

The SAGE

The Newsletter of SAGE of South Florida

February 2024

♥HAPPY Valentine's DAY♥

It's February, time again for the annual SAGE of South Florida's Valentine's Day Celebration. We have planned a wonderful luncheon at the sophisticated Anthony's Clam House & Grill on Sunday, February 18, 2024. Enjoy cocktails from 12:30 - 1:00pm, followed by a delicious meal at 1:00pm. This event is for everyone, not just couples. Reservations close Wednesday, February 14th, 1:00pm. See the enclosed flyer for additional information. Please join us!



LEADERS OF TOMORROW – CARL M. GALLI SCHOLARSHIP

Each year SAGE of South Florida awards scholarships of \$1,500 each to two applicants chosen by the Scholarship Selection Committee. Winning candidates are selected on the basis of academic achievement and community leadership. Applications will be accepted through **May 31, 2024**. The application form for the 2024 academic year will be available soon on the SAGE website under the "Programs" tab (www.sagewebsite.org), or call the office to receive an application by mail.

The scholarship, named in honor of the late SAGE President Emeritus Carl M. Galli, was first awarded in 2021. The scholarship is open to applicants who are either children, grandchildren, or great-grandchildren of current SAGE of South Florida or Prime Gentlemen members and are either graduating high school students or current college students pursuing attendance at an accredited, non-profit college or university in the United States.

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
MARK	ANDERSON	FEB-02	DENNIS	ELLIOT	FEB-20
RANDY	RAE	FEB-03	MARILYN	LAMKAY	FEB-21
LARRY	ELWYN	FEB-07	SCOTT	WECHSLER	FEB-21
JORGE	HERRERA	FEB-07	MICHAEL	VIGNALI	FEB-23
DICK	RANDALL	FEB-08	JOEL	SHAPIRO	FEB-24
LEE G	LAWSON	FEB-10	JOE	YATES	FEB-24
JERRY	MCDONALD	FEB-10	JIM	AMON	FEB-25
EDWARD	SLOUGH	FEB-11	MARTIN	FALZACK	FEB-25
JOEL	TENDLER	FEB-15	JOHN	FREDRICKSEN	FEB-25
JIM	HOPKINS	FEB-18	TOM	SYLVIA	FEB-25
GARY	KEMPLER	FEB-18	STEVE	DOBBERSTEIN	FEB-27
MARK	BARRON	FEB-20	JOAN	FRIMMER	FEB-27

5 year anniversaries

HON NG

20 year anniversaries

ED BROWN

New Members

STEVE DOBBERSTEIN, FRANK GALLAGHER, JIM HARCUS, RANDY RAE, EDDIE RIVAS

10 year anniversaries

KATHY MACCHIO

25 year anniversaries

MAXINE LEMARR

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
Steve Pizzuto
Tony Tsagris
Ron Wudarsky

Lifetime Members

BOB ADAMS – JIM AMON – ROBERT J BOZEK – RICHARD CALVIN – PHILIP COLLIER – 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

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Facebook: www.facebook.com/SageOfSouthFloridaInc

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Oakland Park, FL 33307

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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, February 28th**, 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 February will be at Las Vegas Cuban Cuisine, 2807 E Oakland Park Boulevard, Oakland Park, on Wednesday, February 14th, at 4:45pm. 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

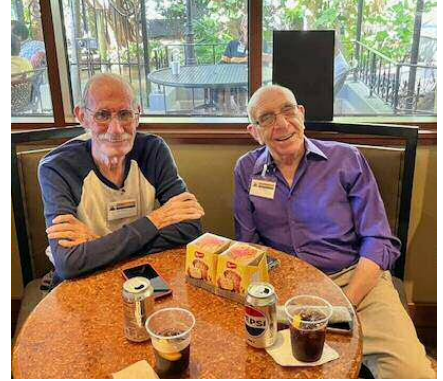


Happy Valentine's Day! February is a month mostly in an Aquarius Sun, so it will be highly intellectual and creative, marked by independence, ideas, and inspiration.

