

The SAGE

The Newsletter of SAGE of South Florida

April 2022

THANK YOU!

This year, SAGE of South Florida celebrates 28 years of providing social and educational activities to enrich the lives of GLBTQ+ older adults in Broward and Palm Beach Counties. We honor the men and women who have given so much of themselves to build the thriving and vital organization that is our SAGE.

Now, on behalf of the members of SAGE of South Florida, it is time to thank all the donors listed below who generously contributed to the economic well-being of our organization during 2021. Your financial support of our SAGE allows us to continue our mission of enriching the lives of the members of our community.

We all will remember 2021, like 2020, as one of the most challenging years of our lives. We now are slowly returning to the way we were, but the social and economic impact of the pandemic continues to linger. But we have endured and survived, and are stronger for it. And, thanks to the generous financial support by one of our donors, SAGE could once again benefit our members by suspending membership dues for a one-year period during these difficult times.

SAGE Donors – 2021

John Behan – Blackbaud Giving Fund – Bruce Bolton

Gene Bunge – Community Foundation of Broward – Leslie Gluck – Ed Kane

Ken Kalenderian – Dr. David Goldberger Estate – Caroline Leto – Patti Lynn

Network for Good – Ann Smith – Steve Thayer – William Whitener

The Tom Nichols and Dan Chadburn Charitable Trust

Recognition is also due to those who volunteered their time and talent to continue certain SAGE activities and events during the 2021 COVID-19 crisis: Group facilitators **Jean Arthurton, Michael Gagne, Jefy Gaines, Kathy Macchio, Gene Majka, and Frank Piasecki**; Zoom techies **Gene Majka and Paul McNamara**; SAGE Webmaster **Ron Wudarsky**; and all our SAGE members who attended and supported our online activities, spread the word, and engaged, encouraged and socialized with SAGE members and others in the community. **THANK YOU EVERYONE!**

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
PAMELA	LARSEN	April-02	JANYCE	FORSTER	April-14
RONALD	SEIDLE	April-02	LOUIS	SEAGULL	April-14
BRUCE	WILLIAMS	April-02	PETER	CHARLTON	April-15
JAMES	FICKE	April-06	JOHN	CHANDLER	April-16
RICHARD	BYRD	April-07	MD	HUSSAIN	April-17
MARTIN	HOROWITZ	April-08	FRANK	CAVANAUGH	April-20
JEAN	JOHNSON	April-09	MICHAEL	KELLER	April-21
VINCENT	ZACCAGNINO	April-09	ELAINE "MICKI"	MURPHY	April-21
JOHN	GAMBINO	April-13	ED	KANE	April-22
ELIOT	COHEN	April-14	DAVID	GILMORE	April-25

5 Year Anniversaries

GARY RESNICK, TOM WHITEMARSH

New Members

PAUL KAPNIS, BILL MAYO, LOK YONG

10 Year Anniversaries

JERRY WARD

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



THE ROUND TABLE

Paul McNamara

This Co-Ed 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 **April 11th** is **Your Legacy: An Open Forum Discussion** presented by Toby Johnson: *Each of us will leave a legacy based on the lives we have led and what we each leave behind once we have passed on. Thinking about one's legacy reminds us of the thread of history we live in and what we contribute to. Toby will lead a discussion to help us consider what our legacy will be and how to spend the time we have remaining.* The topic scheduled for **April 25th** is **The Gay & Lesbian Review** presented by Richard Schneider: *The **Gay & Lesbian Review** is a bimonthly, nationally distributed magazine of history, culture, and politics for LGBT people and their allies. As the founder and current editor-in-chief, Richard will present a history of the publication and share anecdotes about some notable contributors including Edmund White, Andrew Holleran, and Edward Albee. He will also provide insight into his vision for the future of the magazine.*

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, and, fingers crossed, we are shooting for a

hybrid on April 13 – a Zoom plus in-person meeting at the Pride Center– depending on COVID stats. Happy April to all. April showers bring May flowers. In Florida, we have flowers all year long. We are joined by Prime Gentlemen and friends from around the country and around the world via Zoom. All are welcome on Zoom. We share. We kibbutz, and have a little extra “schmoozing” between 12:30pm and 1:00pm. Captain Carl and I, Jefy, are your hosts. It's all in fun and sometimes it gets serious. At 2pm we close with a couple of jokes. Anyone can contribute a joke or four. Full disclosure: Sometimes the jokes are not that funny and audience moaning is acceptable since it's always good-hearted fun and we give our jokesters an “A” for effort. So, log on and join the fun!



