

The SAGE

The Newsletter of SAGE of South Florida

April 2023

THANK YOU!

This year, SAGE of South Florida celebrates 29 years of providing social and educational activities to enrich the lives of LGBTQ+ older adults in Broward and Palm Beach Counties. We honor the men and women who have given so much of themselves to build the thriving and vital organization that is our SAGE.

Now, on behalf of the members of SAGE of South Florida, it is time to thank all the donors listed below who generously contributed to the economic well-being of our organization during 2022. Your financial support of our SAGE allows us to continue our mission of improving the lives of the members of our community.

SAGE Donors – 2022

Bruce Bolton – Community Foundation of Broward – Marc Flanagan

Betty Gambino – Giving Lively Foundation – Ellen Kotler – Marilyn Lamkay

Hal Leonard LLC – Tom Nichols – Steve Thayer – Tony Tsagris

Kerry Waldee – Ron Wudarsky

Recognition is also due to those members who contributed their time and talent to make our many SAGE activities possible: Group facilitators **Jean Arthurton, Michael Gagne, Jefy Gaines, Kathy Macchio, Paul McNamara** and **Frank Piasecki**; SAGE Webmaster **Austin Rahm**; Movie and ‘Night Out’ organizer **Ed Slough**, our Social Director **Sal Orlando** and our multi-tasking volunteers **Jim Amon, Frank Cavanaugh, Gene Majka, Sonny Miller, and Tony Tsagris**. We also must acknowledge all our SAGE members who attended and supported our activities, spread the word, and engaged, encouraged, and socialized with SAGE members and others in the community. **Thank you all!**

LEADERS OF TOMORROW – SAGE OF SOUTH FLORIDA, INC., CARL M. GALLI SCHOLARSHIP

Applications are being accepted now through May 31, 2023. Two \$1,500 scholarships will be awarded. Further information and the application can be found on the SAGE website (www.sagewebsite.org).

SAGE BIRTHDAYS FOR THIS MONTH

The SAGE Board would like to acknowledge the following members whose birthdays are this month as well as any other member whose birthday that we don't have.
If, when you renewed your membership or became a new member you did not give us your birthday, you may call the office and leave the information at 954.634.7219 or e-mail us @ sagesofl@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
RONALD	SEIDLE	Apr-02	LOUIS	SEAGULL	Apr-14
JAMES	FICKE	Apr-06	MD	HUSSAIN	Apr-17
MARTIN	HOROWITZ	Apr-08	FRANK	CAVANAUGH	Apr-20
JEAN	JOHNSON	Apr-09	ELAINE	MURPHY	Apr-21
VINCENT	ZACCAGNINO	Apr-09	ED	KANE	Apr-22
JOHN	GAMBINO	Apr-13	DAVID	GILMORE	Apr-25
ELIOT	COHEN	Apr-14	GARY	PETERS	Apr-29

New Members

MARK BEHAR, PHIL BOGITSH, DAVID EIDELKIND, JOHN FOXX, ERNEST OLIVAS, LEONARD SANGINARIO, JOEL SHAPIRO, MICHAEL WARTA

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

Jim Amon
Jean Arthurton
Hank Brooks
Frank Cavanaugh
Philip Collier
Michael Gagne
Gene Majka
Sonny Miller
Ken Moore
Frank Piasecki
Tony Tsagris
Ron Wudarsky

Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE – MATT FARBER – JODI A FISCHER
MARC FLANAGAN – JOHN FOXX – 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 – ERNEST OLIVAS – BRETT PEELER – HUGH RANCE – CLAYTON RANEY – GARY RESNICK – SCOTT RIEDEL
WILSON SABA – WAYNE SCHREBE – RICHARD SCHWARZ – ANN SMITH – ALLEN SPIESS – ALAN R SUTHERLAND
HOWARD TERRY – STEVE THAYER – TONY TSAGRIS – RAQUEL C WHITE – NORMA WINGO – JOSEPH YATES

SAGE MISSION STATEMENT: SAGE of South Florida (Senior Action in a Gay Environment)) is a non-profit organization which seeks to enrich the lives of the GLBT senior community through membership inclusive of age, gender, race, nationality, and religion. We believe this can be accomplished by sponsoring social alternatives, by providing personal interaction, by offering educational opportunities to deal with the special needs of aging, and by promoting contact with the isolated and home-bound persons of our community. SAGE was founded in 1994 as a Florida "not for profit" corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax-deductible donations.

