

The SAGE

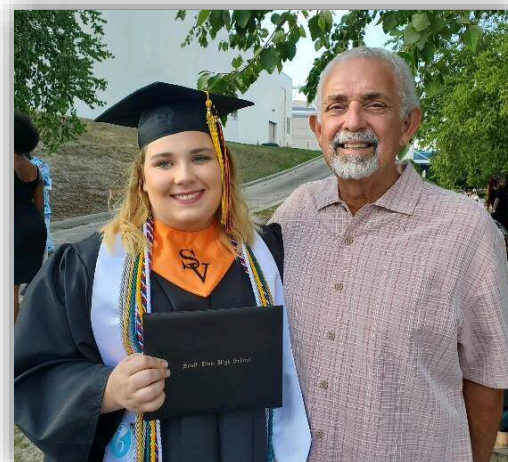
The Newsletter of SAGE of South Florida

July 2023

SAGE SCHOLARSHIP WINNER SELECTED

Congratulations to Audra Sweet, granddaughter of SAGE member Frank Sweet, who has been selected as the recipient of this year's *Leaders of Tomorrow -SAGE of South Florida Carl M. Galli Scholarship*. Audra, who is continuing her undergraduate studies in Biology and Forensic Science at Western Carolina University, was presented with a check in the amount of \$1,500.00.

This is the third year of the scholarship program named in honor of the late SAGE of South Florida President Emeritus Carl M. Galli. The three members of the Scholarship Selection Committee are Marilyn Lamkay, Lee Lawson, and Michael Vita. Scholarships are awarded to candidates selected on the basis of their academic achievement and engagement with the community.



MOVIES

MEMBERS OF SAGE OF SOUTH FLORIDA INVITED TO VIEW MOVIES VIA ZOOM – FREE

Jose Collazo, of SAGE USA, has invited our members to join him for weekly Zoom presentations of a variety of movies and concerts. Simply email him at: jcollazo@sugeuse.org and request to be added to his email list of participants. The weekly announcements will arrive straight to your email address, complete with the film's Zoom link, along with its running time, description, and movie trailer. The movies may include 'First Run' movies, 'specialty' movies, and documentaries. This FREE program is sponsored by the SAGE USA Senior Center in New York. For further information please call: 786-586-4286.



Those who deny freedom to others deserve it not for themselves.

– Abraham Lincoln

Senior Action in a Gay Environment

SAGE Message Line - 954.634.7219 - 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
ROBERT	BOZEK	July-01	BRETT	PEELER	July-13
ALLEN	BROWN	July-02	PHYLLIS	MARRONE	July-15
MATT	FARBER	July-02	PATTI	LYNN	July-17
CJ	JOSEY	July-04	DONNA	WEISS	July-17
DAN	CHADBURN	July-05	MICHAEL	IRADI	July-18
DIANE	DIMICELI	July-06	PHIL	BOGITSH	July-19
RALPH	TANZI	July-06	PAUL	OLSON	July-19
DENNIS	ST JEAN	July-07	KEITH	HICKMAN	July-20
JAKE	GUIN	July-09	ANDY	MASTERTON	July-22
JERRY	PEPPE	July-10	GEORGE	HASANDRAS	July-23
HAROLD SASHA	PETERS	July-10	ROLAND	LAPERLE	July-24
TOM	MCLOUGHLIN	July-11	GENE	MAJKA	July-25
KENNETH	GOODMAN	July-12	MARSHALL	BELMAINE	July-29
GARY	BARNABY	July-13	WILL	MCDARIS	July-29

10 Year Anniversaries

MICHAEL VITA

New Members

KEN CRUSH, ROB LEVY, BRUCE PARRISH, LARRY PRASSE

15 Year Anniversaries

DON MITCHELL, MICHAEL THAU

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: Lisa Peters
Secretary: Ken Goodman
Assistant Secretary: Michael Vita
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

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

VOLUNTEERS

Jean Arthurton
Frank Cavanaugh
Philip Collier
Michael Gagne
Gene Majka
Sonny Miller
Ken Moore
Frank Piaseck
Tony Tsagris
Ron Wudarsky

Lifetime Members

BOB ADAMS – JIM AMON – ROBERT J BOZEK – RICHARD CALVIN – 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 – J MICHAEL MARTIN – 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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Attn: Editor

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Celebrating over 29 years of service to our community

SAGE Message Line - 954.634.7219 - www.sagewebsite.org



THE ROUND TABLE

Paul McNamara

PLEASE NOTE: THERE WILL BE NO ROUND TABLE MEETINGS DURING THE MONTHS OF JUNE, JULY, AND AUGUST.

