

The SAGE

The Newsletter of SAGE of South Florida

October 2026



SAGE of South Florida was instrumental in creating the first health expo for seniors, which was held at the Pride Center. Now, years later, we are pleased again to both support and participate in the 17th Annual Active Aging Expo on Saturday, October 26th, from 10am to 2pm at the Pride Center. The Expo is free! It offers a wealth of information about health and wellness resources in our community. Flu shots, blood pressure screening, and HIV testing will be available. For the first 400 attendees, there will be a free box lunch and door prizes will be raffled off. SAGE will have a booth at the Expo, so be sure to stop by and chat with your fellow SAGE members.

MEMBERSHIP RENEWAL: A NEW ERA

Ever since Benjamin Franklin was appointed the nation's first postmaster general all the way back in 1775, the U.S. Post Office has made it its mission to deliver the mail to all. Many of us have fond memories of a time when we were on a first-name basis with our mail carrier. Sadly, those days are long gone, as the level of service continues to decline. For this and other reasons, SAGE of South Florida is no longer sending membership renewal letters via USPS. Membership renewals and applications are currently being handled online.

Early during the month that their renewal is due, members can expect to receive an email with instructions on how to renew online. You will be asked to log in using your email address. If you don't know your password or it's your first time logging in, click the link for a "RESET PASSWORD REQUEST." Or simply click "Forgot password." You will then receive an email with further instructions on choosing your own password. Due to security restrictions, the password will need to be 12 characters long, so be ready to keep a record for yourself. Once you have successfully logged into your account, follow the prompts to renew your membership using either a debit or credit card.

The small number of members without access to email can expect to receive a phone call reminder from our Treasurer and Membership Secretary, Paul McNamara. Any member needing assistance with renewing is encouraged to reach out to him via email at treasurer.sagesoft@gmail.com or by phone at (561) 254.9622.

Members who like to gamble can always send a renewal check via the USPS, and we'll all keep our fingers crossed!

SAGE BIRTHDAYS FOR THIS MONTH

First Name	Last Name	Birthday	First Name	Last Name	Birthday
CARLOS	MORAN	OCT-02	TED	FILTEAU	OCT-19
TONY	SIKICH	OCT-06	BRUCE	PARRISH	OCT-22
RICHARD P	SMITH	OCT-07	JACKSON	HAVERLY	OCT-22
WAYNE	SCHREBE	OCT-07	CARL	BARTON	OCT-23
ED	BROWN	OCT-08	STUART	SILVER	OCT-24
RICHARD	WHITE	OCT-09	RICHARD	HERMAN	OCT-25
TOMMASO	LEPORE	OCT-15	ROSS	SPENS	OCT-28
JIM	GROSS	OCT-16	ANDREW	LANGLEY	OCT-31
MICHAEL	DEPASQUALE	OCT-17	ERNEST	OLIVAS	OCT-31

20 Year Anniversaries

FRANK CAVANAUGH

New Members

KARL LAHRING, BRAD ZUCKERMAN, PABLO DEL CAMPO

SAGE OF SOUTH FLORIDA

OFFICERS

President:	Lisa Peters
Vice President:	Michael Gagne
Secretary:	Shawn White
Treasurer:	Paul McNamara
President Emeritus:	Patrick S Vida

BOARD MEMBERS AT LARGE

Ken Goodman	Kathy Macchio
Jorge C, Herrera	Brent Pagnotta
Lee Lawson	Patrick S Vida

VOLUNTEERS

Jean Arthurton	J Michael Martin
Richard Calvin	Sonny Miller
Frank Cavanaugh	Frank Piasecki
Jefy Gaines	Ed Slough
Betty Gambino	

Lifetime Members

BOB ADAMS – JIM AMON – CHRISTOPHER BATES – BILL BASIST – ROBERT J BOZEK – RICHARD CALVIN – ALLEN CHURCHMAN – 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 – HOWARD MARREN – 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 – 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 LGBTQ+ senior community through membership inclusive of age, gender, race, nationality, religion, sexual orientation, and gender identity. 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 reaching out to support and engage isolated and homebound persons of our community. SAGE of South Florida was founded in 1994 as a Florida "not for profit" corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax-deductible donations).

Email: sagesofl@gmail.com

Phone: 954.634.7219

Website: www.sagewebsite.org

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

Facebook: www.facebook.com/Sage of South Florida Inc

SAGE of South Florida is an independent organization not affiliated with SageUSA.

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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), par of the Area Agency on Aging:

In Broward Count – 954.745.9779 adrcbroward.org

In Palm Beach County – 561.684.5885 aaapbtc.org

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) for medical needs, rent/mortgage payment, utility charges, or transportation costs. For information, contact **SunServe at 954.764.5150.**

SAGE NIGHT OUT

Ed Slough

Join us **Wednesday, October 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. My email is: wildhybrid@aol.com. Thanks!

Join your SAGE and Prime Gentlemen friends for this month's *Early Bird Dinner*. The event for October will be at **GGs of New York, 5440 North State Road 7, North Lauderdale, FL 33319 (954.484.0400)**, on **Wednesday, October 14th at 5PM**. This dinner group meets on the 2nd Wednesday of each month. We go to different restaurants which offer thrifty early bird specials or other low-cost selections and specials. The idea is to enjoy a night out with a group of friends without spending a whole lot. This event is targeting members of SAGE and Prime Gentlemen, and their friends – which means you need not be a member of either group to join us for a dinner out. Everyone is welcome! Please notify me if you would like to attend this dinner so I can give the restaurant a heads-up: wildhybrid.aol.com.

I hope you can join us on Wednesday.



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Jean Arthurton & Frank Piasecki



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. At SOBA meetings, participants are asked their responses to questions or topics posed by the group leaders. Crosstalk and discussion follows. Watch your email for the weekly eblast announcement. Everyone is welcome. No reservations are required.

NOTES FROM THE MEN'S DROP-IN

Jefy Gaines



It is fall in South Florida, and that means temperatures in the mid- and high-70s to the mid-80s, which is summer to me. I love our endless summer. Our sun in October is mostly in Libra, the 7th sign, the 7th house—an air sign symbolized by the Scales of Justice, ruled by Venus. Venus is the Goddess of Love and Beauty, fingers crossed. So, it will be a sweet month—gentle, charming, with artistic times. Justice will appear, evaluating and weighing everything. The month ends in a Libra/Scorpio Cusp, which is referred to as the "Cusp of Drama and Criticism"; it is the blend of Libra's critical eye and balance with Scorpio's inherent intensity, compassion, depth, and drive.

What are you doing on Wednesdays from 1:00 PM to 2:00 PM? Come sit in on the Men's Drop-in group. It's an hour of fun, sponsored by SAGE of South Florida and the Fort Lauderdale Prime Gentlemen. Everyone is always welcome. Every Wednesday, in person at the Pride Center, Room 206, or on Zoom. No membership or registration is required. So, fasten your seat belts and let's have some fun! People start to trickle in at 12:45 PM for some schmoozing and crosstalk, and then we begin with announcements of upcoming events, giving everyone an opportunity to share (or not) about what's going on in their lives—movies, dinners, health, family, feelings. We close at 2:00 PM with kibitzing and jokes. Sometimes comical, and sometimes not. Moaning is permitted; we always have good-spirited fun. All are always welcome.

Zoom meeting ID: 275 139 4844,
Passcode: 076609

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio



EVERY THURSDAY at 3:00PM on Zoom!

Looking for good company and connections? Join Kathy and Michael every Thursday for the SAGE Co-Ed Drop-In. It's casual, it's friendly, and it's all about **you**. Bring your stories, your questions, your thoughts – whatever is on your mind.

Catch up with old friends, meet new ones, and enjoy the mix of socializing, witty banter, and conversation. All are welcome!

See you Thursday!

Meeting ID: **275 139 4844** Passcode: **076609**

SAGE Night Out *at* Tropics



SAGE Dinner Meetup *at* Courtyard Café



SAGE Luncheon Meetup *at* Galuppi's

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

View more photos at the Photo Gallery on our Website: www.sagewebsite.org

Use the QR Code to access our Website:



Lunch & Learn

Saturday, October 3rd, at 12:30pm

HERB SKOLNICK COMMUNITY CENTER

800 SW 36TH AVENUE, POMPANO BEACH, FL

RESERVATIONS REQUIRED

MEMBERS – \$10.00 GUESTS – \$17.00 NEW PRICE!!

Credit Cards Accepted

Reservations MUST be made by **12:30PM** on **Friday, October 2nd, 2026**

EMAIL To: **SAGEsofl@gmail.com** OR BY CALLING: **(954) 634-7219**



ABC HEALTH COVERAGE

JULIE BIDERMAN, of ABC Health Coverage, will make a presentation on changes in 2027 Medicare Coverage.

**MENU – An Oktoberfest-themed lunch catered by
Checkers Old Munchen Restaurant.**

SAGE/PRIME GENTLEMEN MONTHLY MOVIE



On the Sea is a sensitively played story of forbidden gay love. Shades of *Brokeback Mountain* hover over this thoughtful film about life in a tough and small-minded Welsh fishing village.

If circumstances had been different, Jack might have left his small, despondent hometown on the Welsh coast. He might have followed a career outside the family business instead of slogging with a rake and a bucket on the mussel beds. He might even have been able to live as an out gay man without having to endure sneers and barely veiled hostility. But the wide-open skies in his corner of the world are at odds with the narrow horizons Jack faced as a young man.

Having been married to Maggie for more than half his life, Jack starts to question his journey here. Two factors shift his perspective: one is a cancer diagnosis (he is now in remission), the other the arrival of itinerant fishing boat skipper Daniel. *On the Sea* explores the collision of gay sexual awakening and repressed self-loathing which unfolds in working-class rural Britain, where masculinity comes with a rigid set of rules. The film becomes a quiet, sensual exploration of closeted desire, masculinity, aging, family, and the frightening possibility of changing your life. It is deliberately slow-burning rather than a conventional romance, with an often bleak but beautiful coastal setting and some notable frank sex scenes. The raw desire between Jack and Daniel is sensitively awakened.

FRIDAY, OCTOBER 16th, 2026

1:30PM at the PRIDE CENTER

FREE POPCORN and SODA

SOCIAL SCENE

LUNCHEON MEET-UP

Tuesday, October 6, 2026 – 12:30pm

LAS VEGAS CUBAN CUISINE

2807 E Oakland Park Boulevard

Fort Lauderdale, FL 33306

When you arrive, just tell the hostess that you are with SAGE.

No advance reservations are necessary; just show up and pay for what you order!

DINNER MEET-UP

Thursday, October 8, 2026 – 5:00pm

COURTYARD CAFÉ

2468 N Wilton Drive

Wilton Manors, FL 33305

BOGO special on lunch and dinner platters!

SAGE/PRIME GENTLEMEN MONTHLY MOVIE

Friday, October 16, 2026 – 2:30pm

THE PRIDE CENTER at EQUALITY PARK

2040 N Dixie Hwy

Wilton Manors, FL 33305

Free popcorn and soda.

See Page 5 of this Newsletter for more information.

DINNER MEET-UP

**Monday, October 19, 2026 – 4:30pm Drinks;
5:00pm Dinner**

THE AMBRY GERMAN RESTAURANT

3016 E Commercial Boulevard

Fort Lauderdale, FL 33308

No advance reservations are necessary; just show up and pay for what you order!

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



This month's selection for discussion is ***Four Squares*** by Bobby Finger.

In 1992, on his thirtieth birthday, Artie Anderson meets the man who will change his life. Artie spends his days at a tedious advertising job, finding relief in the corner of New York City he can call his own, even as the queer community is still being ravaged by HIV. But when his birthday celebration brings Artie and his friends to his favorite bar, a chance encounter with Abe, an uptight lawyer and Artie's opposite in almost every way, pushes Artie to want, and to ask for, more for himself.

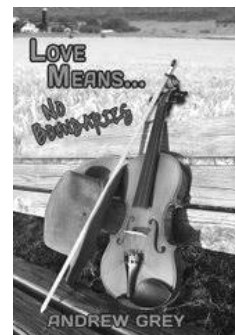
Thirty years later, Artie is stunned when Halle and Vanessa, Abe's daughter and ex-wife, announce they are moving across the country. Artie has built a lovely, if small, life, but their departure makes Artie realize that he might be lonelier than he previously thought. When a surprising injury pushes Artie into the hands of GALS, the local center for queer seniors, a rambunctious group of elders insists on taking him under their wing. What follows will open up Artie's world in ways previously unimaginable.

Alternating between both timelines, *Four Squares* is an intimate look at what it means to find community at any age and a touching meditation on the aftershocks of both love and grief. Stretching across the 1990s and the present day, the book is an intimate and profound look at what it means to create community and the lasting impressions even the most fleeting relationships can leave.

Four Squares will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, October 24, 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 Pass code: 076609)

NOVEMBER MEETING:

Love Means... No Boundaries
by Andrew Grey



SAGE Health Tips

Richard Calvin, BSN, Certified Rehabilitation RN (retired)



Getting a Good Night's Sleep

Getting enough sleep is as important as eating the right food, exercising, and social interaction. Sleep is fundamental to longevity because it is when the body takes care of essential maintenance, clears metabolic waste from the brain, consolidates memory, and resets the hormones that govern appetite and stress. Experts recommend adults get seven to eight hours consistently each night. According to CDC, 38.8% of adult Floridians are getting less than the recommended amount of sleep. Sleep “quality” counts more than duration. Restorative sleep will help you wake up feeling refreshed and will help you maintain attention, a stable mood, steady cognitive functioning, and to feel energized and function socially without fatigue. Alcohol and marijuana are not good sleep aids.

The key to falling asleep is clearing your mind of problem-solving thoughts or worries from the day. If you have trouble falling asleep, you may want to try cognitive shuffling--a mental exercise to focus your mind on words that have no association with each other to signal to your brain that it is time to sleep. Example: Take a random word — “Pluto,” then think of as many words as you can that start with the letter “P,” then move on to the letter “L.” This exercise helps you disengage from the activities of your day and research shows that it causes people to naturally drift off to sleep.

Cardiovascular exercise during the day--walking, jogging, and cycling--improves sleep onset and the amount of deep sleep at night. Restrict caffeine to the morning hours. Avoid eating too close to bedtime. Stop drinking fluids two to three hours before bedtime. Limit daytime power naps to 30 minutes. Avoid vigorous exercise close to bedtime and shut off electronics. Doing a calming activity like stretching, reading, or a mindfulness, muscle relaxation exercise as soon as you lie down for a night's sleep will lead to sleep onset. Maintain a regular bedtime/waking schedule. Expose yourself to natural light as early as possible and darkness at night.

Insomnia or poor sleep may be due to medical issues such as sleep apnea, prostate issues, hormone fluctuations, or other sleep disorders. Discuss with your health care provider all the sleep problems you are experiencing. A sleep study at home or in a sleep lab may be indicated.

Sleep like nutrition is a pillar of health. If you want to have a long, healthy life, then proper sleep must be part of the equation for brain, emotional, and cardiovascular health.

References & Resources: Harvard Health Publishing: *The 5 Pillars of Longevity: Movement, Nutrition, Sleep, Stress Reduction, and Social Connection*; *Sleep Deeper, Wake Up Brighter: Improve Your Sleep and Health with Harvard's Guide to Better Rest*; *How Sleep Deprivation Can Cause Inflammation*; New York Times: *A Simple Technique to Help You Fall Asleep*; U Health Collective: *Ask the Expert: What is “Good Sleep”? Does Exercise Improve Your Sleep?* Sun-Sentinel: *Nearly Half of Floridians Have Sleep Issues. Experts Offer Help.*

In Memoriam



Longtime SAGE member **Don Mitchell** died on August 30, 2026, at the age of 88. Don, born on October 29, 1937, was raised in rural Pennsylvania. After retiring, Don moved with his partner to the Victoria Park neighborhood of Fort Lauderdale. Following his partner's death more than twenty years ago, Don moved to John Knox Village, where he resided until his death. Don was a familiar face at SAGE's weekly SOBA meetings, at the monthly Lunch & Learn meetings, and at many lunch and dinner outings. He will be missed by his SAGE family and all who had the pleasure of knowing him.

Friendly Visitor Program

sage | Advocacy &
Services for
LGBTQ+ Elders
We refuse to be invisible
someone you know is interested in volunteering, participating, or seeking more information, contact Tatiana Galdamez at (786) 885.0101.

SAGE USA has established 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

MINESHAFT

THE CRUISING MURDERS



OCTOBER 19 AT 7:30PM

GATEWAY THEATER



SAGE of South Florida is partnering with Fort Lauderdale Prime Gentlemen to co-sponsor the screening of the compelling new documentary “Mineshaft: The Cruising Murders” (2026) on October 19th at the Gateway Theater. This riveting film delves into the fierce LGBTQ+ protests, cultural shockwaves, and real-life Greenwich Village true-crime murders behind William Friedkin's infamous 1980 thriller “Cruising”, set against the backdrop of New York City’s legendary 1970 leather scene.

Go to www.outshinefilm.com for tickets and more information.