

The SAGE

The Newsletter of SAGE of South Florida

May 2024

NEW BOARD ELECTED AT 30TH ANNUAL MEETING

The SAGE of South Florida's 30th Annual Meeting was held at Tropical Acres Steakhouse on March 23, 2024. At the meeting, the membership unanimously approved the slate of candidates seeking positions on the Board of Directors. Serving on the Board of Directors for the 2024-2025 term are: **Jim Amon, Allen Churchman, Michael Gagne, Jefy Gaines, Ken Goodman, Marilyn Lamkay, Lee Lawson, Kathy Macchio, Sal Orlando, Lisa Peters, Patrick S. Vida, and Michael Vita.** **Michael Gagne** will be serving on the Board for the first time. **Paul McNamara** has stepped down from the Board. We thank him for his many years of service.

Following the election, the Board chose the following officers: **Patrick S. Vida, President; Lisa Peters, Vice President; Allen Churchman, Treasurer; and Ken Goodman, Secretary.**



(From left to right) Jefy Gaines, Ken Goodman, Michael Gagne, Allen Churchman, Sal Orlando, Jim Amon, Patrick S. Vida, Lee Lawson, Lisa Peters. [Not pictured: Marilyn Lamkay, Kathy Macchio, Michael Vita.]

At the first SAGE Annual Meeting, held on March 5, 1995, then President Ken Fountaine said that whenever he was asked what SAGE was all about, he would reply that "SAGE is a social and support organization for mature gays and lesbians who are making a difference." Now, as we embark upon our thirtieth year, we can be proud of the difference SAGE has made, and continues to make, in our community. The vitality, enthusiasm, and dedication of our SAGE members over the years have allowed our organization to thrive for twenty-nine years and, with their help, to continue on for many more years to come.

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.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
LAURA	HOHNECKER	MAY-03	MICHAEL	LOSCALZO	MAY-13
JOHN	SHIELDS	MAY-03	DERIC	BOWNDS	MAY-16
GENE	BUNGE	MAY-04	FRANK	PIASECKI	MAY-16
CARLOS	MOLINA	MAY-05	MARGARET	ZUPSICH	MAY-16
MARTIN	LEAHY	MAY-06	KARL	GUSTAFSON	MAY-17
JESSE	MONTEAGUDO	MAY-06	DAVID	ECCLESTON	MAY-18
RON	WUDARSKY	MAY-06	PAUL	McNAMARA	MAY-20
TED	LEVINE	MAY-07	SAALIK	CUEVAS	MAY-24
DAVID	EIDELKIND	MAY-09	TONY	MANZI	MAY-24
ALLEN	SPIESS	MAY-12	JERRY	WEISSFELD	MAY-25
MAXINE	LEMARR	MAY-13	ANGELA	GIELLA	MAY-26

5 year anniversaries

CHRISTOPHER BATES, MICHAEL MARTIN, JERRY McDONALD

New Members

TED FILTEAU, CHRIS LAKE

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
 Michael Gagne
 Jefy Gaines
 Lee Lawson
 Marilyn Lamkay
 Kathy Macchio
 Sal Orlando

VOLUNTEERS

Jean Arthurton
 Frank Cavanaugh
 Gene Majka
 Paul McNamara
 Sonny Miller
 Ken Moore
 Steve Pizzuto
 Ed Slough
 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

Website: www.sagewebsite.org

Facebook: www.facebook.com/SageOfSouthFloridaInc

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

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SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Jean Arthurton

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 **Wednesday, May 22nd**, 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 May will be at **GG's of New York** Italian Restaurant, 5440 N. State Road 7, North Lauderdale, 33319 on Wednesday, May 9th, 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



It's May, the lusty month of May as sung by Guinevere in "Camelot". And, April showers bring May flowers. May is a month mostly in a Taurus Sun, so keep your eyes open for fun. Things will be down to earth this month with a stubborn and tenacious mood.

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. All are welcome. So, come join us in person or on Zoom: Meeting ID: 275 139 4844 Passcode: 076609

SAGE 30th Annual Meeting at Tropical Acres



Photos Credit: Gene Majka

For up-to-date news and information about SAGE, follow us on Facebook: SAGE of South Florida, Inc.

View more photos by visiting the Photo Gallery at our Website: www.sagesofl.org

SAGE Lunch & Learn at the Skolnick Center



SAGE/Prime Gentlemen Monthly Movie



SOCIAL LITES

Sal Orlando



Now that we all celebrated Easter and Pass-over last month, we get ready for Mother's Day. What a beautiful holiday to honor what our mothers, both living and dead, have done for us.

On **Thursday, April 18th**, **SAGE** for the first time went to **Checkers Old Munchen**, a lovely, quaint restaurant on Atlantic Boulevard. The food was delicious and very plentiful; the service was great; and I just loved the beer steins on the wall, which added that special German touch. As I said last month, the Apple Strudel was to die for, yummy.

This month on **Thursday, May 16th**, we return to one of my favorites on the Drive, **Bona Italian Restaurant**. Cocktails and mingling start at **5:30PM** at happy hour prices in their cute little bar, followed by dinner at **6:00PM**. What a fun and lively place for us to have an enjoyable evening together. Mark, Glenn, and their crew can never do enough for us. They never disappoint.

SAVE THE DATE: Thursday, June 20th, SAGE goes to a new, exciting Thai venue, **Bangkok Bistro**, on Federal Highway for the first time. It promises to be a fabulous event.

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 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 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!

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



In his auspicious debut, *The New Life: A Novel*, British author **Tom Crewe** excavates the oppression and criminal punishment of gay men in 1890s England.

Set in London, the story depicts a collaboration between wealthy author John Addington, 49, and physician/essayist Henry Ellis, 30, on a book about the taboo subject of homosexuality. John and his wife are sexually estranged, and he brings his lover, Frank, 28, to live in his family house. Henry has an unconsummated marriage with Edith, who lives separately with her female lover. John's and Henry's completed study, *Sexual Inversion*, is full of anonymous case studies and testimonials, and it amounts to an argument for sexual freedom for gay men. Their decision to publish, especially so close to Oscar Wilde's highly publicized conviction for a same-sex affair, has far-reaching ramifications for John. The work, though, goes largely unnoticed until a London bookseller, who is being spied on for having radical beliefs, is arrested for selling the book, which, according to the charges, is "lewd, wicked, bawdy, scandalous, and obscene libel." As the bookseller's trial approaches, John's family life implodes; he becomes reckless, and his behavior panics Henry, who makes a decision that influences the trial.

Crewe uses meticulously researched period details to great effect and rounds out the narrative with solid characters and tight pacing. Readers will look forward to seeing what this talented author does next.

The New Life will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, May 11 from 11:00 AM to noon at the Stonewall Library, 1300 E Sunrise Blvd., Fort Lauderdale**, and simultaneously on Zoom via this link: Meeting ID: 275139 4844 and Passcode: 076609

UPCOMING: The June 8 meeting selection is *My Search for Warren Harding*, by **Robert Plunket**.



IN MEMORIAM

John F. Chandler, Jr. passed away on April 2, 2024, at 77 years of age. He was born on April 16, 1947, and worked as a respiratory therapist before retiring. John was also a Franciscan Brother and served the local community and hospitals. John joined SAGE in 2004 and was on the Board of Directors for several years. He is survived by his only child, Jennifer Chandler, and by his grandchildren and great-grandchildren. We extend our condolences to John's family and many friends.



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: aaapbtc.org

BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely. Free LGBT Bereavement Group helps to manage the waves and tsunamis of grief. For days, time, and location contact:

Rev. Dr. Anne Atwell – 954.462.2004x208

Anne@sunshinecathedral.net

SAGE EMERGENCY FUND

The SAGE Emergency Fund was established to assist LGBTQ Seniors (55 years or older) who have experienced unexpected financial hardship. Households with incomes below the federal poverty level are eligible to apply for a one-time grant (up to \$1,000.00) of financial assistance for medical needs, rent/mortgage payment, utility charges, or transportation costs. The Fund is administered by the SunServe Senior Services Department. For more information, contact **SunServe at 954.764.5150**.

Friendly Visitor Program



SAGE USA is collaborating with Sunshine Cathedral to establish a Friendly visitor program for LGBTQ+ older adults. The program links a volunteer with an LGBTQ+ older adult who would benefit from additional meaningful connections in their lives. The volunteer visits the participant weekly for 1-2 hours and speaks to the participant by phone between visits. If you or someone you know is interested in volunteering, participating, or seeking more information, contact **Mitchell Zahn, Program Coordinator, at 646.568.9354** or by email at mzahn@sageusa.org.



SAGE Health Tips

Gene Majka, APRN

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

“Let’s hear it for the boys!”



The “boys” that I am referring to are your buddies that are down south. As we age, they keep getting lower, and lower, and lower. They also are not as productive as when we were young. Low testosterone (hypogonadism) is increasing among senior men. Testosterone is a hormone (No, I will NOT tell that old hormone joke on how it’s made) produced in the testes.

This hormone maintains the following body necessities: bone density, fat distribution, muscle strength and mass, facial and body hair, red blood cell production, sex drive (libido), and sperm production. Testosterone declines 1% after age 30. A diagnosis of hypogonadism has to be differentiated from the disease versus normal aging. Those who are at risk for low testosterone are the following: seniors, the obese, poorly managed Type 2 diabetes, chronic medical conditions such as kidney dysfunction or cirrhosis of the liver, and those with HIV/AIDS.

Symptoms

Symptoms may include the following: reduced sex drive, erectile dysfunction, shrinking testicles, loss of armpit and pubic hair, hot flashes (yes, male menopause), night sweats, low to zero sperm count, depressed mood, difficulty with concentration and memory, increased body fat, enlarged male breasts, decrease muscle strength and decrease endurance. So, you can see we all may have many of these symptoms but is it normal aging or the disease of hypogonadism?

Diagnosis

The following blood tests are performed:

Total testosterone level blood test. This test is done twice (about 1-2 weeks apart) to confirm a low level. The blood draw must be done between 8 AM & 10 AM when one’s level is at its highest. The other tests are to see if there is a problem with one’s pituitary glands causing low levels.

Treatment

Testosterone Replacement Therapy (TRT) has had a dramatic growth, in 1980 the amount prescribed was \$18 million and now it is almost 2 billion dollars There are many different routes for TRT. There are gels applied every day. Intramuscular injections are given every 1-2 weeks or every 10 weeks. Testosterone patches are applied every day. Testosterone pellets are implanted under the skin by a specialist every three to six months. Sticky tablets are applied to your gums twice a day. A nasal gel was applied three times a day. A pill used only for those with other specific medical conditions. As with all medications, there are side effects and many risks with TRT. TRT costs range from \$1650 to \$3200 per year without insurance but 93% of Medicare prescription drug plans cover this drug.

Prevention

Lifestyle changes can keep testosterone at normal levels as eating a healthy diet, exercising (**that** word again), weight management, adequate sleep, stress management, and avoiding excessive alcohol and drug usage.

If you are having any of the symptoms check with a urologist. We can keep your “boys” safe and productive.

References and Resources:

Testosterone deficiency in the aging male <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707424/>

Testosterone therapy: Potential benefits and risks as you age <https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728>

Low Testosterone (Male Hypogonadism) <https://my.clevelandclinic.org/health/diseases/15603-low-testosterone-male-hypogonadism>

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

May 4, 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, May 2, 2024,
BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219*

Representatives from MERIDIAN – AT WATERWAYS –Senior Living will make a presentation.

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

May Menu

Garlic Rolls
Tossed Salad
Lasagna
Chicken Francese
Mixed Fruit
Cannoli

Catered by:



SAGE AT BONA ITALIAN RESTAURANT



Join SAGE for Dinner at Bona Italian Restaurant
2468 Wilton Drive, Wilton Manors, FL 954-565-7222

Thursday May 16, 2024 at 5:30pm for Cocktails at Happy Hour Pricing - 6:00pm for Dinner

Menu for the Evening:

Starter – Garden Salad - Choice of Dressing & our Signature Garlic Knots

Choose from one Entrée:

Three Cheese Ravioli with Ricotta, Pecorino & Parmesan, House Sauce & Garlic

Chicken Parmigiana topped with Tomato Sauce & Mozzarella

Snapper Francese sauteed in Lemon Butter over Spaghetti

Veal Saltimbocca in White Wine, Prosciutto, Marinara Topped with Mozzarella

Dessert - Mini Cannoli or Sugar Free Vanilla Ice Cream

Dinner includes American Coffee, Iced Tea or Fountain Soda (At Table Only)

**Pricing: \$25 Members - \$32 Non-Members
(A Portion of Member Cost Subsidized by SAGE)**

Reservations Close 1:00pm Saturday May 11, 2024 - Read information at bottom of flyer

No Reservations Will Be accepted after this Date & Time

Bona Italian Restaurant Thursday May 16 2024

#__ Member @ \$25 #__ Non-Member @ \$32 Phone # _____

Name: _____ Entrée Choice _____

Name: _____ Entrée Choice _____

Name: _____ Entrée Choice _____

Mail Form & Payment to: SAGE at PO Box 70516, Oakland Park, FL 33307 and please call or email SAGE office with your name(s) and entrée(s) so we can record your reservation and await your check.

Call the SAGE Message Line at 954-634-7219 to reserve by credit card - This is a SAGE Sponsored Event

SAGE of South Florida

In Association With

Christopher Bates

Stonewall National Museum, Archives & Library

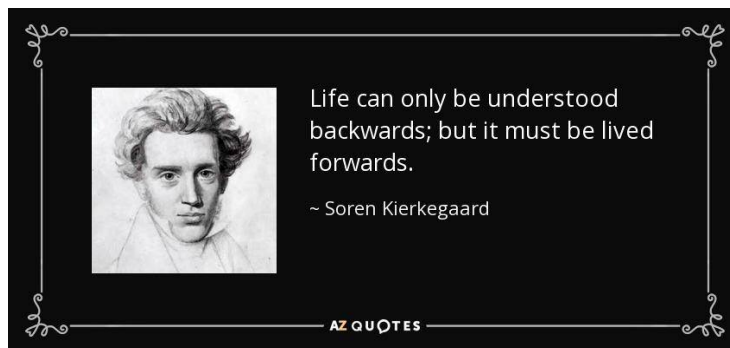
Present

CELEBRATE *'Life'*

With

Michael Vita & Juan Tobon

~ ~ ~



~ ~ ~

Sunday, May 19, 2024

~ ~ ~

3:00 P.M.

~ ~ ~

The Pride Center

2040 N. Dixie Highway, Wilton Manors, Florida

THE SAGE / PRIME GENTLEMEN MOVIE



Nuovo Olimpo is a delightful and humane masterpiece that skillfully treads the delicate line between poetic expression and raw reality.

It tells the story of two men who meet and fall in love in late-1970s Rome, only to be separated unexpectedly. Two young souls meet for four days and become bonded with their youthful fresh affection towards each other. In every single interaction, their profound love for each other is clearly visible. The love scenes are tender and lyrical. But the ongoing situation makes them part. Then one fine day that takes almost 40 years, an accident brings them together again.

At the end of the movie, they look at each other in the same way as before, their longing and love still clearly visible in their eyes. Even after so many years, they never forgot each other. They are living different lives, but they still feel every single

emotion that emerged between them. The line "so the time and space won't get in the way" of their love, which arises as before. It never disappears. Instead, their love for each other increases. *Nuovo Olimpo* is a very well written and passionate gay romance which reveals a beautiful love story that transcends time itself.



Listen. Broadway Backwards, 2024.

This is going to go down in history as one of the best performances to ever come out of Broadway Backwards. THIS is what theater can be. So vulnerable, so honest, so moving! This is a blending of ASL [American Sign Language] and spoken word, demonstrating soul and meaning to both of them in an absolutely spectacular song, and having it both sung and signed made it more impactful and moving!

FRIDAY, MAY 17th, 2024

1:30 PM at the PRIDE CENTER

FREE POPCORN and SODA