# The SAGE

The New/letter of SAGE of South Florida

October 2022

### **OCTOBER SPECIAL EVENTS**

This October, in addition to our regular calendar of monthly activities, SAGE is collaborating with other community partners to present two special events to educate and entertain you.



SAGE is pleased to once again participate in and support the annual Active Aging Health Expo at the Pride Center which returns live this year on Saturday, October 15<sup>th</sup>, 2022, from 10:00am to 2:00pm. Admission and parking is free. Plan to attend this useful and informative event and partake of free coffee and goodies from Stork's Bakery. There will a drawing for door prizes, including a giant flat screen TV. Free flu shots and other testing services will be available. While there, remember to stop by the SAGE

booth and say "Hello!"

This year's OUTShine Film Festive runs from October 13<sup>th</sup> through the 23<sup>rd</sup> and will present over fifty films from around the world. On Saturday, October 22<sup>nd</sup>, at 3:00pm at the Gateway Theaters, SAGE will sponsor a screening of #LOOKATME. We are pleased to be hosting this live, in person event. Show your support for SAGE and OUTShine by attending this, and other, intriguing and provocative LGBTQ+ themed films. For more information visit the festival's website at: outshinefilm.com. Buy your tickets online and get 20% off the price with the SAGE discount code: OUTSAGE



### 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!

### JANUARY 2023 MILESTONE BIRTHDAY CELEBRATION

Attention all SAGE members that have (or will) turn 75, 80, 85, 90 (or more) years of age in 2022. Please contact the SAGE office by phone - 954.634.7219 or email – <a href="mailto:sagesofl@gmail.com">sagesofl@gmail.com</a> so that we may include your name among the honorees for our annual Milestone Birthday Celebration planned for the afternoon of Sunday, January 22, 2023.

### 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
BRUCE	FORCHHEIMER	Oct-01	JOHN	LEYDEN	Oct-12
DOUG	PALMER	Oct-01	ALLAN	HENDRICKS	Oct-13
JOEL .	ANASTASI	Oct-02	KEN	KALENDERIAN	Oct-13
CARLOS	MORAN	Oct-02	TOMMASO	LEPORE	Oct-15
JACQUES	TOURANGEAU	Oct-05	JIM	GROSS	Oct-16
MIKE	NICOTERA	Oct-07	DAVID	KISTLE	Oct-19
WAYNE	SCHREBE	Oct-07	MARK	SMITH	Oct-21
RICHARD	SMITH	Oct-07	JACKSON	HAVERLY	Oct-22
ED	BROWN	Oct-08	CARL	BARTON	Oct-23
RICHARD	WHITE	Oct-09	RICHARD	HERMAN	Oct-25
JERRY	MILNE	Oct-10	JAY	BRUNDAGE	Oct-28
BARRY	FEINSTEIN	Oct-11	DONALD	MITCHELL	Oct-29
JUDITH	BOWLING	Oct-12	DICK	ANGEL	Oct-30
GEORGE	CASTRATARO	Oct-12	TOM	WHITEMARSH	Oct-30

### 5 Year Anniversaries

NATALIE LAWRENCE, DAVID MURPHY, VICKY ROBBINS

### BINS LARRY LEARY

### New Members

NAN GREEN, CJ JOSEY, ERNEST LONDA, DOUG PALMER, DAVID TSANG, HOWARD WALVICK, NADIA WEISS, DONNA WEISS

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.

www.facebook.com/SageOfSouthFloridaInc

10 Year Anniversaries

### SAGE OF SOUTH FLORIDA

OFFICERS	BOARD MEMBERS AT LARGE	VOLUNTEERS
OFFICERS	DUARD WEWDERS AT LARGE	VULUNIEEKS

President: Patrick S. Vida Jefy Gaines Jean Arthurton Gene Majka Vice President: Carl Barton Lee Lawson Hank Brooks Sonny Miller Secretary: Ken Goodman Marilvn Lamkav Frank Cavanaugh Ken Moore **Assistant Secretary:** Michael Vita Kathy Macchio Philip Collier Frank Piasecki Paul McNamara Treasurer: Allen Churchman Marc Flanagan Ron Wudarsky Sal Orlando Michael Gagne

Sal Orlando Michael Gag 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 (**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.

Email to Editor: sagesofl@gmail.com Website: www.sagewebsite.org

Attn: Editor

Mailing Address: SAGE of South Florida

PO Box 70516

Oakland Park, FL 33307

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Facebook:



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 October 10th is The Gender Bread Model presented by Avani Vijayalakshmi-Ramanathan: Society often confuses gender identity, sexual orientation, biological makeup, and gender expression. The gender bread model is a visual representation of what these various forms of human identity mean and how they differ and intersect with each other. Avani's presentation will delve deeper into the meaning of these terms and how they are applied. Participants will be able to understand how their own identity is complex, unique, and diverse. The topic scheduled for October 24th is Are 'Gayborhoods' Losing LGBTQ+ Residents? presented by Michael Vita: As an unexpected byproduct of the success of the gay rights movement, gay people are moving out of traditional gay neighborhoods and settling in other areas where they are now accepted. When gay people no longer live in geographic concentrations, they may lose political power. Michael's presentation will explore some of the possible consequences of these changes. 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.

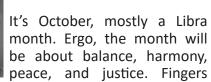


This Co-Ed discussion group meets every Monday at 11:00am at the Volen Center, 1515 W. Palmetto Park Road, Boca Raton, subject to COVID safety precautions and requirements. **Those unable to attend in person can participate remotely via the** *Zoom* **video conferencing platform.** If you don't have 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.

### NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines





crossed. Libra is an easy-going month and laid-back at times. 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. 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. We are here to support each other and that is a great thing. Thank you for that! 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 home-made 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. We do love a good laugh when it happens, so come join us on Zoom or in person!

### SAGE NIGHT OUT

Ed Slough

SAGE Night Out is now meeting on the 4th WEDNESDAY OF THE MONTH
Join us on WEDNESDAY, OCTOBER 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 Night Out at Tropics Grille**











# SAGE/Prime Gentlemen Monthly Movie









### SAGE Lunch & Learn at the Skolnick Center









SAGE Dinner at the Fifth Element Restaurant



Dinner at the Olive Garden Restaurant



For up-to-date news and information about SAGE, follow us on Faceboork: SAGE of South Florida, Inc.

View more photos by visiting the Photo Gallery at our Website: www.sagesofl.org

### **SOCIAL LITES**

Sal Orlando

My favorite time of year is upon us, October, when the threat of hurricanes starts to diminish, the weather starts to cool, and we start looking forward to the holidays. This is why



we live in South Florida – eight months of paradise. Except we don't get to see the beautiful fall foliage as they do up north.

We started this fall season on **September 25th** with **SAGE's 28th Anniversary Celebration**, which was held at **Anthony's Clam House and Grill.** What a beautiful modern-style Restaurant! The food was delicious and the wait staff so friendly and attentive to our every need. This was definitely an affair to be remembered and this location will be kept in mind for future events.

This month we return to **The Ambry** for a scrumptious **Oktoberfest Dinner** on **Thursday, the 20th at 5:30 PM** for cocktails and mingling followed by dinner at **6 PM**. They have a nice salad (the salad bar is no longer available due to COVID-19) followed by a plentiful and delicious German meal. Bring your appetite. Don't miss this event. Come celebrate Oktoberfest with your fellow SAGE members and friends.

**Save The Date:** Sunday, **November 20th**, we return to one of my favorites, **Zuckerello's.** 

**Sunday, December 18th,** our yearly Holiday Gala at the luxurious **Embassy Suites Hotel** 

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, member pricing for our events will increase to reflect such changes. As always, it's not fair to our members that nonmembers should be partially subsidized also. 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 time.

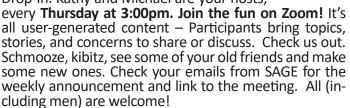
As always, for ongoing activities, consult your **SAGE** Calendar for meeting times and places.

Ciao for now!

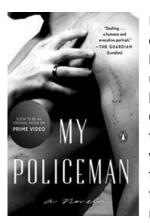
### SAGE CO-ED DROP-IN

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** 



### **SAGE BOOK DISCUSSION GROUP**



Inspired by the love life of novelist E.M. Forster, My Policeman by Bethan Roberts captures an unconventional—and illegal—love triangle in 1950s England. Opening in October 1999, retired schoolteacher Marion is writing a "confession of sorts" to Patrick, her husband's lover, for whom she is caring after a near-fatal stroke: "When I am

finished, I plan to read this account to you, Patrick, because you can't answer back anymore." From there, Marion's letter travels back 48 years to when she met her future husband, Tom. She tells the story of her pining for Tom and how their friendship turned into (an oft one-sided) courtship. The narrative framing allows her to offer insight into her past from the perch of the present ("I remember that I once felt intense and secret things, just like you, Patrick"). About Tom and Marion's whirlwind wedding, she writes, "At the time it was thrilling, this dizzy rush into marriage, and it was flattering, too. But now I suspect he wanted to get it over with, before he changed his mind." Eventually, the novel switches perspectives and offers Patrick's journal entries from the past. He writes about his beloved job as a museum curator; his relationship with Tom (whom he calls "my policeman"); and navigating his sexuality during a time when being gay was illegal. As their lives become more entangled, Marion slowly realizes the truth about Patrick and Tom. When a rash and unforgivable decision is made, their lives are changed forever. The novel's dueling perspectives allow both Marion and Patrick to explore the pain and joy of loving the same man. Roberts beautifully captures the devastation of being unable or unwilling to live in one's truth, and the quiet ending offers a poignant moment of respite for everyone. Marion, Tom, and Patrick haven't led the lives they expected or wanted to, but there's still time left. Nothing can be taken back, but perhaps the truth can begin to heal them all. Please consider joining the SAGE Book Group in discussion on Saturday, October 8, 2022, at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale from 11 AM to 12 noon – no reservation is required

### **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.** 

# 1

### **SAGE Health Tips**

Gene Majka, APRN

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

Acupuncture Biofeedback

Occupational therapy

Weight management

Physical therapy

Hypnosis

Orthotics Patient education

Nonpharmacologic

Interventions for Osteoarthritis

Exercise, stretching, massage, cold/heat application

Relaxation techniques: yoga and meditation Surgery (as a last resort after conservative measures

Transcutaneous Electrical Nerve Stimulation (TENS)

[nonpharmacologic and pharmacologic] fail)

Cognitive Behavioral Therapy (CBT)

### OA, ADL, OTC, & Rx Part 2

**ADL's (Activities of Daily Living)** 

Those of us with OA know pills can only do so much with our activities of daily living. Let's look at conservative therapy first. The goals of therapies are to control pain, improving joint function and mobility. These are some available therapies: pain.

Check with your pharmacist for splints and wraps to relieve pain. Contact your Primary Care Practitioner (PCP) for your best possible intervention.

### **ASSISTIVE DEVICES**

#### Cooking

We have to protect our joints by using adaptive equipment such as a splint. What are the dos and don'ts in kitchen activities? There is a great deal of information and it's impossible to list all of it for this column. Here is an excellent resource from the National Council of Aging: **Get Cooking! Top Tips for Older Adults Managing Arthritis Hand Pain.** 

https://www.ncoa.org/article/get-cooking-top-tips-for-older-adults-managing-arthritis-hand-pain

### **Toileting**

There are many devices for this personal matter. Google toileting aids and view the most nominal to the most expensive items. Walmart and Amazon sell many of them. A bidet can be very effective. When I broke both my arms a few years ago, a bidet really helped me. Don't forget raised toilet seats and especially shower and toilet grab bars.

### Top tips: Living with arthritis and using the bathroom

https://www.versusarthritis.org/news/2021/march/top-tips-living-with-arthritis-and-using-the-bathroom/

#### Dressing

Buttons and zippers can be difficult to fasten. Stockings and socks are almost impossible to put on, especially compression stockings. There are devices to assist you. This is one of many sites available:

Dressing Aids https://www.arthritissupplies.com/dressing-aids.html

### OTHER ARTHRITIS ASSISTIVE DEVICES

There are a multitude of devices such as wide car key holders, bracelet fasteners, ring pull can openers, sock aids, seat assists, extended shoe horns, phone holders, door knob grips, auto seatbelt extenders, auto seat swivels, gas cap openers, cooking and eating utensils, special golf grips, wash mitts, no-tie elastic shoelaces, grabbing/reaching tools, rocking T-knife, milk carton holders, and two handle pots and pans are among the many devices available by just Googling.

#### 21 of the Best-Selling Assistive Devices You Can Buy on Amazon.

https://creakyjoints.org/living-with-arthritis/best-selling-assistive-devices/

Arthritis does not have to be debilitating and make you homebound. There are devices out there to help you live an active life and enjoy our many SAGE activities. Our SAGE Richard Calvin, R.N., suggests:

Cleveland Clinic Arthritis Advisor. (a small subscription fee) https://www.arthritis-advisor.com/subscribe/?t=topnav

Also: Arthritis Foundation

https://www.arthritis.org/health-wellness/healthy-living/managing-pain/joint-protection/self-help-arthritis-devices

### **References and Resources:**

Exercise helps ease arthritis pain and stiffness

https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971

5 Ways to Manage Arthritis https://www.cdc.gov/arthritis/basics/management.htm

Osteoarthritis in Seniors Key Elements of Disease Management https://www.uspharmacist.com/article/osteoarthritis-in-seniors Non-surgical treatment of osteoarthritis-related pain in the elderly https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261252/

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

October 1, 2022, at 12:30pm

# HERB SKOLNICK COMMUNITY CENTER 800 SW 36<sup>TH</sup> 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, SEPTEMBER 29, 2022, BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219

### Wondering about changes for Medicare in 2023?

Gary Kempler explains it all for you!

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



### **October Menu**

**Chicken Tenders** 

**Turkey Sliders** 

Roast Beef or Ham Mini Sub Sandwiches

Mixed Raw Vegetables

Fruit Salad

**Blueberry or Cranberry Scones** 

Apple, Raspberry, or Guava Pastry Bites

## Catering by Publix



# Join SAGE for an Oktoberfest Dinner Returning to The Ambry



3016 East Commercial Boulevard, Fort Lauderdale, FL 33308 954-771-7342

### Thursday, October 20, 2022

Cocktails and Mingling 5:30 to 6:00pm - Dinner at 6:00pm

Select from one of the following entrée choices:

New York Strip Steak (12oz) with Home Fries

Schweinbraten (Roast Pork) with Spatzle & Red Cabbage

**Zuricher Geschnetzeltes-Veal** in a creamy white wine mushroom sauce with Spatzle

**Trout** with Lemon Butter with Rice

All Entrées include Soup of the Day or House Salad

Dessert- (Of the Day) or a sugar free dessert option of fresh fruit Your meal includes Coffee or Iced Tea (at your table only)

**PLEASE NOTE: Seating is Limited to 32 Persons** 

**Enjoy gemutlichkeit with your SAGE friends!** 

Pricing: \$25 @ Members & \$30 @ Non-Members

(A Portion of the Member Cost is Subsidized by SAGE)

Reservations close no later than 1:00pm – Saturday October 15<sup>th</sup> No Reservations WILL BE accepted after this Date & Time

×	-				
-	Ambry Restaurant for an Oktoberfest Dinner October 20, 2022				
MEMBERS @ \$25 &	MBERS @ \$25 & NON-MEMBERS @ \$30 Phone Number:				
NAME:	Write-in Entrée Choice:				
NAME:	Write-in Entrée Choice:				
NAME:	Write-in Entrée Choice:				
NAME:	Write-in Entrée Choice:				

# THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE



Charismatic rancher Phil Burbank inspires fear and awe in those around him. When his brother brings home a new wife and her son, Phi tormentsthem until he finds himself exposed to the possbility of love. **The Power of the Dog** is a film about hiding. Phil hides himself, a repressed gay man, under a cloak of dirt and masculine posturi ng. Peter hides his plan to undo him.

FRIDAY, OCTOBER 28<sup>th</sup>
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS