Workshop Descriptions: “A Holistic Approach to Sexuality and Aging”
September 14, 2012

Session I

A. Heat up Your Practice with Intimacy and Menopause Workshops.
Judith Hersh, MD, FACOG, Melanie Davis, Ph.D.
Female sexuality can be dramatically affected by the biological, sexual, and emotional changes associated with menopause. This workshop gives therapists, counselors and educators the basic knowledge and facilitation skills necessary to conduct a successful workshop on Intimacy & Menopause suitable for settings ranging from adult communities to hospital outreach programs and independent professional settings. Participants will receive handouts they can use in their own workshops.

B. Polyamory: New Relationship Models With Advancing Age. Kenneth R. Haslam, MD
Ethical - responsible -- consensual nonmonogamy (Polyamory) has entered mainstream. Some therapists are still uncomfortable with the concept. The increasing divorce rate among the elderly and the impending wave of aging baby boomers suggest that understanding Polyamory may be of increasing importance to those practicing Marriage and Family Therapy and/or sex therapy with the geriatric population. This lecture/discussion group will explore "designer relationships" and encourage exploration of disapproval, prejudices and pathologization of non monogamy in the therapeutic setting.

C. Graying Gracefully: Pathophysiology of Aging and the effects of chronic illness and medication on Sexuality. Kimberly A. Noble, PhD, CCRN, CPAN
We all know that we cannot stop the aging process, including the physiological changes our bodies endure. This workshop will discuss the pathophysiology of aging, and examine the effects of chronic illness and medication on male and female sexuality. Dr. Noble will use her expertise to provide insight and tips on how medications can be used to both inhibit and enhance sexual libido and activities. This workshop will help participants explore how to gracefully anticipate and normalize the process of growing old and the physiology of aging.

D. Oh No, You Want Sex Again?: Discrepant Desire Issues in the Relationships of Older Women. Linda Levine, LICSW; Lenore M. Pomerance, MSW, CGP
Sexual desire may decrease in women as they age because of a myriad of psychological and physiological processes. This workshop is for mental health professionals who work with aging women in discrepant desire relationships. Lenore Pomerance will describe the relational issues that must be resolved before women can be more open and able to work on their individual blocks to sexual intimacy. Linda Levine will describe and demonstrate two innovative mind/body treatment modalities that help older women reprocess their neuro-physiological blocks to sexual intimacy.
Session II

E. HIV with Joy and Wrinkles. Joan Garrity
This session will be an interactive panel presentation given by individuals who have been living with HIV for many years, are living well, working in the world of HIV, and open to sharing their experience and their wisdom. This will be an opportunity to learn about HIV and AIDS and the special challenges for older individuals. In addition, the panel members may give some perspective from their faith traditions about the faith-based response to HIV/AIDS, advocacy among older adults, and view on sexuality, especially sexual behavior among older men and women.

F. Managing Vaginal Dryness: You Can have Comfortable Sex after Menopause.
Glenne Fletcher RN, BSN, M.Ed.
Sexual Health includes knowledge of how to manage normal aging processes including vaginal dryness. This workshop is designed to instruct participants in defining vaginal dryness, identifying the reasons for vaginal dryness and identifying solutions to minimize dryness and increase comfort during sexual activity.

G. We Get Older too! Supporting Older Individuals with Intellectual Disabilities Around Sexuality and Relationships. Mary Greenfield, MAT, AASECT
Individuals with Intellectual and Developmental Disabilities are living longer and facing changing sexual and relationship needs. Caregivers and staff working with these individuals need opportunities to consider how this growing group of people can be best supported in this emerging part of their lives. This workshop will aid caregivers in assessing their own beliefs around sexuality, aging and disabilities, and in supporting intimacy needs.
H. What’s Your BiQ? – Talking about Aging and Bisexuality. Terri Clark, MPH, CHES
Aging bisexuals are in many ways a hidden population. Bisexuals (young and old) have been underrepresented in research, media, and the arts. Issues confronting older lesbian and gay men do overlap with the experiences of older people who are bisexual, but only partially. Our aging services and community providers have bisexuals accessing services even if they don't realize it. This workshop will explore bisexuality through the lens of sexual orientation, gender identity and behavior. We will discuss the difference between one’s orientation, behavior and identity, and address myths about aging bisexuals.

