

# The SAGE

The Newsletter of SAGE of South Florida

February 2022

♥HAPPY  
Valentine's  
DAY♥

Last year, COVID interfered with our ability to fully embrace Valentine's Day; that day of love and romance. This year, with optimism in our hearts and a belief that the pandemic will wane sufficiently to allow a semblance of normalcy, we resume our annual Valentine's Day Luncheon. On Sunday, February 13, 1 PM, we will return to the delightful Café Primavera and the domain of our favorite culinary master, Chef Giacomo. Due to current

circumstances, seating will be limited to 35 persons. Remember, this event is open to everyone, not just couples. Consult the enclosed flyer for the menu and more information!



## LEADERS OF TOMORROW – CARL M. GALLI SCHOLARSHIP

Last year, SAGE of South Florida was pleased to award our first Leaders of Tomorrow – Carl M. Galli Scholarships to Mary Tvrdik, granddaughter of Gene Bunge, and Taryn Peters, daughter of Lisa Peters.

The scholarship is named in honor of the late SAGE President Emeritus Carl M. Galli in recognition of his service during his six years of presidency and his previous advocacy work in South Florida relative to AIDS/HIV awareness. The scholarship is open to applicants who are either children, grandchildren, or great-grandchildren of current SAGE of South Florida members who are either graduating high school students or current college students pursuing attendance at an accredited, non-profit college or university in the United States. Winners are selected by the SAGE Scholarship Committee on the basis of academic achievement, demonstrated leadership, and community engagement. Two \$1,500.00 scholarships are awarded each year.

We are pleased to announce that applications for the 2022 academic year will be available soon on the SAGE website ([www.sagewebsite.org](http://www.sagewebsite.org)), or call the office to receive an application by mail. The deadline for applying is Noon, May 31, 2022. The recipients will be notified thereafter and announced in a future issue of this Newsletter.

## 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
TED	LIMBAUGH	Feb-03	MARILYN	LAMKAY	Feb-21
LEE	LAWSON	Feb-10	GERALD	KENNEDY	Feb-22
JERRY	MCDONALD	Feb-10	MICHAEL	VIGNALI	Feb-23
EDWARD	SLOUGH	Feb-11	JOE	YATES	Feb-24
JOEL	TENDLER	Feb-15	JIM	AMON	Feb-25
GEORGE	ISOM	Feb-17	MARTIN	FALZACK	Feb-25
GARY	KEMPLER	Feb-18	JOHN	FREDRICKSEN	Feb-25
MARK	BARRON	Feb-20	TOM	SYLVIA	Feb-25
DENNIS	ELLIOT	Feb-20	JOAN	FRIMMER	Feb-27

### 5 Year Anniversaries

LORI AZA, ROBERT BOZEK, PATTI LYNN, THOMAS MCGRAW, CARLOS MOLINA

### 10 Year Anniversaries

BRUCE GELLY, JESSE MONTEAGUDO

### 15 Year Anniversaries

DERIC BOWNDS

### New Members

NIKOLAY BISHKOV, BETTY GAMBINO, GEORGE ISOM, JERRY PEPPE, MARCUS SMITH, JOE YATES

*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.

**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

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Celebrating over 28 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, 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 **February 14th** is **My Connection to the Most Famous Gay Ménage à Trois and Their Friends** presented by John Lloyd: *In 1998 John read a book review of "When We Were Three: The Travel Albums of George Platt Lynes, Monroe Wheeler and Glenway Wescott 1925-1935." The authors had shared in the most famous ménage à trois in gay history. John's acquaintance with Glenway's brother led him to start a twenty-five year journey of fascinating research into the lives of these gay men. His presentation will reveal what he discovered.* The topic scheduled for **February 28th** is **Five Alarm Fire: Democracy is Burning Down!** presented by Lou Wangberg: *Most Americans believe they live in a healthy democracy based on the oldest constitution in the world. Lou believes this is no longer true. He'll explain how forces, like hidden termites, are eating away at the essence of our democracy and authoritarianism is creeping into the heart and soul of our nation. Lou suggests that it is up to us to be alert and try to put out the fire, but how?* 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, eventually to be hybrid, in person, at the Pride Center & on Zoom. So, Happy Valentine's Day to all! We are joined by Prime Gentlemen and friends from around the country and around the world. All are welcome on Zoom to share what's going on in their lives. The Zoom Room opens at 12:30pm for a little extra "schmoozing" and at 1pm, we start sharing. Captain Carl and I, Jefy, are your hosts. So, let's have some fun and some laughs. We close our meeting with a couple of jokes. SAGE President Patrick joins me for a little comical repartee just like the old days. Full disclosure: Sometimes we are comical, and sometimes not so much, but it's always good-hearted and fun, and deserving of an "A" for effort. So, log on to the internet and join in!

