This year, SAGE of South Florida celebrates 30 years of providing social and educational activities to enrich the lives of LGBTQ+ older adults in Broward and Palm Beach Counties. We honor the men and women who have given so much of themselves to build the thriving and vital organization that is our SAGE.

Now, on behalf of the members of SAGE of South Florida, it is time to thank all the donors listed below who generously contributed to the economic well-being of our organization during 2023. Your financial support of our SAGE allows us to continue our mission of improving the lives of the members of our community.

SAGE Donors – 2023

Christopher Bates – Bears of South Florida – George Bergevine
Bruce Bolton – Judy Bowling – Community Foundation of Broward
Ron Seidle – South Florida Amateur Athletic Association – Leonard Smith
Stephen Thayer – Peter Thyne – The Warten Foundation
Arthur Williams – Terry Williams

Recognition is also due to those members who contributed their time and talent to make our many SAGE activities possible: Group facilitators Jean Arthurton, Michael Gagne, Jefy Gaines, Kathy Macchio, Paul McNamara, and Frank Piasecki; SAGE Webmaster Austin Rahn; Movie and ‘Night Out” organizer Ed Slough, our Social Director Sal Orlando, and our multi-tasking volunteers Jim Amon, Frank Cavanaugh, Gene Majka, Sonny Miller, and Tony Tsagris. We also must acknowledge all our SAGE members who attended and supported our activities, spread the word, and engaged, encouraged, and socialized with SAGE members and others in the community. Thank you all!

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).
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.

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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.

5 year anniversaries
DAVID GRIFFE, PETER THYNE

10 year anniversaries
DAN DRISCOLL, MICHAEL VIGNALI

15 year anniversaries
MARTIN HOROWITZ, ROGER OSHEA, ALLEN SPIES, ALAN SUTHERLAND

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
Mailing Address: SAGE of South Florida
PO Box 70516
Oakland Park, FL 33307

Website: www.sagewebsite.org
Facebook: www.facebook.com/SageOfSouthFloridaInc

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SAGE ON THE BORDER/ALTERNATIVES (SOBA)
Frank Piasecki & Jean Arthurtion

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, April 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 April will be at Ambry Restaurant, 3016 E Commercial Boulevard, Fort Lauderdale, on Wednesday, April 10th, 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 April! April showers bring May showers! April is a month mostly in an Aries Sun, so it will be “bold, energetic, full of vitality, fun, lively, passionate, and we will be driven by our hearts and desires. We will feel all in, and successful, and unstoppable. There will be competition, challenges, targets, and rivalries.” So, fasten your seat belts!

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 Valentine’s Luncheon at Anthony’s Clam House

SAGE Receives Donations from Community Organizations

QUICK TRICKS DUPLICATE BRIDGE CLUB

SFAAA
SAGE Lunch & Learn at the Skolnick Center

SAGE Night Out at Tropics Grille

SAGE/Prime Gentlemen Monthly Movie at the Pride Center

For up-to-date news and information about SAGE, follow us on Facebook:  SAGE of South Florida, Inc.
View more photos by visiting the Photo Gallery at our Website:  www.sagesofl.org
I trust you all are enjoying the spring weather, a beautiful time of year. We have just celebrated Easter and are now looking forward to celebrating Passover and the beautiful season of spring. Wow, it seems like it was Christmas not too long ago.

On March 23rd SAGE’s Annual Meeting was held at Tropical Acres on Griffin Road. What a great turnout! Everyone seemed to have a good time. The food was fabulous, the staff couldn’t have been more attentive and accommodating, and the pics of SAGE in prior years, orchestrated by Gene, were an extra added touch, highlighting many wonderful memories of the past.

This month we go to a new venue, Checkers Old Munchen, a wonderful German Restaurant located on Atlantic Boulevard, on Thursday, April 18th, at 5:30pm for cocktails and mingling, then 6pm dinner. Jim and I have been there many times. The food is delicious. The service is great, and the Apple Strudel is to die for. The best I ever had — both the Strudel and for all you chocolate lovers, Black Forest Cake. It promises to be a terrific event. Don’t miss it.

Save the Date: Thursday, May 16th, SAGE goes back to one of my favorites’ Bona Italian Restaurant on Wilton Dr.

Fortunately, SAGE most graciously received a very generous donation to subsidize SAGE’s monthly events. Therefore, member pricing subsidies beginning in May 2023 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 also be partially subsidized. Therefore, nonmember pricing will reflect the total cost paid to the venue by SAGE, plus entertainment and other expenses, if any, for each event.

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

Also, USPS has been slow in delivering mail lately, therefore make your reservations either in person at events, charge your payment by phone by calling the SAGE office, or pay by Square on our website. If you decide to pay by mail, send your event reservation together with payment as soon as possible, then phone the SAGE office to let them know the check is in the mail to avoid not getting to the SAGE office in time and to get on the reservation list for that event.

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!

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**SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP**

Paul McNamara

In *Young Mungo*, by Douglas Stuart, two 15-year-old Glasgow boys, one Protestant and one Catholic, share a love against all odds.

