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Raquel Rodriguez, M.D.

The Elderly and periodic examination.

The current practice of medicine is based on preventive care and for this the health professional uses screening guidelines that are based on evidence studies done of healthy middle-aged or elderly adults. Older patients vary in terms of functional capacity and physical status, resulting in different benefits when screening patients from the same age group. Patients may not live long enough to benefit from a diagnosis that might come from a specific screening practice. Live expectancy varies from 17.7 years at 65 years old to 2.5 years at 100 years old. That's why the goal for some older adults may be not to prolong life but to preserve functional status. The physician may, by very simple questions or office tests, determine problems that may be detrimental to the older patient.

Here are some examples of very simple screening questions that can be used:

Nutrition: Have you lost 10 pounds over the past 6 months without trying to do so?

Vision: Do you have difficulty driving, watching TV, or reading or doing any of your daily activities because of your

eyesight?

Hearing: Do you feel that people tend to shout at you?

Cognition/memory: Are you unable to recall recent conversations or items?

Incontinence: In the last year, have you ever lost urine and gotten wet?

Depression: Do you often feel sad or depressed?

Physical disability: Are you able to do strenuous activities like walking or bicycling or do heavy work around the house like washing windows, walls or floors? Do you go shopping for groceries or clothes? So you get to places out of walking distance? When you bathe, is it a sponge bath, tub bath or shower? Do you have trouble dressing – like putting on a shirt, buttoning and zipping, or putting on shoes?

Another very important subject in the elderly care is injury prevention. Falls can be prevented by simply identifying the high risk patient, which is over 75 years-old, takes more than four prescription medications, or takes psychoactive or antihypertensive medications. Other risk for falls are at

home (bathtubs, rugs, lighting), and whether there is difficulty with mobility on stairs or when outside the house.

Cancer screening is another very important part of the elderly periodic examination and guidelines are a little bit different from the younger patient. Breast cancer, clinical breast examination and mammograms are recommended for women until 75 years old. Cervical cancer screening with pap smears is recommended until 70 years old if no previous problems. Ovarian cancer screening is not recommended. Prostate cancer screening with either digital rectal examination, serum PSA or both is recommended after 50 for men with a life expectancy of at least ten years. Colorectal cancer, annual fecal occult blood testing is recommended for all older patients,



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Steven Reigns

B o l d l y venturing into a history that is unfortunately m o r e American than society would like to admit, Steven Reigns'd e b u t collection

offers a glimpse into a life in the margin of a society muted by fears and taboos.

Your Dead Body is My Welcome Mat is the compiling of Reigns' writings from the past six years. Dealing with abuses of power, the book is a work not focused on popularity or sellablity but of truth telling.

A graduate of The University of South Florida's Creative Writing program, Reigns' writing craft is polished and moves beyond the typical tortured artist rant. Reigns, a young gay male, is paving a new path for the emerging voices of his generation. Reigns won the Tampa Bay Queer Poetry Slam, has been doing readings all over the state, teaches a creative writing class, and was recently asked to do a reading at The Stonewall Library.

Some art has its roots in exclusivity. The messages are hard to decipher, the meaning are valuable only to those in the upperclass, the narration is condescending and authoritative. There is a lot of art that is not accessible to our pocketbooks, intellect, and most importantly to our emotions. There is a lot of art being produced that does not address our experiences.

These are the primary reasons I've chosen to publish a collection of my own writings. The work deals with abuses of power and living in the margins.

Your Dead Body is My Welcome Mat is a 58 page collection of poetry and short-short fiction. I am a fan of shortshort fiction and poetry because of the economy of language utilized in each form. Fuck long passages describing the color white, let's get to the point. All of us want to feel a sense of connection. We want to identify with the stories and characters. This is easily obtainable with my book.

Jennifer Blowdryer, founder of The Smut Fest and author of numerous collections, wrote the introduction to Your Dead Body is My Welcome Mat. In her introduction she describes the collection as "the real truth — hectic, terrible, and silly." She also mentions "keeping our eyes open" and being "willing to feel and see the shocking, the mundane, the unthinkable."

It is a beautiful introduction to my writings. It reminds me why I started to compile my writings. We need more literature and art that we feel with, not over intellectualize or find ourselves stumbling for meaning. Some of the pieces are reminders of what happens before and after the soundbite. There are horrors in our lives that we easily escape their emotional meaning with quick statements. In my stories such emotional escapes are not possible. That is why I continue to create the art I do.

Steven Reigns 🔻

Books can be purchased at your local bookstore or at website at www.stevenreigns.com

About the book

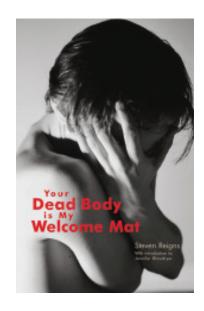
Your Dead Body is My Welcome Mat By Steven Reigns

Introduction by Jennifer Blowdryer

Published by Burning Page Press

Price: \$14.00

ISBN:0-9714393-1-1





Jen Jime

with Miss T

Forgive me for starting out of geographical order, but when my sales rep marries my photographer it's top of the column news. Jackie Hagan and Laurel Miley were joined in Holy union by Rev. Gail Geisenhainer of the Vero Unitarian Universalist Fellowship on June 7th at Riverside Park in Vero. It was a wonderful sunset ceremony. Also they went to She Rock and brought back photos you can see on page 20.



Jackie, Rev. Gail, Lauren

Speaking of joining, East Coast MCC invites you to join them Sunday, June 29 at Riverside Park in Vero for their 5th Sunday covered dish social. All the congregations and the general public are invited to meet and enjoy food, games and fellowship from noon to 3 pm.

OK Titusville, you had a unanimous vote concerning a local Sunday get together. It was a resounding silence, so I guess your mystery benefactor can just save their money.

Speaking of mysteries, guess where the newest gay bar is. Hint 1: it's in a county with no other gay bars. Hint 2: you'll never guess. The answer: Fellsmere. Yup, glamorous Fellsmere, home of the, um, newest gay bar on the Treasure Coast. Granted it's a restaurant in the daytime and only open as a bar after 9 pm on Thursdays, Fridays and Saturdays. And since Fernando is just starting the conversion, we'll need to bear with him. His intention is a dance place with a pool table and video games. And those of you who are slow on the uptake: a dance bar means loud music.

Who'd a thunk that Fellsmere would be home to a gay bar where the owner speaks Portuguese? A gay bar, in Fellsmere. But then again, it may be just far enough off the beaten track that the locals will come knowing their car won't be spotted by anyone from

their neighborhood – well, aside from his neighbors that he regularly sees out in Orlando or Ft. Lauderdale, meow.

Oh, and by the way, it's called the Cabana Grill. And it's a couple of miles west of 95 on 512



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Spiritually Speaking

The Rev. Dr. Jerry L. Seay is a former pastor in the Assemblies of God. He has been a pastor in the Metropolitan Community Churches since 1989. He and his life-partner of twelve years, Mike Lufriu, moved to Brevard County to start the East Coast Metropolitan Community Church. East Coast MCC meets in

Melbourne at the Unitarian Universalist Fellowship, 2185 Meadowlane Avenue, on the 2nd and 4th Saturdays of each month at 6 p.m. Services in Vero Beach are at the Unitarian Universalist Fellowship, 355 43rd Avenue, on the 2nd and 4th Sundays of each month at 6 p.m.



During May and June, many Americans celebrate two special days: Mother's Day and Father's Day. Unfortunately, many in our community do not have the type of relationship with their biological parents that would encourage them to celebrate these two days.

It is important to live honest, open lives. Sometimes that honesty cannot be accepted by our parents. There are some parents who are accepting. If your parents accept you as you are, please remember to honor them on these days.

Jesus once said that there would be times when our families would not accept us or approve all of what we do. As we live honest, open lives, many family members will do their best to distance themselves from us. But Jesus added something more to his statement: if we lose our families for doing and being what is right, we will be rewarded with many new parents and family members.

During Pride Month, and for Mother's Day and Father's Day, I want to thank God for all the new family members and parents I have discovered. There has to be a special reward from God for the P-FLAG Parents. They open their hearts and homes to so many in our community. To those special parents who do accept their GLBT children, I pray for God to grant them special blessings. And to all who become our new families, our brothers and

sisters, I say a great big "Thank You!" It is so great to have such a large family.

While some claim to promote "family values" in one breath and then deny their family members who are "different," I thank God that there are those who don't just "talk" about real family values. Instead, they "do" family values. We are all part of a great big, rainbow family.

If you want to find real family values, just look around you. Real spirituality is found in accepting and loving one another, not just those who are like you or who agree with you. During this Pride Month, let us honor our real families.



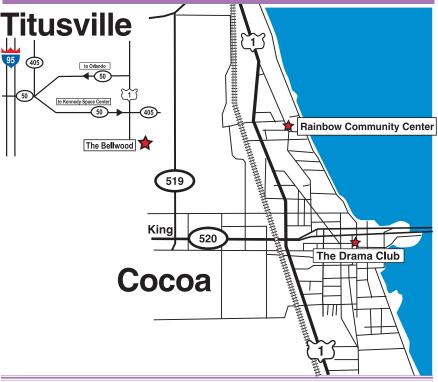
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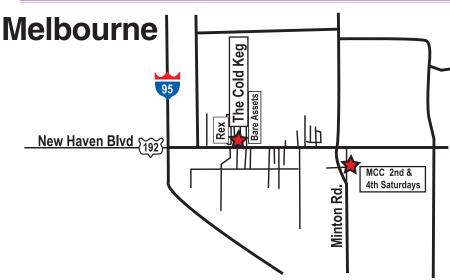
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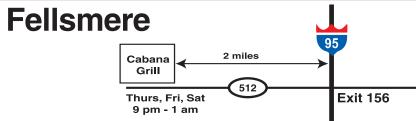
Bars & Meeting Places

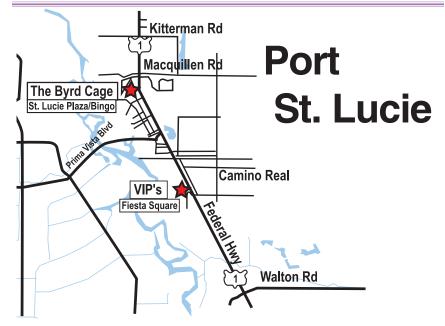


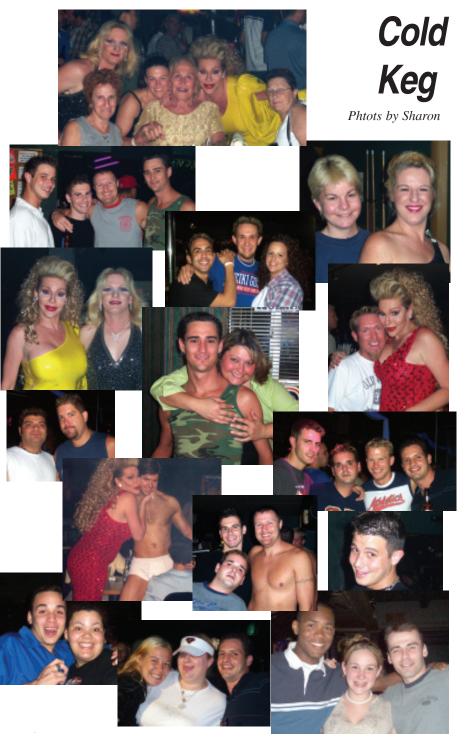


Bars & Meeting Places









AMERICAN ANTHEM MEEKEND

Cold Keg, Warner Brothers
& Leigh Shannon presents

Friday, July 4th Madonna CD Release Party from lier American Life CD

her NEW Maxi Single Release with remixes by Calderone Quayle, Oakenfold, Deepsky, The Micronauts and Stuart Price (Les Rythmes Digitales).



Don't forget Thursday, July 3rd TRASH NIGHT Amaleur Strip contest at Midnight \$1 rum & cokes 50 cent draft 9-11

Saturday, July 5th RED WHITE & GROOVE Hosted by Tasha Scott Free admission to those in red, white, blue Red Hot male/female dancers

\$8 All you can drink 9-11* give aways



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(exit 156). And it's Brazilian, not Hispanic. And we wish Fernando and his staff all the success in the world.

Deviation, 1-2&4 Sundays at the **Drama Club**, has it's identity down and is spreading the word about a night where queer/goth/fun-loving folks can gather for music you won't hear in any of the other bars. DJ Cinder keeps the place hopping to "electro-industrial-BM-Synth-Pop and Future Pop" Check it out, I did and thoroughly enjoyed myself. In if I didn't have to writing this wretched thing on Sunday night I'd be up there right now. Unfortunately, next weekend they're off and the following one is deadline again. Well, phooey! You go for me and enjoy.

The rest of the week **Drama Club** is just the party to go to all summer long. Rita and Gretchen have cooked up a bunch of theme parties. They're starting out with pins and needles 'cause we're all wondering what the special announcement Friday, July4, at 11 pm, is going to be. Gretchen just broke this old queen's heart when she wouldn't spill the beans. I mean I wouldn't tell a soul. Besides, no one reads this column, well only a few people and they're not the type to spread gossip. Right girls?

As for the Toga party last weekend, I was at the PFLAG event Saturday night and then went down to PSL so we don't have pix but I'm sure Woofie will have some for the next issue. Just in time for their next blowout on the weekend of the 4th. Thursday night being a holiday eve the ever popular amateur night turns into a best of it all in Mr/Ms Firecracker contest. So boys being boys and girls being boys and boys being girls and everyone having a blast is assured. Can't wait. Friday, of course, kicks it into high gear with their Red, White and Blue party.

Meanwhile the **Cold Keg** is starting the holiday with cheap drinks on Trash night then cranking it up with a Madonna release party on the 4th and blowing it all out with a Red, White and Groove party on Saturday. Now there's a weekend with something for everyone! Leigh Shannon on Friday with Madonna give-aways, Saturday shows with strippers – both male and female – and cheap drinks to start the three-day weekend party. And Sharon says there's much more coming up at the **Cold Keg** this summer. Inquiring minds want to know, so calendars can be marked "oogle sweaty young bodies" um, I mean, we need to know which outfit to choose from our extensive wardrobe.

Speaking of extensive wardrobes, you never know what **Kelli Randell** down at **Club Byrd Cage** will turn up in next. And you never know who's going to turn up next on Thursday karaoke night. There is some real talent, like duets and sh—stuff that will knock your socks off. Tori Holden sang three songs last week so you really never do know who will be in the crowd. The new bartender, Patrick, is kept busy keeping the crowd happy and it's always a great, early, fun, low key way to start the weekend. Just the thing for a school night. **Club Byrd Cage,** of course, is doing the holiday up right with Felicia's birthday on the 4th – how considerate of the town to put on that big fireworks display for the

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Club





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occasion! I guess it's to welcome her back to PSL after her long trek north for her appearance at the Vero Beach Inn for PFLAG Vero's Pride Dinner. That was a special evening as always. It seems to me there is some other reason. I have to double my Ginko or slack off on my glaucoma medication – yeah, I'll double the Ginko.

I don't need Ginko to remember that VIP's Red, White and Blue party will feature a reprise of Danielle as Bette Midler plus both Mercedes and Tori Holden. What a show that will be! Talent everywhere. And you never know when a new face will graduate from Vip's new Friday amateur night to the Saturday show. One thing's for sure, if Danielle has a bottle of water and asks you to hold her mic, you might want to run – which is exactly what cocktail boy Daniel ended up doing the other night. And stay tuned for pageant details; just mark your calendars for August 15.

Send info you want people to know to MissT@ootcmag.com. Kiss, Kiss. ▼

PFLAG Pride Dinner









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