The SAGE

The Newsletter of SAGE of South Florida

SAGE of South Florida's 28th Anniversary



When SAGE turned 28, it was a very good year. It was a very good year to be with your old friends. To make some new ones, too. So many things to do. A time to celebrate, when SAGE turned 28.

September 2022

During the past year, the world has re-opened and SAGE of South Florida has resumed offering our full complement of events. We held both our Milestone Birthday Celebration and Annual Meeting live and in person. With the re-opening of the Pride Center, The Round Table and Men's Drop-In groups are again meeting in person. The monthly SAGE/Prime Gentlemen Movie at the Pride Center has restarted. The Book Discussion Group has returned to meeting at the Stonewall Library.

We've continued our outreach and support of other community groups by making donations to such organizations as the Active Aging Expo, Covenant House, the South Florida Gay News, and the Stonewall Library and Museum. We've continued our mutual collaborations with Fort Lauderdale Prime Gentlemen. We've awarded two recipients with SAGE of South Florida Carl M. Galli "Leaders of Tomorrow" Scholarships. And, we've unveiled an updated logo designed by our new Digital Communications Coordinator, Austin Rahn.

Join us for dinner on Sunday, September 25th at the elegant Anthony's Clam House & Grill when we will acknowledge the accomplishments of the past year. See the enclosed flyer for details and the reservation form. Help us celebrate 28 years of service to the community!



As SAGE of South Florida begins its 29th year dedicated to serving LGBTQ+ older adults, the Board of Directors would like to officially and genuinely express their gratitude to both our valued members and to SageUSA in New York City for all their support through the years. We look forward to another 29 years of service and salute SageUSA for advocating for our community since 1978.

REMINDER: MEMBERSHIP DUES REINSTATED

Beginning September 1, 2022, the payment of dues will be required to renew your SAGE membership. You will receive a Notice prior to your upcoming individual renewal month. Membership dues had been suspended for the past two years when the COVID pandemic prevented us from presenting our full calendar of social and educational activities. Despite inflation, the cost remains at pre-COVID prices!

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
GEORGE GINO DAVID BOB JERRY JOEY ROGER TERRY HAROLD MARY JOE IRMA PAUL M JERRY KENDRA JACK INEZ BETTY TONY RANDALL KENNETH ANTONIO	BERGEVINE BRANDIMARTE GRIPP ADAMS ZYGMUNT ANDREULA OSHEA WILLIAMS ATCHISON VASILIADES MARTIN REY SMITH WALKER MASCARA ALMELEH PASHER GAMBINO PRIDDY KENNEDY MOORE BARDELLI	Sep-01 Sep-01 Sep-01 Sep-02 Sep-02 Sep-02 Sep-04 Sep-04 Sep-04 Sep-05 Sep-05 Sep-07 Sep-07 Sep-07 Sep-07 Sep-10 Sep-10 Sep-13 Sep-13 Sep-15 Sep-15 Sep-15	JOAN CLAYTON BRUCE SUE JANE THOMAS RAQUEL CHARLES (CHIP) JOHN CUBBY BILL MARC STEVE MICHAEL DEB SUSAN VINCE NIKOLAY JERRY ED MICHAEL NORMA	HILL RANEY WATTS CHARRON KREINBERG MCGRAW WHITE WINEY AMOROSO CUNNINGHAM HEVERT FLANAGAN FLEISCHMAN GARCIA MCNERNEY ADELMAN BEACHLEY BISHKOV JENSEN MARTINEZ VITA	Sep-17 Sep-18 Sep-18 Sep-19 Sep-20 Sep-20 Sep-20 Sep-21 Sep-22 Sep-22 Sep-22 Sep-22 Sep-25 Sep-25 Sep-25 Sep-26 Sep-26 Sep-27 Sep-27 Sep-29 Sep-30
INEZ BETTY TONY RANDALL KENNETH	PASHER GAMBINO PRIDDY KENNEDY MOORE	Sep-09 Sep-10 Sep-13 Sep-13 Sep-15 Sep-15	DEB SUSAN VINCE NIKOLAY JERRY ED	MCNERNEY ADELMAN BEACHLEY BISHKOV JENSEN MARTINEZ	

New Members

DENNIS FASANO. ED MARTINEZ. JOEL ROTHSTEIN. JOHN SHIELDS

If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years and you have not received your pin,

SAGE OF SOUTH FLORIDA

OFFICERS		BOARD MEMBERS AT LARGE	VOLUNTEERS	
President:	Patrick S. Vida	Jefy Gaines	Jean Arthurton	Gene Majka
Vice President:	Carl Barton	Lee Lawson	Hank Brooks	Sonny Miller
Secretary:	Ken Goodman	Marilyn Lamkay	Frank Cavanaugh	Ken Moore
Assistant Secretary:	Michael Vita	Kathy Macchio	Philip Collier	Frank Piasecki
Treasurer:	Allen Churchman	Paul McNamara	Marc Flanagan	Ron Wudarsky
		Sal Orlando	Michael Gagne	•
		Lisa Peters	G	

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 (**S**enior **A**ction in a **G**ay **E**nvironment)) 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: www.sagewebsite.org sagesofl@gmail.com **Email to Editor:**

Attn: Editor

Mailing Address: SAGE of South Florida

PO Box 70516

Oakland Park, FL 33307

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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.

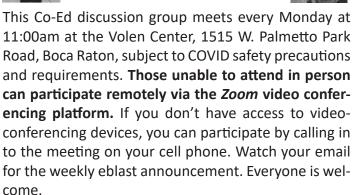
The topic scheduled for **September 12th** is **Outsmart**ing Online Scammers presented by Allen Blaich: Online scamming results in over \$100 billion a year in losses involving over 50 million victims in the US alone. Allen will identify some of the more common types of online scams, with an emphasis on online dating scams. He will provide useful tips on how to avoid becoming the prey of online scammers. The topic scheduled for September 26th is The MEER Project presented by Paul McNamara: As our climate emergency intensifies, MEER (Mirrors for Earth's Energy Rebalancing) aims to directly tackle the most imminent threat, Earth's rising temperatures. By using solar reflectors, MEER proposes to redirect portions of sunlight back into space before it has a chance to heat our planet. The discussion will focus on details of MEER's Solar Radiation Management Program.

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 ON THE BORDER/ **ALTERNATIVES (SOBA)**

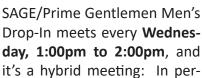
Frank Piasecki & Jean Arthurton



NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines





son at the Pride Center, Wilton Manors and also via Zoom. We follow CDC and WHO guidelines regarding in-person meetings.

It's September! I've heard that life is like a roll of toilet paper – the older it is, the faster it goes. 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 to share. 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, Write "SAGE of South Florida" in the subject line. Come join us!

SAGE NIGHT OUT

Ed Slough

September 27th, SAGE On **Tuesday**, 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 halfprice (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/Prime Gentlemen Monthly Movie









SAGE Night Out at Tropics







SAGE Dinner at Tequila Sunrise Restaurant







SAGE Lunch & Learn at the Skolnick Center





The Round Table



SAGE Wednesday Night
Early Birders



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

Still counting down to the end of summer. Three more weeks, hooray! Soon after, the weather starts to cool and the best part, humidity starts dropping.



This past month we had a fantastic time at a fantastic new venue The 5th Element Indian Grill on the 23rd. The place is so nice and accommodating, the service wonderful, and the food exotic and delicious. They make SAGE feel so special. What a great venue!

This month, for SAGE's 28th Anniversary Gala on Sunday, **September 25th**, we go for the very first time to **Anthony's** Clam Bar and Grill, on Commercial Boulevard, a fabulous Italian Restaurant my husband and I have frequented many, many, times. Cocktails and mingling at 12:30 PM followed by a meal you won't soon forget. The Cash Bar includes \$10 bottomless Mimosas and Bloody Marys. You'll never forgive yourself if you miss this one.

Save the Date: Next month, by popular demand, we return to The Ambry for Oktoberfest on Thursday, October 20th, for cocktails and conversation at 5:30 PM, followed by dinner at 6 PM.

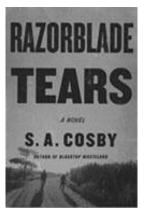
As you all know, member pricing for our events is partially subsidized by SAGE and will continue to do so. But, in lieu of the current out-of-control inflation, venues are forced to raise their prices considerably, some as much as 1/3 more. Therefore, beginning with our Anniversary Celebration next month, member pricing will go up for our events to reflect such changes. As always, it's not fair to our members, that non-members should be partially subsidized also. Therefore, non-member 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 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



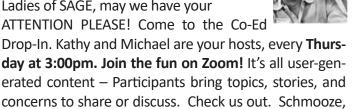
Fast on its feet, by turns lethal and tender, the Book Club's September selection - Razorblade **Tears**, by **S.A. Cosby** – takes place in small-town Virginia, though it could be the backwoods of a great many places. Ike Randolph and Buddy Lee Jenkins, both ex-cons haunted by their pasts, wouldn't ordinarily mix, largely because Ike

is Black and Buddy Lee is White and a casual racist. But the two men are tragically linked. Their sons were married to each other, and they were murdered together, shot in their faces outside a fancy Richmond wine store on their anniversary. The dads are both homophobes, but they also loved their sons, so when the police investigation quickly stalls, Ike and Buddy Lee decide to crack a few skulls on their own. Cosby gives us both the charge of once-bad men getting back in touch with their wild sides and the sad reluctance of relatively straight-and-narrow lives turning to vengeance. These old-timers have done bad, bad things, and they've done the time to prove it. Now they're ready to do those things again in the name of a thorny father-son love that neither man is quite comfortable with feeling. A crime fiction novel that debuted at number 10 on the New York Times bestseller list; please consider joining the SAGE Book Club in discussion on Saturday, September 10, 2022 at the Stonewall Library, 1300 E. Sunrise Boulevard, Fort Lauderdale from 11 AM to 12 noon – no reservation is required.

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio

Ladies of SAGE, may we have your ATTENTION PLEASE! Come to the Co-Ed



day 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!

Friendly Visitor Program



We refuse to be invisible

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.

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

Website: adrcbroward.org

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@sunshinecathederal.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 954.764.5150.**

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 Maika, APRN



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

OA, ADL, OTC, & Rx Part 2 Arthritis Medications

There are many medications to relieve arthritis pain but keep in mind that no medication is completely free from side effects, including OTC's (over-the-counter medications). Arthritis pain can have a negative effect on your mood. If you are constantly hurting you can feel discouraged and this could lead to depression. The pain could increase and be more difficult to relieve. You may fall into overtreatment (using too many pills) or undertreatment by ignoring the pain. The most important medication issue is to NOT go for the strongest medication with your first symptoms. Your continued use could eventually make you tolerant or possibly addicted. This may cause difficulty obtaining stronger pain relief. Start easy and go up the ladder of relief.

OTC'

PLEASE check with your Primary Care Practitioner (PCP) before taking any medications to avoid reactions with your current prescriptive medications.

Topicals

(Creams and rubs) These treatments should be used before taking pills. Many of them contain salicylate, or capsaicin, camphor, lidocaine, or menthol for occasional symptom relief. They are not to be used for long-term management of OA or inflammatory arthritis. Gel (Voltaren) is available over-the-counter without a prescription. There are prescriptive topicals available from your PCP.

Tvlenol

(Åcetaminophen) is the primary medication to treat arthritic pain, but it does not control the disease or prevent joint damage. Warning: You should not exceed more than 3000 mg (3 grams) of Tylenol per 24 hours. If you take 325mg tablets, do not exceed 9 tabs/day; for 500mg, no more than 6 tabs/day. If you exceed these limits liver damage may occur.

NSAIDs

(Nonsteroidal Anti-Inflammatory Drugs) such as aspirin, ibuprofen (Motrin, Advil), naproxen (Aleve), diclofenac (Voltaren), celecoxib (Celebrex) and others relieve inflammation. Contact your PCP if you are on blood thinners or have stomach problems before taking NSAIDS. Exceeding the normal dosages will cause stomach discomfort, bleeding, and other complications.

PRESCRIPTIVE TREATMENTS/MEDICATION Injections

Steroids

Corticosteroids reduce swelling and pain relief for a few days or months. There are side effects and only 3-4 shots can be given per vear.

Hyaluronic acid (HA)

This acts like a joint lubricant and may give shoulder or knee pain for up to 6 months.

There are many other special injections, contact your PCP.

Medications

Tramadol

This is a mild narcotic for those who cannot take Tylenol or NSAIDs for knee or hip pain.

Opiates

These are used only for <u>short</u> term treatment due to concerns about dependency and toxicities, especially in seniors. Non- tramadol opioids include: Morphine, codeine, oxycodone, oxymorphone and transdermal fentanyl patches. Your PCP can choose the best medication for you.

Duloxetine (Cymbalta)

This is <u>not</u> a narcotic and is used for major depressive disorder. It also relieves musculoskeletal pain like OA especially for knee pain. It is used for those who have had a partial relief with Tylenol and NSAIDs.

There is constant research for new medications and treatments for OA. Your PCP can always give you accurate information for your specific problem and health history. Do <u>not</u> depend on <u>Dr. Google.</u> Next month I will write about conservative treatment and managing your day-to-day arthritic discomfort.

References and Resources:

Non-surgical treatment of osteoarthritis-related pain in the elderly https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261252/ Medications to Manage Arthritis Pain https://arthritis.ca/treatment/pain-management/medications-to-manage-arthritis-pain Comparing Pain Meds for Osteoarthritis https://www.arthritis.org/health-wellness/healthy-living/managing-pain/pain-relief-solutions/comparing-pain-meds-for-osteoarthritis

Seniors Arthritis pain: Do's and Dont's https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20046440

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

September 3, 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 WEDNESDAY, AUGUST 31, 2022, BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219

A presentation will be made by **AIDS Healthcare Foundation**.

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

September Menu

Garlic Rolls

Catered by:

House Salad

GG'S of New York

Chicken Marsala

Penne ala vodka

Chocolate Cake





SAGE Celebrates its 28th Anniversary at Anthony's Clam House & Grill

2861 East Commercial Blvd. Ft. Lauderdale - 954-595-2104

Sunday September 25, 2022 at 12:30pm for Cocktails - 1:00pm Dinner

Cash Bar Includes \$10 Bottomless Mimosas & Bloody Mary's

Appetizer - Served Family Style with fresh Italian Bread & Butter Fried Calamari - Bruschetta - Caesar Salad

Entrée: (Choice of One)

- 1) Chicken Parm Lightly breaded, topped with Marinara Sauce, melted cheese & served with Spaghetti
- 2) Meatball & Sausage Served over Rigatoni Marinara
- 3) **Tuscan Shrimp** Jumbo Shrimp, Spinach, sun-dried tomatoes, light cream sauce served over Rigatoni

Dessert: (Choice of One) Mini Cannoli served with Fresh Berries or Mini Fruit Bowl All Dinners include Coffee, Tea or Iced Tea (At Table Only)

PRICING: \$29 @ Members & \$35 @ Non-members

(Member pricing partially subsidized by SAGE)

Reservations Close 1pm Wednesday September 21, 2022

No Reservations WILL BE accepted after this Date & Time

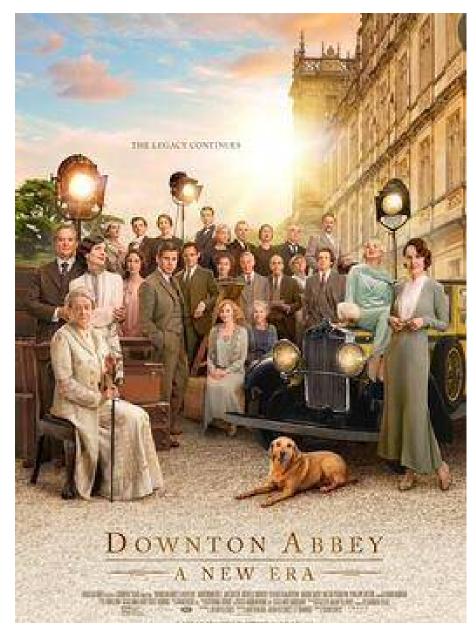
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	Sage at Antho	ony's Clam House & Grill Se	 eptember 25, 2022	
	Members @\$29	_Non-Members @\$35	Phone	
Name		Entrée Choice_		
Name		Entrée Choice_		
Name		Entrée Choice_		
Name		Entrée Choice_		

Mail form and payment to:

SAGE at PO Box 70516, Oakland Park, FL 33307

For Credit Card Reservations - Call SAGE Message Line at 954-634-7219 - This is a SAGE Sponsored Activity

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE

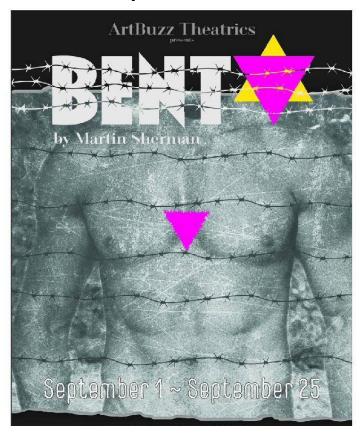


Downton Abbey – A New Era – follows the Crawleys and their staff as they welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. With a screenplay by **Julian Fellowes** and starring the original cast alongside exciting new additions, the film is packed full of exuberant moments, excitement and humor, tears of joy and sadness, and new beginnings for all your favorite characters.

FRIDAY, SEPTEMBER 16th
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS

Join SAGE of South Florida

on
Sunday, September 18, 2022 at 5:00pm
for a performance of



This powerful drama is the first play centered on the Nazi's use of the holocaust to wipe out gays. Sherman makes a case that gays were treated worse than jews. Bent unfolds as a tribute to the power of the human spirit as it depicts the defiance of two brave souls.





Empire Stage Theatre 1140 North Flagler Avenue Fort Lauderdale, FL 33304

TICKETS: \$20.00 (in advance)



CALL 954.634.7219 BY WEDNESDAY, SEPTEMBER 14, 2022 TO PURCHASE TICKETS.