SAGE EDITORIAL POLICY : SAGE welcomes contributors to the newsletter. An author may request their entry be "anonymous". However, the submission, as received by SAGE, must be accompanied by the full name and address of the author. Items will be published at our discretion, and such publication does not constitute endorsement by SAGE of South Florida. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit articles for length, clarity, or standards of decency. We do not accept paid ads in the newsletter.

Email to Editor: sagesofl@gmail.com

Attn: Editor

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

Website: www.sagewebsite.org

Facebook: www.facebook.com/SageOfSouthFloridaInc



THE ROUND TABLE

Paul McNamara

This CoEd 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 **April 10th** is *Is the Word "Gay" Falling Out of Fashion?* Presented by **Michael Vita**: *The word "gay" is increasingly being substituted by "queer" or, more broadly, "LGBTQ" The word "queer" is climbing in frequency and can be used interchangeably with "gay," which itself not so long ago replaced the dour and faintly judgy "homosexual."* Michael will lead a discussion designed to encourage participants to share their personal preferences. **No meeting will take place on April 24th.**



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Frank Piasecki & Jean Artherton



This Co-Ed discussion group meets **LIVE and IN PERSON** 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 ON THE 2nd AND 4th MONDAY ONLY.** 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

Jefy Gaines



April is mostly an Aries Sun, ergo, a fiery and exciting month. So, fasten your seat belts! SAGE/Prime Gentlemen Men's Hybrid Drop-In meets every **Wednesday, 1:00pm to 2:00pm**: In person at the Pride Center, Room 204, and via Zoom. Doors open at 12:45pm for a little extra "schmoozing." All are welcome. We officially 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. It's all in good fun and sometimes it does get serious. We are here to support each other. We close with sharing some jokes. Sometimes the jokes are not that funny and audience moaning is acceptable, but since it's always good-hearted fun, we give our jokesters an "A" for effort. So, come join us in person or on Zoom! Any questions can be emailed to Jefy at jefgain@aol.com, write "SAGE of South Florida" in the subject line.

SAGE NIGHT OUT

Ed Slough



Join us on **WEDNESDAY, APRIL 26th**, when 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 Lunch & Learn *at the Skolnick Center*



SAGE Book Group *at the Stonewall Library*

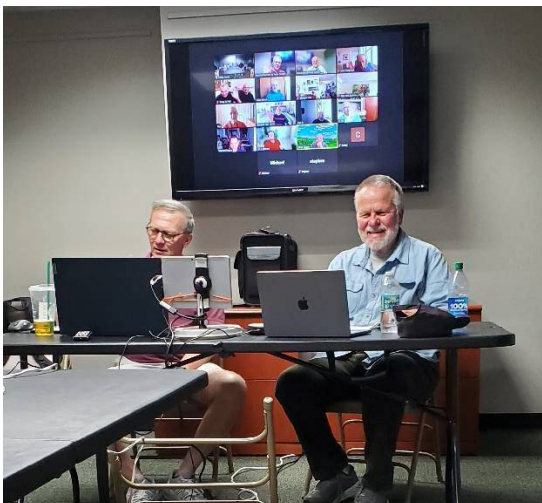


For up-to-date news and information about SAGE, follow us on FACEBOOK: SAGE of South Florida, Inc.

SOBA (SAGE on the Border) *at the Volen Center*



SAGE/Prime Gentlemen *Monthly Movie*



SAGE / Prime Gentlemen Round Table *at* *The Pride Center*

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

SOCIAL LITES

Sal Orlando

I trust you all are enjoying the spring weather, a beautiful time of year. This month we celebrate Easter and Passover. Wow, it seems like it was Christmas not too long ago.



On **March 26th SAGE's Annual Meeting** was held at **Tropical Acres** on Griffin Road. What a great turnout! Everyone seemed to have a good time. The food was fabulous. The Prime Rib, their signature dish, which Jim and I had, was juicy, tender, and delicious. The staff couldn't have been more attentive and accommodating. We enjoyed listening to the beautiful voice of **Brendan Fratus** who charmed us all.

This month, by popular demand, we go to **Anthony's Clam House and Grill on Saturday, April 22nd**. Cocktail and conversation at **12 Noon** with bar drinks at Happy Hour pricing at your table only, followed by dinner at **1 PM**. We were last there in September for SAGE's 28th Anniversary. Everyone had a fantastic time. The ambience, service, and food were fabulous and authentic Italian dishes, including my favorite, calamari (yum), were served. Don't miss out, you'll never forgive yourself.

Save the Date: Thursday, May 25th, SAGE goes back to **Christina Wan's**.

As you all know, member pricing for our events is partially subsidized by **SAGE**, and will continue to be so. But, in lieu of the current out-of-control inflation, venues are forced to raise their prices considerably, some by as much as 1/3 more.

Fortunately, **SAGE** recently and most graciously received a very generous donation to be used to subsidize **SAGE's** monthly events. Therefore, member pricing subsidies, beginning May 2023, will be more substantial to allow us to partially offset the inflationary spikes occurring at this time. As always, it's not fair to our members that nonmembers should be partially subsidized as well. Therefore, nonmember pricing will reflect the total cost paid to the venue by **SAGE**, plus entertainment 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 Easter, Happy Passover and Happy Spring!

Ciao for now!

SAGE BOOK DISCUSSION GROUP



From the bestselling author of *Lily and the Octopus* and *The Editor* comes a warm and deeply funny novel about a once-famous Hollywood star who has banished himself to Palm Springs only to be thrust back into the limelight by, of all people, his young "nibblings," or niece and nephew.

The children, Grant and Maisie, are 6 and 9, respectively, spending the summer with their Uncle Patrick, or GUP as they call him: Gay Uncle Patrick. One of the stars of the beloved TV sitcom *The People Upstairs* (think *Friends*), Patrick has for four years marooned himself in the desert, tetchy about his fame, his career, and his unresolved grief over the loss of his partner, Joe, the victim of a drunk driver. "He was so afraid people wouldn't laugh if everyone knew how twisted he looked on the inside," Rowley writes about Patrick. Self-critical but charming, suave yet insecure, Patrick is a memorable character, and it's genuinely thrilling to read screenwriter-turned-novelist Rowley's take on the mechanics of stardom, especially about a star who's no longer young. Grant and Maisie are in Palm Springs because their mother has recently died and their father, Patrick's brother, is near Palm Springs rehabbing from a drug addiction; Patrick becomes the nibblings' de-facto parent and therapist for the summer. The tension between Patrick and the kids initially manifests because their uncle doesn't follow the same routines as their parents did, but it becomes clear that the maladjustment stems from a deeper wellspring of emotional turmoil. Patrick, meanwhile, hides his vulnerability and grief behind an armor of wit. He must learn to reveal his feelings and rejoin the world, and the children will help him do so. Although some of the plot is predictable, there's true insight here into the psychology of gay men, Hollywood, and parenting. A novel with some real depth beneath all its witty froth. Please consider joining the SAGE Book Group in a discussion of this gripping novel on **Saturday, April 8, 2023**, at the **Stonewall Library, 1300 E. Sunrise Boulevard, Fort Lauderdale**, from **11AM to 12 Noon** – no reservation is required for this event.

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**.

Friendly Visitor Program



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

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

SAGE 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.

A Witches Brew

Every day I take 10 prescription medications (some twice a day), 4 prescription medications as needed, 5 over-the-counter medications, and if it is on sale Eye of Newt (FYI Macbeth's witches Eye of Newt translates as mustard seed). A virtual Witches Brew. If you take more than five prescriptive medications you are what the medical field classifies as doing "polypharmacy." Seniors tend to take more prescriptive medications due to several diseases and health problems. Also, seniors are susceptible to many adverse reactions to taking all these medications.

Risk Factors of Polypharmacy

- Interactions of multiple medications which can cause metabolic changes and reduced clearance of medications due to aging. An increase in falls may occur. An increase of over 5 medications increases the frequency of adverse drug reactions (ADR), nonadherence, and cost.
- Interactions of the specific disease's treatments, for example diabetics taking prednisone which increases blood sugar levels.
- Management by many specialists.
- Patient usage of multiple pharmacies which have no knowledge of current medications.
- The high cost of medications may cause a senior to reduce the amount or stop certain medications which can cause adverse effects.
- Those with the following chronic diseases have polypharmacy issues: Hypertension, diabetes mellitus, arthritis, asthma, chronic obstructive lung disease, heart, and renal disease.
- Aging and forgetfulness can cause confusion with adherence. Many of us use pill boxes. My specialist prescribed a new medication and I was asked if I had a pill box. He asked not to determine if I was adherent with my medication BUT because some medications cannot be in pill boxes with other medications.

I wrote previously about a great app called GOOD RX. This app will inform you of pharmacies near you to compare the price of medications. Great! BUT does that pharmacy know about your current medications? I had a specialist who prescribed a medication that would cost me \$268 with Medicare. I went on GOOD RX and found the same medication and dosage for \$60. That pharmacy did not know my current medication and they did not ask.



How to Protect Yourself

1. Keep a current list of your medications which must include over-the-counter drugs (Tylenol, NSAIDS, etc.) and herbal medications. This can be cumbersome but it is for your safety. One way is to use your phone. Many cell phones come with a Health App, (or use the Notes app) where you can enter your medication, dosage, and how often (daily, twice a day etc.).

Health APPS

iPhone



These apps also can keep all your medical history if you have an emergency and are unable to communicate your information. Inform family or friends that you have this information on your phone so that they can inform the emergency room personnel.

Android



2. If you use a new pharmacy, whip out that phone and show them your current medications list. If you go to a new specialist and have to complete multiple forms, you already have that information on your phone. I actually provide a hard copy so that I do not have to complete all that writing. REMEMBER, UPDATE, UPDATE, UPDATE THAT LIST.

3. Question your primary physician. When you visit her/him ask them if you can have your medications reduced, changed, or discontinued. You must be proactive.

Your best bet to avoid an adverse reaction is to talk to your doctor or pharmacist. Keep alert and keep well.

ASK

Why is the drug being prescribed?

Any special instructions?

Will this drug affect my memory or cause a fall?

What do I do if I miss a dose?

Can I stop this medication without any effects?

Remember it is your life and body and you have the RIGHT to ask questions.

References and Resources:

The dangers of polypharmacy and the case for deprescribing in older adults

<https://www.nia.nih.gov/news/dangers-polypharmacy-and-case-deprescribing-older-adults>

Polypharmacy: A Global Risk Factor for Elderly People <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295469/>

Polypharmacy Management in Older Patients [https://www.mayoclinicproceedings.org/article/S0025-6196\(20\)30616-9/pdf](https://www.mayoclinicproceedings.org/article/S0025-6196(20)30616-9/pdf)

Thank you to my new editor, Larry Dishman of Allen, TX.

SAGE cares because YOU care about your health.

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

SAGE of South Florida

Lunch & Learn

April 1st, 2023, at 12:30pm

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

RESERVATIONS REQUIRED

MEMBERS - \$17.00 GUESTS - \$22.00

EVERYONE PAYS AT THE DOOR

DOORS OPEN AT 12:15PM

***Reservations MUST be made by 12:30PM on THURSDAY, March 30th, 2023,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

A presentation will be made by *Rainbow Services* – which provides assistance to LGBT Seniors with shopping, errands, and home health care.

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

April Menu

Garlic Rolls

Tossed Salad

Filletto di Pomodoro

Chicken Sorrentino

Fruit

Cannoli

Catered by:



Anthony's Clam House & Grill



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

Saturday April 22, 2023 - 12:00pm for Cocktails - 1:00pm Dinner

Bar Drinks at Happy Hour Pricing At Your Table Only

Appetizer - Served Family Style with fresh Italian Bread & Butter

Fried Calamari – Bruschetta – Caesar Salad

Entrée: (Choice of One)

- 1) **Eggplant Parm** – Lightly breaded, topped with Marinara Sauce, melted cheese & served with Spaghetti
- 2) **Cheese Ravioli Bolognese** – Topped with Creamy Meat Sauce
- 3) **Shrimp Scampi** – Jumbo Shrimp sauteed in lemon, butter & white wine with minced garlic over Linguini
- 4) **Chicken Francese** – Egg battered in lemon sauce, butter & white wine sauce & served with Spaghetti

Dessert: (Choice of One) Mini N.Y. Cheesecake served with Fresh Berries or Mini Fruit Bowl

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

PRICING: \$30 @ Members & \$35 @ Non-members

(Member pricing partially subsidized by SAGE)

Reservations Close 1pm Wednesday April 19, 2023

No Reservations WILL BE accepted after this Date & Time

Sage at Anthony's Clam House & Grill April 22, 2023

_____ **Members @\$30** _____ **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



After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Despite many achievements, repeated insubordination has kept him from flag rank.

The Navy has been tasked with destroying an unsanctioned uranium enrichment plant, located in an underground bunker at the end of a canyon, before it becomes operational. Maverick devises a plan, but instead of participating in the strike, he is to train an elite group of Top Gun graduates

The mission parameters are relaxed, so they are easier to execute, but make escape much more difficult. Maverick makes an unauthorized flight through the course, proving that it can be done. And Maverick is reluctantly appointed team leader. Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

TOP GUN: MAVERICK is the highest grossing movie of all time!

FRIDAY, APRIL 21st
1:30 PM @ the Pride Center
FREE POPCORN AND SODAS