

The SAGE

The Newsletter of SAGE of South Florida

November 2022



I awoke this morning with devout thanksgiving for my friends, the old and the new. A quote from the sage of Concord, Ralph Waldo Emerson. (Not to be confused with SAGE of Concord.) Although in his writings Emerson propounded themes of self-reliance and solitude, he recognized the significance and need of the gift of friendship. This Thanksgiving, let us all acknowledge the importance of that gift.

The mission of SAGE of South Florida is to enrich the lives of the LGBTQ+ elder community by providing opportunities for social interaction and connections and, yes, to encourage the creation of friendships. Research by the Mayo Clinic finds that friendship plays a crucial role in promoting good health. A study by Michigan State University reports that supportive friendships in old age were a stronger predictor of well than having strong family connections. So now that your SAGE is back operating in full pre-pandemic mode, are you taking advantage of all we have to offer to stay connected? Yes, we can “Zoom” in and participate virtually in many SAGE activities, but the best way to forge close bonds with others is live and in person. We have persevered through many hardships these past two years. Now is the time to get up, get out of the house, meet with your old friends and make some new ones.

A close friend of Emerson, Henry David Thoreau, wrote: *I am grateful for what I am and have. My thanksgiving is perpetual.* Take a moment to reflect on how SAGE adds to your quality of life. Be thankful for the friendship of your fellow members. Be grateful for what you are and what you have. Make your thanksgiving perpetual. Don't celebrate Thanksgiving only on the fourth Thursday of November. Celebrate it every day of the year.



JANUARY 2023 MILESTONE BIRTHDAY CELEBRATION

Attention all SAGE members who have turned (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 – sagesofl@gmail.com – 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
ROBERT	TAUBER	Nov-01	MIKE	PETERSON	Nov-23
JIM	FISHER	Nov-11	DAVID	STAMPS	Nov-24
NAN	KEEGAN	Nov-13	MARK	SCHWARTZWALD	Nov-28
BILL	MAYO	Nov-14	JOHN	BOLTON	Nov-29
STEVE	SHAW	Nov-19	HARVEY	HOFFENBERG	Nov-29
CHARLIE	FREDRICKSON	Nov-22	ROBERT	CRUTTENDEN	Nov-30
CAROL	CLARK	Nov-23			

15 Year Anniversaries

JAMES FICKE

New Members

ELLEN KOTLER, KEN MELMED, AVANI RAMANATHAN

If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years and you have not received your pin, please call the SAGE office (954.634.7219) to pick it up.

SAGE OF SOUTH FLORIDA

OFFICERS

President: Patrick S. Vida
Vice President: Carl Barton
Secretary: Ken Goodman
Assistant Secretary: Michael Vita
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

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

VOLUNTEERS

Jean Arthurton
Hank Brooks
Frank Cavanaugh
Philip Collier
Marc Flanagan
Michael Gagne
Gene Majka
Sonny Miller
Ken Moore
Frank Piasecki
Ron Wudarsky

Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE – MATT FARBER – 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

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Website: www.sagewebsite.org
Facebook: www.facebook.com/SageOfSouthFloridaInc

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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 **November 14th** is **Living Your Dreams** presented by Dr. Denny Haman (Veterinarian, Philosopher, and Friend): *What keeps us from living our dreams? Denny gave up a career as a veterinarian to chase his dream of becoming an author, composer, and playwright. He will lead a discussion on the quest to find continual sources of happiness and joy throughout one's entire life.* **THERE WILL BE NO MEETING HELD ON NOVEMBER 28th DUE TO THE THANKSGIVING HOLIDAY.** 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

PLEASE NOTE: Due to the THANKSGIVING HOLIDAY, SAGE Night Out will meet on the 3rd Wednesday of the month for November ONLY

Join us on **WEDNESDAY, NOVEMBER 16th**, 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!



NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines



November is mostly a Strong Scorpio Sun. Ergo; the month will be about getting things done, being strong and powerful, fingers crossed. 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. Join us for some fun and support. Tell us what's going on and what's on your mind. 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, theatre, movies, restaurants, vacations, and current events. Captain Carl and I, Jefy, are your hosts. It's all in good fun and sometimes it does get serious. We are here to support each other. That's a great thing and thank you for that! At about 2pm EST 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 pastries 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 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 28th Anniversary Celebration *at Anthony's Clam House*



SAGE Lunch & Learn at the Skolnick Center



SAGE at the Active Aging Expo



***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

Boy, I'm enjoying this beautiful fall weather. I can't believe the holidays are upon us already. How time flies when you're having fun.



This past month, on the **20th**, we again celebrated Oktoberfest at **The Ambry**. A great time and a wonderful meal were had by all. A delicious German meal and fantastic service made for a terrific autumn event in a great venue.

This month, we go to one of my favorites, **Zuckerello's**, on **Sunday, November 20th, at 5 PM** for cocktails and mingling, followed by a fabulous dinner. I simply adore their bread, and the food is to die for. Both Eli and Steve are the perfect hosts, (love their bear hugs) with a friendly, efficient wait staff. Don't miss this one. Remember, reservations close on **Wednesday, November 15th**.

Save The Date: Sunday, December 18th, when **SAGE**, by popular demand, returns to **The Embassy on 17th Street Causeway** for our Annual Holiday Party.

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 nonmembers should be partially subsidized also. Therefore, nonmember pricing will reflect the total cost paid to the venue by **SAGE**, plus entertainment and other expenses, 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.

Also, those of you who would like to sit together at one of our events, please arrive early and at the same time, or wait for one another before checking in, so your party will be able to sit at the same table.

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

Happy Thanksgiving to ALL!

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 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!



SAGE BOOK DISCUSSION GROUP



In Jean-Philippe Blondel's novel – **Exposed** – narrator Louis Claret finds himself at a melancholy point in his life. He's divorced from his wife, Anne, and his two daughters are grown and living far away. Claret has for many years been an English teacher in a French lycée, a career he no longer finds particularly interesting or challenging. Out of the blue, Alexandre Laudin, a former student, invites him to the opening of an art show. Although Laudin is an up-and-coming artist who is starting to develop an international reputation, he has never been particularly close to his former teacher, and he has an agenda in arranging their reconnection: He wants to paint Claret's portrait. Claret is both mystified and intrigued by this request, and he shows up at Laudin's studio for multiple sessions. As the artist continues to develop a series of sketches leading up to a portrait (actually, three—he decides to make a triptych), an intimacy grows between them, one with erotic overtones. Louis finds his life beginning to change in bewildering but significant ways. For one thing, his perceptions become more aesthetically inclined. In looking at his kitchen table, for example, he notices that "the cups, spoons, and pack of sugar are there, pointless. They would make a magnificent still life." He also finds himself becoming more possessive—even jealous—of the artist, feeling "like some jilted mistress begging for attention." This is a quiet novel, one in which most of the events are internal. Blondel allows us to enter Claret's mind and heart, to feel the sadness and lost moments of his life. When Claret finally confronts the finished portrait, his emotions are intense, complex, and ambivalent, and it's clear that through the process of aesthetic transformation he's reached a new awareness about his life. Please consider joining the SAGE Book Club in a discussion on this short philosophical novel about art, time, and memory - **Saturday, November 12, 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

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 954.764.5150**.

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 Majka, APRN

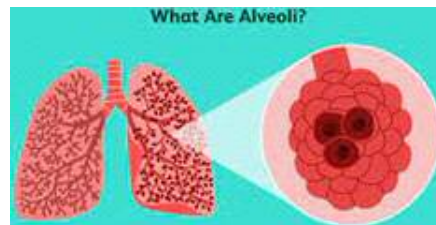
Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

COPD

Chronic Obstructive Pulmonary Disease (COPD) is a group of lung conditions. Emphysema is damage to the air sacs (alveoli) at the end of your bronchial tubes. These air sacs exchange carbon dioxide from the blood cells and replenish the blood cell with oxygen with every breath you take. Then the oxygenated blood cells go through your circulatory system and nourish your cells and remove carbon dioxide. These sacs are elastic to stretch and complete the exchange of carbon dioxide and oxygen. COPD causes the sacs to lose their elasticity and make the exchange difficult. Aging also causes the respiratory system to decline.



Bronchitis is the inflammation of the lining of your bronchial tubes. These tubes or branches carry air to and from your lungs for the oxygen/dioxide exchange from your alveoli in your blood cells.



Causes

The primary cause of COPD is long-term cigarette smoking, but not all smokers get COPD. The other causes are a genetic susceptibility, cigar smoke, secondhand smoke, pipe smoking, air pollution, asthmatics, and work-place exposure to dust, smoke, and fumes.

Symptoms

Signs and symptoms are shortness of breath, especially with physical activity, wheezing, chest tightness, chronic cough that may produce clear, white, yellow or greenish mucus, frequent respiratory infections, lack of energy, swelling of ankles and feet. Noticeable symptoms usually appear in individuals in their 40's and 50's. There will be flare-ups (exacerbations) a few times per year especially in winter.

Diagnosis

Your PCP will do a thorough history and physical with special attention to your smoking history. Tests may be performed, such as spirometry and peak flow tests which show how well your lungs are functioning. A chest x-ray, blood tests, CT scan, and blood oxygen levels may be ordered.

Treatments

There is no cure for COPD. There are only treatments to slow progression and control the symptoms. The first treatment is if you are still smoking, STOP. Medications to breathe easier are steroids (short or long-acting or inhalers or tablets) to open up your airways. A pulmonary rehabilitation program may be required which involves exercises and education for COPD patients. You may eventually require oxygen and a possible lung transplant. I have taken care of many seriously ill COPD patients and we need to limit the amount of oxygen we administer because they do not have the ability to exhale carbon dioxide. They are desperate for more oxygen and will plead and cry for more oxygen but we cannot give it to them. It is so sad.

So, if you are still a smoker, please, please, stop. If you know of someone with COPD, please do not berate them for their smoking past. Many in our generation smoked and we did not know the long-lasting damage that would occur. Smoking was promoted in the past as these examples show:



References and Resources:

COPD in the elderly: The aging lung <https://www.gmjournals.co.uk/copd-in-the-elderly-the-ageing-lung>

Management of COPD in Seniors <https://uspharmacist.com/article/management-of-copd-in-seniors-11614COPDhttps://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679>

Chronic obstructive pulmonary disease (COPD) <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>

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

November 5, 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, November 3rd, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

***A speaker from the Broward County League of
Women Voters will make a presentation on the
2022 Midterm Election.***

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



November Menu

Dinner Rolls

Caesar Salad

Roast Turkey with Gravy

Mashed Potatoes

Glazed Carrots

Pumpkin Pie

Catering By:





3017 E Commercial Blvd, Fort Lauderdale, FL 33308 (954) 776-4282

Sunday - November 20, 2022

Cocktail Hour (cash bar) at 5:00pm with BOGO pricing - Dinner 6pm

Starter: Soup (Choice of Pasta Fagiola or Minestrone) or House Salad
served with fresh-baked Crusty Italian bread with Garlic Dipping Sauce or Butter

Entrée -choice of one:

Chicken Zuckerello's- Chicken breast stuffed with mushrooms, prosciutto, roasted peppers, & Rosemary in a Marsala mushroom sauce. Creamy mashed potatoes & fresh vegetables.

Chicken Sorentino- Chicken breasts, eggplant & sauteed spinach with a side of pasta

Meat Lasagna- Meat Ragout, Cheeses & Pomodoro Sauce

Lemon Sole- Parmesan Crusted Lemon Sole, White Wine, Lemon Butter Sauce with a side of Mashed potatoes

Dessert: Cannoli or Cheese Cake (or Sugar-Free Dessert -upon request)

Beverages: Coffee or Decaf, Hot or Iced Tea, Fountain Soft Drinks

Pricing: \$27.00 @ Members or \$33.00 @ Non-Members
(A Portion of Member Cost is Subsidized by SAGE)

RESERVATIONS LIMITED TO 50 PERSONS

Reservations Close NO LATER THAN:1:00PM - Wednesday, November 15, 2022

ZUCKERELLO'S Welcomes SAGE Sunday November 20, 2022

____ MEMBERS @ \$27.00 & # ____ NON-MEMBERS @ \$33.00 My Phone Number: _____

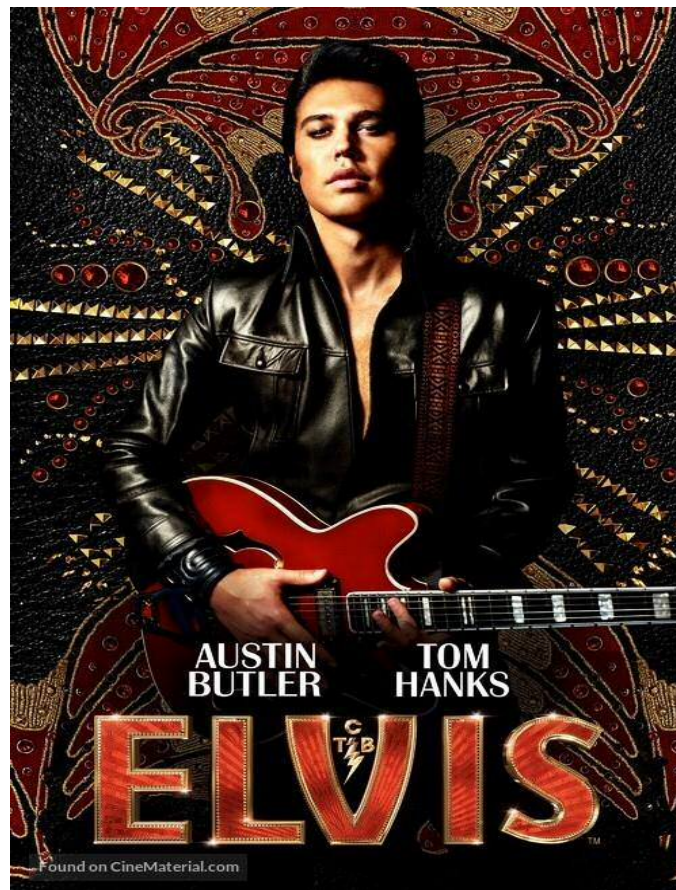
Name: _____ Entrée Choice: _____

Name: _____ Entrée Choice: _____

Name: _____ Entrée Choice: _____

Mail with Payment to: SAGE at PO BOX 70516, OAKLAND PARK, FL 33307
Reservations with Credit Card Call the SAGE office at (954) 634-7219 - A SAGE-Sponsored Activity

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE



Elvis" starts with little-kid Elvis blending among Black families and culture in dirt-poor Mississippi. The movie deftly overlaps the boy's peek inside a blues joint and his epiphany inside a revival tent, two moments equally dangerous and outrageously exciting. They become the two greatest influences on Presley's life. The push-and-pull between the devil's music and the gospel truth is worked so efficiently there's even a makeshift walkway connecting the shack and the tent, which Elvis and his friends cross with glee.

A thoroughly cinematic drama, Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley.

FRIDAY, NOVEMBER 18th
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS