

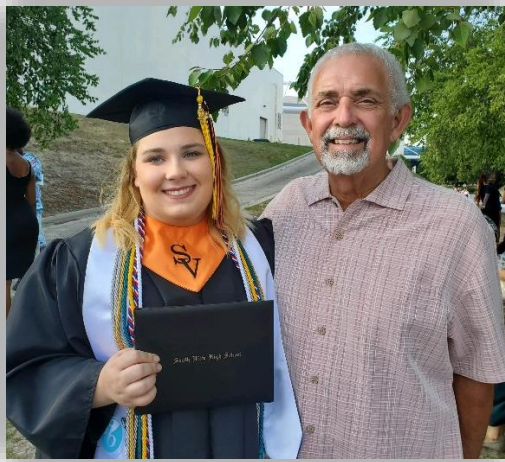
The SAGE

The Newsletter of SAGE of South Florida

August 2022

SAGE SCHOLARSHIP WINNERS SELECTED

Two recipients have been chosen for the 2022 **SAGE of South Florida Carl M. Galli “Leaders of Tomorrow” Scholarship Program** – **Audra Sweet**, granddaughter of SAGE member Frank Sweet, and **Taryn Peters**, daughter of SAGE member Lisa Peters. Each winner has been presented with a check in the amount of \$1,500.00 to use for education expenses.



AUDRA SWEET with her grandfather, **FRANK SWEET**



TARYN PETERS with her mother, **LISA PETERS**

This fall, Audra will begin her undergraduate studies in pursuit of a double major in Biology and Forensic Science and Taryn will continue her graduate level studies in Occupational Therapy. Both women impressed the SAGE Scholarship Selection Committee (**Marilyn Lamkay, Lee Lawson, and Michael Vita**) with their academic achievements and evidence of engagement with the community. Congratulations, Audra and Taryn!

The SAGE scholarship program, begun in 2021, is named in honor of the late SAGE of South Florida President Emeritus Carl M. Galli. Two \$1,500.00 scholarships are awarded annually. To be eligible, applicants must be both a child, grandchild, or great-grandchild of current members of SAGE of South Florida or Prime Gentlemen, and a graduating high school student planning to attend, or a matriculated college student in any year of study currently attending, an accredited non-profit college or university in the United States.

FRIENDLY VISITOR PROGRAM



SAGE USA is collaborating with Sunshine Cathedral to establish a Friendly visitor program for LGBTQ+ older adults. The program links a volunteer with an LGBTQ+ older adult who would benefit from additional meaningful connections in their lives. The volunteer visits the participant weekly for 1-2

hours and speaks to the participant by phone between visits. If you or someone you know is interested in volunteering, participating, or seeking more information, contact **Mitchell Zahn, Program Coordinator**, at **646.568.9354** or by email at mzahn@sageusa.org.

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
LORENZ	MUTHER	Aug-01	HOWARD	TERRY	Aug-12
BRUCE	GELLY	Aug-03	GARY	STAYER	Aug-15
PAT	NOON	Aug-03	ANN	GOWEN	Aug-17
TRACIE	FALLEN	Aug-04	WILLIAM	WHITENER	Aug-17
RICHARD	MAGGIORE	Aug-04	DAVID	SHAPIRO	Aug-19
CHARLES	SCARCELLA	Aug-04	JOEL	RUBIN	Aug-20
HARVEY	CHASSER	Aug-06	PHIL	PRENTICE	Aug-21
PEGGY	WATSON	Aug-06	JOYCE	EDELSON	Aug-23
MICHAEL	THAU	Aug-07	JOEL	RISCH	Aug-23
TED	FISHER	Aug-09	MICHAEL	GAGNE	Aug-24
STEVE	THAYER	Aug-09	KAY	TOWNS	Aug-25
SHARON	KNOWLES	Aug-10	ROBERT	RIEDEL	Aug-26
TRISH	STYPKA	Aug-10	RAFAEL	SUAREZ	Aug-29
ANN	SMITH	Aug-11			

5 Year Anniversaries

GINO BRANDIMARTE, JESSE DAVILA, PAUL MCNAMARA

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.

10 Year Anniversaries

ANDY MASTERSON

New Members

GEORGE BERGEVINE, BRUCE FORCHHEIMER, LORENZ MUTHER, FRANK SCHICKLEY, GARY STAYER

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 – 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

Attn: Editor

Mailing Address: SAGE of South Florida
PO Box 70516
Oakland Park, FL 33307

Website: www.sagewebsite.org

Facebook: www.facebook.com/SageOfSouthFloridaInc



THE ROUND TABLE

Paul McNamara

This Co-Ed 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. **PLEASE NOTE: THE ROUND TABLE WILL BE ON HIATUS FOR THE MONTH OF AUGUST. CONSULT NEXT MONTH'S NEWLETTER FOR THE TOPICS SCHEDULED FOR SEPTEMBER 2022.** 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 NIGHT OUT

Ed Slough

On **Tuesday, August 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!



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 meets every **Wednesday, 1:00pm to 2:00pm**, and it's a hybrid meeting: In person

at the Pride Center, Wilton Manors and also via Zoom. We follow CDC and WHO guidelines regarding in-person meetings. Sweet August 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. SAGE of South Florida President Patrick brings his fabulous home-made sweet 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. Any questions can be emailed to [Jefy at jefgain@aol.com](mailto:jefy@jefgain@aol.com). Write "SAGE of South Florida" in the subject line. 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 Dinner at *Bona Italian Restaurant*



SOBA (SAGE on the Border/Alternatives) Dog Therapy



SAGE Lunch & Learn at the Skolnick Center



SAGE Night Out at Tropics



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



The “Dog Days” of August are upon us. I trust you are all enjoying the summer months so far and are getting ready to welcome Fall soon. With luck, there will be no hurricanes to deal with this year.

Last month SAGE had a wonderful Mexican dinner at Tequila Sunrise on the 17th. A great time was had by all. The food was very tasty, the staff couldn't do more for us, and the place was fun, fun, fun. What a terrific place to hold a summer event!

This month SAGE goes to a different venue, 5th Element Indian Grill, for the first time on Tuesday, August 23th at 5:30pm for cocktails and conversation, followed by dinner in our very own private room. It promises to be a fun event. Both staff and management are very friendly and accommodating. Another nice place to have a good time and forget about the summer heat.

Save the Date: Next month, SAGE's **28th Anniversary Gala** is being held at **Anthony's Clam House and Grill** on Commercial Boulevard, on **Sunday, September 25th, at 12:30pm** for cocktails and mingling at their beautiful bar, followed by a fabulous luncheon at **1pm**.

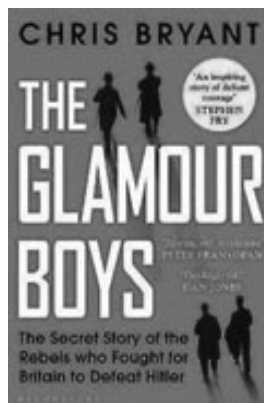
As you all know, member pricing for our events is partially subsidized by **SAGE**, and will continue to be so. But, in lieu of the current out-of-control inflation, venues are forced to raise their prices considerably, some as much as 1/3 more. Therefore, beginning with our Anniversary Celebration next month, member pricing will go up for our events to reflect such changes. As always, it's not fair to our members that nonmembers should be partially subsidized as well. Therefore, nonmember pricing will reflect the total cost paid to the venue by **SAGE**, plus entertainment, if any, for each event.

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 date and 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 BOOK DISCUSSION GROUP



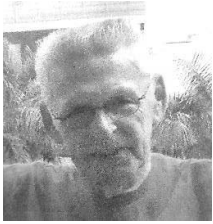
Told with verve and personality, **Chris Bryant's – The Glamour Boys** – is a remarkable and true story of ten courageous gay members of parliament whose anti-appeasement stance was crucial in turning the tide of British political engagement with Nazi Germany.

In the early 1930s, a group of young, queer British MPs visited Berlin on a series of trips that would change the course of the Second World War. Having witnessed the Nazis' brutality first-hand, these men were some of the first to warn Britain about Hitler, repeatedly speaking out against their government's policy of appeasing him. Prime Minister Neville Chamberlain hated them. Branding them 'the glamour boys' to insinuate something untoward about them, he had their phones tapped and threatened them with deselection and exposure. At a time when even the suggestion of homosexuality could land you in prison, the bravery these men were forced to show in their personal lives gave them extraordinary courage in public. Undaunted, they refused to be silenced and when war came, they enlisted. Four of them died in action. Without them, Britain might never have faced down the Nazis.

