

The SAGE

The Newsletter of SAGE of South Florida

May 2022

We're Baaack!



After a two-year absence, **Men's Drop-In** has returned to the Pride Center for in-person meetings. If you can't attend live, you can now join online, thanks to the technical wizardry of our **Zoom maven, Paul McNamara**, who has made the hybrid format possible. **Jefy Gaines** continues on as your intrepid host. **Captain Carl Barton** will return soon to co-host the proceedings with Jefy. When our **SAGE See You at the Movies** returns, the full complement of all live SAGE activities, after being so rudely interrupted by the pandemic, will have resumed. And, notwithstanding the outbreak of another wave of COVID, we hope to see all of you in person at one of our many activities and events. It's good to be back!

SAGE Board Elects Officers

The SAGE of South Florida Board of Directors elected the following officers for the 2022-2023 term at the 28th Annual Meeting, held March 27, 2022: *President* – **Patrick S. Vida**; *Vice President* – **Carl Barton**; *Treasurer* – **Allen Churchman**; *Secretary* – **Kenneth Goodman**; *Assistant Secretary* – **Michael Vita**.

SAGE Welcomes New Digital Communications Coordinator



Austin Rahn is the new coordinator of SAGE digital communications. He is responsible for overseeing the content and design of the SAGE website and Facebook page, and for electronic communication with SAGE members. He has lived in Fort Lauderdale for the past eighteen months with his partner, David, and their dachshund Badger. Originally from Savannah, Georgia, he has lived in many places, including Baltimore, where he obtained a degree in Marketing from Johns Hopkins University. Austin is also the digital marketing manager for Hotspots magazine and is social media marketer for Eagle Wilton Manors. Austin takes over for **Ron Wudarsky**, who is stepping down after seven years of exceptional service to SAGE. Thank you, Ron, and welcome, Austin!

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
R LYNN	HOFFMAN	May-03	FRANK	PIASECKI	May-16
GENE	BUNGE	May-04	MARGARET	ZUPSICH	May-16
CARLOS	MOLINA	May-05	KARL	GUSTAFSON	May-17
JESSE G	MONTEAGUDO	May-06	LORRAINE PINKY	LUDDY	May-20
RON	WUDARSKY	May-06	PAUL	MCNAMARA	May-20
TED	LEVINE	May-07	SHARLENE	ASTERIN	May-21
ALLEN	SPIESS	May-12	CHARLES	CHRISTOPHER	May-23
MAXINE	LEMARR	May-13	SAALIK	CUEVAS	May-24
JESSE	DAVILA	May-14	TONY	MANZI	May-24
BARBARA	SAHAMI	May-14	THOMAS	VALENTINE	May-24
DAVID	ECCLESTON	May-15	LYDYA	CHAPMAN	May-26
DERIC	BOWNDS	May-16	ANGELA	GIELLA	May-26

5 Year Anniversaries

SUSAN ADELMAN, R LYNN HOFFMAN, KAY TOWNS, PAUL WENEGRAT

New Members

DONALD HARMAN, DAVID RUTLER

10 Year Anniversaries

BEVERLY JORDAN

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 CoEd group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, is meeting live in Room 206 of the Pride Center and simultaneously online 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 **May 9th** is **The Anatomy of Medical Billing** presented by Doug Kent: *Many of us have been baffled by the complexities of a bill for medical services. Doug spent over 35 years managing several medical billing operations. Beginning with the issuance of a medical bill and ending with its eventual collection, Doug's presentation will shed some light on this confusing and mysterious system.* The topic scheduled for **May 23rd** is **The Unique Perspective of a "Badlands" Bartender** presented by Ed Witkowski: *As a young man Ed began tending bar at "Badlands", a popular gay watering hole in Manhattan's West Village. From his vantage point he witnessed first-hand the evolution of the unfolding AIDS crisis. Ed will share his unique perspective on this important period in gay history and culture.* 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/Prime Gentlemen Men's Drop-In, **Wednesdays, a Hybrid: In person at the Pride Center and via Zoom, 1:00pm**

to 2:00pm. We successfully started the hybrid meeting format on April 13 and we will follow CDC and WHO guidelines regarding in-person meetings. So, Happy May to all! In May, I always have to sing a couple of bars of "The Lusty Month of May" from Lerner and Lowe's Camelot. At our meetings, we are joined by Prime Gentlemen and friends locally and from around the world on Zoom. All are welcome. We share. We kibbutz. We schmooze. We start at 1:00pm with announcements and then we share whatever is on our minds, activities, family stories, movies, and current events. Captain Carl and I, Jefy, are your hosts. It's all in fun and sometimes it does get serious. At about 2pm we close with a couple of jokes. Anyone can contribute a joke or four. And in-person we then indulge in President Patrick's fabulous sweet baked goods. 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, come on down or 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 of South Florida - 28TH Annual Meeting



SAGE sponsors the April SilverServe Luncheon



SAGE/PRIME GENTLEMEN Monthly Movie



SAGE Lunch & Learn at the Skolnick Center



*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

Now that we all have celebrated Easter and Passover last month, we can get ready for Mother's Day. What a beautiful holiday to honor what our Mothers—living or deceased—have done for us.



