the older you get, the quicker they pass you by. Hope everyone is having as wonderful holiday season as I am. The **SAGE Cruise**, which took place **December 4 to 9**, was wonderful. Our group had a great time, the food was delicious, the shows were very entertaining, and the ship staff was very helpful. Of course, lots of eating, drinking, and some gambling. Both Jim and I needed a few days to recuperate after getting home. On the **19th**, we had our **Annual Holiday Party** once again at **The Embassy Suites** on 17th Street Causeway. It was decorated so beautifully, the staff was very accommodating, the meal scrumptious, and the cocktail hour was very nice. The Entertainer, Chris, was terrific. His voice charmed us all. Everybody got to greet, mingle, and catch up. A definite venue for future holiday events.



This month on Sunday, **January 23th**, **SAGE** holds its **Annual Milestone Birthday Party** at a brand-new venue, **The Kiwanis Club**, in Wilton Manors, at 1PM, to celebrate those who turned 75, 80, 85, 90 (or more) years of age in 2021. This is always a festive event. Don't miss it!

Save the Date: Sunday, February 13, SAGE's Valentine's Day Dinner.

As always, watch for news of our upcoming events. So, keep reading your **Social Lites Column**. For ongoing activities, consult your **SAGE Calendar**, to find both in-person and Zoom meeting times and places.

Happy, Healthy, New Year to all!

Ciao for now!



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



In a genre-defying book hailed as “exquisite” (*The New York Times*) and “spectacular” (*The Times Literary Supplement*), the best-selling memoirist and critic **Daniel Mendelsohn** explores the mysterious links between the randomness of the lives we lead and the artfulness of the stories we tell.

Combining memoir, biography, history, and literary criticism, ***Three Rings: A Tale of Exile, Narrative, and Fate***, weaves together the stories of three exiled writers who turned to the classics of the past to create masterpieces of their own—works that pondered the nature of narrative itself: Erich Auerbach, the Jewish philologist who fled Hitler's Germany and wrote his classic study of Western literature, *Mimesis*, in Istanbul; François Fénelon, the seventeenth century French archbishop whose ingenious sequel to the *Odyssey*, *The Adventures of Telemachus*—a veiled critique of the Sun King and the best-selling book in Europe for a hundred years—resulted in his banishment; and the German novelist W.G. Sebald, self-exiled to England, whose distinctively meandering narratives explore Odyssean themes of displacement, nostalgia, and separation from home. Intertwined with these tales of exile and artistic crisis is an account of Mendelsohn's struggle to write two of his own books—a family saga of the Holocaust and a memoir about reading the *Odyssey* with his elderly father—that is haunted by tales of oppression and wandering. As *Three Rings* moves to its startling conclusion, a climactic revelation about the way in which the lives of its three heroes were linked across borders, languages, and centuries forces the reader to reconsider the relationship between narrative and history, art and life. Mendelsohn never fails to entertain as he takes the reader across thousands of years' worth of literature and lives.

The book will be discussed by the SAGE Book Club via Zoom on **SATURDAY, JANUARY 15, 2022 from 11 AM 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.

Da Bee's Knees



We were all the Bee's Knees in our youth (or Yoot 😊). Now it's Louse (y) Knees. Knee pain is a common ailment among seniors. The most common causes are related to aging, injury, or related to repeated stress on the knees.

Common Knee Problems

- **Sprained or strained knee ligaments (ligaments are bone to bone to muscle connection) and/or muscles.** This is usually caused by a blow or twisting motion to the knee.
- **Torn Cartilage.** A traumatic tear of the meniscus (pad of connective tissue between the ends of connecting bones, your shock absorbers).
- **Tendonitis.** Inflammation of the tendon (cords of tissue that connect muscles to bones). This usually occurs while jumping, running, and cycling (includes stationary bikes).
- **Arthritis.** Inflammation of the joints. Osteoarthritis is the most common type that affects the knees for seniors. This is caused by repeated injury or being overweight. The cartilage in the joint wears away.