I. Sexual Intelligence: A New Vision of Success. Peggy Brick, M.Ed.
In this workshop we’ll develop a vision of sexuality and intimacy that challenges people to let go of old expectations and create new more realistic, life-affirming ones. Using a variety of true scenarios, we’ll examine how people can change the way they think about sex and create a sexual style appropriate for mid and later life.

J. Bridging the Age Divide: Perfect Partners. Jane M. Fleishman, MS
Too often, long-term care facilities have little or no forums or groups for sexual health needs of their residents. By creating a partnership between the facility and a sexuality educator, more trust can be established that can develop into a stronger commitment toward the sexual health of the residents. I will provide a unique perspective on encouraging and implementing sexual health education in long-term care facilities. In this workshop, I will describe a new model for bringing together the “perfect partners.” Their work together will be in the development, implementation, and integration of an eight-week series concentrating on the sexual health of the elderly members of their long-term care community.
KEYNOTE

Dennis Dailey, Ph.D.
Dr. Dennis Dailey, DSW, is a Professor Emeritus in the University of Kansas School of Social Welfare, and he specializes in sexual health. Dr. Dailey practices private counseling and has taught popular classes on Human Sexuality at the university, as well as sexuality courses and couples workshops through the Ecumenical Christian Ministries. He created the Circles of Sexuality Model that is widely used by sexuality educators and clinicians.

WORKSHOP LEADERS

Judith Hersh, MD, FACOG, is a Boston-trained obstetrician/gynecologist who has studied sexual medicine at the Pelvic and Sexual Health Institute. She co-founded Central Jersey Women’s Health Associates and the New Jersey Center for Sexual Wellness, and she on the medical staff of Somerset Medical Center as well as Morristown Memorial Hospital. She is a clinical assistant professor at Robert Wood Johnson Medical School and is the director of Women’s Services at Matheny School and Hospital. She belongs to the International Society for the Study of Women’s Sexual Health and is a member of the Sexuality and Aging Consortium at Widener University.

Melanie Davis, Ph.D.
Melanie Davis helps individuals throughout the lifespan to enhance sexual knowledge, communication, confidence, intimacy, and pleasure. She also trains healthcare professionals, health educators, and other professionals whose work has aspects related to sexuality. Dr. Davis co-founded the New Jersey Center for Sexual Wellness and Honest Exchange LLC. She is an AASECT-Certified Sexuality Educator. She is an adjunct professor at Moravian College, and she is the sexuality education associate for the Unitarian Universalist Association. She is a graduate of Widener University’s Graduate Program in Human Sexuality. She is co-president of the Sexuality and Aging Consortium at Widener University.

Kenneth R. Haslam MD
Kenneth Haslam is a nationally known Polyamory activist with 14 years of experience. Presently studying Aging and Sexuality with Peggy Brick.

Kimberly A. Noble, PhD, CCRN, CPAN
Kim Noble has a Doctorate of Philosophy in Physiology from Temple University Medical School. She is currently an Assistant Professor at the Widener University School of Nursing where she teaches Pathophysiology & Pharmacology for both entry–level undergraduate nursing students and graduate Advanced Pathophysiology. Kim has taught pathophysiology and pharmacology spanning for over 13 years. She also possesses 31 years of clinical experience in critical care nursing and has received seven Outstanding Achievement and Distinguished Service Awards for her work in the field of PeriAnesthesia Nursing. Kim served as the President of the Eastern Pennsylvania PeriAnesthesia Nurses Association for two years. Kim presents both locally and nationally and is
famous for her lecture titled “Those Dreaded P’s: Physiology, Pathophysiology & Pharmacology”. Kim’s easy going and down to earth persona will put any student wary of this subject matter at ease.

**Lenore M. Pomerance, MSW, CGP**
Lenore Pomerance has a private psychotherapy practice in Washington D.C. with a specialty in menopause, mid-life and sexuality issues. She has presented workshops on sexuality and aging, sexual desire, working with the dying, and psychotherapy and religion for the American Academy of Psychotherapists. Her essay, “Aging Baby Boomers: Denying Death and Menopause” was published in the Academy’s journal Voices in 2003. She wrote the Sexuality Chapter in *Our Bodies Ourselves: Menopause* (206) In 2008 she presented a workshop on “Sexual Desire: What’s Normal” in Matsue, Japan at the Pacific Rim Regional Congress for Group Psychotherapy. She is on the Steering committee of the Washington School of Psychiatry’s Center for the Study of Aging.

**Linda Levine, LICSW**
Linda Levine is a psychotherapist, certified sex therapist, author, and seminar leader with more than 35 years of professional experience. Ms. Levine co-authored *Shared Intimacies: Women’s Sexual Experiences* and *The Intimate Male: Candid Discussions About Women, Sex, and Relationships* with Dr. Lonnie Barbach. She also uses many innovative methodologies in her private practice including EMDR (Eye Movement Desensitization Reprocessing), DNMS (Developmental Needs Meeting Strategy), and Brainspotting.

**Joan Garrity**
Joan Garrity has been training counselors, educators, medical students, social service and healthcare providers for over 30 years. Her trainings focus on counseling skills related to sexuality, adolescence, substance use, and HIV/AIDS. Joan has provided trainings and authored curricula and manuals for the CDC, Office of Population Affairs, USAID, and Title X Training Centers. She is a former Board Member of SIECUS, and currently serves on the Board 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 & their families affected by HIV/AIDS.

**Glenne Fletcher RN, BSN, M.Ed.**
Glenne Fletcher has been a registered nurse for 31 years, working in a variety of fields including oncology, med-surg and ICU nursing. Glenne currently works for Mercy Home Health as an Educator and Performance Improvement Coordinator. She has written curricula on The Transgender Client in the Homecare Setting, and *Sex Ed 101: A Homecare Nurses Guide to Sexuality*. Glenne has a private practice counseling and educating individuals in sexual health concerns. She leads workshops in the area of sexuality and assists medical facilities and physicians in establishing sexuality components to treatment.
Mary Greenfield, MAT, AASECT
Mary Greenfield has worked as director of education and training for Planned Parenthood of Mohawk-Hudson, and for the past 12 years as a training specialist for Adults and Children with Intellectual and Developmental Disabilities (ALCD). She has trained on many issues on sexuality, but primarily on sexuality and intellectual disability issues over the past 10 years.

Terri Clark, MPH, CHES
Terri Clark has been doing work in health education, training, and counseling for over 18 years, and is currently co-chair of the Delaware Valley LGBT Elder Initiative. Terri works at ActionAIDS, as Coordinator of Prevention Services. Throughout her career in public health, she has been an advocate for gender and equality across the lifecycle. She has been an adjunct instructor, teaching public/community health and human services courses at both the undergraduate and graduate levels for over 15 years. Her expertise is in health education and prevention, including HIV/AIDS, sexuality and reproductive health, GLBT issues, and intimate partner violence prevention.

Peggy Brick, M.Ed.
Peggy Brick has been a sexuality educator for over forty years, first as high school teacher, then as Director of Education at a Planned Parenthood and now as an educational consultant specializing in sexuality across the lifespan. She is the Founder and Past-President of the Sexuality and Aging Consortium, the co-author of *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only* and instructor of a course, *Sexuality: It’s for LIFE!* at Osher Lifelong Learning Institute.

Jane M. Fleishman, MS
Jane Fleishman is a doctoral student in Human Sexuality at Widener University and has over 30 years of experience leading educational activities.
The SilverSAR™, Saturday, September 15, 2012, at Widener University

Guided by experienced facilitators, you will spend a day exploring your own attitudes and beliefs about sex and aging. An interactive, multi-media approach interwoven with easy conversation will help you to feel more confident and comfortable considering the sexuality concerns of older adults. As with traditional SARs – Sexuality Attitude Reassessment – this one-day program will use an interactive, multi-media approach to focus on participants’ attitudes, values, feelings and beliefs about sexuality and aging. Sexuality professionals, other professionals interested in sexuality and aging and students studying sexuality will all find this SilverSAR™ to be a unique learning opportunity.

Please Note: The SilverSAR™ includes sexually explicit 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.