

The SAGE

The Newsletter of SAGE of South Florida

December 2022



HAPPY
HOLIDAYS

Living in Florida makes it difficult to notice that winter is here and the holiday season is upon us once again. We can only dream of a white Christmas, just like the ones many of us used to know. Walking along the beach in shorts and flip flops, we're unlikely to hear sleigh bells in the snow. So, how can we get in a festive mood and make our days merry and bright? We can celebrate by having a party. This December, SAGE of South Florida has two!

Our monthly **SAGE Lunch & Learn** program at the **Skolnick Center** in Pompano Beach will be on **Saturday, December 3rd**, at **12:30pm**. For December, we are replacing "Learn" with "Party". At the "Lunch & Party," you can meet with your SAGE friends and enjoy a holiday celebration filled with songs and fun. Then, partake of a delicious gourmet meal prepared by **Chef Dominic**, proprietor of the popular **Cucina Caruso**. For reservations, be sure to call the SAGE office at 954.634.7219 no later than 12:30pm on Thursday, December 1st, 2022. For more information, see the flyer enclosed in this Newsletter.

On **Sunday, December 18th** at **1:00pm**, we once again return to the elegant **Embassy Suites Hotel** for the **SAGE HOLIDAY PARTY**. There will be a cocktail hour from **1:00pm to 2:00pm** during which you can socialize with your friends on the inviting terrace. Then we will sit down to a wonderful gourmet meal. You won't want to miss this festive occasion. Reservations close at 1:00pm on Monday, December 12th. See the enclosed flyer for more information and the reservation form.

And, don't forget, on the afternoon of January 22, 2023, we will hold our annual **SAGE Milestone Birthday Celebration** at the Pride Center. If you turned 75, 80, 85, 90, or better in 2022, please advise the SAGE office (by phone – 954.634.7219; or by email – sagesofl@gmail.com) so that we can include you among this year's honorees.

SAGE wishes you and yours a happy, safe, delightful, loving, Holiday Season!



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
JOSEPH	JENKINS	Dec-01	JERRY	WARD	Dec-18
TOM	NICHOLS	Dec-02	BENJAMIN	CONKLIN	Dec-19
DAVID P	DURHAM	Dec-03	DAN	FOUNTAIN	Dec-19
ALLEN	SANDLER	Dec-03	MICHAEL	MARTIN	Dec-20
ROBERT	RICHARDS	Dec-07	HENRY	PENAS	Dec-20
TOM	SLUBERSKI	Dec-07	PETER	THYNE	Dec-22
BARBARA	VARGA	Dec-08	JERRY	MURPHY	Dec-24
ROBERT	GUTTAG	Dec-11	PATRICK S	VIDA	Dec-26
GARY	RESNICK	Dec-11	JAMES	OKEEFE	Dec-27
NATALIE	LAWRENCE	Dec-13	TERRENCE	MASCARA	Dec-28
JERRY	GANZ	Dec-14	HUGH	RANCE	Dec-30
DON	BUTTON	Dec-16	CAROLINE	LETO	Dec-31
ED	SHELL	Dec-16			

5 Year Anniversaries

JOAN HILL

New Members

GARY BEASLEY, ROBERT GUTTAG, JOHN HARRISON, TED KNAPP,
BLANCA PUERTA, GIANNI SAVOCA

10 Year Anniversaries

WAYNE SCHREBE

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 Arthunton
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.

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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 **December 12th** is **Last Call Chicago** presented by **Rick Karlin**: *Author Rick Karlin's most recent book is titled "Last Call Chicago: 1001 LGBTQ-Friendly Taverns, Hang-outs, and Haunts", an encyclopedia of sorts of Chicago's gay bars from the 1920s to the present. Although the book is Chicago-centric, the story of gay bars is universal. Rick's presentation will focus on the important role that gay bars have played in the LGBTQ community over the years. THERE WILL BE NO MEETING HELD ON DECEMBER 26th DUE TO THE CHRISTMAS HOLIDAY.*



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Frank Piasecki & Jean Artherton



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 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



Happy Holidays, Merry Christmas, Happy Hanukkah, Happy Kwanza, Happy Winter Solstice! December is mostly a Sagittarius Sun month – creative, bright, and charismatic. Ergo: The month will be about having fun. 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, especially in these times. It's the holidays, so let's have some fun and laughs. 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. Captain Carl is really enjoying his recuperation at home and he is in great spirits. 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! SAGE of South Florida President Patrick brings his fabulous homemade pastries to share. We close with sharing some jokes. Patrick joins me for a little comical repartee just like the old days. And, we have some budding humorists in our midst. Anyone can contribute a joke or four. 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 jefgains@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 Dinner *at the Ambry Restaurant*



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

SAGE Night Out at Tropics Grille



SAGE Lunch & Learn at the Skolnick Center



SOCIAL LITES

Sal Orlando

I trust everyone had a nice Thanksgiving. Except for the hustle and the bustle, and the horrendous traffic, especially with all the snowbirds down for the season, we now look forward to Christmas, Hanukkah, and then New Year. After that we all start our 2023 resolutions concentrating on dieting and working off those extra pounds.

This past month, we went to **Zuckerello's** on the **20th**, one of my favorites. What a wonderful event. After enjoying cocktails and conversation at the bar, I had their Chicken Sorrentino, which was absolutely delicious. The management and staff couldn't have been any nicer, always treating us like family. Everyone seemed to have such a wonderful time.

Then we get ready for **SAGE's Annual Holiday Party** on Sunday, December 18th, when we go back to The Embassy Suites on 17th Street Causeway, where we will have cocktails and conversation starting at 1PM at the cash bar, followed by a dinner. What a beautiful venue. Very festive. It promises to be a lot of fun. We will have a fabulous singer and entertainer to charm us during the event. Don't miss out. Reservations close Monday, December 12, at 1PM. In the past, we had some complaints about the music being too loud. I will make sure that this year it will be acceptable by all of those who attend.

Save the date: Sunday, January 22, SAGE's Milestone Birthday Gala, celebrating our most senior members.

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

Seasons' Greetings to one and all!

Ciao for now!



SAGE BOOK DISCUSSION GROUP

There will be no book discussion group meeting in December. The group will next meet on January 14, 2023. Information will be found in the January Newsletter.

★
A
LITTLE
SMILE,
A WORD OF
CHEER,
A BIT OF LOVE
FROM SOMEONE NEAR,
A LITTLE GIFT
FROM ONE HELD DEAR,
**BEST WISHES FOR
THE COMING YEAR.**

The Book Group

SAGE NIGHT OUT

Ed Slough

Join us on **WEDNESDAY, DECEMBER 28th**, 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!



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.

Pain in my ...

I remember growing up and when I heard the word dentist it brought images of the Grand Inquisition. Today, with modern dentistry oral pain has mostly disappeared but the pain is in our **wallets**.

Although our teeth have aged as the rest of ourselves we still must do periodic oral health maintenance to prevent further disease and complications. The most common senior oral health problems are:

- **Dental caries (cavities)** – One in five seniors has untreated tooth decay. The most common cause for cavities is dry mouth (xerostomia) due to multiple medications (Over the Counter and prescriptive).
- **Periodontal (gum) disease** – The prevalence is in seniors with 23% having severe periodontitis. This is primarily caused by decreased immunity from diseases such as diabetes, cardiovascular diseases, hypertension, rheumatoid arthritis, Alzheimer's, and Parkinson's disease. Also, self-oral care is difficult with diminished manual dexterity and poor vision.
- **Oral Precancerous and Cancerous Lesions** - Your oral cavity (mouth) is protected with a lining (mucosa) to protect you from local irritants. As we age it becomes thinner and non-resilient and becomes more susceptible to lesions. The types of cancer that can affect are the oral cavity, lips, and pharynx which are the eight most common cancers.
- **Edentulism (tooth loss)** – Nearly one in five of over 65 seniors have lost all their teeth. Seniors over 75 are more prevalent to complete tooth loss. Partial or total loss of teeth can affect nutrition because those individuals prefer soft, easily chewed foods instead of fresh fruits and vegetables.

The best way to reduce the wear and tear to our teeth is good oral care prevention. Periodic exams are necessary whether they are semi-annual or quarterly check-ups. Of course, with our fixed incomes and inflation this may be difficult. Beware of Taj Mahal dental offices with large staffs, they are expensive and you are paying for the luxury surroundings and staff salaries. Suggestion – ask fellow SAGE members who they use for their dental care. I finally found a great dentist (two years now) from two women from our Sage On the Border Monday meetings in BOCA.

AARP Resources for Dental Care

1. **Medicare Part C Advantage Plans.** Traditional Medicare does not cover dental care but many of the Advantage Plans cover preventive and other types of dental care.
2. **Talk to your Dentist** - Talk to your dentist about your financial situation. A few dentists will offer discounts or less expensive treatment plans. It doesn't cause any pain to try.
3. **Dental School** – When I lived in Chicago, I went to Northwestern University School of Dentistry for all my gum surgery and the cost savings were tremendous. We only have one dental school in South Florida, NOVA Southeastern University. There may be a wait but it is worth it and all students are monitored by their professors.
4. **See a Dental Hygienist** - Locate a cost effective (cheap) hygienist or a school for Dental Hygienist to provide low-cost preventive care. Your local health department or United Way may give you resources to affordable dentists or hygienists.
5. **Veterans** – If you are a vet contact your local hospital or clinic for dental care.
6. **Stand-alone dental plans** – The 2022 premiums for an individual dental plan ranged from \$25 to \$50 a month, with \$50 to \$100 deductibles and annual maximum benefits of \$1,000 to \$1,500.
7. **Dental Savings Plan** - Non-insurance dental plans negotiate discounts ranging from 10 to 60 percent on dental costs. You pay a small monthly fee to join, and you get discounts as long as you use a dentist that accepts the plan. Search for plans in your area at [DentalPlans.com](https://www.dentalplans.com).
8. **Dentist's membership plan** – Some dental offices offer this plan. You agree to a monthly premium and you receive free preventive care and other procedures at a significant discount.

Preventive care is the best cost savings for oral care. Smile and have a Happy Holiday.

References and Resources:

Common Medical and Dental Problems of Older Adults: A Narrative Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8395714/#:~:text=Periodontal%20disease%2C%20dental%20caries%2C%20tooth,society%20%5B2%2C52%5D>.

Older Adult Oral Health https://www.cdc.gov/oralhealth/basics/adult-oral-health/adult_older.htm

The Dental Care Payment Crunch, AARP

<https://www.aarp.org/health/healthy-living/info-2021/dental-care-payment-options.html>

SAGE cares because YOU care about your health.

Please always seek advice from your primary physician/nurse practitioner (PCP's).

Thank you to my editor Richard Calvin, R.N.



Is SAGE of South Florida on your Holiday List?

It's almost 2023!

Be sure to get your last-minute donations arranged.

Please remember to include SAGE of South Florida on your gift list.



End of 2022 Tax Year Campaign

YOUR TAX DEDUCTIBLE contribution, small or large, will help assure the financial health and continuing success of SAGE of South Florida.

SAGE'S End of 2022 Tax Year Campaign

Name: _____ enclosed is a check for \$ _____ as my donation to SAGE'S End of 2022 Tax Year Campaign.

***As a 501(c)(3) Nonprofit, any donations SAGE receives are tax deductible as allowed by the Internal Revenue service and its regulations.**

Mail your donation to SAGE at PO Box 70516, Oakland Park, FL 33307

If you wish to make your donation by credit card, please call the SAGE office at 954-634-7219

All donors will be publicly acknowledged in a future issue of the SAGE Newsletter.

ALL DONATIONS ARE SINCERELY AND GRATEFULLY APPRECIATED!

SAGE of South Florida

Lunch & Learn

December 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 THURSDAY, December 1st, 2022,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***



There will be no speaker. Come join your friends and celebrate the upcoming holidays. Sing some holiday songs!

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

December Menu

Antipasto

Pasta Bolognese

Meat Balls

Dinner Rolls

Fruit

Cannoli

Catered by:



SAGE HOLIDAY PARTY

SUNDAY, December 18, 2022

1:00pm – 4:00pm



**EMBASSY
SUITES**

by HILTON™

1100 SE 17th Street Causeway Ft. Lauderdale, FL 33316 954-527-2700

Front Cash Bar available from 1:00pm-2:00pm for Drinks on the Terrace

DINNER MENU 2:15pm – 4:00pm

First Course:

Caprese Salad, Warm Rolls & Butter

Entrée -Choice of one:

Macadamia Crusted Breast of Chicken - Champagne Sauce, Grilled Asparagus & Multi Grain Rice

Jerk Seasoned Roasted Mahi-Mahi - Sweet Plantains, Seasoned Rice, Black Bean Salsa

Mojo Marinated Flank Steak - Au Jus, Shallots, Grilled Asparagus, Sour Cream Whipped Potatoes

Dessert: Key Lime Pie or Sugar-Free Dessert - (Select Below)

Beverages: Iced Tea, Coffee and Decaf on request (At Table Only)

Pricing: \$37.00 @ Members & \$54.00 @ Non-Members

(A Portion of Members Cost is Subsidized by SAGE)

Reservations Close at 1:00pm Monday, December 12, 2022

Note: SAGE Parking - Self-Parking - \$3.00 - Valet Parking \$15.00

SAGE Holiday Party at Embassy Suites - Sunday December 18, 2022

_____ MEMBERS @ \$37.00 & _____ NON-MEMBERS @ \$54.00 My Phone # _____

Name: _____ Entrée: _____

(Check if Sugar-free Dessert ☐)

Name: _____ Entrée: _____

(Check if Sugar-free Dessert ☐)

Name: _____ Entrée: _____

(Check if Sugar-free Dessert ☐)

Name: _____ Entrée: _____

(Check if Sugar-free Dessert ☐)

Mail with Payment to: SAGE - PO BOX 70516, Oakland Park, FL 33307

Reservations with Credit Card Call SAGE Message Line at (954) 634-7219 - A SAGE Sponsored Event

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE



Bros is the first romantic comedy from a major studio about two gay men maybe, possibly, probably, stumbling towards love. Maybe. They are both very busy.

Bobby is a neurotic podcast host who is happy to go on Tinder dates, and content not to have a serious relationship. That all changes when he meets Aaron, an equally detached lawyer who likes to play the field. Repeatedly drawn to each other, both men begin to show their vulnerable sides as their undeniable attraction turns into something resembling commitment.

Bros is a smart, swoony, and heartfelt comedy about how hard it is to find another tolerable human being to go through life with.

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