This Co-Ed group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, typically meets at 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. However, **no meetings will take place during the summer months. Meetings will resume in September.**

HELP NEEDED: Although the group continues to thrive since its first meeting in 2016, the future success of the group is dependent upon more members being willing to assume leadership roles or deliver presentations. If you are interested in contributing in these capacities, please contact me via email at: polmac@aol.com.

SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

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.

Watch your email for the weekly eblast announcement. Everyone is welcome. No reservations are required.



SAGE Women's Lunch

Kathy Macchio

Every 2nd Wednesday of the month, the women of SAGE meet at the Chow Time Grill and Buffet, 6997 West Commercial Boulevard, Tamarac, Florida, 33319, at 12:00 Noon. Here they meet, greet, eat, and converse on current happenings. No reservations are required. Contact Kathy at kmbadabing@gmail.com for more information.

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



Sweet July – and Summer is here! The month is mostly a Cancer Sun, which means a time for family and loved ones.

Your family can be extended to whom you choose, traditional or non-conventional. Be sure to let them know you love them. Let's have some fun. 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 some sharing about what's going on in our lives: movies, dinners, family, feelings. We close with a little kibitzing and sharing some jokes. Sometimes comical, sometimes not so much. Moaning is permitted, but it's always good-spirited fun. 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, JULY 26th**, when SAGE is having an informal dinner at **Tropics Grille**, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from **5:00pm to 5:30pm**, with "Happy Hour" prices at the bar, and dinner at **5:30pm**. Tropics has offered SAGE all dinners at half-price on Wednesday for **SAGE and our guests only** to make the evening less crowded and to provide better service than is possible on their normal half-price Mondays. You need not be a SAGE member to attend. All are welcome, including our friends from Prime Gentlemen. You can check out their menu at: <https://tropicsgrillefl.com/menu/>.

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 Dinner at Christina Wan's



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 Lunch & Learn *at the Skolnick Center*



SAGE/Prime Gentlemen *Monthly Movie*



SOCIAL LITES

Sal Orlando

HAPPY BIRTHDAY AMERICA! Everyone enjoy the 4th of July festivities and try to stay cool! My countdown has begun; it's less than three more months until we see summer leaving South Florida once again.



On **June 22**, we all had a blast at **Bona Italian Restaurant**, and after a few cocktails at their fabulous little bar, I couldn't have been any happier. Dinner was delicious as always and the wait staff friendly and accommodating. Definitely a repeat for the future. What a way to forget about the June 90 degree weather.

This month, on **Tuesday, July 18th**, we're going to the **Black Rock Bar and Grill** on North Federal Highway, for a **Meet-Up**. That's where you just show up and pay for what you order. Cocktails at Happy Hour pricing starts at **5PM**. To take advantage of their Early Bird Specials, dinner starts no later than **5:45PM**. A separate area will be reserved for **SAGE**. The food is always delicious and the atmosphere always lively and fun. It's a great way to spend a summer night with friends. Don't forget to put this great event on your calendar.

Save the Date: On **Thursday, August 24th**, after a long hiatus, **SAGE** returns to **Las Vegas Cuban Cuisine** on Oakland Park Boulevard.

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.

Fortunately, **SAGE** recently and most graciously received a very generous donation to be used to subsidize **SAGE's** monthly events. Therefore, member pricing which began May 2023 subsidies will be more substantial allowing us to partially offset the inflationary spikes occurring at this time. As always, it's not fair to our members, that non-members 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.

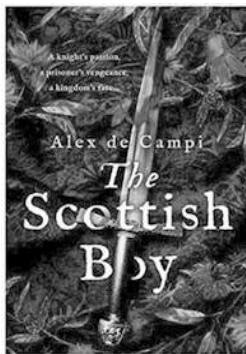
Please Note: There is a reason for **SAGE** to have a reservation cut-off date and time for each event. Therefore, no reservations will be accepted after such time.

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



It is the year 1333 and Edward III is at war with Scotland. Nineteen-year-old West Country knight Sir Harry de Lyon yearns to prove himself in the war, and so jumps at the chance when a powerful English baron, William Montagu, invites him on a secret mission with a dozen elite knights. They ride north, to a crumbling Scottish keep, capturing the feral, half-starved boy within and putting the other inhabitants to the sword. And nobody

knows, or nobody is saying, why the flower of English knighthood snuck over the border to capture a savage, dirty teenage boy. Montagu gives the boy to Harry as his squire, with only two rules: Don't let him escape, and convert him to the English cause. The price of failure? Forfeiting his small, heavily indebted Devon estate to the Baron.

At first, it's hopeless. The Scottish boy is surly, violent, hoards sharp objects, and eats anything that isn't nailed down. Then Harry begins to notice things: that, as well as Gaelic, the boy speaks flawless French, with an accent much different from Harry's Norman one; that he can read the language – Latin, too; that he isn't small so much as desperately under-fed; and that when Harry finally convinces the boy – Iain Mac Maíl Coluim – to cut his filthy curtain of hair, the face revealed is the most beautiful thing Harry has ever seen.

With Iain as his squire, Harry wins tournament after tournament and becomes a favorite of the King. But underneath the pageantry smolders twin secrets: Harry and Iain's growing passion for each other, and Iain's mysterious heritage. As England hurtles towards war once again, these secrets will destroy everything Harry holds dear.

The Scottish Boy is the debut prose novel of writer **Alex de Campi**. There are black and white illustrations scattered throughout the book and it also has maps in it because look, if you open a book and find a map and don't do an internal squeal of delight, I fear for your immortal soul, I really do.

Please consider joining the **SAGE** Book Group in discussion on **Saturday, July 8, 2023**, at the **Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale** from **11 AM 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 | Advocacy &
Services for
LGBTQ+ Elders
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.

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.

Mangiare, Comer, Manger, Jeść, Tróo

In every culture Mom and other relatives urged us to eat, eat and eat. And we ate, ate and ate. As we became seniors and this mantra did not work very well. How many times at restaurants have you and your friends asked for doggie bags? Yes, the por-Research indicates 15% to 50% of seniors experience diminished appetite. Women, hospitalized patients, nursing home residents and advanced age are the highest groups at risk.



to eat, eat and eat. And we ate, ate and ate. As we tions are huge but our desire to eat has diminished. ence diminished appetite. Women, hospitalized are the highest groups at risk.

Why?

Reasons Seniors Have Decreased Appetite

- Illness such as Alzheimer's, Parkinson's, thyroid disorders, cancer, mouth/throat infections, gastrointestinal disorders, gum diseases and salivary gland problems. Medication side effects such as dry mouth and metallic taste can cause loss of appetite.
- Lack of exercise to stimulate appetite.
- Dehydration.
- Lack of routine to eat same time every day.
- Loss of taste due to aging.
- Difficulty chewing, swallowing due to dental problems (your author can relate to this).
- Sensitivity to smells that discourage eating.
- Difficulty to prepare meals due to movement disability.
- Depression or loneliness.

Solutions to Increase Appetite

- Contact your healthcare practitioner for any medical or dental problems that may cause a loss of appetite.
- Establish regular eating habits, the feelings of hunger decrease with age. Eat five small meals a day if you cannot eat three full meals. Boosts small meals with healthy calories such as avocado, chopped meat, cheeses (including soft cheeses as ricotta or mascarpone), eggs, olive oil, peanut, or other nut butters.
- If you have hand mobility issues, finger foods may be a good alternative such as chicken strips or nuggets, fish sticks, steamed or raw veggies like carrots, broccoli, bell pepper strips, or cucumber pieces and meatballs. Check this site for adaptive utensils: <https://dailycaring.com/hand-tremors-adaptive-utensils-eating-aids/>
- Keep easy-to-eat snacks in your cupboard. Make sure they are healthy and delicious. It is ok to graze throughout the day than eat a full meal. Suggestions are: cheese sticks or string cheese, full-fat yogurt, diced fruit, fresh or packaged, peanut butter and crackers, cheese and crackers, full-fat cottage cheese, whole milk or chocolate milk, Nutritious soups – enhanced with cream, olive oil, or pureed meats and veggies, milkshakes – good quality ice cream is better than eating nothing, nutritious soups – enhanced with cream, olive oil, or pureed meats and veggies and smoothies.
- Keep track of the foods you like but alternate them. As men we love eating one thing all the time only until we are sick of it

If you know of someone with dysphagia which is difficulty swallowing, you must be careful with their food. They require pureed foods or a thickener to assist swallowing. They can easily choke if the food blocks their windpipe. I was a Hospice Nurse and we always had problems with families shoving food into a dying patient's mouth. They start choking and more problems occur. Dying patient's stomach slows down and they have no hunger pangs.

References and Resources:

10 Reasons Why Seniors Lose Their Appetite <https://dailycaring.com/why-do-seniors-lose-their-appetites/>

Diminished Appetite at End of Life by Scott Janssen, MA, MSW, LCSW <https://www.todaysgeriaticmedicine.com/archive/JA22p14.shtml>

5 Things That May Be Sabotaging Your Appetite and What You Can Do About It

<https://ncoa.org/article/5-things-that-may-be-sabotaging-your-appetite-and-what-you-can-do-about-it>

An overview of appetite declines in older people <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4589891/#:~:text=Physiological,can%20contribute%20to%20declining%20appetite.>

How to Improve Appetite in Seniors <https://cdhf.ca/en/how-to-improve-appetite-in-seniors/>

6 Ways to Get Seniors with No Appetite to Eat <https://dailycaring.com/6-ways-to-get-seniors-with-no-appetite-to-eat/>

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 MEET-UP AT BLACK ROCK



6200 N. FEDERAL HWY. FT. LAUDERDALE, FL - 954-368-2525
AWARD WINNING STEAKHOUSE SPECIALIZING IN ANGUS BEEF
COOKED TO PERFECTION ON A 755 DEGREE VOLCANIC SIZZLING ROCK

TUESDAY JULY 18, 2023

5:00PM COCKTAILS AT HAPPY HOUR PRICING - DINNER AT 5:45PM



JUST TELL THE HOSTESS THAT YOU ARE WITH SAGE

NO ADVANCE RESERVATIONS NEEDED

JUST SHOW UP AND PAY FOR WHAT YOU ORDER

THE SAGE / PRIME GENTLEMEN MOVIE



OF AN AGE is a queer Australian romantic drama brimming with tenderness and enchantment set in the summer of 1999 as a 17-year-old Serbian-born, Australian amateur ballroom dancer experiences an unexpected and intense 24-hour romance with a friend's older brother. This is a profoundly moving film about the beauty and the horror of what it means to be seen for the first time, to love for the first time, and how the past and future are constantly informing each other.

OF AN AGE begins by focusing on a teenage girl named Ebony who wakes up alone at dawn, on a beach, hungover. The year is 1999. Staggering to a pay phone, she calls the one person she knows will help her without judgment --- her dance partner Kol. He's also gay, but not out, even to himself. Kol is to find Ebony's brother, Adam,

who has a car and can help him pick her up. When Adam reveals casually that he's gay, it sends a shockwave through Kol, touching something deep inside that he's not prepared to acknowledge himself. The two lead actors have a pleasing chemistry. In the film's final segment set in 2010, Kol exudes a swagger that suggests his self-acceptance over the passage of time. The film is a quietly delicate and perfectly restrained queer masterwork that radiates with a tender, honest, and breathtaking depiction of first love.

The award-winning short film **DARE** will also be shown. High School senior Ben secretly lusts after bad boy classmate Johnny. After Ben gives Johnny a ride home one night, the boys end up in Johnny's swimming pool and have an encounter that blows Ben's mind.

FRIDAY, JULY 21st, 2023

1:30PM at the PRIDE CENTER

FREE POPCORN AND SODA