As the book opens, Mungo’s hard-drinking mother, Mo-Maw, is making a rare appearance at the flat where Mungo lives with his 16-year-old sister, Jodie. Jodie has full responsibility for the household, as their older brother, Hamish, aProd-dy warlord, lives with the 15-year-old mother of his child and her parents. Mo-Maw comes by only to pack her gentle son off on a manly fishing trip with two disreputable strangers. Though everything about these men is alarming to Mungo, “fifteen years he had lived and breathed in Scotland, and he had never seen a glen, a loch, a forest, or a ruined castle.” So at least there’s that to look forward to. This ultra-creepy weekend plays out over the course of the book, interleaved with the events of the months before. Mungo has met a neighbor boy named James, who keeps racing pigeons in a “doocot”; the boys are kindred spirits and offer each other a tenderness utterly absent from any other part of their lives. But a same-sex relationship across the sectarian divide is so unthinkable that their every interaction is laced with fear. Even before Hamish gets wind of these goings-on, he too has decided to make Mungo a man, forcing him to participate in a West Side Story-type gang battle. Pointedly, the yearning for a mother’s love is omnipresent, even on the battlefield. “They kept their chests puffed out until they could be safe in their mammies’ arms again; where they could coorie into her side as she watched television and she would ask, ‘What is all this, eh, what’s with all these cuddles?’ and they would say nothing, desperate to just be boys again, wrapped up safe in her softness.”

Young Mungo will be discussed at the next meeting of the Book Discussion Group, to be held on Saturday, April 13 from 11:00 AM to noon at the Stone-wall Library, 1300 E Sunrise Blvd., Fort Lauderdale, and simultaneously on Zoom (Meeting ID: 275139 4844 and Passcode: 076609)

**UPCOMING:** The May 11 meeting selection is *The New Life: A Novel*, by Tom Crewe

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**SOCIAL LITES**

Sal Orlando

Celebrating over 30 years of service to our community

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SAGE Message Line - 954.634.7219 - www.sagewebsite.org
IN MEMORIAM
We have lost two more members of our SAGE family. CHIP WINEY passed away peacefully at Pacifica Senior Living on February 24, 2024. He had been under full time hospice care on and off for several months. He was diagnosed with Alzheimer’s disease in 2018 which quickly ravaged his ability to function. Chip had a quick wit and great sense of humor which gained him many good friends. He is survived by a brother, niece, and nephew in Massachusetts, and by his best friend of thirty years, Mark Fisk of West Palm Beach. TOM SLUBERSKI passed away on March 2, 2024. He was a minister and educator, having been ordained at Valparaiso University and awarded a Doctorate at Heidelberg University. He was a professor at Concordia College in Bronxville, New York, and a pastor at St. Matthew Church, Hastings-on-Hudson, New York. He published two books and endowed a film festival. He was predeceased by one sister, and is survived by five siblings, five nieces and nephews, and seven great-nieces and nephews. Both men were welcome participants in many SAGE activities and events. Our condolences to their family and friends. They will be greatly missed.

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  In Palm Beach County – 561.684.5885
Website: adrcbroward.org Website: aapbtpc.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 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.
Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

Unsatisfactory Quickies
Has anyone been to their Primary Care Practitioner (PCP) and have been satisfied with your visit (quickie)? We all remember the days when Dr. Welby or Dr. Kildare would sit with you and discuss your medical problems. We are now lucky to get the 15–20-minute visit after waiting weeks for an appointment. WHAT HAPPENED? Research has suggested it all started in 1992. Medicare adopted a crazy formula of relative value units. Goodbye to the usual and customary fees. This formula was to take the PCP’s cost of running a practice but NOT how much time they spent with the patient. So, the time limits had to be initiated for them to see more patients faster to recoup their costs. Insurance companies followed suit and Voila the 15–20-minute visit. One research paper stated that a participant said. “I wish we could see our vet instead because they spend a lot of time with their patients.”

The Other Side of the Quickie
PCPs are also frustrated. A recent survey indicated that 30% of physicians feel burned out and many considered leaving the profession. Besides the payment systems mess, PCPs also have complaints about patients. Some of these PCP problems with patients addressed were: late for appointments, informing the PCP of your main problem at the end of the visit, patients on the phone (we did survive in the past without our phones), did not list or bring all their medications (including over the counter and herbal medications) squeezing too many problems in one visit, not telling the truth, bringing Google information for them to read, and frequent changing providers and then your primary can not obtain a history of your previous care.

Solutions
Solving the insurance problem won’t change but you can make the visit easier, productive, and more satisfying.

