

The SAGE

The Newsletter of SAGE of South Florida

January 2024



It's a New Year! A new beginning full of possibilities and great things to come the whole year through. A time to expand your horizons, explore new experiences, and make new friends. Make 2024 the year when you take advantage of all the opportunities our SAGE offers you to enrich your life and connect with other members.

2024 also marks the 30th Anniversary of the founding of SAGE of South Florida! There will be special events to commemorate this milestone anniversary.

And, speaking of milestones, it's January, and SAGE members know what that means: Time for our annual SAGE of South Florida Milestone Birthday Party!

SAGE MILESTONE BIRTHDAY CELEBRATION

Sunday, January 21, 2024

1:00pm – 4:00pm

The Pride Center – Main Hall

The Milestone Honorees for 2024 – members who attained the age of 75, 80, 85, 90, or greater in 2023– are:

Susan Adelman – Dick Angel – David Cohen – Jefy Gaines

Jerry Heaton – Bill Hevert – Gloria Key – Patti Lynn

Jerry Murphy – Clayton Raney – Ron Seidle

Kay Towns – Jerome Zygmunt



PLEASE SEE THE ENCLOSED FLYER FOR MORE INFORMATION AND THE RESERVATION FORM.

RESERVATIONS CLOSE AT 1:00PM WEDNESDAY, JANUARY 17, 2024.

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
Ed	MacDonald	Jan-02	Lisa	Peters	Jan-17
John	Actman	Jan-03	Jefy	Gaines	Jan-18
Ken	Crush	Jan-03	Anthony	Ciance	Jan-20
Paul	Kaiser	Jan-06	Christopher	Bates	Jan-21
Luis	Brewer	Jan-08	Wilson	Saba	Jan-21
Ernest	Londa	Jan-10	Richard	Werner	Jan-23
Doug	Kent	Jan-11	Richard	Schwarz	Jan-25
Bob	Smith	Jan-11	Bill	Woodward	Jan-26
Bill	Wolfolk	Jan-11	Julio	Rodriguez	Jan-29
Michael	Wolmetz	Jan-11	Tony	Tsagris	Jan-30
Frank	Schickley	Jan-15	Kurt	Wilhelm	Jan-31
Alan	Sutherland	Jan-15			

New Members

ROBERT ABEL, MARK ABRAHAMS, MARTIN LEAHY, RON RUGGIERO, SCOTT WECHSLER, ED ZANAN

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
 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
 TIM KUEHNE – 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
 JOEL TENDLER – 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

Website: www.sagewebsite.org
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Celebrating over 30 years of service to our community

SAGE Message Line - 954.634.7219 - www.sagewebsite.org

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 NIGHT OUT

Ed Slough



Join us on **WEDNESDAY, January 24th**, 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.

Join your SAGE and Prime Gentlemen friends for the monthly *Early Bird Dinner*. The event for January is scheduled for 5PM, Wednesday January 10th, at Smokey Bones, 6500 North Federal Highway, Fort Lauderdale. Contact me to get on the mailing list and make reservations. My email is: wildhybrid@aol.com. Thanks!

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 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



It's 2024. WOW! A happy, healthy New Year everyone! And, January, a month mostly in a Capricorn Sun, will be dynamic, grounded, and practical with solutions and action. Things will get done.

SAGE of South Florida and the Prime Gentlemen offer many activities and events for us. Be sure to check out our SAGE/Prime Gentlemen Men's Hybrid Drop-In which 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, and 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 jefgaines@aol.com. Write "SAGE of South Florida" in the subject line.



SAGE Dinner at Zuckerello's



SAGE/Prime Gentlemen Monthly Movie

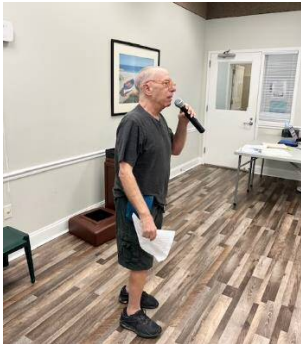


For up-to-date news and information about SAGE, follow us on Facebook: [SAGE of South Florida, Inc.](#)
View more photos by visiting the Photo Gallery at our Website: www.sagesofl.org

SAGE Night Out at Tropics Grille



Lunch & Learn at the Skolnick Center



SOCIAL LITES

Sal Orlando

Another year has come and gone. Boy, the older you get, the quicker they pass you by. Hope everyone has had a wonderful holiday season. I had a great time, lots of food, drinks, and getting together with good friends. Now I need some time to recuperate after having all that *Ho Ho Ho* and *Jolly*. On the **17th**, we had our **Annual Holiday Party** once again at **The Embassy Suites** on 17th Street Causeway. It was decorated so beautifully; the staff so accommodating; the meal scrumptious; and the cocktail hour was very nice. Everybody got to greet, mingle, and catch up. A definite venue for future events.



