

The SAGE

The Newsletter of SAGE of South Florida

March 2024

SAGE 30th Annual Meeting

We are pleased to announce that we will be returning once again to **Tropical Acres Steakhouse** where, on **Saturday, March 23, 2024** we will hold the **SAGE of South Florida 29th Annual Meeting**.



2500 Griffin Road, Ft. Lauderdale, FL 954-989-2500

Saturday March 23, 2024 • 12:00pm for Cocktails (Cash Bar) and 1:00pm for Dinner

Beginning with SAGE's the first annual meeting held on March 5, 1995, we use this occasion to reflect on what SAGE has achieved in the preceding year and to acknowledge and award those who have demonstrated particular contributions to SAGE and the community at large. The recipients of this year's awards will be:

John Gearrity Donor Award – Estate of Curtis T. Bell

Volunteer of the Year Award – Ed Slough

At the meeting, we also will formally recognize those SAGE members who have been with us since our beginning in 1994. Those founding members are:

Joyce Edelson • Marc Flanagan • Maxine Lemarr • Joel Tandler • Norma Wingo • Jerry Zygmunt

And, at the meeting, the Board of Directors will elect Officers for the coming year.

Consult the enclosed flyer for more information and the registration form. Registration closes 1:00pm on Monday, March 18, 2024. Please join us!

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

Applications are being accepted now through May 31, 2024. Two \$1,500 scholarships will be awarded. Further information and the application can be found on the SAGE website (www.sagewebsite.org).

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
BRIAN	DOUGLAS	MAR-05	PAUL	ROCK	MAR-19
LARRY	BARTELTSEN	MAR-06	TOM	RICE	MAR-21
SCOTT	SULLAM	MAR-10	TROY	ROBINSON	MAR-22
RICHARD	CALVIN	MAR-12	JOSE	CAPCHA-AGUIRRE	MAR-25
MICHAEL	ZUPSICH	MAR-12	JANE	SICARI	MAR-25
NORMAN	SCHRIER	MAR-15	BILL	BASIST	MAR-26
RICHARD	GILMER	MAR-17	FRANK	GALLAGHER	MAR-26
EILEEN M	LANCELLA	MAR-18	JOEL	ROTHSTEIN	MAR-28
KATHY	MACCHIO	MAR-18	NORM	PETERS	MAR-29
LARRY	PRASSE	MAR-19			

20 year anniversaries

JERRY GANZ, WILL McDARIS

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 LEPORÉ – 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

Facebook: www.facebook.com/SageOfSouthFloridaInc

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PO Box 70516
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, March 27th**, 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 March will be at Tequilla Sunrise Mexican Grill, 4711 Dixie Highway, Oakland Park, FL 33334, on Wednesday, March 13th, at 5:30pm. 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 Spring! March is about Spring, a month mostly in a Pisces Sun, so it will be "highly creative and imaginative. A compassionate and loving Month, empathetic, and with a sensitivity for helping and getting in tune with others."

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 Milestone Birthday Celebration



*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*

SOBA (SAGE on the Border/Alternatives) at the Volen Center



SAGE/Prime Gentlemen Monthly Movie at the Pride Center



SAGE Night Out at Tropics Grille



SOCIAL LITES

Sal Orlando

I can't believe we're in March already. Spring is right around the corner.



In February we all had a marvelous time at **Anthony's Clam House and Grill** on the **18th** for a wonderful Valentine's Day Dinner. What a turnout. The cocktails were yummy, especially at happy hour prices. The meal was scrumptious, the service terrific and the restaurant very attractive and festive. My favorite is always their Calamari, which is to die for.

This month, on **Sunday, March 23rd**, **SAGE** holds its **Annual Meeting at Tropical Acres** on Griffin Rd. From **12 to 1 PM**, cocktails and mingling, and then at 1 PM dinner service in the same room reserved for **SAGE**. We have been there many, many, times before, and were never disappointed. They treat us like family. This event promises to be fabulous, especially with none other than Jim, my husband, who provides the great background music. Don't miss out, get your reservations in early.

Save The Date: Tuesday, April 18th, Checkers Old Munchen

Fortunately, **SAGE** 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 which have incurred recently. 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, if available.