The historic role that a group of queer men played against the Third Reich will be discussed by the SAGE Book Club **via Zoom on Saturday, August 13 from 11 AM to 12 noon**.



IN MEMORIAM



JOSEPH LEONARD

SAGE member Joe Leonard died March 3, 2022, at age 81. Joe, an only child, was born in Providence, Rhode Island, on June 17, 1940, and was raised by his mother and grandmother. He graduated from Bryant Business College in Providence and moved to South Florida in 1973. He was a retired employee of Broward County. Joe was known for his dry sense of humor and was an avid baseball fan. He is survived by his husband, Duc Nguyen, and his many friends, especially Jim Burke and Dick Schwarz. He will be missed by his SAGE family.



SANDY (GIBSON) SMITH

Sandy Smith, 77, passed away July 10, 2022. Sandy was born on April 15, 1945, in Philadelphia. Sandy earned a Doctor of Philosophy degree in American and European History and began working at the National Archives in Washington, D.C., at 26 years of age. He relocated to South Florida after retiring. A member of both Prime Gentlemen and SAGE, he was liked and respected by all who knew him. In addition to many friends and family, he is survived by his partner of twelve years, Bill Farrington. We mourn his loss.



STEPHEN SHAW

Stephen Shaw died peacefully on July 11, 2022. He was born in Brooklyn on November 19, 1941, and before retiring worked in Health and Human Services, delivering Medicare and Medicaid services. Steve had been a member of both SAGE and Prime Gentlemen since 2018. A service was held at Star of David Memorial Gardens and Cemetery on Wednesday, July 13. SAGE sends condolences his nephew, Jonathan, and all Steve's surviving family and many friends.

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

Website: adrcbroward.org

In Palm Beach County – 561.684.5885

Website: aaapbtc.org

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 EMERGENCY FUND

The SAGE Emergency Fund was established to assist LGBTQ Seniors (55 years or older) who have experienced unexpected financial hardship. Households with incomes below the federal poverty level are eligible to apply for a one-time grant (up to \$1,000.00) of financial assistance for medical needs, rent/mortgage payment, utility charges, or transportation costs. The Fund is administered by the SunServe Senior Services Department. For more information, contact **SunServe at 954.764.500**.

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.

OA, ADL, OTC, & Rx

Acronyms. We are surrounded by them especially in the medical field and particularly with pharmaceuticals. It has come to the point that it is not a disease unless it has an acronym. I have seen commercials for medications for which I never heard of the acronym for that disease. Once I had a female patient come to me and ask for a specific medication that she saw advertised for BPH. I told her sorry, but that medication is not for her. She became incensed. I then informed her that she did not have a prostate to treat for that disease.

Frank Piasecki, one of our Monday morning *SAGE on the Border/Alternatives (SOBA)* hosts, suggested I write about Osteoarthritis (OA) and especially the joints involved. OA is such a large topic that I am going to devote the next few columns to this topic. We will discuss Activities of Daily Living (ADL), Over the Counter (OTC), medications, prescription medications (Rx), and treatments.

OA

The most common senior complaint is arthritis, especially in the joints of the fingers, feet, hips, knees, wrist, shoulder, and spine. The disease is more common in men before age 45 and in women after 45. Global estimates of OA afflicting seniors over age 60 are 9.6% for men and 18% for women.

CAUSE

OA occurs when cartilage (tissue that cushions the end of the bones) breaks down and wears away. OA can affect multiple joints. It is caused by joint stress, previous injury, improper joint alignment, excess weight, and family history.

SYMPTOMS

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis, signs and symptoms may include: Pain, stiffness, swelling, redness, and decreased range of motion.

JOINTS

Hands



Post-menopausal women and those with a family history usually develop this arthritis. Heberden's Nodes, which are small, bony knobs that appear closest to the nails, may be present. Bouchard's Nodes appear on the middle finger joint. Also, the base of the thumb can be affected.

Feet

Symptoms include tenderness or pain, reduced ability to move or walk, stiffness, and swelling of the joints.

Knees

Symptoms include stiffness, swelling and pain. This makes it difficult to walk, climb and get in or out of chairs and bathtubs. This can lead to a disability.

Hips

Similar pain as knees, but pain may also be felt in the groin, inner thigh, buttocks, and even the knees. This may limit movement and create problems with dressing and putting on shoes.

Spine

Pain and stiffness show up in the neck or lower back. Spinal arthritis changes can cause nerve pressure which can result in weakness, tingling, or numbness of the arms and legs. Severe cases can affect the bladder and bowels.

Shoulder

There are two joints in the shoulder and arthritis damage occurs in the bigger ball-and-joint socket. The cartilage that covers the ball and joint may subsequently deteriorate. The pain can often radiate into the arm or, if severe, can radiate down to the elbow and wrist.

Wrist

There are many diseases that can occur in the wrist such as carpal tunnel syndrome, tendonitis, Ganglion cysts and Keinbock's Disease. Symptoms are wrist tenderness in the wrist central bone, pain, swelling, inflammation, and stiffness. A hand/ wrist specialist can determine the primary problem

Diagnosis

Your Health Care Practitioner will perform a medical history and physical examination, x-rays, and laboratory tests.

Treatment

In future columns we will discuss treatments, medication, and devices to make your activities of daily living easier.

References and Resources:

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

Osteoarthritis and Ageing <https://www.emjreviews.com/rheumatology/article/osteoarthritis-and-ageing/>

Arthritis <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772>

Foot and Ankle Arthritis <https://my.clevelandclinic.org/health/diseases/13900-foot-and-ankle-arthritis>

Shoulder Arthritis <https://www.hopkinsmedicine.org/health/conditions-and-diseases/shoulder-arthritis>

Hand & Wrist Care <https://www.spineorthocenter.com/services/wrist/>

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

August 6, 2022, at 12:30pm

**HERB SKOLNICK COMMUNITY CENTER
800 SW 36TH AVENUE, POMPANO BEACH, FL**

RESERVATIONS REQUIRED

MEMBERS - \$12.00 GUESTS - \$16.00

**EVERYONE PAYS AT THE DOOR
DOORS OPEN AT 12:15PM**

***RESERVATIONS MUST BE MADE BY 12:30PM ON THURSDAY, August 4, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

A presentation will be made by **AARP (American Association of Retired Persons)**.

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

August Menu

Hawaiian Rolls

Fried Chicken

Deli Wraps

Coleslaw

Red Potato Salad

Macaroni Salad

Fruit Salad

Mixed Pastries

Catering by Publix





5TH Element Indian Grill

1325 S. Powerline Road Pompano Beach FL 33069 - 954-977-4334

Tuesday August 23, 2022

Cocktails & Conversation at 5:30pm - 6:00pm Dinner

Appetizer: (Choice of One): Mulligatawny Soup-Spiced lentil soup with rice, vegetables & chicken,
Chinese style thick sweet corn and chicken soup , Garden Salad with romaine, red cabbage,
grated carrots, sliced cucumber, tomatoes and natural shredded cheese blend

Entrée: (Choice of One)

Basmati Rice and Butter served Family Style and Naan is leavened white bread baked in a Tandoor Oven

- 1) Chicken Tikka Masala-Marinaded Chicken, yogurt, ginger, and garlic baked in a Clay Tandoor Oven
- 2) Paneer Makhni-Tender chunks of homemade cheese in mildly spiced creamy sauce
- 3) Lamb Korma-Lamb cooked in an almond sauce
- 4) Goan Fish-Fish filet in coconut based cream sauce flavored with curry leaves

Dessert: (Choice of One) Mango Cheesecake, Fresh Fruit (sugar free)

All Dinners include Coffee, Tea or Iced Tea (At Table Only)

PRICING: \$23 @ Members & \$28 @ Non-members

(Member pricing partially subsidized by SAGE)

Reservations Close 1pm Friday August 19, 2022

No Reservations WILL BE accepted after this Date & Time

Sage at 5th Element Indian Grill Tuesday August 23, 2022

___Members @\$23 ___Non-Members @\$28 Phone_____

Name_____

Entrée Choice_____

Name_____

Entrée Choice_____

Name_____

Entrée Choice_____

Name_____

Entrée Choice_____

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



Set in the iconic Pines, **Andrew Ahn's *Fire Island*** is an unapologetic, modern-day rom-com showcasing a diverse, multicultural examination of queerness and romance. Inspired by the timeless pursuits from Jane Austen's classic *Pride and Prejudice*, the story centers on two best friends (Joel Kim Booster and Bowen Yang) who set out to have a legendary summer adventure with the help of cheap rosé and their cadre of eclectic friends.

FRIDAY, AUGUST 19th
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS