

The SAGE

The Newsletter of SAGE of South Florida

August 2023

THEATER



THE 2024 LUNCH BOX MATINEE SERIES FOR SAGE MEMBERS



Come and enjoy three fabulous matinee theater productions, including lunch, with your fellow SAGE members and the Prime Gentlemen at the beautiful, new Lauderhill Performing Arts Center, with plenty of free parking! See the entire 2024 Season for the discounted price of \$147 per person – that's only \$49 per show with lunch! Sold as a package only.

January 18th – *A Chorus Line* • February 22nd – *Memphis* • April 4th – *Hello, Dolly!*
Lunch will be served at 12:45 PM, with the show at 2:00 PM.

See the enclosed flyer for more information!

MOVIES



MEMBERS OF SAGE OF SOUTH FLORIDA INVITED TO VIEW MOVIES VIA ZOOM – FREE

Jose Collazo, of SAGE USA, has invited our members to join him for weekly Zoom presentations of a variety of movies and concerts. Simply email him at: jcollazo@sageusa.org and request to be added to his email list of participants. The weekly announcements will arrive straight to your email address complete with the film's Zoom link, along with its running time, description, and movie trailer. The movies may include 'First Run' movies, 'specialty' movies, and documentaries. This **FREE** program is sponsored by the SAGE USA Senior Center in New York.

For further information please call: 786-586-4286.

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 |
|------------|-----------|----------|------------|-----------|----------|
| PETER | LISZEWSKI | Aug-01 | HOWARD | TERRY | Aug-12 |
| LORENZ | MUTHER | Aug-01 | GARY | STAYER | Aug-15 |
| BRUCE | GELLY | Aug-03 | WILLIAM | WHITENER | Aug-17 |
| PAT | NOON | Aug-03 | BETTY | COSTANZA | Aug-18 |
| RICHARD | MAGGIORE | Aug-04 | DAVID | SHAPIRO | Aug-19 |
| CHARLES | SCARCELLA | Aug-04 | JOHN | HARRISON | Aug-20 |
| HARVEY | CHASSER | Aug-06 | JOEL | RUBIN | Aug-20 |
| PEGGY | WATSON | Aug-06 | PHIL | PRENTICE | Aug-21 |
| MICHAEL | THAU | Aug-07 | JOEL | RISCH | Aug-23 |
| TED | FISHER | Aug-09 | MICHAEL | GAGNE | Aug-24 |
| STEVE | THAYER | Aug-09 | KAY | TOWNS | Aug-25 |
| SHARON | KNOWLES | Aug-10 | ROBERT | RIEDEL | Aug-26 |
| TRISH | STYPKA | Aug-10 | RICK | ROTHBERG | Aug-28 |
| ANN | SMITH | Aug-11 | | | |

5 Year Anniversaries

PAUL M SMITH

New Members

PETER LISZEWSKI

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
Frank Piaseck
Tony Tsagris
Ron Wudarsky

Lifetime Members

BOB ADAMS – JIM AMON – ROBERT J BOZEK – RICHARD CALVIN – 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
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
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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THE ROUND TABLE

Paul McNamara

PLEASE NOTE: THERE WILL BE NO ROUND TABLE MEETINGS DURING THE MONTH AUGUST.

This Co-Ed group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, typically meets at the Pride Center and simultaneously online using the Zoom platform to discuss contemporary topics and ideas from 2:30-3:30PM on the second and fourth Monday of each month. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. However, **no meetings will take place during the month of August. Meetings will resume in September.**

HELP NEEDED: Although the group continues to thrive since its first meeting in 2016, the future success of the group is dependent upon more members being willing to assume leadership roles or deliver presentations. If you are interested in contributing in these capacities, please contact me via email at: polmac@aol.com.

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 Women's Lunch

Kathy Macchio

Every 2nd Wednesday of the month, the women of SAGE meet at the Chow Time Grill and Buffet, 6997 West Commercial Boulevard, Tamarac, Florida, 33319, at 12:00 Noon. Here they meet, greet, eat, and converse on current happenings. No reservations are required. Contact Kathy at kmbadabing@gmail 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



Okay, it's August and I appreciate air conditioning – and the last rose of Summer. The month is mostly a Leo Sun, which means a time for fun, good times, and lots of laughs with friends. So, fasten your seat belts and have some fun and be sure to check out our Wednesday Drop-In. SAGE/Prime Gentlemen Men's Hybrid Drop-In 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 permitted, but it's always good-spirited fun. So, come join us in person or on Zoom! Any questions can be emailed to Jefy at jefgain@aol.com, write "SAGE of South Florida" in the subject line.