As always, for ongoing activities, consult your **SAGE** Calendar for meeting times and places and keep reading your **Social Lites Column**.

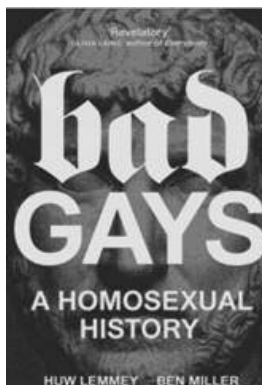
Ciao for now!

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



Every marginalized group struggling to find its way toward equality will inevitably wrestle with the question of who gets to tell its stories, and what voices and perspectives within the group should be elevated and spotlighted to accurately reflect the truth of its existence. In ***Bad***



Gays: A Homosexual History, authors **Huw Lemmey and Ben Miller** sidestep that question to ask an even more pointed one: What stories should we be telling about ourselves? They suggest an answer about "the gay people in history who do not flatter us, and whom we cannot make into heroes: the liars, the powerful, the criminal, and the successful."

The title "*Bad Gays*" is a bit of a misnomer, however. These are the stories of gay and queer people who did terrible things and held terrible views, but the bulk of these histories are less about "evil" gays and more about gays who reacted to the world around them, sometimes in shocking ways, sometimes in destructive ways, but quite often in the only ways that made sense to them, given the times. This approach is especially helpful in framing the lives and choices of people like Frederick the Great and notorious Italian Renaissance satirist and blackmailer Pietro Aretino, well before the idea of gayness as an identity existed. The authors express an acute understanding that people have always lived in a stew of history, and they situate each of their subjects not just within the ideas and attitudes of their day, but also within the legal and religious constraints that defined them as outcasts and abominations. Still, the authors never forget that they're talking about conquerors and colonialists, racists and anti-Semites, criminals and conspirators, from Hadrian to Ronnie Kray to Roy Cohn.

Bad Gays: A Homosexual History will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, March 9 from 11:00 AM to noon at the Stonewall Library, 1300 E Sunrise Blvd., Fort Lauderdale**, and simultaneously on Zoom. (Meeting ID: 275139 4844 and Passcode: 076609)

UPCOMING: The April 13 meeting selection is **Young Mungo**, by **Douglas Stuart**.

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**.

SAGE of South Florida Financial Report for Fiscal Year Ending December 31, 2023

	2023 Budget	YTD Actual	Variance Over (Under) Budget
REVENUE:			
Contributions (1)	5,000	50,562	45,562
Membership Dues	9,500	12,800	3,300
Interest Income (2)	1,500	3,778	2,278
Miscellaneous Revenue	0	0	0
TOTAL REVENUE	16,000	67,140	51,140
EXPENSES:			
Insurance	1,532	1,510	(22)
Newsletter (3)	4,500	5,375	875
Office Supplies (4)	1,900	3,388	1,488
Postage (5)	1,000	2,076	1,076
Rent (6)	7,754	7,789	35
Contractual Services (7)	4,500	3,984	(516)
Charitable Donations (8)	2,200	2,700	500
College Scholarships (9)	3,000	1,500	(1,500)
Special Events Costs (10)	11,000	10,013	(987)
TOTAL EXPENSE	37,386	38,335	949
NET REVENUE/(EXPENSE)		28,805	

NOTES TO FINANCIALS:

- (1) Contributions from Members and Community Partners.
- (2) Interest Income derived from SAGE's Edward Jones Investment Account.
- (3) Monthly Newsletter costs include printing and envelopes.
- (4) Office Supplies include office operation, telephone, computer software/hardware and website expense.
- (5) Postage includes office mailings, membership mailings and monthly newsletter.
- (6) Rental costs include office space that SAGE maintains at The Pride Center and off site storage unit.
- (7) Contractual Services for maintaining SAGE's Website, Preparation of Annual 990 EZ Tax Return.
- (8) Donations approved by the Board to local Charitable Organizations.
- (9) SAGE Annually funds two \$1,500 College Scholarships.
- (10) SAGE Social & Educational activities generated Revenue of \$25,108 and Expenses of \$35,121 resulting in a Deficit of \$ (10,013).



SAGE Health Tips

Gene Majka, APRN

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

HRH BPH

Recently His Royal Highness King Charles III was treated for BPH. BPH is Benign Prostatic Hyperplasia (enlargement). This is a noncancerous enlargement of the prostate gland. The prostate (NOT prostrate, often called mistakenly) is a walnut-sized tissue located below the bladder surrounding it and in front of the rectum. The prostate is a gland that produces semen (the pool for the sperm to swim in). When the prostate gets bigger it squeezes the urethra (the tube from the bladder through the penis) and obstructs the flow of urine. This problem occurs in about 50% of men over 60 and 90% of men over age 85. Risk factors are for men who are black or have a family history of prostate cancer. Diabetes, heart disease, and obesity are contributing causes. BPH and cancer of the prostate have similar symptoms.

Symptoms

The squeezing of the prostate will cause a frequent or urgent need to pee, peeing often at night, trouble starting to pee, inconsistent stream (starts and stops), and an inability to empty the bladder. Serious symptoms are urinary tract infections, or unable to pee or blood in the urine.

Diagnosis

The best procedure to determine if your prostate is enlarged is by a digital rectal exam. Many men fear this procedure either physically or mentally. It is not painful, a slight discomfort but not painful. Your practitioner inserts a gloved finger (not the entire hand) into the rectum to feel the surface of the prostate for size and any hard areas. A thorough health history is taken. Other tests may be ordered: a urine flow test and a test to determine how much urine remains after you empty your bladder. A cystoscopy (look into your bladder with a thin tube through your penis) may be required. A prostate-specific antigen (PSA) blood test may be ordered. If it is elevated it may be either BPH or prostate cancer. The PSA blood test results cannot differentiate between BPH and prostate cancer: hence the need for digital rectal exam.

Treatment

There is no cure for BPH. Here is the progression of treatment.

- A. If the symptoms are mild the treatment plan is called "Watchful Waiting" whereby your practitioner monitors if your symptoms change in severity.
- B. Medications. Medications can relax the prostate which reduces tension on the urethra or decrease a hormone which can slow the growth of the prostate.
- C. Surgery. There are many different surgical procedures for BPH and new ones are being developed. Some of the procedures use laser beams which are less invasive than prostate cutting. John Hopkins, Mayo Clinic, and Cleveland Clinic recommend this new procedure called the Holmium Laser Enucleation of the Prostate (HoLEP). I have attached more information under the References and Resources. Thank you to Tom N. of Wisconsin for bringing this to my attention.

Talk to your urologist and work with him for the most effective and least invasive procedure for you.

Prevention

The best prevention is to make lifestyle changes to improve your prostate's health. Yes, that word is coming up again exercise. The Mediterranean diet of fruits vegetables and healthy fats will benefit you. Avoid or limit your intake of alcohol, caffeine, dairy, red meat, and sodium. Be good to your body and your body will be good to you.

See your practitioner as soon as possible if you have any of the symptoms. Since BPH and especially Prostate Cancer have similar symptoms the earlier the diagnosis the better outcome. Although there is no cure for BPH at least they can treat your symptoms and live with a normal pee period and a sleepful night.

References and Resources:

Benign Prostatic Hyperplasia (BPH)

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/benign-prostatic-hyperplasia-bph>

Benign Prostatic Hyperplasia

<https://my.clevelandclinic.org/health/diseases/9100-benign-prostatic-hyperplasia>

HoLEP Procedure: Holmium Laser Enucleation of the Prostate

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/benign-prostatic-hyperplasia-bph/prostate-holmium-laser-enucleation-holep>

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

March 2, 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 29, 2024,
BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219*