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



SAGE Lunch & Learn at the Skolnick Center



SOBA (SAGE on the Border) *at the* Volen Center



SAGE Night Out *at* Tropics Grille



Treasurer Allen Churchman
representing SAGE
at the
LATINOS SALUD GALA

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

SOCIAL LITES

Sal Orlando

I trust you all are enjoying the spring weather, a beautiful time of year. This month we celebrate Easter and Passover. Wow, it seems like it was Christmas not too long ago.

On **March 27th SAGE's Annual Meeting** was held at **Tropical Acres** on Griffin Road. What a great turnout! Everyone seemed to have a good time. The food was fabulous. The Prime Rib, their signature dish, which Jim and I had, was juicy, tender, and delicious. The staff couldn't have been more attentive and accommodating. We enjoyed listening to the beautiful voice of **Brendan Fratus** who charmed us all.

This month we go to The **Kiwanis Club** where **SAGE** will hold its **Annual Milestone Birthday Celebration**, on **Sunday, April 24th**. For those of you who are new to **SAGE**, at this event we acknowledge our members who turned 75, 80, 85, 90 years of age and beyond in the prior year. It will be catered by none other than **Giacomo**, from **Café Primavera**. His gourmet buffet is always scrumptious and never disappoints. We will be entertained by **James Perkowski**, a returning performer, who will enchant us with his melodious voice. This event is always held in January, but due to the COVID Omicron Surge, we were forced to postpone it to April. Come and celebrate this momentous occasion!

Save the Date: Tuesday, May 17, SAGE returns to **Rosie's** on the Drive for a **Meet Up**.

As always, watch for news about upcoming events, read your **Social Lites Column**, and for ongoing activities, consult your **SAGE** Calendar for meeting times and places.

Ciao for now!

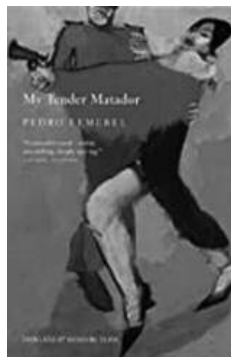
SAGE NIGHT OUT

Ed Slough

On **TUESDAY, April 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!



SAGE BOOK DISCUSSION GROUP



It is September 1986, as *My Tender Matador*, by **Pedro Lemebel** opens – spring in Santiago, Chile – and rumors are rife that General Pinochet's days as dictator are numbered due to a band of determined, young, idealistic members of the resistance. It has been another year of blackouts, street violence, and police brutality. The setting is a lower-class neighborhood where years of unemployment have taken a toll, buildings stand in

disrepair, and a certain aging princess has found a castle to call her own.

Her dilapidated dwelling is decorated in style. Boxes festooned with fabrics, ribbons and dramatic imagination stand-in for the finest furniture. Our heroine, a balding, drag-queen in her forties bearing the ravages of a rough life, is at last settled. As she embroiders linens for wealthy clients, and sings along with her favorite golden oldies on the radio, she dreams of Carlos, the handsome young student she met at the local store. He had approached her to ask if he could store some boxes of books in her home. She was not the silly old fool she allowed him to think she was, but—those eyes, that virile voice—how could she say "no"? Hopelessly smitten, she swoons like a schoolgirl, and soon more boxes arrive. Before long she agrees to allow a small army of students to slip up the stairway to "study" in her rooftop room.

After all, what could possibly go wrong?

An odd-couple romance, in the tradition of *Kiss of the Spider Woman* or *The Crying Game*, *My Tender Matador* is at once highly entertaining and politically astute satire. Lemebel weaves narrative with unmarked dialogue into seamless paragraphs that facilitate playful banter, emotional discharge, and the escalation of tension.

The only one of Lemebel's books to be translated into English, it will be discussed by the SAGE Book Club **via Zoom on Saturday, April 9, from 11AM to 12 Noon**.

IN MEMORIAM



Herb Slomowitz passed away on March 6, 2022, at the age of 93 years. Herb had been a member of SAGE since 2004, and he joined Prime Gentlemen in 2017. He was born in New York on June 6, 1928 and was by profession a teacher for many years before retiring to Florida. Herb was gregarious and had a wonderful sense of humor. He was predeceased by his partner, Larry Kraft. Herb is survived by his niece, Donna Bichet, other relatives, and many friends. He will be missed by his SAGE family.

2022 LEADERS OF TOMORROW – CARL M. GALLI SCHOLARSHIP

We are pleased to announce that the application form for the 2022 Leaders of Tomorrow – Carl M. Galli Scholarship is now available on the SAGE website (www.sagewebsite.org), or call the office to receive an application by mail. The deadline for applying is Noon, May 31, 2022. The winning recipients will be announced in a future issue of our Newsletter.

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 engagement in the community. Two \$1,500.00 scholarships are awarded each year.

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.

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.

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.

NOT ROY ROGERS' HORSE

Trigger Finger in seniors can be alarming and stressful. What Now? Your finger or thumb gets stuck in a bent position, until you snap it back into place. This occurs when the sheath that surrounds the tendon of your finger becomes inflamed. It causes the tendon to catch on the sheath which then locks the finger in place. The medical term is *stenosing tenosynovitis* and it affects nearly 3% of the population.



Signs and Symptoms

The most common fingers affected are the ring or middle finger or the thumb. It can also affect multiple fingers and both hands simultaneously. Other signs are tenderness and a painful bump at the base of the finger where it meets the palm, swelling, popping/clicking noise (crepitus), stiffness, and loss of motion. The symptoms are worse in the morning.



Risk Factors

- Hobbies (knitting, gardening) and occupations (typist (computer usage), farmer, musician, writer, dental technician, painter, jewelry maker, cashier, etc.) which involve repetitive hand use or prolonged gripping.
- Individuals who have diabetes, rheumatoid arthritis, gout or osteoarthritis.
- More common in women (sorry, ladies).
- Age over 40 but most common occurrence is at age 58.
- Complications usually during the first six months following carpal tunnel surgery.

Seek Medical Attention

If the finger feels hot and is red from inflammation or if you develop numbness, pain or cannot straighten or bend the digit, see your Primary Care Practitioner (PCP) for a possible referral to a specialist.

Treatment

Home treatment:

- Rest. Avoid activities for three to four weeks that require repetitive gripping or the use of vibrating tools. No comments, please.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen or naproxen for pain and inflammation. Check with your PCP or your pharmacist to see if NSAIDs are allowed with your current medications.
- Ice or cold pack in a thin towel on affected finger and palm for 15 minutes maximum. This should be done every 1-2 hours until the skin has returned to normal temperature. If swelling is gone, discontinue ice.
- Wear a splint day and night. This helps the tendon rest. Available at drug stores and Amazon.
- Exercise. Lay your hand flat on a table, and using your other hand, grab the affected finger and slowly pull it toward you while keeping the rest of your fingers flat; lift the finger as high as you can without causing pain; hold the finger in its "up" position for a couple of seconds and release. Complete one set of five repetitions and repeat this exercise three times throughout the day.
- Squeeze and release a ball several times.

Depending on its severity, trigger finger can heal itself and go away within a few weeks. If not, read the information below.

PCP Treatment

- Corticosteroid injections which can relieve 83% of trigger finger(s). I had three occurrences of trigger finger that were relieved by this method.
- Percutaneous release. A hand specialist will numb the area and then a needle is inserted and manipulated to release the stricture under ultrasound.
- Surgery is the last resort.

To avoid trigger finger, just do hand exercises for a few minutes while watching TV, especially after repetitive movements. Stay Healthy, Happy and Pain-free.

Thank you, SAGE Member TONY TSAGRIS, for suggesting this month's topic!

References and Resources:

Trigger Finger (Stenosing Tenosynovitis). <https://www.arthritis-health.com/types/general/trigger-finger-stenosing-tenosynovitis>

Trigger Finger. <https://www.mayoclinic.org/diseases-conditions/trigger-finger/symptoms-causes/syc-20365100>

Trigger Finger Causes Symptoms and Treatment. <https://www.orthobethesda.com/blog/trigger-finger/>

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

Sunday, April 24, 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 2021 Honorees include:

***John Actman-80 Dick Angel-91 Lawrence Bartelsen-80 Sue Charron-80
Allen Churchman-75 David Cohen-90 Joyce Edelson-91 Richard Herman-75
Bill Hirsch-80 Gloria Key-90 Lee Lawson-80
Ted Limbaugh-80 Sonny Miller-75 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, April 20, 2022

SAGE Milestone Birthday Celebration Sunday April 24, 2022

Member Cost \$15 ---- Non-Member Cost \$20 _____

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

April 2, 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, March 31, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

The speaker will be **Detective Jacqueline Sanchez** of the **Crime Scene Unit - Fort Lauderdale Police Department**.

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

April Menu

Romaine Hearts Salad

Mushroom Ravioli in a
Mushroom Sauce

Flounder Fillet with a
Piccata Sauce
(Grilled Chicken Breast Available)

Ratatouille
(Mixed Sauteed Vegetables)

Tres Leches Cake

Catered by



CAFÉ
PRIMAVERA

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE

JOE BELL

"Joe Bell" is the heartbreaking true story of a gay teen and his dad starring Mark Wahlberg. When his son, Jadin, who was bullied both online and at school for being gay, dies after attempting suicide, Joe Bell decides to memorialize his son. Bell starts "Faces for Change," an anti-bullying organization, and plans to walk from Oregon to New York City and spread a message of acceptance by speaking to students, school administrators and others about the effects of bullying.



FRIDAY, APRIL 15th
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS