

17th Biennial PTWW Convention in St. Petersburg

Over 300 attendees convened for our biennial gathering with sunny, warm weather among palm trees and the tropics. Men from Australia, Columbia, Ecuador, Great Britain, and Israel were among the conventioners this year.

PTWW offered 15 different development sessions for Local Chapters, along with six personal focus workshops for men's health, legal, and mental well-being.

Evening activities included socializing in the Ballroom Speakeasy, with train dominoes, chair volleyball, and bean-bag cornholing. Party bridge tables populated the Dali' Bar, along with just sitting and talking in the lobby.

Tuesday's bus trip was to Fort De Soto State Beach for a barbecue for all 300 men.



Photo by David Gunton

Then, all returned in time for the Zubrick Magic Show, a 94-seat sell-out. Ringling Circus Museum filled the 55-seat bus, along with 49 men enjoying the Thursday Dolphin Cruise into calm Tampa Bay. Too much fun!

See more convention photos on [page 2-4](#).

Next Biennial Convention:
October 8-13, 2025
Omaha Embassy Suites



Deadline for submitting chapter news for JAN-FEB *PrimeTimes* is Friday, Dec. 15
newsletter@primetimersworldwide.org

With 58 religious and 27 political holidays observed in the month of December alone, on behalf of the Board of Directors:

*Happy Holidays,
Prime Timers!*

St. Petersburg Memories #1



1. Carlos Guillermo Smith, Equality Florida at Opening Lunch
2. Bus to Ringling Museum
3. Circus Band Wagon, at the Ringling Museum in Sarasota FL day trip.
4. Mark and Porfidio, Prime Timers of Tampa Bay Volunteer Lead at the Opening Lunch
5. Flamingo at Tampa Airport

(All photos by David Gunton)

St. Petersburg Memories #2



1.

1. One of the many sessions at the convention
2. Indoor chair volleyball
3. Picnic at De Soto Park

(Photos 1 and 2 by Max Carroll;
Photo 3 by Adrian Liau)



2.



3.

4. Registration room for the convention

(Photo by Adrian Liau)

5. Enjoying the hotel's outdoor pool

(Photo by David K. Farr and David Zak)

6. Looking forward to the 2025 convention!

(Photo by David Luke)



4.



5.



6.

St. Petersburg Memories #3

(The photos below and right by Tom Heedem)

The Dolphin Cruise



(The next 3 photos by David Gunton)



Directors Emeritus Michael Stone and Richard Tobiason presented PTWW Medals of Recognition to those men who stepped up with the vision to host a Biennial Convention as the Local Host Chair. Pictured L-R: Henry McMorris for 2017 Chicago with Director Emeritus Richard Tobiason, on stage Mark Hatten, Director Emeritus Michael Stone with Jack Nimmo for 2019 San Antonio, and Terry Lauer for St. Petersburg 2023. Not pictured is Carll Cole for leading the 2021 Chattanooga convention.



Carlos Guillermo Smith
<<<< Equality Florida
Opening Lunch

Major Marcus Hughes
St. Petersburg Police
Department >>>>
Closing Banquet



St. Petersburg 2023 Gaming Results

MEXICAN TRAIN DOMINOS WINNERS



- #1 Jason G from Dallas TX
- #2 John B from Dallas, TX
- #3 Gary W from Tampa Bay, FL
- 4th Henry Mc from Chicago, IL (*np*)
- #5 Nick R from London, UK
- #6 Mike S from Dallas TX
- #7 tie Mario B from Sydney, AU (*np*)
Mike J from Dallas, TX

2023 WOODY BALDWIN MEMORIAL BRIDGE TOURNAMENT

- First Place: Brian M from Dallas, Texas
- Second Place: Jim W from Kansas City, Missouri
- Third Place: Jason G from Dallas, Texas (*2021 Winner in Chattanooga*)
- Honourable Mention: David S from Austin, Texas
Tom S from Omaha, Nebraska
Mark H from Dallas, Texas
Wayne H from Chicago, Illinois
Errol W from Omaha, Nebraska

The 2024 Woody Baldwin Memorial Bridge Tournament will be played January 29 - February 3 during our PrimeTimers® Cruise from Galveston, Texas on *Harmony of the Seas*.

See back page for details.



Minutes of 2023 PrimeTimers® Worldwide Business Meeting

I. The meeting was called to order at 9:12 AM by President Mark Hatten, with previous minutes approved by email in 2021 after Chattanooga Convention.

II. The Roll of Chapters was recorded with the credentialing of authorized Chapter Presidents, proxy delegates from Local Chapters, and proxy votes delegated to the PTWW Secretary in the best interests of Original PrimeTimers® Worldwide, Inc.

Credentialed delegates were provided a paddle sign identifying the chapter each delegate represented. Additionally, some individual delegates and the PTWW Secretary were authorized for proxy voting for more than one chapter.

III. Roll by nearest city/town is listed below with in-person business representatives indicated in BOLD:

Chapters Attending / Proxy			No Delegate/No Proxy
Atlanta GA	Grand Rapids MI	Palm Springs CA	Asheville NC
Austin TX	Hamilton ON	Phoenix AZ	Baltimore MD
Billings MT	Hartford CT	Pittsburgh PA	Calgary AB
Boston MA	Huntsville AL	Providence RI	Chattanooga TN
Canton OH	Independents	Rehoboth Beach DE	Columbus OH
Charleston SC	Indianapolis IN	Richmond VA	Des Moines IA
Charleston WV	Kamloops BC	Sacramento CA	Harlingen/McAllen TX
Charlotte NC	Kansas City MO	San Antonio TX	New Orleans LA
Chicago IL	Las Vegas NV	San Francisco CA	Norfolk VA
Cincinnati OH	Mineral Wells TX	Santa Barbara CA	North Jersey NJ
Cleveland OH	Minneapolis/SP MN	Sarasota FL	Ottawa ON
Columbia MO	Mobile AL	Seattle WA	Palm Beaches FL
Columbia SC	Myrtle Beach SC	St. Louis MO	Portland OR
Cleveland OH	Nanaimo BC	Tallahassee FL	Raleigh/Durham NC
Dallas/Ft. Worth TX	Norfolk VA	Toronto ON	Tampa Bay FL
Dayton OH	Oklahoma City OK	Tucson AZ	Washington DC
Denver CO	Omaha NE	Tulsa OK	Wichita KS
Edmonton AB	Orlando FL	Vancouver BC	

IV. NEW BUSINESS

Resolution for Continuing PTWW Convention Activities in The State of Florida.

i. **MOTION #2023-01** to adopt the following policy - by Tucson (Arand-McIrath), second by Oklahoma City (Kopp):

"Recent actions by the Florida Legislature and governor are inflicting harms that override the goodwill of local communities and impose harsh state-mandated restrictions that challenge our mission and hurt our members.

Therefore, Original Prime Timers Worldwide, Inc. will conclude our Biennial Convention investment in Florida, and we will not return until this legislation is overturned and the state becomes more welcoming to all."

ii. Discussion raised points of what and how to determine when the State of Florida does comply with repealing, reversing, and decreasing discriminatory legislation, executive actions, and scope. The general consensus and understanding is that the state conditions are not limited only towards the LGBTQ+ community and apply to all humanity. Other advocacy groups monitor, track, and report progress on discriminatory actions within the State of Florida back to national and international, as well as PTWW.

iii. The motion was approved: **52_Yes 2_No 0_abstain.**

V. PREVIOUS BUSINESS

a. Financial Reports

i. Year-to-date financials JAN-01 to SEP-30 were distributed.

1. With poor printing quality. Reprints will be available on request after the business meeting. The FY23 report will be distributed in January.
2. The Fiscal Year 2023 reports will be distributed to Chapter Presidents shortly after the new year, allowing for the Convention Project update.

ii. 2024-2025 Budget was presented earlier in the newsletter and attached to the meeting agenda.

iii. **MOTION #2023-02** to accept both YTD and 2024-2025 Budget together as submitted – moved by Indianapolis (Landon), second by Chicago (Zak).

iv. The motion was approved: **54_Yes 0_No 0_abstain.**

b. Elections to The Board of Directors

i. The slate of candidates accepted by the Nominations Committee and approved by the Board of Directors was presented to PTWW:

President	David Gunton	Hamilton ON
Vice President	Charles Koehler	St. Louis MO
Secretary	Jay Tremont	Omaha NE
Treasurer	Mark Hatten	Dallas TX
Chair, Independent Chapter	Ron Worth	Kansas City KS
At-Large #1	Joe Robinson	Kamloops BC
At-Large #2	Jack Nimmo	San Antonio TX

ii. **MOTION #2023-03** to accept the candidates for the designated roles as proposed – moved by Oklahoma City (Kopp), second by Kansas City (El Dalati)

iii. The motion was approved: **54_Yes 0_No 0_abstain.**

iv. With the announcement of the election results, Mark Hatten immediately transferred chairing the Business Meeting to David Gunton. All other newly-elected men were enabled for their respective roles on the Board.

b. Presidents' Survey was distributed by David, with responses to be collected at the end of the meeting or Registration Desk over the next two days. The A-B-C-D ratings will be reviewed by the Board, with actions to be taken as appropriate and needed.

VII. NEXT PTWW BUSINESS MEETING

Saturday, October 10, 2025 at Embassy Suites, Market District in Omaha NE.

VIII. The meeting was adjourned at 10:28 AM by President David Gunton.

PTWW Business Reminders

- Update your newly-selected chapter leaders online at:
<https://theprimetimersww.com/contact-us/>
- PTWW 2023 Dues notices will be emailed to Chapter Presidents and Treasurers for:
 - **\$2/member as of 31-DEC**, due by 15-FEB 2024. *Late fee \$25.*
 - If PTWW hosts your website **with a domain**, there will also be an ICANN and privacy fee, but PTWW hosting services are free of charge for ALL chapters.

The President's Podium



AN INTRODUCTION

At the 2023 Convention in St. Petersburg, it was my great honour to be elected as President of Prime Timers Worldwide for the next two years. I would like to take this opportunity to introduce myself and share a bit of my background.

WHO IS THIS MAN?

I was born and raised in southern Ontario, Canada about an hour's drive from where I live now. After college, I got involved with Metropolitan Community Church (MCC) and was in pastoral ministry for eleven years. I served congregations in Toronto, ON; Edmonton, AB; Vancouver, BC; Richmond, VA; and Tucson. I lived in the United States for about 25 years and hold both US and Canadian citizenship.

After leaving MCC, I worked in Convention Services in the greater Phoenix area. In the mid-1990's, I was diagnosed with AIDS and left the working world for a few years. I became involved with the Southern Arizona AIDS Foundation in Tucson as the Peer Counseling Coordinator and eventually the Client Services Manager. I worked in HIV/AIDS for about sixteen years both in Arizona and Ontario.

I was married to a wonderful man for seven years before he developed heart disease and passed away in 2011. The void his passing left in my life led me to get involved with a group of men trying to organize a Chapter of PrimeTimers® in Hamilton. On January 8, 2012, the first meeting of PrimeTimers® Hamilton took place, our by-laws were adopted, and I was elected as the first President of the Chapter.

Over the twelve years of PrimeTimers® Hamilton, I served as President well over half of those twelve years. My final term on the Board expired in September of 2023, and I decided not to seek re-election. The Chapter was strong and healthy, and the Board knew their role so I could retire in confidence.

I want to build on the work of my predecessors on the Board, always seeking guidance from the real experts on being PrimeTimers® – you, my fellow members! Please feel free to email me with your questions and comments.

Watch for updates to these priorities and progress reports as they are implemented in future issues of **Prime Times**.

David Gunton

President

PrimeTimers® Worldwide

Meet Your 2024-25 Board of Directors

At the Business Meeting on October 3, the Nominating Committee's slate of officers was unanimously accepted and the Directors were declared elected by acclamation. These Board members will serve a two-year term.

There are three Directors returning to the Board for another two-year term. They are: Charles Koehler (St. Louis, MO) as Vice-President, Jay Tremont (Omaha, NE) as Secretary, and Joe Robinson (Kamloops, BC) as a Director-at-Large. One former member returns in a new position, Mark Hatten (Dallas, TX), as the Treasurer after serving two terms as President. Joining these four Directors are three newcomers to the Board. Jack Nimmo (San Antonio, TX), a former PTWW President is now a Director-at-Large. Ron Worth (Kansas City, MO) is your new Chairman of the Independent Chapter and David Gunton (Hamilton, ON) is the new President. The Board planned to gather for a photo op after the closing banquet, but that didn't happen. We apologize.

Email addresses are available on the directory page of this newsletter page 9.

Your 2024-25 Operations Team

One of the first actions taken at the first meeting of the Board of Directors on October 5th, was to appoint a group of men as the Operations Team, to help the Directors carry out their day-to-day responsibilities. Here is your Operations Team for the next 2 years:

- ◆ Mark Hatten (Dallas, TX) as our Convention Manager
- ◆ Brian Minnette (Dallas, TX) as Website Support Lead
- ◆ Errol Waits (Omaha, NB) as Facebook Moderator

Email addresses are available on the directory page of this newsletter Page 9.

Regional Zoom Calls & Chapter Care

At the writing of this article, the way the Board will determine what Chapter is in what region, is under discussion. Our approach to Chapter Care is also under discussion. In the past, we have had up to four Directors-at-Large who operated as our Chapter Care Coordinators. Since the Nominations Committee was unable to find additional Prime Timers to step up and put themselves forward for election, the number of Directors-at-Large has been reduced to only two.



It is impractical for two people to try to support all of the Chapters in the United States and in Canada. It is our hope that we can resolve this question early in the New Year. The regional Zoom calls will take place on a quarterly basis one month after the quarterly Board of Directors. In the Spring of 2024, we will offer a "reprise" of many of the workshops from the convention. Watch for the announcement of the Zoom call schedule in the next newsletter.

PTWW Directory (* board member)

President*	David Gunton	Hamilton, ON
	president@primetimersworldwide.org	
Vice President*	Charles Koehler	St. Louis MO
	vicepresident@primetimersworldwide.org	
Chair, Independent Chapter*	Ron Worth	Leawood KS
	chair-independents@primetimersworldwide.org	
Secretary*	Jay Tremont	Omaha NE
	secretary@primetimersworldwide.org	
Treasurer*	Mark Hatten	Dallas TX
	treasurer@primetimersworldwide.org	
Director-at-Large-1*	Joe Robinson	Kamloops BC
	director-at-large-1@primetimersworldwide.org	
Director-at-Large-2*	Jack Nimmo	San Antonio TX
	director-at-large-2@primetimersworldwide.org	
Newsletter Team	various virtual and contributing editors	
	newsletter@primetimersworldwide.org	
Facebook Admins	Errol Waits	Omaha NE
	facebookteam@primetimersworldwide.org	
Local Chapter Websites	Brian Minnette	Dallas TX
	webtigers@primetimersworldwide.org	
Archives	Adrian Liau	Chicago IL
	archives@primetimersworldwide.org	

LINKS:

Facebook: <https://www.facebook.com/groups/PrimeTimersWW>

Main PTWW Website: <https://theprimetimersww.com>

Final Thoughts from the Newsletter Editor



Before I step down as editor, I would like to say what a privilege it is to have been part of a process of crafting out a bimonthly newsletter that allowed me to be both creative and appreciative of the work put in by any of you in the past 6 years to tell your stories, whether it is chapter-related, educational, or personal. It's been an enjoyable ride and I am glad to have had the opportunity to meet some of you in person. I look forward to my new role as archivist for PTWW. Back issues of *Prime Times* since 2017 will be archived, alongside PTWW-event pictures and any other documents pertinent to the history of PTWW. If you would like to help us by sharing any information prior to 2017 that you have, please send them to [me](#) starting January 2024.

30th Anniversary of the Charlotte Chapter's Founding

After months of anticipation and planning, on Saturday evening, September 23, the Charlotte Prime-Timers® celebrated the 30th anniversary of becoming a chapter of the PTWW organization.

The gala event began at 5:00 PM and was held in Freeman Hall of the Unitarian Universalist Community of Charlotte Church on Sharon Amity Road. Over 70 members and guests attended. Among those attending was Homer G., who has the longest tenure in the chapter. The tables in Freeman Hall were decorated beautifully with black tablecloths and arrangements of live white chrysanthemums.

After a social hour, complete with a bar and bartender, Ralph M., President, and Scott M., Vice President, welcomed everyone and introduced the first group of entertainers, "7th Son," an ensemble of the Gay Men's Chorus of Charlotte. After "7th Son's" performance the attendees enjoyed a barbecue dinner buffet catered by City Barbecue. During dinner a slideshow of some of the chapter's past events was shown. Dessert consisted of a huge, lovely decorated anniversary cake.

Following dinner the second entertainment group, "Charlotte Pride Jazz Band," performed. Next, Scott M. read a letter of congratulations from Charlotte Mayor Vi Lyles and introduced Charles K., from the St. Louis Chapter and Vice President of PTWW, as the key note speaker.



Photos courtesy of Max Carroll

Following Charles' remarks, Ralph M. presented a certificate of recognition to Harrison P., who recently celebrated his 100th birthday and 29 years as a member of the Charlotte Prime-Timers®. Harrison has the second longest membership tenure of the Charlotte Chapter, having joined in 1993. In an earlier September 10th monthly meeting, the group had devoted the meeting celebrating Harrison's birthday, first

dinner, then singing "Happy Birthday" to Harrison and eating birthday cake provided by his husband, Roy. After a slideshow of the milestones of his life and a game of 1923 trivia, Harrison gave a poignant talk about his adult life recognizing and paying tributes to his partners over the years and Roy. He closed by saying he's going to live as long as he can for both him and Roy.

Ralph also recognized past presidents of the chapter and asked them to stand. Tim W. won a blender, and Roy J. won a television for door prizes. Taking a short break, the group moved to the church's sanctuary for a group photo. For closing remarks Bill S., Max C., and Jeffrey S. shared what Charlotte PrimeTimers® has meant to them, and Ralph adjourned the gala.

Max Carroll

Communications

Charlotte PrimeTimers®

PrimeTimers® Indianapolis Accepts Challenge to Expand Vision and Scope

Joe Robinson, the PrimeTimers® Indianapolis (PTI) Chapter Care Coordinator, visited us in October 2022. He specifically

met with the Board of Directors, and also with all the members who came for the first PTI sponsored Pitch-In Dinner.

His visit was instrumental in positively challenging the Board to expand its vision and scope. A poignant insight he shared was that every event, regardless of the number of participants (large or small) is a success. Each event means that a man is getting together with others, making a connection and not sitting home alone.

The previous year our calendar of events had been reorganized to have two mid-week dinners and a Sunday brunch (each scheduled about three weeks apart) within a two month period providing social times that revitalized the social program after the Covid Pandemic. Because of this schedule, the chapter membership and the number of members participating in events both had increased significantly in 2021 and into 2022. The membership ending March 2023 was 55. Of those 55, there was a retention rate of 82% for 45 members renewing their membership for this year. Since then 21 more men have become members for a total of 66! PTI maintains a Facebook page as a way of advertising our chapter and events. There are just under 500 individuals who follow postings on FB. We maintain an email list of 120 addresses. Along with the monthly calendar on the Prime Timers Indianapolis website, posting events and reminders via

email is the main form of communication. Statistics are kept on men participating in the various events, and the average

(regardless of the size of the event) is 15.

By the time Joe Robinson came to visit, a monthly Game Night had been added to the calendar of events. Starting with that first pitch-in dinner in October 2022, this monthly event has continued through to the present.

There are members who are able to come to a Saturday pitch-in dinner who are unable to participate in other events. This only reaffirmed the resolve to continue adding more types of events.

Now on a monthly schedule there is a Game Night, a Pitch-in Dinner and a Trivia Night in addition to the restaurant meals. During this past summer the Board scheduled two Symphony on the Prairie concerts, and two Indianapolis Indians (3A) baseball games. Plans are already in place to schedule baseball games and outdoors symphony concerts next summer.

There have been other events! The Indianapolis Men's Chorus schedules four concerts a year, and the Board promotes them and ties in a meal to go along. As members make the Board aware of other activities, we put them on the calendar. We went to the play "Sordid Lives," will be going to "Hello Dolly," the locally produced "Rocky Horror Picture Show" hosting Barry Bostwick, and a Halloween "Spine Tingling Tales and Tunes" theatrical program. PTI created a Race Dinner the night before the



Photo courtesy of Steve Hamilton

Indianapolis

(continued)

Indy 500 for any Prime Timer World Wide members coming in for the race, and five members from Tri-State (Cincinnati) came to join in the celebration. Plans are to make the Race Dinner an annual event, with the hope that more members coming to Indianapolis for the race will hear about it and join us. PTI members are going to the Tri-State Pig Roast on October 8 to promote inter-chapter connection and support. The Board also participated in the Indy Pride Parade for the first time in June,

and will make this an annual event to promote our chapter. As you can see, the Prime Timers Indianapolis Board accepted the challenge to expand the vision and scope, and will continue to look for ways to provide new opportunities for the members to connect and enjoy themselves.

Kent Schwob

Member

PrimeTimers® Indianapolis

COPT Goes Camping: Annual Camping Trip to Circle JJ Ranch, Scio, Ohio

In July 2023, a group of the Canton Ohio PrimeTimers® (COPT) made their way to Circle JJ Ranch in Scio, Ohio. There were 13 members who spent 4 days camping, enjoying the beautiful scenery, pool, hot tub and the nightly campfires. The members rented the cabins that were available at Circle JJ Ranch. The cabins were clean and comfortable and included air conditioning, microwave and refrigerator. A founding member of COPT, Rich L., organized this yearly event. There is a lot of preparation that goes into such an event and we appreciated his time and expense. We also appreciated the Circle JJ Ranch management team that made our stay a very fun and safe event. The campgrounds are dog-friendly which members who own dogs prefer. Many things that Rich L provides, besides making breakfast each morning, is offering our favorite beverage, snacks, pool toys and a lot of laughs. Many of our members enjoyed cards and different board games. A big thank you to Dick, Lee and Bill for providing the games and staying up late into the night to see who wins. We were fortunate that the Ohio weather has been

good for our camping events with only one day of rain. Some evenings can be chilly, but the camp fire always warms everyone up (thanks to our camp fire starters David and Gary). As our camping trip came to a close, one of our members wanted to have another camping event before summer ended. Rich L did some investigation and found that cabins were available the week before Labor Day. So he booked the cabins and eight members made their way back to Circle JJ Ranch for another memorable time.

For any member of PrimeTimers® Worldwide who is interested in planning a trip to one of our northeast Ohio campgrounds (Circle JJ Ranch, Scio OH or Freedom Valley Campground, London OH), please contact our website and let us know of your dates. The information can be passed along and some of our members might also be there and would enjoy meeting you.

Richard Minger

Secretary

Canton Ohio PrimeTimers®

Portland Pride Parade

With the spirit of PrimeTimers'® founder Woody Baldwin's vision to provide an alternative for older gay men, we chose the slogan "Still in our Prime!" for this year's Pride Parade. We created a vintage theme with T-shirts, banners and a 1940's bus which caused some of our members to reminisce about their school days. Electro Swing dance music played as some walked and others road in the parade. As we approached the parade announcers, we were proud to hear:



Photo courtesy of Portland Metro PrimeTimers®

"PrimeTimers® Worldwide was founded in Boston in 1987 as an alternative to the younger, bar scene and has grown to over 70 chapters around the world. Today, the Portland Metro PrimeTimers® chapter continues the tradition of being a safe, welcoming group for mature gay, bi, trans men and their admirers. Portland Metro PrimeTimers®. Still in our Prime!"

Peter Carney
President

Portland Metro PrimeTimers®

PrimeTimers® Hamilton Celebrates Pride

The 2023 Gay Pride celebration on August 27th, in Hamilton, Ontario marked the return of PrimeTimers® Hamilton to the event. Held at Pier 4 Park by Burlington Bay, the event featured 75 booths representing a broad segment of organizations and vendors serving the LGBTQ+ community in the greater Hamilton area.

PrimeTimers® participation was spearheaded by the Chapter Secretary Alf Spencer. He and Director-at-Large Matt Mistuzzi made all the arrangements including designing a new publicity brochure, arranging decorations, buying "swag" to give out and even creating t-shirts for the volunteers to wear while on shift in the booth. Due to our location in the festival grounds, about 1,000 people walked by the booth and sev-



Alf Spencer and the PrimeTimers® Hamilton Pride booth

eral hundred stopped by to look, pick up a brochure or ask questions.

Because the Board of Directors took charge of the Pride project, President David Gunton was able to enjoy the festival and shake a few hands in the booth. "All the credit goes to the Board, especially Alf and Matt," said Gunton. "They really took over and made it work!" There were sufficient volunteers that each shift was only one hour in length. Every Board member took a slot to help.

With this successful return to the Pride celebration, the men of PrimeTimers® Hamilton will be back in the coming years.

David Gunton
President

PrimeTimers® Hamilton & PTWW

Delaware Coastal PrimeTimers®

Delaware Coastal PrimeTimers® is one of the newer chapters within the Prime Timers Worldwide community. You'll find us in Southern Delaware, close to beautiful beaches, and located less than two hours from Washington DC, Baltimore, and Philadelphia. President Biden's summer home is right in our backyard! The Rehoboth Beach area is a very gay friendly tourist destination.

The board is very pleased with our growth and comradery. To date, our functions have been well received and attended, including daily boardwalk strolls followed by

breakfast, an evening boat cruise, dinner and movie nights, mini-golf outings, singles and solos gatherings, theatre shows (the most recent being RENT, which was fabulous), botanical garden tours, and our annual wine and cheese event in December, just to name a few!

If you have never visited, please consider it; we already have close to 180 members to welcome you!

Stephen Freeman
Treasurer

Delaware Coastal PrimeTimers®

Forever Grateful Member

Hello all. I am a fairly new member, having only found and joined PrimeTimers® this last May. But I have been asked to share my story. I have learned that it is a story that is not that uncommon, but just not always with the same results. Many more like me don't find a support group like this.

A little over a year ago, my husband was diagnosed with a terminal illness. We were an intergenerational couple and he was 18 years older than I was. We had discussed this issue before we committed to each other. He was concerned that I would end up taking care of him, then there would be no one to take care of me in my old age. I told him that I would address that when the time came.

We made the most of that last year. We traveled and even took our last cruise just

a week before his last hospitalization. I recently retired as an Orthopedic/Trauma RN, so I had a good understanding of how his illness would progress. His last three months were spent in the hospital and hospice. I was visiting him before and after my 12 hour shifts and on my days off. I had little time to myself, friends or family.

Towards the end, my mind went to a very dark place. I was depressed, scared and questioning how I was going to be able to go on without him. Or if I even wanted to. I made myself stay out of his closet because he

owned a handgun that was kept there, and I didn't know if I could trust myself with it. Luckily, a family member, who knew about it, took it away.

Don and I were out with our families, friends and my coworkers, but we didn't go to the bars since he



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Member**(continued)**

didn't drink. Therefore, we really had no gay friends and we thought we were ok with that. After he passed, lots of people reached out and offered help and compassion. But still I felt so alone. Everyone in our lives knew about our relationship and I felt comfortable talking to them, but sometimes you need someone to talk to that truly understands you. With no gay friends, I didn't have that someone.

I remember hearing about PrimeTimers® a few years prior and decided to look into the local chapter. I attended my first event, which was a card party, the night before Don's funeral. I felt that I needed a diversion to keep my mind off the coming day. From the moment that I first walked in and introduced myself, all the other members immediately made me feel at home and it was like I had known them for years. As the night progressed, I shared my story with them and was shown great compassion, but it was not dwelt upon. The night was about making new friends, sharing stories, laughing and just being together while being free to be ourselves.

The next day was one of the hardest days of my life, but I would like to believe it was made a little easier because of the card party. I sent in my application to join PrimeTimers® the following day. I now attend around 90 to 95% of the events each month and am always eager for the next. This wonderful group of men has become a second family to me, and honestly, I don't know what would have happened to me without them. I retired in July, on what would have been Don and my 39th anniversary. But with PrimeTimers® and building a new home, I really can't figure out how I even had time to work.

While my story may be unique to me, several of the aspects are not. Many gay/bi men may lose a partner and will not be

able to cope if they don't have a strong support group surrounding them like this fantastic organization. They often don't have nuclear families to fill the void or just to talk to. I recently attended the Kansas City's chapter's yearly celebration and one of their members shared his own story, which was very similar to my own. As I listened, I shed a few tears since his journey was so relatable. He had also recently lost a husband, joined shortly after that, and said that PrimeTimers® "saved me". I hadn't thought about it like that until that moment, but PrimeTimers® also saved me. I cornered him afterwards, we shared stories and a hug. So I know there are more men out there like me. And I am positive that most would greatly benefit from becoming a member of PrimeTimers®. I am so blessed to have found this group, and that is why we must continue to grow, so that more men know about this invaluable resource. We must continue to help each other and strive to make the organization better. I believe that is what Woody (Baldwin) envisioned. I only wish that I had joined this group years ago, Don would have loved it.

Words can not effectively express what this group means to me. I feel that I have a new passion for life, a new direction. I feel an obligation to make my chapter stronger, help increase membership and offer more services to benefit everyone. I am even considering running for office at some point. To top it off, I recently met a wonderful guy that I hope to share a long time with, as well as with the other gentlemen at the Kansas City chapter.

Peace and Love, my brothers.

Scott Tolle
Member

Wichita PrimeTimers®

Home Safety Tips for Seniors Who Live Alone

When an elderly person lives alone, they should take steps to protect themselves and stay healthy. Even a healthy senior faces security risks when living on their own that can be reduced by following these senior safety tips.

Install a Medical Alert System. One of the best ways for a senior living alone to protect themselves from fatal falls, injuries or medical emergencies is to **install a medical alert system**. These security devices include a wireless remote that can be activated from anywhere in the senior's home should they need assistance and cannot reach the phone. Medical alert systems notify emergency services immediately so they can respond quickly.

Use a Fall Monitoring Device. In addition to a medical alert system, elderly persons can wear a fall monitoring device that automatically recognizes if they have fallen. These devices can be lifesaving if the senior becomes unconscious due to a fall and cannot activate the medical alert system.

Install a Home Security Camera. Elderly persons are more likely to be targeted by thieves, but having a surveillance camera can reduce this risk. If a home invasion or robbery does occur, video footage can be used to identify the criminal. Home security cameras can also be monitored remotely by the elderly person's family members, so they can check in from anywhere.

Practice Other Security Measures. Seniors living alone may choose to **install a burglar alarm system** that notifies police if someone attempts to break in. Installing a peephole in the front door also allows seniors to see who is outside before opening the door. Because elderly persons are more likely to be targeted by thieves, they should make sure to lock all windows and doors when they are not home.

Pick up Packages. When a senior is traveling, they should ask a family member or neighbor to pick up their packages and mail so that their home does not appear vacant. If packages are left outside, their house may be targeted by thieves.

Install Railings. To reduce the risk of falling, seniors living alone should install railings in areas where they are likely to fall. Railings can be installed in showers and tubs where the floor may be slippery, as well as along both sides of staircases where they may lose their balance.

Create Slip-Proof Floors. To prevent slips, seniors can use double-sided tape under rugs to prevent them from sliding or install non-slip mats in areas with tiled floors. Using a doormat can prevent water from being tracked into the house and leaving slick puddles.

Remove Tripping Hazards. Removing clutter from a senior's home is a simple but effective way to reduce their risk of falling. Other tripping hazards, such as stray wires or loose floorboards, should also be repaired. Seniors should organize their home so that everything they need is within reach without climbing on a stool or ladder. Elderly persons living alone should perform a **home safety assessment** to remove any hazards that could lead to a fall or other injury.

Install Good Lighting. As seniors age, their eyesight may decline, making good lighting essential both inside and outside their home. Good indoor lighting will help seniors see hazards on the ground to reduce the risk of falls. Effective lighting outside can prevent slips on ice or porch steps. Motion-activated lights indoors may be a great option for elderly persons who use a cane or walker so they do not need to manually turn lights on when they enter the room. Motion sensor porch lights can

Live Alone

(continued)

also help to discourage thieves and prevent home invasions.

Get to Know the Neighbors. Seniors living alone should get to know their neighbors so they can reach out to them in an emergency. Building a relationship with neighbors creates a safer community and makes their neighbors more likely to check in if something seems off.

Keep Emergency Contact Information Available. As memory declines with age, a senior may not remember phone numbers for their family members or other important contacts. Important phone numbers should be written down and left in an easily found place in case of an emergency so they are easily accessible. Seniors may also keep another copy of emergency contact information in their purse or wallet. This emergency contact list should include family members, trusted neighbors, the fire department, police, and the hospital. If the senior has a mobile phone, emergency contacts can also be added on speed dial.

Improve Fire Safety. Due to limited mobility, some elderly persons are at greater risk of being harmed in a fire. Seniors living alone should be sure to have a fire safety plan and check the batteries in their fire alarms regularly.

Create a Disaster Kit. Seniors living alone should have a disaster kit in their home in case of blackouts, hurricanes, or other natural disasters. This kit should contain candles, a flashlight, extra batteries, bottled water, canned food, extra blankets, and basic medical supplies.

Maintain a Healthy Lifestyle. By eating well and exercising regularly, seniors can reduce their risk of illness and injury. Seniors who maintain a healthy lifestyle may have better balance which reduces their risk of falling. Practicing healthy living and maintaining a regular sleep schedule

can also boost mental health and help slow the onset of dementia.

Have Regular Check-ups. As a person gets older, it becomes increasingly important to have regular check-ups. A doctor can make sure a senior is taking the correct medication and can identify any health risks early. A doctor can also assess an elderly person's risk of falling by examining their muscle strength, balance, and mobility.

Have Regular Eye Exams. Poor vision can increase their risk of falling. Bifocal glasses can also increase a senior's risk of falling due to blurred areas of vision. Regular eye exams ensure the senior has the correct prescription and allows any vision problems to be addressed early.

Take Precautions for Medication Safety. Seniors who take daily medication should always keep extra medication in their home. If a senior forgets to reorder an important medication, having a backup supply can be a lifesaver. Elderly persons with dementia should use a pill organizer to protect against the risk of accidental overdose.

Check in With Friends and Family Regularly. Living alone does not mean that you are alone. Reach out to friends and family members on a regular basis or ask them to check in. Checking in regularly with friends and family can improve mental health, reduce social isolation, and help make a senior feel safer living on their own. Seniors seeking more social involvement can join a local book club, social club, or walking group to build a social network.

Steve Horowitz
President

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