**A speaker from the Metropolitan Community Church
(Sunshine Cathedral) will discuss their Arts Program.**

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

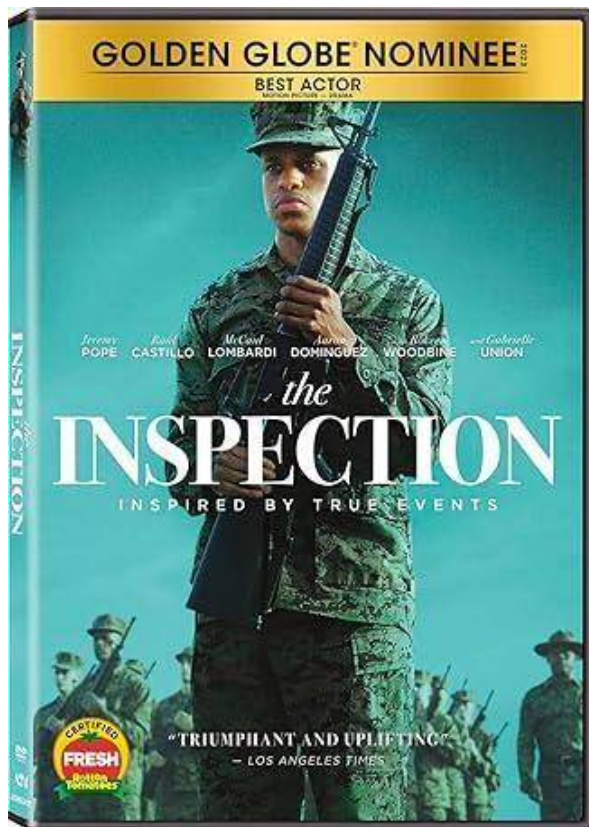
March Menu

Garlic Rolls
Tossed Salad
Orange Chicken
Beef and Broccoli
Stir Fried Vegetables
White Rice
Yellow Rice with Vegetables
Lo Mein Noodles
Mixed Fruit
Cannoli

Catered by:



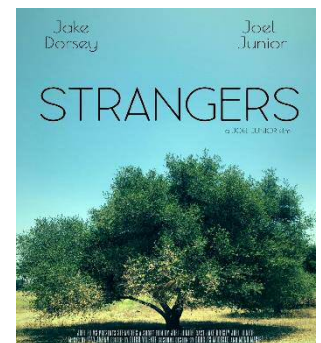
THE SAGE / PRIME GENTLEMEN MOVIE



A gay homeless drug addict, Jeremy Pope, has made up his mind to change his life for the better and join the Marines during the years when the US military pursued a “don’t ask, don’t tell” policy towards homosexual recruits. For him, enlistment was a desperation move. He makes a stop at home to tell his mother he’s enlisting, but she has virtually disowned him because of his homosexuality. Once indoctrinated into basic training he comes into conflict with the hard ass drill sergeant. During a shower session, Pope’s fellow comrades catch him with an erection which results in his buds giving him a vicious beatdown. He accepts all this with a kind of stoic misery. And surprisingly, he does keep up with the training.

THE INSPECTION is a wonderfully nuanced depiction of a queer man’s rite of passage in the most redundantly male of institutions. Pope’s performance earned a Golden Globe nomination for best actor.

STRANGERS is a poetic film about human connection. In an unexpected encounter under a tree, two strangers argue about who should stay there, but their reasons are both too deep to ignore. This is an intriguing story about two broken characters who accidentally meet at a crossroads where they awkwardly touch on the possibility of love. This short film is the winner of 35 awards.



FRIDAY, MARCH 15th, 2024

1:30 PM *at the* PRIDE CENTER

FREE POPCORN and SODA

SAGE ANNUAL MEETING



2500 Griffin Road, Ft. Lauderdale, FL 954-989-2500

Saturday March 23, 2024 12:00pm for Cocktails (At Table Only) - 1pm for Dinner

First Course:

Rolls & Butter - Caesar Salad

Choose from one Entrée:

Sliced Sirloin of Beef

Chicken Cordon Bleu

Sea Bass Francaise

All Entrees served with Whipped Potatoes & Chef Choice of Vegetables

Dessert - New York Cheese Cake or Fruit Cup

Dinner includes Coffee, Tea, or Iced Tea **(At Table Only)**

Pricing \$25 @ Members & \$40 @ Non-Members

(A Portion of Member Cost Subsidized by SAGE)

Reservations Close 1:00pm Monday March 18, 2024

Tropical Acres Saturday March 23, 2024

#___ Member @ \$25 #___ Non-Member @ \$40 Phone # _____

Name: _____ Entrée Choice _____

Name: _____ Entrée Choice _____

Name: _____ Entrée Choice _____

Mail Payment to: SAGE at PO Box 70516, Oakland Park, FL 33307

To reserve by Credit Card Call the SAGE Message Line at 954-634-7219 - This is a SAGE Sponsored Event