On **Sunday, April 24**, SAGE celebrated the **2021 Milestone Birthdays** of our most senior members at the **Kiwanis Club**, catered by **Chef Giacomo** of **Primavera Cafe**. What a great turnout, fantastic food, and entertainment by the melodious voice of **James Perkowski**.

This month, on **Tuesday, May 17**, we return to **Rosie's** on the **Drive**, for a **Meet Up**. Cocktails and mingling start at 5:30pm at Happy Hour prices, followed by dinner at 6pm. What a fun and lively place for us to have an enjoyable evening together! As a **Meet Up**, you just show up and pay for what you order. No reservations are required.

SAVE THE DATE: Wednesday, June 22, 2022, SAGE goes to **Bona Italian Restaurant** on the **Drive** for the first time! This promises to be a fabulous event.

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, May 24th**, 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



Strobing lights and dark rooms; drag queens on counters; first kisses; last call: the gay bar has long been a place of solidarity and sexual expression—whatever your scene, whoever you are seeking. But in urban centers around the world, they are closing, a cultural demolition that has **Jeremy Atherton Lin** wondering: What was the gay bar? How have they shaped

him? And could this spell the end of gay identity as we know it?

In ***Gay Bar: Why We Went Out***, the author embarks upon a transatlantic tour of the hangouts that marked his life, with each club, pub, and dive revealing itself to be a palimpsest of queer history. In prose as exuberant as a hit of poppers and dazzling as a disco ball, he time-travels from Hollywood nights in the 1970s to a warren of cruising tunnels built beneath London in the 1770s; from chichi bars in the aftermath of AIDS to today's fluid queer spaces; through gloryholes, into Crisco-slicked dungeons and down San Francisco alleys. He charts police raids and riots, posing and passing out—and a chance encounter one restless night that would change his life forever.

The journey that emerges is a stylish and nuanced inquiry into the connection between place and identity—a tale of liberation, but one that invites us to go beyond the simplified Stonewall mythology and enter lesser-known battlefields in the struggle to carve out a territory. Elegiac, randy, and sparkling with wry wit, *Gay Bar* is at once a serious critical inquiry, a love story and an epic night out to remember. "Gay bars are not about arriving," he writes. "The best ones were always a departure."

One of the *New York Times* Critics' Top Books of 2021, the SAGE Book Club will be discussing this bygone era in gay culture via **Zoom on Saturday, May 14 from 11am to 12 noon**.

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.



VS



Heartburn vs Heart Attack

The symptoms of heartburn or a heart attack may overlap and can be mistaken for each other and can have serious consequences. There are more than eight million emergency room visits for chest pain each year and more than half are actually heartburn. So, how do we know the difference?

Heartburn

Heartburn has many names such as acid indigestion, acid reflux, and gastroesophageal reflux disease (GERD). Heartburn occurs when your stomach acid flows into your esophagus (close to your heart) and causes chest pain that moves up to your neck and throat. As we age, we become less concerned between the symptoms and the damage to our esophagus. This increases as we get into our 70s and 80s. The causes of heartburn in seniors can be due to the following: aging esophagus valve by the stomach, weight gain, medications (especially blood pressure and anti-depressants), and a hiatal hernia, which causes the upper stomach to push up into the chest cavity.

Heart Attack

A heart attack occurs when one of your coronary arteries that supplies blood to your heart is blocked. The blockage obstructs the flow of blood and oxygen to the heart and your heart tells you with pain that it is dying. Past heart research was performed on white men and now we are aware that our ladies may have different symptoms than men. Ladies may experience the following: pain in the arms, neck or jaw, cold sweat, unusual fatigue, feelings of fullness, indigestion or choking, nausea or vomiting, lightheadedness, dizziness, extreme weakness or anxiety. **Diabetics** should seek medical attention for even slight chest or stomach pain or discomfort.