On Sunday, **January 21st**, **SAGE** holds its **Annual Milestone Birthday Party** at **The Pride Center**, at 1PM, to celebrate those members who turned 75, 80, 85, 90 (or more) years of age in 2023. This is always a festive event. Don't miss it! Our luncheon will be catered by none other than **Bona Italian Restaurant**.

Save the Date: Sunday, February 18th, SAGE's Valentine's Day Dinner.

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

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

Also, USPS has been slow in delivering mail lately, therefore please send your event reservations together with payment as soon as possible to avoid not getting to the **SAGE** office in time.

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, Healthy, New Year to you all!!!

Ciao for now!

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul MacNamara



The selection for the January meeting is ***In a Strange Room***, by South African author **Damon Galgut**. According to an overview from *Publishers Weekly*, there's a lot of travel in Galgut's novel, but he's more interested in depicting the randomness, heightened sensitivity, dread, and possibility that come from unfamiliar places than in seeing the sights. A South African man travels in Greece, Lesotho, Zimbabwe, Malawi, Tanzania, and India, forming the complicated, tenuous relationships that provide the book's three sections titles (Follower; Lover; Guardian). This character, who bears the author's name and seems to share his history, is both "he" and "I." Though these shifts can occur in the space of a sentence, they're surprisingly easy to accept, and attentive readers will get a subtle, frank depiction of some of the problems of writing: "he" seems to be Galgut, but often experiences himself as divided, uncertain, and blurry as a fictional character evading his creator; "I" often steps in to remind us of the limits of memory and the artificiality of genre distinctions. At its best Galgut's tale has the feel of arriving at a destination you'd never planned to go. It's not always pleasant, but it's strangely fascinating.

We invite you to join the discussion about this novel, which was shortlisted for the Man Booker Prize in 2010, on **Saturday, January 13**, from **11AM to 12 Noon**. The meeting will be held at the **Stonewall Library**, located at **1300 East Sunrise Blvd., Fort Lauderdale**, and simultaneously online using the Zoom platform.

The Zoom link is: <https://us02web.zoom.us/j/2751394844?pwd=blZPRGo3OEcyVENrS3YvZVBMWTZVQT09>

Upcoming Book Schedule:

•February 10 – ***Courting Mr. Lincoln: A Novel***, by Louis Bayard.

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

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.

IN MEMORIAM

GARY BARNABY

SAGE member Gary Wayne Brady passed away on November 5, 2023, age 80. He was born in Bridgeport, Connecticut on July 13, 1943, the oldest child of the late Leon and Marion Barnaby. He grew up in Stratford, Connecticut, and graduated from Kings College in Wilkes-Barre, Pennsylvania. He served in the United States Air Force and was stationed in New Mexico. He was an extremely talented interior decorator and an exceptional artist and was very knowledgeable in the area of antiques and valuables. He is survived by his sister, Diane Honrath, brothers Leon Barnaby and Michael Barnaby, and many nieces, nephews, grandnieces and grandnephews, and his husband, Pepe Capcha. He will be missed by his SAGE family.





SAGE Health Tips

Gene Majka, APRN

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

Go for Ann Ya'll

Happy New Year. This title is not for our beautiful SAGE member Ann Smith but it's my first bad pun (at least I am honest) for 2024. So, we begin our new year as a reminder for your **annual** wellness visit.

The Medicare Annual Wellness Visit created in 2011 as part of the Affordable Care Act, focuses on health promotion and preventive care. This visit is covered **100%** by Medicare Part B and can be used once every 12 months. When you make an appointment with your primary care practitioner tell them you want an **Annual Wellness Visit**.

Ok, I can hear moans and groans out there in SAGE Land from members:

- I have not seen a doctor in years and I feel fine
- I do not need to see a doctor
- I see a doctor already and I do not need this.

I hate to tell you we are not spring chickens anymore (but still cute) and many medical problems do not have symptoms such as high blood pressure, glaucoma, diabetes lung cancer, and sleep apnea.

A Medicare Annual Wellness visit is **NOT** a physical. The goal of the Wellness visit is to maintain your current health and **prevent** future problems. This visit does **NOT** include a physical examination, diagnosis of an illness, lab, or other testing and treatment for current condi-



What is done on a Wellness visit?

- You will be asked to complete a high-risk assessment questionnaire.
- Recording of height, weight, body mass index (BMI), blood pressure, and other routine measurements.
- Review of your medical and family history.
- Review your current health care providers and any prescriptions (too many or too little?), vitamins, and/or supplements you're taking.
- Creation of a health screening schedule for the next 5-10 years based on your age, family history, and unique risk factors.
- Review of functional ability (your ability to perform everyday tasks on your own) and safety (first visit only).
- Creation of a list of risk factors/conditions along with recommendations/treatment options.
- Discussion of advance care planning (care you would receive if you could not speak for yourself).
- Personalized health advice and referrals for issues such as weight management, falls prevention, diet and nutrition, and smoking cessation
- A cognitive assessment to check for dementia, memory loss, depression, anxiety, and other conditions.
- Evaluate the severity of pain you may be experiencing, and review your existing treatment plan.