Diagnosis

An x-ray, MRI or CAT scan may be done. An arthroscopy may be performed. The physician inserts a small lighted tube into the joint and views that knee to evaluate the damage. A radionuclide bone scan may be performed where a small amount of radioactive material is injected into the bloodstream to determine blood flow to the bone and cell activity in the bone.

Treatment

Self-Care

If you experience an injury with mild pain for one or two days you may wish to perform the following relief measures:

- **Rest** by staying off your feet as much as possible or even use crutches (available at most pharmacies) and ask the pharmacist for proper usage.
- **Ice.** Use ice in a baggy or a package of frozen veggies (peas or corn) wrapped in a towel for 15-20 minutes a few times a day. A good practice before icing is to tape measure your knee before icing and check the next day to see if any additional swelling occurred.
- **Compression bandage.** Wrap an elastic bandage snugly on your knee but not too tight to cause more swelling. This is available at your pharmacy.
- **Elevation.** Prop your knee on a pillow and rest as much as possible.
- **NSAIDS.** includes ibuprofen (Advil, Motrin IB, others) and naproxen sodium (Aleve). Be aware and find out if your prescription medicines could interact with NSAIDS (ask your pharmacist). If you have high blood pressure or kidney problems, use Tylenol.

Primary Care Practitioner (PCP)

See your PCP if your knee pain was caused by a particularly forceful impact or if it's accompanied by significant joint swelling, redness, tenderness and warmth around the joint, significant pain, or fever.

Urgent or Emergency Department

Ask someone to drive you to urgent care or the emergency room. If your knee pain is caused by an injury and is accompanied by: a joint that appears deformed; a popping noise at the time your knee was injured; an inability to bear weight; intense pain or sudden swelling.

Prevention

A sedentary lifestyle is counterproductive to good joint mobility. OK, you know what I am going to say: EXERCISE — such as stretching, endurance, flexibility and strengthening. Ask your PCP for the appropriate exercise or a referral to a physical therapist. Maintain a good body weight.

Take care of your joints and your joints will smoothly move you along.

Sorry, but your Rockette Days are over.

Happy and Healthy New Year!

-Gene, Ann, Richard and Marty



References and Resources:

When to see a doctor

<https://www.mayoclinic.org/symptoms/knee-pain/basics/when-to-see-doctor/sym-20050688>

Exercise for older adults with knee pain and hip pain.

[https://www.npjournal.org/article/S1555-4155\(18\)30891-2/fulltext](https://www.npjournal.org/article/S1555-4155(18)30891-2/fulltext)

Knee Pain and Problems

Knee Pain and Problems | Johns Hopkins Medicine

SAGE cares because YOU care about your health.

Please always seek advice from your primary physician/nurse practitioner (PCP's).

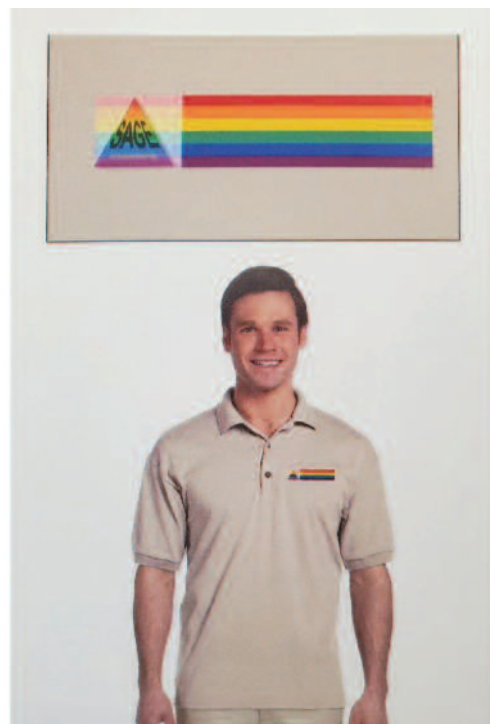
Thank you to my editors Ann Smith GNP, Richard Calvin, R.N. and Martin Horowitz, MD

POLO SHIRTS, ANYONE?

ONLY \$20

Will you show your support of SAGE of South Florida by wearing this beautiful polo shirt featuring the SAGE rainbow logo emblazoned on an oatmeal-colored fabric?

If interested, let us know by sending us an email: sagesofl@gmail.com or by calling the office: 954.634.7219. By responding, you are not committing to purchasing a shirt at this time. We are just trying to determine member interest. Stay tuned for the results!



IN MEMORIAM



Francis Edward Luisi (Fr. Francis Edward Anthony Luisi, O.F.M.) passed away on November 30, 2021. Ed, and his beloved husband Andrew Masterson, had been SAGE members since June 2012. They were married on November 10, 2006 in Toronto, Canada, and had residences in Chicago and Palm Aire. Their travels have taken them all over the world on cruise ships, and they have visited all the Disney Park locations. Ed and Andy both enjoyed a large collection of stuffed bears and “Snowee” and “T.P.” traveled with them wherever they went. In addition to Andrew, Ed is further survived by his cousin, Cushman Anthony. In lieu of flowers, donations can be made to DignityUSA.org.

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 Celebrates Our 2021 Milestone Birthdays
for Some of Our Most Senior Senior Members**

Sunday, January 23, 2022 1:00 – 4:00pm

NEW LOCATION – Kiwanis Club 2749 NE 14th Avenue

Wilton Manors, FL (Turn left one block past Dixie on 26th)

Parking available at Kiwanis and the Church Adjacent to the Club

Restrooms are not wheelchair accessible

At This Time, Our Honorees include:

Lawrence Bartelsen-80 Sue Charron-80 Allen Churchman-75 David Cohen-90

Joyce Edelson-91 Richard Herman-75 Bill Hirsch-80 Ted Limbaugh-80

Sonny Miller-75 Herb Slomowitz-93 Ed Slough-75

If YOU are a Member who turned 75, 80, 85 or 90 (and above) in 2021, please contact the SAGE Office, ASAP so we can add you to our list of Honorees

A Sumptuous Italian Buffet Luncheon, Catered by Chef Giacomo of Café Primavera

Live Entertainment by James Perkowski - Dessert & Coffee

Pricing: \$15 @ Members and \$20 @ Non-Members

All Inclusive of Meal, Beverages, Dessert and Entertainment!

Member Cost is being partially subsidized by SAGE of South Florida

*******No REFUNDS *******

THE HONOREES WILL BE THE GUESTS OF SAGE.

IF YOU WOULD LIKE TO HELP DEFRAY SOME OF THAT COST PLEASE INDICATE BELOW.

Reservations Close NO LATER THAN: 1:00pm- Wednesday, January 19, 2022

SAGE Milestone Birthday Celebration January 23, 2022
____ MEMBERS @ \$15 Each - # ____ NON-MEMBER @ \$20 Each – Phone # _____

Name: _____ Name: _____

Name: _____ Name: _____

I am adding \$ _____ for the Honorees.

Mail with Payment to: SAGE at P O BOX 70516 OAKLAND PARK, FL 33307

Questions: Call SAGE Message line at (954) 634-7219 - A SAGE-SPONSORED ACTIVITY

SAGE of South Florida

Lunch & Learn

January 8, 2022, at 12:30pm

**HERB SKOLNICK COMMUNITY CENTER
800 SW 36TH AVENUE, POMPANO 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, JANUARY 6, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

The speaker will be **PATTI LYNN**, and the topic of discussion will be: ***The Area Agency on Aging: Your Personal Connection to Senior Services.***

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

January Menu

Tomato & Mozzarella Salad

Rigatoni with a Bolognese Sauce

Roasted Pork Fillet with Sun Dried
Tomatoes & Rosemary Sauce
(Grilled Chicken Breast Available)

Ratatouille (Sauteed Zucchini,
Peppers, Tomatoes, & Eggplant)

Key Lime Pie

Catered by



**CAFÉ
PRIMAVERA**