1. When you make your appointment tell the scheduler what your visit will be about, that way they can schedule, and if necessary, the amount of time for your visit.
2. List and prioritize your concern with the most important problems first. What are your goals for this visit? Do not put your primary problems at the end of your visit.
3. Bring a list (include name, dose, and how often) of all your medications: pills, capsules, inhalers, etc. including over-the-counter medication or herbals you take occasionally. This must include any prescription medications prescribed by other physicians. While a nuisance and seemingly inconvenient to you it ensures that your primary physician is aware of this treatment.
4. Consider bringing a family member or a friend with you and inform them of your concerns before the visit. During the visit, they can assist you by reminding you of information you forgot to disclose or remember what the provider told you during the visit. Remember you and not your companion are in charge of the visit.
5. Don’t be late and call if you are delayed. Remember others booked their appointments and they expect to be seen as scheduled.
6. Share information from other providers with your primary. If you had any incidents that occurred, tell your primary of urgent care visits or test results and treatments from specialists.

YOU have to prepare for your visit and make the most of those precious visit minutes. A good, organized visit will give you good outcomes and a great quickie.

References and Resources:

How to Prepare for a Doctor’s Appointment
What Your Doctor Wants You to Know About Those Painfully Short Appointment Times
The End of the 15–20 Minute Primary Care Visit
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4617939/
Long Waits, Short Appointments, Huge Bills: U.S. Health Care Is Causing Patient Burnout
https://time.com/6257775/patient-burnout-health-care/
15-minute doctor visits take a toll on patient-physician relationships
https://www.pbs.org/newshour/health/need-15-minutes-doctors-time
10 Things that frustrate doctors the most during appointments
https://www.huffpost.com/entry/frustrate-doctors-appointments_l_6130df19e4b0aad9c01398e9

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

April 6, 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, April 4, 2024, BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219

A representative of the AIDS Museum will be making a presentation.

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

April Menu
Garlic Rolls
Tossed Salad
Filleto di Pomodoro
Chicken Sorrentino
Mixed Fruit
Cannoli

Catered by:
2209 East Atlantic Blvd. Pompano Beach 33062 – 954-785-7565
Thursday April 18, 2024 at 5:30pm for Cocktails - 6:00pm Dinner

To Start - Choice of Checkers Chopped Salad or Bavarian Onion Apple Soup

Entrée: (Choice of One)

1) Pork Wienerschnitzel – Served with Spaetzle and Red Cabbage
2) Chicken Paprika - Served with Spaetzle and Red Cabbage
3) Sauerbraten (German Pot Roast) – Served with Spaetzle and Red Cabbage
4) Lemon Riesling Grouper – Served with Spaetzle and Red Cabbage
5) Stuffed Cabbage Rolls - Served with Spaetzle and Red Cabbage

Dessert: (Choice of One) Apple Strudel - Black Forest Cake - Sugar Free Fruit Bowl

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

PRICING: $29 @ Members & $38 @ Non-members
(Member pricing partially subsidized by SAGE)

Reservations Close 1pm Saturday April 13, 2024 - Please read information at bottom of flyer

NO RESERVATIONS WILL BE ACCEPTED AFTER THIS DATE & TIME

Sage at Checkers Old Munchen - April 18, 2024

___Members @$29 ___Non-Members @$38   Phone____________________

Name__________________________________________  Entrée Choice____________________
Name__________________________________________  Entrée Choice____________________
Name__________________________________________  Entrée Choice____________________
Name__________________________________________  Entrée Choice____________________

Mail Form & Payment to SAGE PO Box 70516, Oakland Park, FL 33307 and then please call or email SAGE office with your name and entrée so we can record your reservation and await your check.
For Credit Card Reservations - Call SAGE Message Line at 954-634-7219 – SAGE Sponsored Activity
Cheerful and romantic, Jason Karman’s coming-of-age feature debut offers an exceptional portrait of first (queer) love through the eyes of a Chinese Canadian teenager discovering his sexuality. Cardi Wong stars as Jake, a high schooler already juggling a number of expectations from his family, girlfriend, and peers. The arrival of a handsome new neighbor, Aleks (Chris Carson), however, catches Jake off guard.

Struck by a newfound connection he struggles to explain, Jake follows Aleks onto the school basketball team, delighting his former athlete father. But in doing so, he runs headlong into a web of others’ hopes and expectations, forcing him to shoulder the scrutiny of schoolmates and family alike. Struggling to discover himself while — like so many high schoolers — trying to thrive in the public eye, Jake finds himself caught between the familiar and the new. Offering a timely, warm-hearted look at the pressures and crosscurrents shaping young queer lives, Golden Delicious gets at perspectives, too, well beyond Jake’s, bringing to life the whole community of which he’s a part.

POOF - Touching Gay Short Film from Northern England

Aaron, an apprehensive 18-year-old, is stuck. Stuck in a small town, helping his father in a job he hates. His life is soon turned upside-down when he meets Mike at a party. At first, Aaron denies his feelings but an unexpected kiss changes everything. As he enters into a hidden relationship with Mike, Aaron finds that some secrets are harder to keep than others. The more he explores his sexuality, the more he begins to consider the impact this may have on the rest of his life.

FRIDAY, APRIL 19th, 2024
1:30 PM at the PRIDE CENTER
FREE POPCORN and SODA