The SAGE

The New/letter of SAGE of South Florida

July 2022

Independence Hall, at 5th and Chestnut Streets, In the City of Philadelphia, is "the birthplace of the Declaration of Independence." That document, adopted there on July 4, 1776, is, and was, a bold assertion of equality and human rights. And, speaking of equality and human rights, a Pennsylvania Historical Marker, dedicated in July 2016, stands before a modest red brick townhouse at 21st and Locust Streets, one and one-half mile west of Independence Hall. The Marker indicates that "Barbara Gittings lived here." The "mother of the gay civil rights movement" and "the gay Rosa Parks". That Barbara Gittings.

So, what is Barbara's connection to Independence Hall? Well, on July 4th, 1965, Barbara, along with forty other participants, staged the first of several "Annual Reminder" demonstrations at Independence Hall that called for recognition and support of "Homosexual Civil Rights" and protested the ban of gay people from federal employment. These historic protests continued through July 4, 1969 when the Stonewall "uprising" of that year gave way to a more visible and vocal gay activism nationwide the following year.



Until her death in 2007, Barbara dedicated her life to the LGBTQ civil rights movement. In 1958, she organized the New York chapter of the Lesbian civil rights organization, Daughters of Bilitis, and served as editor of their national magazine, *The Ladder,* from 1963 through 1966. In addition to the Philadelphia "demonstrations", she had appeared in the first "homosexual rights" picket lines at the White House in 1965. She made historic television appearances on *The Phil Donahue Show* and *The David Susskind Show* to counter gay stereotypes. Barbara worked with the American Library Association and was instrumental in their recognition and promotion of LGBTQ literature.

The impassioned speech of Psychiatrist John E. Fryer (in disguise as Dr. Henry Anonymous) at the 1972 American Psychiatric Conference is cited as the catalyst for the de-listing of homosexuality as a mental illness from the American Psychiatric Association Diagnostic and Statistical Manual. Who contacted Dr. Fryer and ultimately prevailed upon him to appear at the conference? Barbara Gittings.

This July 4th, when considering our never-ending fight for equality and our current volatile political climate, remember to remain confident and optimistic. Consider what our Founders in Philadelphia endured – both in 1776 and 1965 – and what they ultimately achieved with resolve and perseverance. What can one person do? As Barbara proved, plenty!

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
ROBERT	BOZEK	July-01	PATTI	LYNN	July-17
MATT	FARBER	July-02	MICHAEL	IRADI	July-18
DAN	CHADBURN	July-05	KEITH	HICKMAN	July-20
RALPH	TANZI	July-06	ANDY	MASTERSON	July-22
DENNIS	ST JEAN	July-07	NEAL	MILLMAN	July-22
LINDA	EDIN	July-09	GEORGE	HASANDRAS	July-23
JERRY	PEPPE	July-10	DAVID	TREECE	July-23
TOM	MCLOUGHLIN	July-11	DOMINIC	DESANTIS	July-24
KENNETH	GOODMAN	July-12	ROLAND	LAPERLE	July-24
GARY	BARNABY	July-13	GENE	MAJKA	July-25
BRETT	PEELER	July-13	MARSHALL	BELMAINE	July-29
PHYLLIS	MARRONE	July-15	BILL	HIRSCH	July-29

5 Year Anniversaries

CHARLIE FREDRICKSON, A. PATRICK VALCHANT

OFFICERS

President:

Secretary:

Treasurer:

Vice President:

Assistant Secretary:

Mailing Address:

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.

Patrick S. Vida

Ken Goodman

Allen Churchman

Michael Vita

Carl Barton

10 Year Anniversaries

HUGH RANCE, ROBERT SMITH

New Members

GARY BARNABY, MARSHALL BELMAINE, TONY CAMMARATA, PEPE CAPCHA, RICHARD CARRAZZA, TRACIE FALLEN, MAX FULLER, PHYLLIS MARRONE, TOM MCLOUGHLIN, BOB NOONAN, RAUL SERUYA, JOHN SMITH, JERRY WALKER

SAGE OF SOUTH FLORIDA

BOARD MEMBERS AT LARGE

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

VOLUNTEERS Jean Arthurton Hank Brooks Frank Cavanaugh Philip Collier Marc Flanagan

Gene Majka Sonny Miller Ken Moore Frank Piasecki Ron Wudarsky

Michael Gagne

Lisa Peters **Lifetime Members**

BOB ADAMS - ROBERT J BOZEK - GEORGE CASTRATARO - DONALD CURIALE - MATT FARBER - 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.