#### SAGE NIGHT OUT

Ed Slough



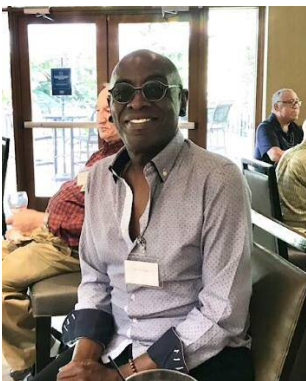
On **WEDNESDAY, February 23rd**, SAGE is having an informal dinner at **Tropics Grille**, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from 5:30PM to 6:30PM, with "Happy Hour" prices at the bar, and dinner at 6:30PM. Tropics has offered SAGE all dinners at half-price (no longer 2 for 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**. 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 Holiday Party at Embassy Suites**





**CHRISTMAS DINNER**  
*at*  
**ZUCKERELLO'S**



**SAGE NIGHT OUT**  
*at*  
**TROPICS GRILLE**

**NEW YEAR'S BRUNCH**  
*at*  
**HACIENDA DEL SOL  
LATIN GRILL**



**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

Now that the holiday season is over, we can enjoy this delightful Florida winter weather. It kind of makes up for the hot, sticky months during the summer. What a wonderful January we had!

Unfortunately, we had to postpone our **Annual Milestone Birthday Celebration** which was to be held on Sunday, January 23rd at **The Kiwanis Club** due to the surge in COVID cases. It will definitely take place at a later date.

This month we go back to **Cafe Primavera** for our **Annual Valentine's Day Luncheon** on February 13th at 1 PM for wine and mingling followed by a delicious meal at **1:30 PM** prepared by none other than my favorite chef and restaurant owner in the world, Giacomo. Space is limited to just **35 people**, so get your reservations in early so you don't miss out.

**Save The Date: Sunday, March 27th, SAGE's Annual Meeting** to be held at Tropical Acres.

As always, watch for news of 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.

**Ciao for now!**



## SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

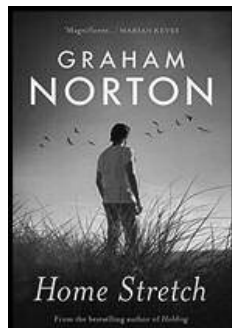
Frank Piasecki & Jean Artherton



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. Watch your email for the weekly eblast announcement. Everyone is welcome.

Celebrating over 28 years of service to our community

## SAGE BOOK DISCUSSION GROUP



Described by the *Sunday Times* as "compelling, bighearted, emotionally precise page-turner" the novel **Home Stretch** by *New York Times* best-selling writer and acclaimed British television host **Graham Norton** explores the aftermath of a tragedy on a small town to illuminate the shame and longing that can flow through the generations - and how the secrets of the heart cannot stay buried forever.

It is 1987 and a small Irish community is preparing for a wedding. The day before the ceremony, a group of young friends, including the bride and groom, are involved in an accident. Three survive. Three are killed.

The lives of the families are shattered and the rifts between them ripple throughout the small town. Connor survived, but living among the angry and the mourning is almost as hard as carrying the shame of having been the driver. He leaves the only place he knows for another life, taking his secrets with him. Traveling first to Liverpool, then London, he eventually makes a home—of sorts—for himself in New York, where he finds shelter and the possibility of forging a new life.

But the secrets—the unspoken longings and regrets that have come to haunt those left behind— will not be silenced. Before long, Connor will have to confront his past.

A powerful novel of emigration and return, the book will be discussed by the SAGE Book Group **via Zoom on Saturday, February 12 from 11 AM to 12 noon.**

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

#### IN MEMORIAM



Nicholas J. Caputo passed away on December 8, 2021, at the age of 76 years. Nick, a long-time member of SAGE, was born in Brooklyn on September 22, 1945. Nick had a Masters Degree in Social Work and was employed in New York for many years before moving to South Florida where he worked in real estate. Nick enjoyed traveling and was especially fond of cruises. Nick was friendly and engaging and never ceased to amaze others with his erudition (and his knowledge of Latin). He is survived by his sisters, Phyllis and Lucille, his nieces and nephews, other relatives, and many friends. Nick will be missed by his SAGE family.



## 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).

Thumbs  or 

OK! This is not a Siskel/Ebert film review article but about two little guys on your hands. They are the first and outermost digits. These two little guys allow us to open jars, button our shirts, turn keys, and lift pans. So, when we lose these abilities through pain it becomes very problematic. Hand osteoarthritis is second only to knee arthritis for senior complaints to a specialist. Individuals over age 40 are at risk for this disease and women are affected 5 to 10 times more frequently than men.

### Signs and Symptoms

- Pain around the base of the thumb progresses over a long period of time in activities that involve gripping and pinching, causing swelling and tenderness at the base of the thumb and an aching discomfort after prolonged usage.
- There may be enlargement or a bony prominence over the joint with limited motion.

### Diagnosis

Your Primary Care Practitioner (PCP) will do a combination of methods and tests with a medical history, physical examination, x-rays and laboratory tests. There are many different diagnoses with thumb pain besides osteoarthritis. It can be caused by carpal tunnel syndrome (everything is connected), trigger thumb (a forthcoming article), tenosynovitis, sprains, strains or previous trauma.

### Treatment

Non-surgical treatments (advised by your PCP) that can relieve the pain and restore function include:

- Icing the joint a few times a day for five to 15 minutes.
- Nonsteroidal anti-inflammatory (NSAIDS). Check with your PCP.
- Heat packs, paraffin baths and/or many topical creams available over the counter at pharmacies.
- Hard or soft splints that immobilize the thumb.
- Steroid injections give short-term relief to about 76% of the patients.
- The University of Sydney AUS has researched and developed recently with great success a combination of non-pharmacological and pharmacological treatments

### Surgical Treatment

- Ligament reconstruction and tendon interposition (LRTI) surgery. The gold standard for over 50 years. There are other procedures and your hand specialist will advise you.
- Rehabilitation, depending on the type of surgery, will have you wearing wear a cast for 4 to 8 weeks.

Thumbs are a big necessity in your daily living. So, if you have any long-standing pain, see your PCP as soon as possible. Don't suffer and have a thumb up Valentine's Day.♥

### References and Resources:

Losing your grip? How to treat your thumb arthritis.

<https://health.clevelandclinic.org/losing-your-grip-how-to-treat-your-thumb-arthritis/>

Pain at the base of the thumb <https://www.bmj.com/content/350/bmj.h182>

Osteoarthritis <https://www.nia.nih.gov/health/osteoarthritis>

New approach to treating thumb osteoarthritis

<https://www.sydney.edu.au/news-opinion/news/2021/03/09/new-approach-to-treating-thumb-osteoarthritis.html>

Arthritis of the Thumb <https://orthoinfo.aaos.org/en/diseases-conditions/arthritis-of-the-thumb/>

**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





SAGE of South Florida

## ***Lunch & Learn***

February 5, 2022, at 12:30pm

**HERB SKOLNICK COMMUNITY CENTER  
800 SW 36<sup>TH</sup> 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, February 3, 2022,  
BY SENDING AN EMAIL TO: [sagesofl@gmail.com](mailto: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**

# SAGE VALENTINE'S DAY DINNER

at Café Primavera

2500 E. Commercial Blvd., Ft. Lauderdale, FL. 33308  
(954) 333-8763

**SUNDAY, February 13, 2022 1:00PM – 4:00PM**



**1:00pm – 1:30pm: Seating and Mixer 1:30pm – 4:00pm: MAIN MENU**

**First Course >>> Choice of one:**

**Caesar Salad or Cream of Spinach & Asparagus Soup**

**Entrée >>> Choice of One:**

**“Barramundi” Boneless Fish Fillet Francese –**

*Pan cooked served with Lemon/Butter Sauce*

**Chicken Breast “Marsala”**

**Roasted Pork Fillet – With a sun dried tomato sauce**

**Mushroom Ravioli – In a pink sauce**

***Entrées served with Fresh Rolls, Vegetables of the Day & Penne Marinara Side***

**Dessert Course:**

***Cheesecake with Berries - (Sugar-Free Dessert Available Upon Request)***

***Beverages: Coffee/ Tea/ Iced Tea/Soda***

**A Capacity Limited Event: For the First 35 Persons Who Send in Their Reservations**

**Pricing: \$23.00 @ for MEMBERS or \$30.00 @ for NON-MEMBERS -NO REFUNDS!**

**MEMBER PRICING IS BEING PARTIALLY SUBSIDIZED BY SAGE OF SOUTH FLORIDA**

**Reservations Must be Received by: NO LATER THAN 1PM Wednesday, February 9, 2022**

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**SAGE Valentine's Day Dinner at Café Primavera Restaurant**

**\_\_\_\_\_ MEMBERS @ \$23.00 & \_\_\_\_\_ NON-MEMBERS @ \$30.00 My Phone # \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307  
Questions? Call the SAGE Hot Line at: (954) 634-7219 - A SAGE-Sponsored Activity**