To maintain your health, give thought to a Wellness exam and coast along in 2024 with a good goal toward 2025 and beyond.

References and Resources:

What Checkups Look Like in Your 50s and UP.

<https://www.webmd.com/healthy-aging/annual-checkups-seniors-expectations#091e9c5e81fab799-1-3>

The Medicare Annual Wellness Visit: What Older Adults Should Know

<https://www.ncoa.org/article/the-medicare-annual-wellness-visit-what-older-adults-should-know>

Mayo Clinic Q and A: Do healthy older adults need regular healthcare visits?

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-do-healthy-older-adults-need-regular-health-care-visits/>

Is It OK to Skip Your Annual Physical?

<https://www.aarp.org/health/healthy-living/info-2018/annual-physical-possibly-unnecessary.html>

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

January 6th, 2024, 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, January 4th, 2024,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

**A presentation will be made by a representative of The Pride
Tribe of Palm Beach County.**

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

January Menu

Garlic Rolls

Tossed Salad

Lasagna

Chicken Francese

Fruit

Cannoli

Catered by:





SAGE Celebrates Our 2023 Milestone Birthdays

for Some of Our Most Senior Senior Members

Sunday, January 21, 2024 1:00 – 4:00pm

The Pride Center at Equality Park

2040 North Dixie Avenue, Wilton Manors

There is plenty of free parking available on-site

At This Time, Our 2023 Honorees include:

*Susan Adelman-80 Dick Angel-93 David Cohen-92 Jefy Gaines-75 Jerry Heaton-91
Bill Hevert-80 Gloria Key-92 Patti Lynn-80 Jerry Murphy-85 Clayton Raney-96
Ron Seidle-85 Kay Towns-75 Jerome Zygmunt- 90*

If YOU are a Member who turned 75, 80, 85 or 90 (and above) in 2023, please contact the SAGE Office, ASAP so we can add you to our list of Honorees

A Sumptuous Italian Buffet Luncheon Catered by Bona Restaurant-Wilton Drive
Followed by Dessert & Coffee

Pricing: \$17 @ Members and \$29 @ Non-Members

All Inclusive Meal, Beverages and Dessert!

Member Cost is being partially subsidized by SAGE of South Florida

*******No REFUNDS *******

THE HONOREES WILL BE THE GUESTS OF SAGE.

IF YOU WOULD LIKE TO HELP TO DEFRAY SOME OF THAT COST PLEASE INDICATE BELOW.

Reservations Close NO LATER THAN: 1:00pm- Wednesday, January 17, 2024

SAGE Milestone Birthday Celebration Sunday January 22, 2023

Member Cost \$17 ---- Non-Member Cost \$29 _____

Name: _____ Name: _____

Name: _____ Name: _____

I am adding \$ _____ for the Honorees.

Mail with Payment to: SAGE at P O BOX 70516 OAKLAND PARK, FL 33307

To make reservations by credit card call the SAGE message line at (954) 634-7219

A SAGE-SPONSORED ACTIVITY

THE SAGE / PRIME GENTLEMEN MOVIE



DOWN LOW chronicles an unlikely friendship between a repressed middle-aged gay man and a hip young gay masseur. It is an outrageous comedy about one wild night, a deeply repressed man, the twink who gives him a happy ending, and all the lives they ruin along the way. 'Down Low' is as dark as a comedy can get without going off the rails. The two leads are flawless in their roles.

The movie is an ambiguous coming-of-age story wrapped in a pseudo morality play wrapped in a screwball comedy. This unapologetic dark comedy is a refreshing change of routine for gay coming-out experiences. The parts of the movie that work are hilarious. Your reaction to this boundary-pushing film noir will depend on your individual tolerance for progressive humor and unorthodox storytelling. If you set aside the story that plays out in the undercurrents of Down Low, and focus on the outlandish, brash, and delightful hijinks, you will certainly have a blast with this one.



THIRTEEN OR SO MINUTES... In this award-winning short film, the plot centers on Lawrence and Hugh, who have just met. They both have girlfriends, and they are both straight. They just have had sex spontaneously, even though neither of them has been attracted to men before. Thirteen and a half minutes later however, something has happened and something has changed. They talk about why they each felt a strong desire to be so intimate with her.

FRIDAY, JANUARY 19th, 2024

1:30PM *at the* PRIDE CENTER

FREE POPCORN and SODA