SAGE NIGHT OUT

Ed Slough



Join us on **WEDNESDAY, AUGUST 23rd**, 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!



SAGE Women's Lunch



SAGE Dinner at Bona Italian Restaurant



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

LUNCH & LEARN *at the Skolnick Center*



SAGE Men's Drop-In



SOCIAL LITES

Sal Orlando

The “Dog Days” of August are upon us. I trust you are all enjoying the summer months so far and are getting ready to welcome Fall soon. With luck, there will be no hurricanes to deal with this year.



Last month **SAGE**, for the first time, had a **Meet -Up** at **Black Rock Bar and Grill** on Federal Highway on the **18th**. A great time was had by all! The food was very tasty, the staff couldn't have done more for us, and the place was fun, fun, fun. What a terrific place to hold a summer event!

This month **SAGE** goes to **Las Vegas Cuban Cuisine**, after quite some time, on **August 24th** at **5:30** for Wine and Sangria, followed by dinner at **6PM**. It promises to be a fun event. Both staff and management are very friendly and accommodating. Another nice place to have a good time and forget about the summer heat and have some good Cuban food.

Save the Date: Next month, **SAGE's 29th Anniversary Gala** is being held at **Anthony's Clam House and Grill** on Commercial Boulevard, on **Sunday, September 24th, at 12:30PM** for Cocktails and mingling at their beautiful bar, followed by a fabulous Luncheon at **1PM**.

As you all know, member pricing for our events is partially subsidized by **SAGE**, and will continue to do so. But, in lieu of the current out-of-control inflation, venues are forced to raise their prices considerably, some as much as 1/3 more.

Fortunately, **SAGE** recently and most graciously received a very generous donation to be used to subsidize **SAGE's** monthly events. Therefore, member pricing which began May 2023 subsidies will be more substantial allowing us to partially offset the inflationary spikes occurring at this time. As always, it's not fair to our members, that non-members 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.

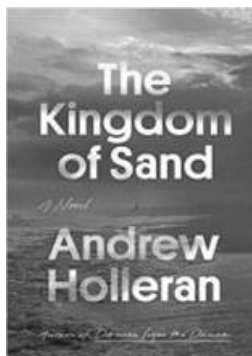
Please Note: There is a reason for **SAGE** to have a reservation cut-off date and time for each event. Therefore, no reservations will be accepted after such time.

Also, those of you who would like to sit together at one of our events, please arrive early and at the same time, or wait for one another before checking in, so your party will be able to sit at the same table.

As always, for ongoing activities, consult your **SAGE** Calendar for meeting times and places.

Ciao for now!

SAGE BOOK DISCUSSION GROUP



Andrew Holleran's fifth novel - *The Kingdom of Sand* - eloquently explores themes of loneliness, aging, and life after cruising. The protagonist, nameless and living in Florida, grapples with the police crackdown on cruising grounds, leading to a life filled with sexual frustration. He forms a close friendship with Earl, an older gay man who shares his solitary lifestyle but harbors right-wing views. In this melancholic world, time passes slowly, and Holleran delves into the minutiae of daily life and the beauty found in nature's changing rhythms.

The author's stoic accuracy and acceptance shape a world where not much happens, except the passage of time. The novel centers on introspection and close observation of the changing day, akin to works like V.S. Naipaul's *The Enigma of Arrival* and John McGahern's *By the Lake*. The Holleran novel finds intrigue in the strange lives of neighbors and houses that seem uninhabitable due to their proximity to public spaces. He muses on the attachment to useless household items and the allure of Florida's changing light as night falls.

Despite his witty and aphoristic writing, Holleran's novel carries a haunting tone of isolation and old age, contrasting with his 1978 novel *Dancer From the Dance*, which celebrated gay abandon and pleasure. Now, nearly 80 years old, the author delivers a novel that is both affecting and engaging, embracing difficult truths, and paying homage to the passage of time with remarkable integrity. *The Kingdom of Sand* stands as a poignant exploration of solitude and the acceptance of life's complexities.

Please consider joining the **SAGE** Book Group in discussion on **Saturday, August 12, 2023**, at the **Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale** from **11 AM to 12 noon** – no reservation is required for this event.

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**.

Friendly Visitor Program

sage | Advocacy &
Services for
LGBTQ+ Elders
We refuse to be invisible

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

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 Health Tips

Gene Majka, APRN

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

A Pain in my ...

Sciatica (aka lumbar radiculopathy) affects 25% of the population BUTT (😬 pun intended) the largest group who seek medical attention are seniors. The sciatic nerve is the longest and thickest nerve (below in blue) that extends from the spinal column down the buttocks and travels down the back of the leg and continues to the lower leg and sole of the foot.



Typically, the intense burning or shooting pain radiates from the buttocks and down the leg, causing numbness, muscle weakness, and walking difficulties. It is more painful than a backache. The causes can be a bone spur or herniated discs (injury) that presses on the sciatic nerve.

Risk factors for Sciatica

- Current or previous back injuries
- Normal wear and tear (jobs) including excess weight
- Poor posture, poor lifting procedures, and inactivity.
- Diabetes causes peripheral neuropathy and smoking resulting in poor circulation
- Unknown causes

Diagnosis

Your healthcare practitioner will assess your walking (gait), leg flexibility, and leg strength through leg raises. They could also order tests such as x-rays, CT scans, MRI, and an EMG (tests electrical nerve impulses).

Treatment

Conservative treatment with medications is the treatment of choice and decreases the pain in most patients. Once the pain has subsided physical therapy and a home exercise program are beneficial. Medications such as NSAIDs are initially used but may progress to muscle relaxants. Other medications may include corticosteroids (steroids), anti-depressants, and anti-seizure medications to help with symptoms. Lastly, opioids may be prescribed. There is a problem with seniors and how these medications affect them. Very little research has been performed with seniors and we can react differently to the usual treatment. We may have many complicating factors due to our age, and if you think the treatment is not beneficial, you must notify your practitioner. Lastly surgery: a discectomy or laminectomy may be necessary.

Prevention

Maintaining good posture, and weight, and staying active are very important. Quit smoking, exercise, and protect yourself from falls. If you have to lift an object, use your knees and NOT your back. Better yet, find some cutie to lift it for you (😬).

Thank you to Jefy Gaines for suggesting this topic.

References and Resources:

The Challenges of Treating Sciatica Pain in Older Adults, By M. Ferreira & A. McLachlan

<https://pubmed.ncbi.nlm.nih.gov/27738964/>

Sciatica <https://www.mayoclinic.org/diseases-conditions/sciatica/diagnosis-treatment/drc-20377441>

Sciatica <https://my.clevelandclinic.org/health/diseases/12792-sciatica>

Sciatica: Exercises for Pain Relief <https://www.webmd.com/pain-management/sciatica-exercises-pain-relief>

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

August 5th, 2023, at 12:30pm

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

RESERVATIONS REQUIRED

MEMBERS - \$17.00 GUESTS - \$22.00

EVERYONE PAYS AT THE DOOR

DOORS OPEN AT 12:15PM

***Reservations MUST be made by 12:30PM on THURSDAY, August 3rd, 2023,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

**A presentation will be made by a representative of
Florida Atlantic University (FAU).**



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

August Menu

Garlic Rolls

Tossed Salad

Lasagna

Chicken Francese

Fruit

Cannoli

Catered by:



LAS VEGAS CUBAN CUISINE



THURSDAY AUGUST 24, 2023 – COCKTAILS AT 5:30PM – DINNER 6:00PM
5:30pm - Wine and Sangria - 6PM - Dinner Seating

2807 E. Oakland Park Blvd.. Ft. Lauderdale, FL – 954-564-1370

First Course:

Ensalada de las Casa (House Salad)

Entrée - Choice of one from:

Pollo Asado (Half Chicken Broiled)

Lechon Asado (Roast Pork) - marinated in tropical spices, mojo juice and oven roasted

Bistec de Palomilla (Traditional-Style Steak) – Thin and juicy served with chopped onions and parsley

Fillete de Pasado (Breaded Fish Fillet) –Lightly breaded in flour then grilled

All Entrées served with Rice, Beans and Plantains

Dessert Course:

Flan

Beverages Included in Price: Iced Tea and Soda

Pricing: \$20.00 @ for MEMBERS or \$28.00 @ for NON-MEMBERS -NO REFUNDS!

Reservations Must be Received by: NO LATER THAN 1PM Saturday August 19, 2023

Las Vegas Cuban Restaurant – Thursday August 24, 2023

_____ MEMBERS @ \$20.00 & _____ NON-MEMBERS @ \$28.00 My Phone # _____

Name: _____ Write-in Your Entrée: _____

Name: _____ Write-in Your Entrée: _____

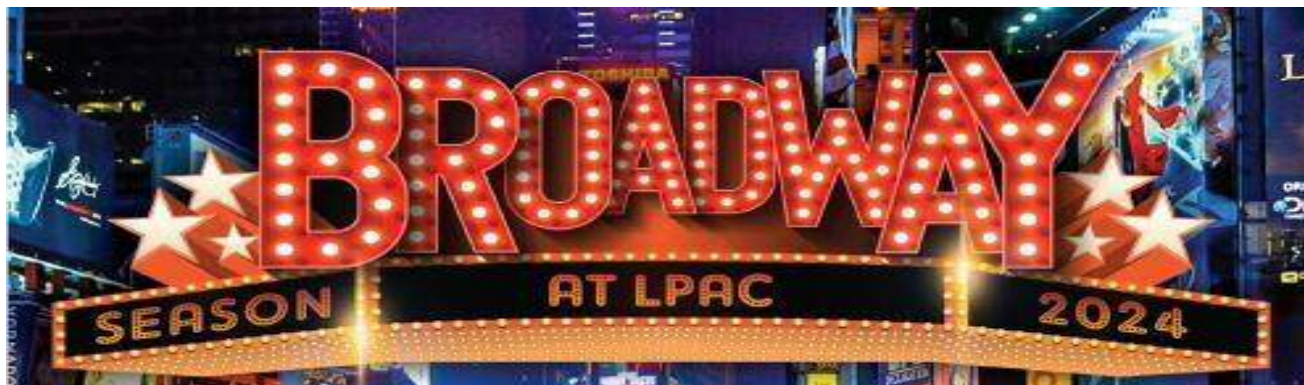
Name: _____ Write-in Your Entrée: _____

Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307

Call the SAGE Message Line at: (954) 634-7219 to Reserve by Credit Card

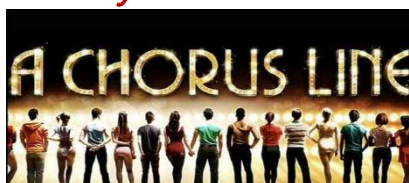
This is a SAGE-Sponsored Activity

Join SAGE of South Florida *for the* **2024 Season of the Lunch Box Matinee**

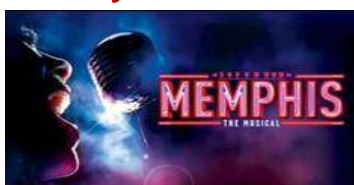


Come and enjoy three fabulous theater productions, INCLUDING LUNCH, with your fellow SAGE members and the Prime Gentlemen at the Beautiful Lauderhill Performing Arts Center with plenty of free parking for the 2024 Season and all for the discounted price of \$147.00 per person. (Sold only as a package, that's just \$49.00 per show).

January 18th – A CHORUS



February 22nd – MEMPHIS



April 4th – HELLO DOLLY



**Lauderhill Performing Arts Center
3800 NW 11th Place
Lauderhill, FL 33311**

Lunch served at 12:45pm, show to follow lunch at 2:00pm

DEADLINE to purchase ticket package is **August 15, 2023.**

Mail your payment to: SAGE – PO BOX 70516, Oakland Park, FL 33307

Credit Card payment: (954) 634-7219

Tickets received at Box Office on day of show.



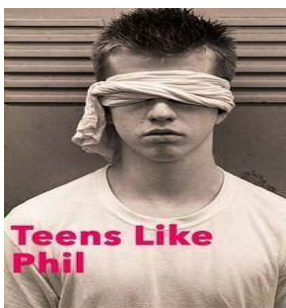
THE SAGE / PRIME GENTLEMEN MOVIE

Supernova is a sensitive drama starring **Stanley Tucci** as one half of a gay couple who is slowly but surely succumbing to dementia. **Colin Firth** stars as the other half, and together, the pair paint a delicate and well-rendered picture of aging love. *Supernova* is less about the experience of being gay than it is about the pain that comes from



watching someone you love unconditionally deteriorate to mental decline. A beautifully touching film with deeply affecting performances, *Supernova* is a *bright, shining star*.

The power of the chemistry between Firth and Tucci and the strength of the relationship they can build together is paramount to the success of *Supernova*. This is the type of male partnership we rarely see on screen, and despite the heartbreaking trials they are forced to endure, it somehow has a calming effect. Their relationship is so mature and healthy, completely devoid of the toxicity, posturing, and misdirected rage that we often see in stories about male grief. *Supernova* is a tragedy, to be sure. But it's also a quietly burning, uniquely beautiful love story.



Teens Like Phil is a short film that looks at teenager Phil and the struggles he faces with adolescence, family, private school, and most of all, his sexuality. Every day Phil attends his elite private school, only to be routinely bullied by his once best friend and love interest, Adam. The harsh realities of bullying and suicide are displayed perfectly through the relationship of these two young men. This movie was inspired by the alarming increase in real-life tragedies involving high school bullying and teen suicide bullying and suicide.

FRIDAY, AUGUST 18th, 2023
1:30PM at the PRIDE CENTER
FREE POPCORN AND SODA