Common symptoms

Heart attack

- Tightness, pressure, squeezing, stabbing, or dull pain most often in the center of the chest
- Pain that spreads to the shoulder, neck, or arms
- Irregular or rapid heartbeat
- Cold sweat or clammy skin
- Lightheadedness, weakness, or dizziness
- Shortness of breath
- Nausea, indigestion, and sometimes vomiting
- The appearance of symptoms with physical exertion or extreme stress

Heartburn (GERD)

- Burning chest pain that begins at the breastbone
- A sensation that food is coming back into your mouth
- Bitter or acidic taste at the back of your throat
- Pain that worsens when you lie down or bend over
- The appearance of symptoms after a large or spicy meal

If left untreated, heartburn can cause inflammation and narrowing of the esophagus, respiratory problems, chronic cough, and possibly cancer. If you have more than two episodes per week, especially with difficulty swallowing, weight loss or anemia, see your health care practitioner (PCP).

Of course, if you have heart attack chest pain symptoms, call 911 immediately. My father had a heart attack and drove himself from home to the hospital. Do NOT drive if you have symptoms, you may become unconscious or the severe pain will impede your driving. Stay safe!

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

References and Resources:

Heartburn or Heart Attacks? <https://www.health.harvard.edu/heart-health/heartburn-vs-heart-attack>

Is that pain in your chest heartburn or a heart attack? <https://health.clevelandclinic.org/is-that-pain-in-your-chest-heartburn-or-a-heart-attack/>

Management of Reflux Disease in Elderly Patients <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099285/>

Why does heartburn get worse as you age? <https://health.clevelandclinic.org/why-does-heartburn-get-worse-as-you-age/>



SAGE of South Florida

Lunch & Learn

May 7, 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, May 5, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

The speaker will be **Hillary Josephs** from **The South Florida Institute on Aging (SoFIA)**.

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

May Menu

Romaine Hearts Salad

Penne in a Spinach Cream Sauce
Chicken Breast in a Marsala and
Mushroom Sauce

(Grilled Chicken Breast Available)

Green Beans

Strawberry Cream Cake

Catered by



CAFÉ
PRIMAVERA



JOIN SAGE FOR A MEET-UP AT

ROSIE'S ON THE DRIVE

2449 WILTON DRIVE, WILTON MANORS, FL 33305

TROPICAL OUTDOOR SETTING

FREE VALET PARKING & GREAT FOOD

TUESDAY MAY 17, 2022

5:30 PM COCKTAILS - 6:00PM - DINNER



JUST TELL THE HOSTESS THAT YOU ARE WITH SAGE

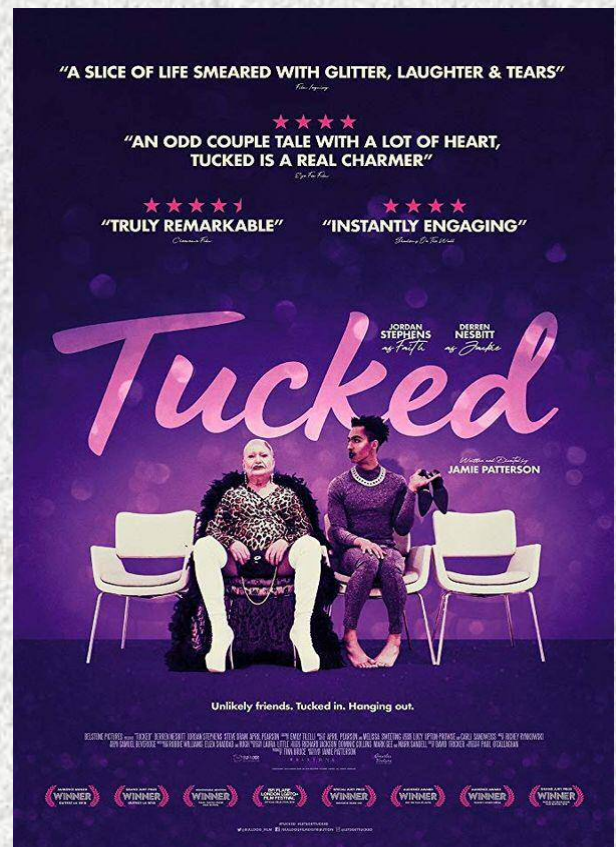
NO ADVANCE RESERVATIONS NEEDED

JUST SHOW UP AND PAY FOR WHAT YOU ORDER

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE

Tucked

TUCKED is a raw and tender drama about an aging 80 year old drag queen, Jackie Collins, who learns he only has six weeks to live. All Jackie wants to do is to continue to perform his long-running drag act and behave as if everything is normal. But Jackied forms an unlikely friendship with a younger, rising queen, both struggling with their own issues of gender identity and mortatlity. As they discover more and anout each other, they realize how to truly be themselves. Jacie also confronts some unfinished business with his estranged daughter. It's a 'slice of life' drama about love, loss, and friendship, as Jackie is about to have the most eventful month and a half of his life. **TUCKED** is a bitter-sweet feel good film with great charm and a sense of humor



FRIDAY, MAY 20th
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS