
Session 1 – 10:30-11:30

A. Accept Me As I Am: Understanding Residents’ Rights to Sexual Expression and How Organizations’ Commit to Honor Each Individual. Beryl Goldman, Ph.D., RN, NHA.
Caregivers often are uncomfortable when residents display their sexuality. This session will discuss situations that frequently occur, engage the audience in sharing responses that may be beneficial in a manner that values and respects each person, and suggest policies and procedures that need to be in place to assure consistent practices and administrative support within each organization.

B. How to Lead a Cancer & Intimacy Workshop in 12 Easy Steps. Melanie Davis, Ed.D., CSE and Judith Hersh, M.D.
Cancer and its treatment can play havoc with one’s body, mind, and sexuality. Learn how to lead an interactive, 90-minute program that will help patients and partners consider a “new normal” for intimate and sexual scripts.

C. Sexuality, Infidelity, Sexual Addiction, and Reconciliation in Older Couples. Michele Saffier, LMFT, CSAT.
Is an affair forgivable? Is chronic infidelity, virtual or physical, an addiction? Either way, is forgiveness and reconciliation possible? Can an older couple reclaim trust and build an active sex life after infidelity? This workshop will explore the impact of “cheating”, or taking physical and emotional intimacy outside of the marriage. The controversial concept of “sexual addiction” will be explored as a means of understanding chronic infidelity. In older couples, the partner’s decision to stay in their marriage is complicated by their shared history, their ability to forgive and consideration of their own sexual and emotional needs. Attendees will consider that clients who are able to understand chronic infidelity as an “addiction” are often able to make deeper meaning of the pain and move to forgiveness.

Older adults are logging hours on-line chatting and surfing the web. However, there is evidence that older users may not take precautions against intrusions and fraud. In this workshop, participants will examine Internet use among older adults and explore ways to encourage responsible Internet use to form relationships and access sexuality information.

E. HIV & STIs: Myths, Facts & Questions. Joan Garrity
Along with the growing awareness of the lifelong and healthy presence of sexual needs and expression for adults of all ages, there is growing concern over the rates and risks of sexually transmitted infection among the aging population. This session will answer your questions and provide strategies for raising and responding to these concerns with the adults you serve.
Session II – 11:30-12:30

F. Is It Time To Go Back Into The Closet? Issues Related to Being an Older Lesbian, Gay or Bisexual Adult Within Retirement Communities / Assisted Living Facilities.
Travis Sky Ingersoll, MSW, M.Ed., ABD and Al Vernachio, M.S.Ed.
In this interactive workshop, participants will explore the challenges that older lesbian, gay and bisexual adults face after relocating to retirement and assisted living communities. Participants will reflect on how growing older affects people of different sexual orientations, discuss basic facts about the interplay of sexual orientation and aging, and examine their own values and attitudes regarding same-sex relationships. Includes useful resources for older lesbian, gay, bisexual, and transgender (LGBT) individuals and their families.

G. Mirrors Don’t Lie or Do They? The Changing Body Image of Older Adults.
Ashley Mader, LSW, M.Ed.
This workshop will explore the changes in body image that older adults experience, as they get older. It will examine the media’s effect on older adult’s body image and provide coping skills to manage the anxiety around the changing body.

H. Expressing Sexual Intimacy: Ages and Stages. Robert Selverstone, Ph.D.
Our expression of emotional and sexual intimacy changes over time. This workshop will structure a way to examine those age- and stage-related changes and to consider how our own life experiences can better enable us to help our clients.

I. Wow! Help Me Get More Intimacy with this XXX Chronic Illness.
Carol Cobb-Nettleton, MA, DSW.
This workshop will focus on how to have the communication with our partner, our doctors, etc. when we struggle with chronic pain, side effects of medications, or mobility issues. We will share practical ideas and resources, including a bibliography.

This fun, interactive workshop will introduce you to many types of personal lubricants, adult toys, and household items that can make sexual activity more enjoyable for older adults, both partnered and single.
Session III – 1:30 – 3:00

K. Intimacy, Sexuality and Alzheimer’s: Patients, Partners and Professionals.
Peggy Brick, M.Ed., CSE.
This workshop will demonstrate how professionals can respond to the intimacy needs of patients as well as to the concerns of partners dealing with loss and to family members confused by a parent’s behaviors and relationships. It will be useful for professionals working in the community as well as those in long-term care settings.

L. What’s Up, Doc? Helping Doctors and Patients Talk about Sex. Bill Taivner, MA, CSE.
Many physicians lack the necessary training and comfort to discuss sexual concerns with their patients. Patients may also feel uncomfortable speaking up about their sexual concerns. This workshop will empower both doctors and patients to engage in discussions about sexual concerns.

M. Helping Partners Promote Positive and Appropriate Sexual Behaviors.
Robin Goldberg-Glen, Ph.D., MSW and Travis Sky Ingersoll, MSW, M.Ed.
This presentation will teach practitioners how to use an evidenced based behavioral family training model to teach interventions for helping family members promote positive sexual expression and decrease inappropriate sexual behavior in people with dementia.

N. What Can We Learn About Sexuality from Older People? Patricia Barthalow Koch, Ph.D.
Through an assessment of an “Older, Wiser, Sexually Smarter” course, much was learned about older adults’ experiences of sexuality: past, present, and future. By hearing older adults’ own voices, much can be learned about professionally interacting with them around issues of sexuality and how to personally enhance our own sexuality as we age.

O. Let’s Talk About It! Sex Ed Boot Camp for Boomers: An Interactive Up-On-Your Feet Workshop For Ageless Adults. Cydelle Berlin, Ph.D. and Ken Hornbeck
This workshop will get participants up on their feet and having a great time while discussing a range of intimate issues including: communicating what you want; sexual health and hormonal changes as we age; navigating the new dating game; sexual orientation and rekindling the fire.
KEYNOTERS

Robert Selverstone, Ph.D.
Bob is a psychologist in private practice, seeing individuals and couples. A nationally recognized expert on social and emotional learning, he has conducted more than 1000 workshops and presentations to groups in 31 states and on 3 continents in the areas of sexuality, values, communication, and self-esteem.

Lonnie Barbach, Ph.D.
Lonnie Barbach is a pioneer in the field of human sexuality. Formerly on the Clinical faculty of the University of California Medical Center in San Francisco, she is the author of For Yourself: The Fulfillment of Female Sexuality; For Each Other: Sharing Sexual Intimacy; The Pause: Positive Approaches to Perimenopause and Menopause among other books. She also wrote and narrated a videotape on Sex After 50.

WORKSHOP LEADERS

Beryl Goldman, Ph.D., RN, NHA
Beryl Goldman is the director for Kendal Outreach, LLC, and has played a critical role in facilitating restraint free policies and care practices. Beryl oversees the grant-funded Pennsylvania Restraint Reduction (PARRI) 15-year initiative that has provided support on numerous aspects of care to more than 95% of the Commonwealth’s long-term care facilities. She also serves as Project Director for the grant-funded Leading Nurses project in partnership with Widener University and as the Outreach Leader for the FDA’s national Hospital Bed Safety Workgroup. Beryl has presented to state and national audiences and has published articles and book chapters in a number of long-term care publications.

Melanie Davis, Ed.D., CSE
Melanie J. Davis provides private, couple, and group lifespan sexuality education through the New Jersey Center for Sexual Wellness. She provides professional training and resource development through Honest Exchange LLC. She is an AASECT-certified sexuality educator and writes a sex advice column for Fantasia Home Parties, an adult romance products company in PA.

Judith Hersh, M.D.
Judith Hersh is a gynecologist at the Central Jersey Women's Health Association. She specializes in pelvic pain, sexual dysfunction and laparoscopic surgery.

Michele Saffier, LMFT, CSAT
Michele Saffier, LMFT, CSAT, and Level III EMDR practitioner, received her training with internationally recognized experts in the Sexual Addiction field. Specializing in working with sexual addiction and compulsivity since 1996, she is a leader in the field of treatment of partners utilizing the trauma model. Ms. Saffier is a senior practitioner and recognized authority in the assessment and treatment of sexually compulsive disorders, sexual offending and partner trauma. She works with individuals, couples, and families to help them understand the root causes of their
current issues from a holistic perspective.

Jessica Shields, CHES
Jessica Shields is a sexual health educator and trainer with The Center for Family Life Education at Planned Parenthood of Greater Northern New Jersey. Ms. Shields is a contributing author to Older, Wiser, Sexually Smarter and the American Journal of Sexuality Education and is a member of the New Jersey Society for Public Health Education.

Joan Garrity
Joan Garrity has been training professionals about sexuality for over 30 years. She received the 2007 "Mary Lee Tatum Award," given by the Association for Planned Parenthood Leaders in Education, to individuals who "exemplify the characteristics of an ideal sexuality educator." She is on the Board of Directors of the Sexuality and Aging Consortium of Widener University as well as the board of Older Women Embracing Life (OWEL), a network of senior women and organizations providing support for women and their families affected by HIV/AIDS.

Travis Sky Ingersoll, MSW, M.Ed., ABD
Travis Sky Ingersoll has developed and presented numerous workshops on a variety of sexuality topics, including the sexuality and sexual rights of older adults. His numerous scholarly publications include international research between the US and China regarding older adult care and social wellbeing. Travis has also co-authored an accepted sexuality policy for the Brethren Village Retirement Community in Lancaster, Pennsylvania, and is an author for two chapters in a soon-to-be published textbook on civic engagement.

Al Vernacchio, M.S.Ed.
Al Vernacchio is in his 13th year of teaching at Friends' Central School in Wynnewood, PA. He is the Chair of the Upper School English department and the school’s Sexuality Educator. Prior to this, Al worked as the Volunteer Coordinator and Trainer at ActionAIDS, Philadelphia’s largest AIDS-service organization. A Human Sexuality educator and consultant for over 25 years, Al has taught graduate-level courses in Human Sexuality and HIV/AIDS; designed and facilitated sexuality-themed workshops for local colleges, universities, civic, and professional organizations; and has published book chapters and lesson plans on sexuality-related issues.

Ashley Mader, LSW, M.Ed.
Ashley works as a therapist in a geropsychiatry unit in Philadelphia. She is currently working on her dissertation on older adult’s communication with their healthcare providers on sexuality issues.

Carol Cobb-Nettleton, MA, DSW
Carol has over 30 years of clinical and teaching experience helping individuals and couples improve their sexual/intimacy lives. As director of the Wayne Counseling Center she is located in the Delaware Valley.

Peggy Brick, M.Ed., CSE
Peggy Brick, President of the Sexuality and Aging Consortium, has been a sexuality educator for over forty years, and now specializes in mid and later life. She is co-author of the teaching manual Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only and is currently writing The Training Manual: A Person-Centered Approach to Intimacy in Long-Term Care Situations.

Bill Taverner, MA, CSE
Bill Taverner is the director of The Center for Family Life Education and the editor-in-chief of the American Journal of Sexuality Education. He is the author or co-author of numerous sex ed resources including Older, Wiser, Sexually Smarter.
Robin Goldberg-Glen, Ph.D., MSW
Robin S. Goldberg-Glen is an associate professor at Widener University Center for Social Work Education. She has been an educator, researcher and leader in the field of gerontology and geriatric social work for over 30 years and has published in journals including *The Journal of Gerontological Social Work, Family Relations, Families and Society, Journal on Aging and Human International Development, Journal of Women and Aging and Gerontology and Geriatrics Education*.

Patricia Barthalow Koch, Ph.D.
Dr. Koch is a Professor of Biobehavioral Health & Health Promotion at The Pennsylvania State University & Adjunct Professor of Human Sexuality at Widener University. She has taught sexuality education to persons of all ages (preschool to older adults) and differing backgrounds (education, counseling, and health-care professionals, parents, clergy, persons with physical and mental challenges). She has conducted numerous research projects regarding sexual health and development and the evaluation of sexuality education. She is the Director of the Pennsylvania Learning Academy for Sexuality Education and is on the Advisory Board for the Sexuality and Aging Consortium at Widener.

Cydelle Berlin, Ph.D. and Ken Hornbeck
Cydelle Berlin and Ken Hornbeck have co-facilitated for over twenty years, developing and presenting hundreds of interactive and theatrically based workshops on sexuality and other topics across the United States, Eastern Europe, Central Asia and the Middle East. They have worked as master trainers for the United Nations since 2003, and are the co-authors of *“Theatre-Based Techniques for Youth Peer Education: A Training Manual”*, published by the UN in 2005 and translated into over forty languages. They are now taking their expertise to a new level – the boomer generation!
The SilverSAR™, Saturday, September 24, 2011, at Widener University

The Sexuality and Aging Consortium of Widener University is sponsoring the first ever SilverSAR™. As with traditional SARS - Sexuality Attitude Reassessment - the one-day program will use an interactive, multi-media approach to focus on participants' attitudes, values, feelings and beliefs about sexuality and aging. The SilverSAR™ will enhance participant's ability to be more confident and comfortable in addressing sexual issues faced by older populations.

Please Note: All participants should be aware that SARs include sexual explicitity media.”

FACILITATORS

Anita Hoffer, Ph.D. Ed.D.
Dr. Hoffer worked at Harvard Medical School for over 25 years, where she served as an Associate Professor and Director of Research in Urology at the Brigham and Women’s Hospital. She subsequently worked in the bio-pharmaceutical industry on women’s health subjects. Her workshops address older women’s sexual concerns and sexual literacy; she teaches health care providers about the special needs of this population; she educates lay audiences on female sexuality and aging; and she does sexual coaching. Her degrees are in reproductive biology, sexology and sexuality education.

Joan Garrity
Joan Garrity has been training professionals about sexuality for over 30 years. She received the 2007 "Mary Lee Tatum Award," given by the Association for Planned Parenthood Leaders in Education, to individuals who "exemplify the characteristics of an ideal sexuality educator." She is on the Board of Directors of the Sexuality and Aging Consortium of Widener University as well as the board of Older Women Embracing Life (OWEL), a network of senior women and organizations providing support for women and their families affected by HIV/AIDS.

Wayne Powlowski, ACSW, LICSW, CSE
He is an internationally recognized sexuality/reproductive health/family planning trainer and educator who has been Director of Training for Planned Parenthood Federation of America and Planned Parenthood of Metropolitan Washington D.C. He received the Educators Award from the National Family Planning and Reproductive Health Association, and Planned Parenthood's Mary Lee Tatum and Golden APPLE awards.