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 allowed, but it's always good-spirited fun. So, come join us in person or on Zoom! Meeting ID: 275 139 4844. Passcode: 076609



SAGE Holiday Party at Embassy Suites



SAGE Lunch & Learn at the Skolnick Center



SAGE attends the Lunch Box Matinee at the Lauderhill Performing Arts Center



SOBA (SAGE On the Border/Alternatives)



New Year's Day Luncheon at Tequila Sunrise Mexican Grill



**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

Now that the holiday season is over, we can enjoy this delightful Florida winter weather. It kind of makes up for the hot sticky months during the summer. What a wonderful January we had. On the 21st we had our **Annual Milestone Birthday Celebration** at The Pride Center. Catered by the fabulous **Bona Italian Restaurant** on Wilton Drive. The Owners, Mark and Glen are so helpful and accommodating. What a treat with scrumptious food, great music by our very own, Jim, and the room decorated beautifully, it was an Event to remember. A good time was had by all!

This month we go to **Anthony's** on Commercial Boulevard, for our annual **Valentine's Day Celebration** on **February 18th at 12:30 PM** for cocktails at happy hour pricing (at table only), followed by a delicious Italian meal at 1 PM. Get your reservations in early so you don't miss out.

Save The Date: **Saturday, March 23rd, SAGE's Annual Meeting** to be held at **Tropical Acres** on Griffin Road.

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.

Ciao for now!

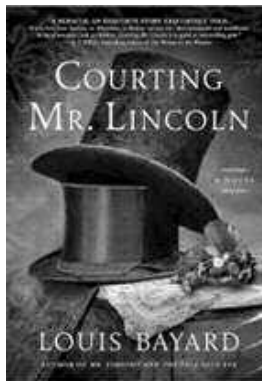


SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul MacNamara



Courting Mr. Lincoln is the page-turning and surprising story of a young Abraham Lincoln and the two people who loved him best: a sparky, marriageable Mary Todd and Lincoln's best friend, Joshua Speed.



About to turn 21 when she arrives in Springfield in 1839, Mary, who teeters on the brink of old-maidhood becomes intrigued by Lincoln, a rising politician who finds a woman with brains and savvy enticing rather than off-putting. She doesn't yet realize how destabilizing their budding romance is for Lincoln and Speed. By the time Mary appears, Lincoln and Speed, each profoundly lonely for his own reasons, share an unusually intense bond apparent to all.

Told in the alternating voices of Mary Todd and Joshua Speed, and rich with historical detail, *Courting Mr. Lincoln* creates a sympathetic and complex portrait of Mary unlike any that has come before; a moving portrayal of the deep and very real connection between the two men; and most of all, an evocation of the unformed man who would grow into one of the nation's most beloved presidents.

We invite you to join the discussion about this novel on **Saturday, February 10** from **11:00 am to Noon** at **Stonewall Library, 1300 E Sunrise Boulevard, Fort Lauderdale**, and simultaneously on Zoom via this link: <https://us02web.zoom.us/j/2751394844?pwd=blZPRGo3OEcyVENrS3YvZVBMWTZVQT09>

UPCOMING: The March 9 meeting selection is ***Bad Gays: A Homosexual History***, by **Huw Lemme and Ben Miller**.

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**.



Advocacy &
Services for
LGBTQ+ Elders

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

Steven J. Hickman

Born: July 22nd, 1948

Died: January 19th, 2024

Steve passed away peacefully surrounded by his beloved friends. He was born in Quincy, Illinois. His family moved to Dallas, Texas when he was a boy. Later He retired in Fort Lauderdale, FL, with his longtime companion, SAGE Member Carlos Moran. There he volunteered for quite a few years at Broward Health Imperial Point Hospital, and he was very active with the Imperial Point Association where he lived. Steve was an all-around great guy, always willing to lend a hand. He made many friends throughout his years in South Florida. Everyone loved Steve. He will be greatly missed. Rest in Peace, dear Steve.



SAGE Health Tips

Gene Majka, APRN

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

Wax On, Wax Off

(Mr. Miyagi, "The Karate Kid.")

Ear wax is also known as cerumen and about 34% of seniors have this problem. Cerumen is a waxy oil that is secreted by tiny sebaceous and sweat glands that are around your outer ear canal. A small amount of earwax migrates from deep in your ear canal like a conveyor belt. It carries wax, dead skin cells, tiny hairs, and other microscopic debris to the outside. Your jaw movements and chewing help this migration. Ear wax also is a protective lubricant repelling water and preventing the skin from drying out. It is also acidic to protect you from bacteria and fungi. Earwax is less acidic in Diabetics because they become more vulnerable to ear infections.



Impaction (Blockage)

Blockage may occur from the following causes:

Using hearing aids, earplugs, and earbuds; an abundance of ear hair; skin conditions such as eczema; putting cotton swabs or any items into the ear; over age 55; mis-shapen ear canal which hinders natural wax removal, and developmental disabilities.



Symptoms of Impaction

Go to your Primary Healthcare Provider (PHP) if you develop one or more of the following symptoms that increase in severity: earache, fullness feeling in the ear, ringing or noises in the ear (tinnitus), hearing loss, dizziness, cough, itchiness, odor, pain or discharge from the ear.

Simple at-home treatment for non-severe symptoms

- NEVER, NEVER use a cotton swab (Q-Tip) for extracting earwax. You will cause further impaction and more costly problems.
- Soften earwax with a few drops of baby oil, mineral oil glycerin, hydrogen peroxide, or over-the-counter products such as Debrox or Murine.
- After a few days of oil treatment, you can easily use a bulb-type syringe to flush with warm water. The water should be at body temperature to prevent dizziness.

When to see a PHP

If you do not have relief from the drops after a few days and develop ear odor or drainage, fever, and/or persistent earache.

Treatment

Your PHP may use a micro-suction to remove the ear wax or an aural toilet. No, she/he is NOT going to stick your head in a toilet. This toilet is an instrument with a small hoop at one end that is used to clean the ear and scrape out the wax. If an infection develops the PHP will likely prescribe antibiotic ear drops.

Prevention

DO

- Use a damp washcloth to wipe the outer portion of your ears each day.
- If you are prone to above-average earwax buildup, occasionally use the ear drops.

DON'T

- Don't insert cotton swabs or any other objects (including fingers) in your ears.
- Beware of internet or social media ads for super easy earwax removal. They are worthless scams.
- Candles are NOT a natural method to remove earwax and are not effective. They may cause burns or perforate your ear drum.
- You do not want to remove all the ear wax because it is a protective substance.

Prevention is always the best cure and happy clear hearing.

♥♥ Happy Valentine's Day ♥♥

References and Resources:

Removal of ear wax <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC116671/>

The Ins and Outs of Safe Earwax Removal <https://www.aarp.org/health/conditions-treatments/info-2020/safe-earwax-removal.html>

Earwax build-up <https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/earwax-build-up/>

Earwax Blockage <https://my.clevelandclinic.org/health/diseases/14428-ear-wax-buildup-blockage>

Earwax Buildup <https://www.webmd.com/a-to-z-guides/ear-wax>

Earwax blockage Mayo <https://www.mayoclinic.org/diseases-conditions/earwax-blockage/symptoms-causes/syc-20353004>

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

February 3, 2024, at 12:30pm

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

RESERVATIONS REQUIRED

MEMBERS – \$17.00 GUESTS – \$22.00

***Reservations MUST be made by 12:30pm on THURSDAY, February 1, 2024,
BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

A presentation will be made by representatives from AARP.

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

February Menu

Garlic Rolls

Tossed Salad

Pasta Primavera

Chicken Parmagiana

Mixed Fruit

Cannoli

Catered by:



SAGE Valentines Celebration



at Anthony's Clam House & Grill

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

Sunday February 18, 2024 at 12:30pm 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) **Chicken Parm** – Lightly breaded, topped with Marinara Sauce, melted cheese & served with Spaghetti
- 2) **Veal Marsala** - Sauteed with fresh mushrooms & Marsala Wine Sauce & served with Spaghetti
- 3) **Salmon Piccata** – Pan seared with lemon butter & white wine sauce with capers
- 4) **Penne Alla Vodka** - Sauteed with tomatoes, onions, peas & Parmesan Cheese in a creamy pink sauce

Dessert: (Choice of One) Vanilla Gelato

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

PRICING: \$29 @ Members & \$45 @ Non-members

(Member pricing partially subsidized by SAGE)

Reservations Close 1pm Wednesday February 14, 2024

No Reservations WILL BE accepted after this Date & Time

Sage at Anthony's Clam House & Grill February 18, 2024

___ Members @\$29 ___ Non-Members @\$45 Phone _____

Name _____

Entrée Choice _____

Name _____

Entrée Choice _____

Name _____

Entrée Choice _____

Name _____

Entrée Choice _____

Mail form and payment to:

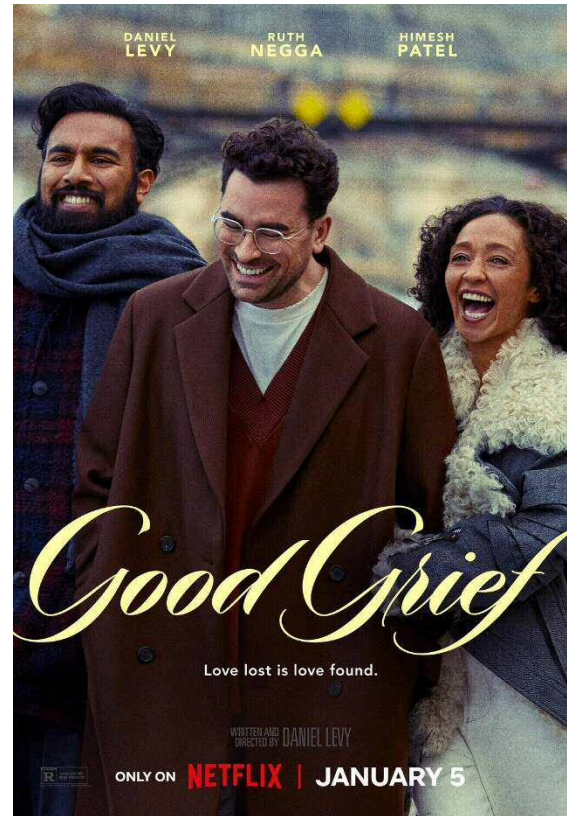
SAGE at PO Box 70516, Oakland Park, FL 33307

For Credit Card Reservations - Call SAGE Message Line at 954-634-7219 – SAGE Sponsored Activity

THE SAGE/PRIME GENTLEMEN MOVIE

Marc is an artist living in London whose husband, Oliver, dies in a car accident. Marc tries to navigate the first year of life as a stunned widower with the help of his close friends. They're all creative people and all in their late 30s. ***Good Grief*** focuses on the emotional dimensions of loss. When you've entwined your life with someone else's, what happens when they're gone? When love evaporates without warning, how can you keep living?

Nobody can tell you how to fix it, because it can't be fixed, only lived through. The pain that accompanies loss sticks around like a hollow spot in your chest, changing shape but never disappearing. In ***Good Grief***, resolution of grief is not the point. The idea is to keep on loving, to find new life.



Louder Than Words, is a short film that follows a young musician named Ansel and his unexpected encounter with Niall, an endearing, deaf dance. The film explores the sheer struggle that gay people

often face in a culture that is yet to fully foster accepting spaces for courtship and love. At its core, the story portrays how difficult it can be to communicate romantic interest as a gay person, and in this case, an added impediment of bearing hearing impaired.

FRIDAY, FEBRUARY 16TH, 2024

1:30PM at the PRIDE CENTER

FREE POPCORN and SODA