Website:

Facebook:

Email to Editor: sagesofl@gmail.com

Attn: Editor

SAGE of South Florida

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Oakland Park, FL 33307

www.sagewebsite.org

www.facebook.com/SageOfSouthFloridaInc

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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 July 11th is Really, What is a Gay Man? presented by John Lloyd: A homosexual is someone who is sexually attracted to people of their own sex. But is every homosexual man gay? John has interviewed many older gay men and found that each views being gay differently. His presentation will raise frank questions regarding individual gay experiences. Participants will be encouraged to share what "being gay" means to them. The topic scheduled for July 25th is Gratitude presented by Paul McNamara: Gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits. Developing a sense of gratitude isn't complex or challenging, and many different exercises are available to help cultivate a stronger sense of gratitude. The discussion will examine the benefits of gratitude and ways to feel more grateful. 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.

NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines

SAGE/Prime Gentlemen Men's Drop-In meets every **Wednesday**, **1:00pm to 2:00pm**, and it's a hybrid meeting: In per-



son at the Pride Center, Wilton Manors and also via Zoom. We follow CDC and WHO guidelines regarding in-person meetings. Sweet July is here. The ocean temperature in Ft Lauderdale climbs into the 80s (Fahrenheit degrees) and it's like bath water! We are joined by Prime Gentlemen and friends locally and from around the country and around the world via Zoom. All are welcome. We share. We kibbutz. We schmooze. We start at 1:00pm, first 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 if you attend in-person, you can then indulge in President Patrick's fabulous sweet baked treats. 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 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,





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 Meet-Up at Rosie's









SAGE/Prime Gentlemen Movie





SAGE Night Out at Tropics







Jefy Receives His 5-Year Pin





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.sagesofl.org

SOCIAL LITES

Sal Orlando

HAPPY BIRTHDAY, AMERICA! Everyone enjoy the 4th of July festivities and try to stay cool. My count down has begun – it is less than three more months until we see summer leaving South Florida once again.



On June 22nd, we all had a blast at Bona Italian Restaurant, and after a few cocktails at their fabulous little bar, I couldn't have been any happier. Dinner was delicious as always and the wait staff was friendly and accommodating, definitely a repeat for the future. What a way to forget about the June 90-degree weather.

This month, on **Sunday, July 17th**, we're going Mexican, at Tequila Sunrise on Dixie Highway, a favorite of many of our members. Cocktails and conversation at the bar between 5:30 and 6:30pm, followed by dinner in their private side room reserved for **SAGE**. The food is always delicious, the atmosphere always lively and fun, staff wonderful and the Margaritas to die for. Everyone will have a good time. Don't forget to put this great event on your calendar.

Save the Date: On Tuesday, August 23rd, for the very first time, SAGE goes to the 5th Element Indian Grill on Powerline Road.

Please Note: There is a reason for SAGE to have a reservation cutoff date and time for each event. Therefore, no reservations will be accepted after such time.

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, July 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

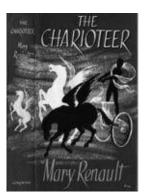
and celebrate the ability to



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



Published in Britain in 1953 and the United States in 1959, Mary Renault's The Charioteer tells the story of Laurie Odell, a sensitive young man who falls in love first with the magnificently assured head prefect at his school, Ralph Lanyon (soon to be expelled for sexual misbehavior with a younger boy), and

then, having been wounded at Dunkirk, with Andrew Raynes, one of the young conscientious objectors who is working as a hospital orderly. It's largely thanks to this, of course, that the book was considered controversial: Renault's treatment of homosexuality was, for the time, startlingly straightforward ("Andrew, thought Laurie; the name slipped into place like the clear color note in the foreground of a picture"). But the novel also appeared at a moment when prosecutions for homosexuality were on the rise following a period during which gay men had enjoyed a certain amount of freedom, social taboos having eased a little during the war. Just a few weeks after its publication, John Gielgud was arrested and charged with "importuning male persons for immoral purposes" (having endured the humiliations of his trial, he was fined just £10). No wonder, then, that some critics linked The Charioteer to the burgeoning movement for reform. Considered a landmark in gay literature, the book will be discussed by the SAGE Book Club via Zoom on Saturday, July 9 from 11 AM to 12 noon.

IN MEMORIAM



SAGE member John Gillespie passed away May 26, 2022, at age 79. Henry Penas, his husband of 54 years, was at his bedside, along with John's sister Mary, and her wife, MaryAnn. John was born in Brooklyn on January 30, 1943, and resided there until he and Henry moved to Florida in 1990. John's Newfoundland heritage influenced his life and work ethic. He possessed a wealth of knowledge and could be extremely entertaining with his amusing facts and fantastical trivia. He'll be remembered for his warm smile and gentle spirit. John and Henry's caring and enduring relationship was an inspiration to all who knew them. SAGE sends our love and condolences to Henry and to John's friends and family.

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, 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@sunshinecathederal.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.**





SAGE Health Tips

Gene Majka, APRN

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

Plantar Fasciitis, Morton's Neuroma and Hammer Toes & Others OH! MY!

We take our feet for granted except when we develop pain. This pain affects our daily life. A fallacy is that our bodies shrink and our feet grow larger. They don't grow but with years of standing, walking and exercising, the arches fall, joints stiffen, and the padding on the bottom of your foot deteriorates. These problems cause our feet to spread giving the illusion that they have grown.



Common Senior Foot Problems

We can develop pain in our ankles, balls of our feet, toe pain, blood flow problems, thinning skin, and osteoarthritis which can cause problems with our gait, balance, and movement. These conditions can cause OUR WORST FEAR-- FALLING. We all ignore symptoms and hope the problem will go away or we won't have to go and see ANOTHER health care practitioner. The problem is, a fall may not kill you BUT the after-effects of the fall may kill you. A fracture may result in a limited ability to walk. This limited physical activity may result in pneumonia.

Some of these problems are:

- **Fat Pad Atrophy** Loss of the pad under our foot, heel, and ball will cause considerable pain. Treatment can be cushions in your shoes, filler injections, orthotics or a new procedure called Leneva which is a fat-pad augmentation to the bottom of your foot.
- Morton's Neuroma A non-cancerous growth on the ball of the foot usually between third and fourth toes. It feels like a pebble in your shoe. Treatment is therapy based on pain severity, injections and surgery.
- **Cracked heels** Your aging soles become thin and dry from walking on uneven surfaces and in extreme temperatures (Florida's summer) will cause dryness. TLC treatment twice a day to your footsies with a good moisturizer is your best treatment.
- Plantar Fasciitis (AKA Nurse's Disease) Anyone who has worked and had short walks and stops all day (also bartenders, wait staff) can get Plantar Fasciitis. This is the most common complaint to podiatrists. It is very painful after resting. The hospital I was working at removed the carpet in the hallways and replaced them with tiles. VOILA! All my colleagues and moi got fasciitis. Treatment is usually OTC pain medication, orthotics, physical therapy, night splints, non-invasive procedures, and surgery.
- Corns, calluses and bunions Corns form on top of the foot over a joint or bone. Most people develop them from tight shoes. Calluses develop from excessive rubbing and friction in a shoe where there is space for the foot to move around. Calluses, unlike corns, have a uniform thickness. Bunions appear as a bony bump on the inside edge of the foot and occur mostly in women and older adults. If they are on the base of the little toe, they are called a tailor's bunion. All three are painful and cause difficulty walking. Treatment for corn and calluses is trimming excess skin, medicated patches, shoe inserts, and surgery. Bunion treatment can be changing shoes, shoe padding and/or inserts, medications, and surgery.
- Hammer toes A common problem when the middle joint of a toe develops an abnormal bend and becomes flexed downwards. Treatment has better outcomes when diagnosed sooner NOT later. Common treatments are roomier footwear with inserts, exercise, and surgery.

There are many other foot problems but I have limited space to address all of them. They include: osteoarthritis, flat foot, Achilles Tendinitis, diabetic foot ulcer, gout, bone spurs (no comment), bursitis, claw toe (different than hammer toe), stress fractures, and fungal infections. You can obtain more information on Google.

If you have any symptoms of these foot problems contact your health care practitioner or podiatrist EARLY before they cause more complications. Enjoy walking pain-free. Thank you to my sister-in-law Fran for her inspiration about writing this topic.

References and Resources:

19 Foot Problems to Watch for in Aging Feet https://www.footankleinstitute.com/blog/19-foot-problems-in-aging-feet/
Foot Problems in Older Adults https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6647839/
The Orthopedic Foot & Ankle Problems of Aging http://www.utahorthopediccenters.com/the-orthopedic-foot-ankle-problems-of-aging/
Tips for avoiding common foot problems in the elderly https://www.bellevuefootdoctor.com/blog/tips-for-avoiding-common-foot-problems-in-the-elderly

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

July 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, June 30, 2022, BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219

The presentation will be about the **World AIDS Museum and Educational Center in Fort Lauderdale.**

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

July Menu

Garlic Rolls

Caesar Salad

Baked Ziti

Chicken Parmigiana

Chocolate Cake

Catered by





4711 North Dixie Highway, Oakland Park, FL 33334 - (954-938-4473)

Sunday July 17, 2022

Cocktails & Conversation at 5:30pm - 6:30pm Dinner

Tequila Sunrise will be providing complimentary chips, salsa and queso dip as appetizers and all dinners will include rice & beans

Entrée: (Choice of One)

- 1) Chimichanga- Deep-fried burrito with choice of chicken, pork or beef & sauce, cheese & sour cream
- 2) Two Tacos- soft or crunchy with choice of chicken, pork or beef & lettuce, tomato & cheese
- 3) Burrito Bravo- flour tortilla rolled with choice of chicken, pork or beef & baked with sauce & cheese
- 4) Chicken Sonora Burrito- flour tortilla rolled with chicken, pork or beef & baked with sauce & cheese
- 5) Two Mahi Mahi Tacos- grilled Mahi Mahi served in crunchy or soft shell, lettuce, tomato & cheese

Dessert: Fried Ice Cream

All Dinners include Iced Tea (At Table Only)

PRICING: \$18 @ Members & \$23 @ Non-members
(Member pricing partially subsidized by SAGE)

Mail form and payment to:

SAGE at PO Box 70516, Oakland Park, FL 33307

Questions- Call SAGE Message Line at 954-634-7219 – This is a SAGE Sponsored Activity

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE

HOUSE OF GUCCI



House of Gucci is a crime drama inspired by the family empire behind the Italian fashion house of Gucci. When Patrizia Reggiani (*Lady Gaga*), an outsider from humble beginnings, marries into the Gucci family, the romance transforms into a fight for control of the Italian fashion brand Gucci. Her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder.

The Italian scenery and the costumes are truly stunning. The soundtrack is also wonderful and beautifully operatic in scope. Lady Gag kills it as Patrizia, bringing charm, effortless charisma and menace. This movie is an operatic tale of family feuding, sexual jealousy and capitalist intrigue, with plenty of drinks, cigarettes and snacks (the carpaccio comes highly recommended). Also, cars, shoes, hats, sport coats, handbags, dresses, and lingerie. Most of the scenes consist of Guccis yelling at other Guccis – in Milan and New York, amid the Alps and near a lake, in hotels and conference rooms and in villas and cafes. Ultimately, it is a tale of family treachery and of how a scion lost his life to a hit man's bullets.

FRIDAY, JULY 22nd
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS