

# NEW BOARD ELECTED AT 29<sup>TH</sup> ANNUAL MEETING

At SAGE of South Florida's 29th Annual Meeting, held at Tropical Acres on March 26, 2023, the membership unanimously elected the following individuals to the 12-member Board of Directors: **Jim Amon, Allen Churchman, Jefy Gaines, Ken Goodman, Marilyn Lamkay, Lee Lawson, Kathy Macchio, Paul McNamara, Sal Orlando, Lisa Peters, Patrick S. Vida, and Michael Vita**. **Jim Amon** will be serving on the Board for the first time. **Carl Barton**, after many years of service, as both a Board Member and Vice President, has retired from the Board. His contribution to SAGE was acknowledged at the meeting.



Following the election, the Board chose the following officers: **Patrick S. Vida**, *President*; **Lisa Peters**, *Vice President*; **Allen Churchman**, *Treasurer*; and **Ken Goodman**, *Secretary*.

At the first SAGE Annual Meeting, held on March 5, 1995, then President Ken Fountaine said that whenever he was asked what SAGE was all about, he would reply that "SAGE is a social and support organization for mature gays and lesbians who are making a difference." Now, as we embark upon our twenty-ninth year, we can be proud of the difference SAGE has made, and continues to make, in our community.

Through SAGE's sponsorship of more than twenty regularly-scheduled monthly events in Broward and Palm Beach Counties, and by offering Meet-Ups, dinners, discussion groups, special events, singularly and through collaboration with Prime Gentlemen, we continue our mission to offer social and educational activities to enrich the lives of our members. The vitality, enthusiasm and dedication of SAGE members over the years has allowed our organization to thrive for twenty-nine years. And, with their help, SAGE will carry on for many more years to come.

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

SAGE of South Florida each year awards scholarships of \$1,500.00 to two applicants chosen by the Scholarship Selection Committee which selects the winning candidates based upon academic achievement and community leadership. Applications are being accepted through **May 31, 2023**. Further information and the application can be found under the 'Programs'' tab on the SAGE website (<u>www.saqewebsite.org</u>).

# 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.

Birthdav

May-03

May-03

May-04

May-05

May-06

May-06

May-07

May-08 May-09

May-12

May-13

May-14 May-15

First Name R LYNN JOHN GENE CARLOS JESSE RON TED KENNETH DAVID ALLEN MAXINE JESSE DAVID Last Name HOFFMAN SHIELDS BUNGE MOLINA MONTEAGUDO WUDARSKY LEVINE POPE EIDELKIND SPIESS LEMARR DAVILA ECCLESTON

#### 15 Year Anniversaries

JOEL A. RISCH, RICHARD P. SMITH

#### New Members

FRANK DESTAFANO, DIANE DIMICELI, ELAN GARONZIK, STEVE PALMER, HAROLD "SASHA" PETERS, JAY TURNER

	8 8	
First Name	Last Name	Birthday
DERIC FRANK MARGARET KARL RAUL LORRAINE "PINKY" PAUL DAVID SAALIK	BOWNDS PIASECKI ZUPSICH GUSTAFSON SERUYA LUDDY MCNAMARA TSANG CUEVAS	May-16 May-16 May-16 May-17 May-18 May-20 May-20 May-20 May-24
TONY THOMAS JERRY ANGELA	MANZI VALENTINE WEISSFELD GIELLA	May-24 May-24 May-25 May-26
THUCELIN	GILLER	May Lo

#### 20 Year Anniversaries

EILEEN LANCELLA

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: Pa Vice President: Lis Secretary: Ke Assistant Secretary: M Treasurer: Al

Patrick S. Vida Lisa Peters Ken Goodman Michael Vita

Allen Churchman

#### **BOARD MEMBERS AT LARGE**

Jim Amon Jefy Gaines Lee Lawson Marilyn Lamkay Kathy Macchio Paul McNamara Sal Orlando

#### VOLUNTEERS

Jean Arthurton Hank Brooks Cavanaugh Philip Collier Michael Gagne Gene Majka Sonny Miller Ken MooreFrank Frank Piaseck 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.

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#### 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 Cen-

ter 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. THERE WILL BE NO MEETING ON MAY 8th. The topic scheduled for May 22nd is Evolutionary Origins of Homosexuality presented by Paul McNamara: In an essay published in the Gay and Lesbian Review, the three authors present scientific evidence that male same-sex sexual preference is largely determined prenatally via inherited genes, modified in utero. They also posit that male homosexuality appears to have arisen because of its potentially benefits for the survive-ability of the family. A link to this essay will be provided before the meeting. The discussion will focus on understanding the biology of sexual orientation, which is still in a nascent stage.

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

In May I always think of Vanessa Redgrave singing about the lusty month of May in the movie musical, *Camelot*. And how about



April showers bringing May flowers? 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 ON THE BORDER/ ALTERNATIVES (SOBA) Frank Piasecki & Jean Arthurton



This Co-Ed discussion group meets **LIVE and IN PER-SON** every Monday at 11:00am at the Volen Center, 1515 W. Palmetto Park Road, Boca Raton, subject to COVID safety precautions and requirements.

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!

## SAGE NIGHT OUT

Ed Slough

Join us on **WEDNESDAY, MAY 24th**, 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 29<sup>th</sup> Annual Meeting at Tropical Acres







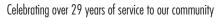














SAGE Message Line - 954.634.7219 - www.sagewebsite.org





# SAGE Lunch & Learn at the Skolnick Center





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

I trust you all have enjoyed the spring season. Now, May, and Mother's Day, a beautiful holiday celebrating mothers everywhere.



Last month, on the 22nd, we all had a terrific time at **Anthony's Clam House**. The food was fabulous, the service magnificent, and the ambiance was to die for.

This month we return to one of my favorites, **Christina Wan's** on Thursday, May 25th, for 5:30PM cocktails and mingling followed by dinner at 6:00PM. This restaurant is a Fort Lauderdale staple, which has been serving Mandarin Chinese cuisine for many years. Don't miss out! Get your reservations in early.

Save the date: Bona Italian Restaurant on Thursday, June 22nd.

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.

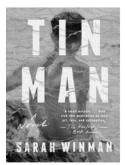
**Please Note:** There is a reason for **SAGE** to have a reservation cutoff date and time for each event. Therefore, no reservations will be accepted after such time.

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.

Ciao for now!

## SAGE BOOK DISCUSSION GROUP



**Tin Man: A Novel**, by Sarah Winman: Ellis Judd doesn't know he has a heart. He's been too busy protecting it, as Winman *(When God Was a Rabbit)* reveals in this achingly beautiful novel about love and friendship. The story unfolds in luminous prose as Ellis, five years a widower in 1996 Oxford, his grief

still palpable, looks back on his life, reveling in his mother's love of art, which she shared with him and his closest friend, Michael. Ellis sacrificed his artistic ambitions when his abusive father made him follow in his footsteps to work at a car plant. His life implodes when his mother dies, and he finds comfort in his relationship with Michael, which evolves into something much deeper—but then Ellis falls in love and marries a free spirit named Annie. The three adults become an inseparable trio until Michael suddenly leaves Oxford for London. The tale's second half is told in a different but equally powerful voice through Michael's diary, which gives insight into his childhood up through the year he spends away, as well as the reason he returns to his two companions. In sharp portrayals of the three adults, the author shows how, despite all their challenges, they are able to love and support each other. Without sentimentality or melodrama, Winman stirringly depicts how people either interfere with or allow themselves and others to follow their hearts.

Please consider joining the SAGE Book Group in a discussion of the book on **Saturday, May 13, 2023**, at the **Stonewall Library, 1300 E. Sunrise Blvd., Ft. 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@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**.

## **Friendly Visitor Program**

Sage Advocacy & Services for LGBTQ+ Elders

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

We refuse to be invisible

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.

## **On Guard**

No, this month's health column is not about fencing. I am going to continue discussing the subject of prescription medications and some common problems. I spoke of the app Good RX last month and they have excellent medication information on their site. NO, I do not have stock in this company, but I have found their online medication site easy to read without a medical degree.



#### 10 Medications That Are Dangerous to Stop Abruptly

Some medications can be dangerous to stop abruptly. Not only could your medical condition get worse, but you could also have dangerous side effects. Remember to always consult with your Health Care Practitioner BEFORE stopping any medication.

#### 1. Clonidine (Catapres & Catapres-TTS).

Treats high blood pressure. Stopping clonidine abruptly can cause a surge of stress hormones which can cause very high blood pressure.

#### 2. Propranolol (Inderal) & other high blood pressure medications.

Treats many heart diseases, including high blood pressure, chest pain and atrial fibrillation. Stopping these medications can cause withdrawal symptoms such as higher blood pressure, chest pain, anxiety, fast heartbeat, and heart attack.

#### 3. Venlafaxine (Effexor, Effexor XR).

Treats depression, anxiety, and panic disorder. This medication has a short half-life (leaves your body quickly). Stopping can shock your body with withdrawal symptoms of irritability, nausea, vomiting, dizziness, nightmares, headaches, and skin tingling.

#### 4. Paroxetine (Paxil).

Treats depression, anxiety, obsessive-compulsive disorder, panic disorder, PTSD, Premenstrual disorder (PMDD), and social anxiety disorder. Also has a short half-life and can cause the same withdrawal symptoms as Venlafaxine (Number 3, above) plus flu-like symptoms, confusion, insomnia, and excessive dreams.

#### 5. Benzodiazepines (Xanax, Ativan, Valium).

Treats anxiety, insomnia, and alcohol use disorder. The major withdrawal symptoms are seizures. Also, you may have headaches, heart palpitations, sweating, nausea, diarrhea, trouble sleeping, nightmares, irritability, agitation, memory and concentration problems, anxiety, panic attacks, tremors, muscle aches, pain and stiffness, confusion, delirium, delusions, and hallucinations.

#### 6. Topiramate (Topamax).

Treats epilepsy and if stopped abruptly seizures worsen. It must be tapered down.

#### 7. Gabapentin (Neurontin).

Treats seizures and nerve pain. Withdrawal can start as soon as 12 hours after stopping. Symptoms can occur for those taking high dosages. Low dose is defined as less than 900 mg, moderate dose as 900–1799 mg, and high dose as more than 1800 mg. Symptoms may include trouble sleeping, agitation, anxiety, restlessness, tiredness, sensitivity to light, headaches, sweating, dizziness, nausea, irritability, **irregular heartbeat**, and pain.

# 8. Prednisone (Sterapred, Deltasone) and other corticosteroids (cortisone, Prednisolone, methylprednisolone, dexamethasone, betamethasone, and hydrocortisone).

Treats allergies, skin conditions, Rheumatoid arthritis, some cancers, and kidney conditions. This medication must be tapered down. If not, symptoms are nausea, headaches, dizziness, vertigo, flu-like symptoms, anxiety, confusion, irritability, and sleep disturbances.

#### 9. Codeine, morphine ER {MS Contin}, oxycodone (Roxicodone).

Opioid pain management. Withdrawal symptoms are sweating, diarrhea, generalized pain, restlessness, and anxiety.

#### 10. Baclofen (Lioresal).

Treats muscle spasms. Withdrawal symptoms are fever, weakness, nausea, and worsening of muscle spasms. Injectable forms withdrawal symptoms can also include hallucinations, delirium, and seizures.

#### The following are interesting and very good *GOOD RX* articles that may assist you.

GoodRx Health has strict sourcing policies and relies on primary sources such as medical organizations, governmental agencies, academic institutions, and peer-reviewed scientific journals.

#### 9 Types of Medications That Can Make Falls More Likely in Older Adults.

https://www.goodrx.com/health-topic/senior-health/medications-that-increase-fall-risk-in-older-adults

#### How to Organize Your Medications Like a Pro.

https://www.goodrx.com/healthcare-access/medication-education/how-to-organize-your-medicine-cabinet

#### Don't forget Fido!

26 Foods That Are Poisonous to Dogs.

https://www.goodrx.com/pet-health/dog/what-foods-are-poisonous-to-dogs

References and Resources:

**10 Medications That Are Dangerous to Stop Abruptly** <u>https://www.goodrx.com/healthcare-access/medication-education/10-medications-its-dangerous-to-stop-abruptly</u>

> SAGE cares because YOU care about your health. Please always seek advice from your physician/nurse practitioner (HP's). Thank you to my Editor, Larry Dishman of Allen, TX.

# SAGE of South Florida

# Lunch & Learn

May 6th, 2023, at 12:30pm

# HERB SKOLNICK COMMUNITY CENTER 800 SW 36<sup>TH</sup> 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, May 4th, 2023, BY SENDING AN EMAIL TO: <u>sagesofl@gmail.com</u> OR BY CALLING: 954.634.7219

A presentation will be made by Terry Dyer, Executive Director of the World Aids Museum.

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

# May Menu

Garlic Rolls Tossed Salad Stuffed Shells Meatball Parmigiana Fruit

Cannoli

Catered by:





664 North Federal Highway, Ft. Lauderdale, FL 33304

# Thursday May 25, 2023

# Cocktails & Conversation at 5:30pm at Happy Hour Pricing - 6:00pm Dinner

Start with Appetizers: Wonton or Egg Drop Soup with Spring Roll

Entrée: (Choice of One) with Vegetable Fried Rice

- 1) Sweet and Sour Chicken with onions, peppers and pineapple
  - 2) Broccoli Beef with Broccoli and Snow Peas
- 3) Shrimp Lo Mein with celery, mushrooms, red peppers and Bean Sprouts
  - 4) Crystal Chicken with mixed vegetables in a clear garlic sauce

Dessert: Choice of Chocolate or Vanilla Ice Cream or Fruit All Dinners include Iced Tea or Soda (At Table Only)

PRICING: \$20 @ Members & \$27 @ Non-members (A portion of Member Cost subsidized by SAGE) Reservations Close 1pm Saturday May 20, 2023 No Reservations Will Be Accepted after this Date & Time

	Sage at Christina Wan's Thursday May 25, 2023
	Members @\$20Non-Members @\$27 Phone
Name	Entrée Choice
Name	Entrée Choice
Name	Entrée Choice
	Mail form and payment to:
	SAGE at PO Box 70516, Oakland Park, FL 33307
	Call the SAGE Message Line to reserve by credit card at 954-634-7219 This is a SAGE Sponsored Activity

# THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE



Minute for minute, you won't find a more romantic gay film this year than the British rugby drama IN FROM THE SIDE, a surprisingly moving sportsteam story slathered in sweat, streaked with mud, and dripping with sensuality. As a "B Squad" of gay athletes tries to overcome inexperience and push past rivalries to score an elusive win, a secret affair simmers among them. Mark (puppyeyed Alexander Lincoln) finds himself unable to avoid the blazing appeal of teammate Warren (Alexander King), with his cocky attitude and emotional unavailability. Following a drunken encounter, the two equally attached men from a cash-strapped and divided gay rugby club glide into an adulterous affair, but must conceal their growing feelings or risk destroying the rugby club they both love.

From the homoerotic matches to the team member rivalries to the sizzling love scenes, this British rugby movie is packed with big drama, sparky comedy, and powerfully emotional romance. The handsome leads feel like they've stepped straight from a Ralph Lauren sportswear spread, while its throbbingly atmospheric soundtrack is glorious, presenting the sport proudly as both captivating and brave. With well-written characters, a truly engaging story, and strong performances, **IN FROM THE SIDE** is without a doubt the best gay film that's been released in a while. The locker room scenes are delicious!

> FRIDAY, MAY 19<sup>th</sup>, 2023 1:30PM at the PRIDE CENTER FREE POPCORN AND SODA