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✓ Dan Gottlieb, PhD, award-winning WHYY radio host of Voices in the Family
  “I’m Not Too Sexy for My Catheter: Sex is Different Now, and It’s Damn Good!”

✓ Milton Diamond, PhD, renown researcher of intersexuality and sexual identity
  “Aging and Intersexuality: Why One-Size-Fits-All Answers Won’t Work”

✓ Susana Mayer, PhD, founder and host of The Erotic Literary Salon
  “Behind and Beyond the Doors of the Erotic Literary Salon: The Power of Uncensored Words”

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The Sexuality and Aging Consortium
at Widener University

A leading, international organization committed to the sexual health, education and rights of adults in mid and later life.
2014 Sexuality, Intimacy and Aging Conference Event Descriptions

Welcome Address 1:30-2:00 p.m.

Denise V. Stewart, MSW
An inspiring and empowering welcome address will launch the conference, thanks to Denise V. Stewart, MSW, Director for the Delaware County Office of Services for the Aging (COSA).
A tireless advocate for older adults, Ms. Stewart was the deputy director of COSA prior to being named director. She has worked in the field of aging for 33 years and has been with COSA since 1994, when she was a student working on her master’s degree in Social Work Administration at Temple University. She is an active member of the American Society on Aging and is a graduate of its New Ventures in Leadership Program.
Ms. Stewart’s address will be followed by a conference orientation by co-chairs Robin Goldberg-Glen, PhD, MSW, and Melanie Davis, PhD, CSE, Consortium co-presidents.

Friday Keynote 2:00-3:00 p.m.

Daniel Gottlieb, PhD
I’m Not Too Sexy For My Catheter:
Sex Is Different Now, And It’s Damn Good!
As we age, we often get stereotyped as a sexual, even though nothing could be further from the truth. We can get into trouble when we try to make today the same as it was yesterday. For an aging population, sexuality and sexuality bring new adventures, problems and possibilities. When we are open to experience our own sensuality without shame or judgment, and when we no longer don’t fall victim to inaccurate stereotypes, all sorts of possibilities open up for us.

Daniel Gottlieb, PhD hosts the award-winning morning edition of Voices in the Family, a mental health call-in radio show on WHYY, an NPR affiliate. In 1979, a car accident left Dan paralyzed from the chest down, yet he continued to build a successful private practice and to write numerous books, including , The Wisdom We Are Born with: Restoring Faith in Ourselves. He has taught and supervised psychiatrists, psychologists and clinical social workers.

Friday Afternoon Workshops 3:20-4:20 p.m.

The Impact Of Viagra On Older Men And Women #01
The interplay between sex and emotional intimacy means that sexual problems can lead to difficulties in other areas of older adult relationships. Some men see drugs like Viagra as a way to renew their youthful sexuality, yet partners are not universally receptive. Learn about the short- and long-term impact of erectile drugs on both partners, and identify the sexual options available to older couples.
Presenters: Lenore M Pomerance, MSW, CGP is a psychotherapist in private practice in Washington D.C. for 20+, specializing in mid-life transitions, human sexuality, aging, dying and death. Author of journal articles on sexuality and menopause, denial of death, and the search for a female Viagra. Marge Coffey, LCSW-C has 22 years of experience as a Senior Research Social Worker at the National Institutes for Mental Health; 99 publications; and 33 years private practice with emphasis on PTSD, Borderline Personality Disorder, and sexual issues.

Preserving Your Sexual Rights In Long-Term Care #02
If you or a loved one are entering long-term care, you or an advocate can take a proactive approach to preserve your sexual rights as a resident. Learn how to conduct a pre-admissions interview with facility personnel, and take home copies of the universal declaration of sexual rights and model forms for disclosing intimate medical information to appropriate facility staff.
**Presenter: Karen Hicks, PhD** completed her doctorate in Human Sexuality Education at UPenn in 1990. She has 25+ years of experience as a sexuality educator and nine years as a workshop presenter in long-term care facilities on the intimacy needs of the aging and elderly. She is on the Board of the Sexuality and Aging Consortium.

**Sure, Ask Me Anything: Talking Out Loud About Senior Sex #03**
When Joan Price faces an audience or opens her email, she never knows what candid stories and intimate questions are waiting for her. Joan has received hundreds of real-life stories and requests for information about older-age sexuality. In this workshop, she shares what Boomers, seniors, and elders tell and ask her. Smiles and insights guaranteed. A few tales are hilarious, but most are deeply moving pleas for help about issues that often are not shared with their doctors, therapists, or even life partners.

**Presenter: Joan Price** (joanprice.com) wrote the award-winning Naked at Our Age: Talking Out Loud about Senior Sex; The Ultimate Guide to Sex after Fifty; and other books about older-age sexuality. She is a columnist for SeniorPlanet.com.

**Communication Skills That Engage People 60+ #04**
Communication skills are the basis for any clinical or educational based intervention. Communicating effectively with older adults demands an understanding of the social experiences of cohorts, their individual history, and requirements for effective intervention. This workshop will help you improve your understanding and use of intervention skills and communication with older adults.

**Presenter: Cyndee Wishkovsky holds an MSSA from Case Western Reserve University and is a licensed social worker. Her career and many years of services have been devoted to the fields of aging and mental health. She is the Vice President of Aging Services at Journey’s Way, a division of Intercommunity Action.**

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**Friday Evening Program 4:30-10:30 p.m.**

**Sexuality, Intimacy & Aging Networking Reception**
Sponsored by the Sexuality & Aging Consortium Board
with music by Grant Wei, Violinist for the Philadelphia Symphony

**Dinner**

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**Mike Zeko**

**Talking To Giants**
How could you benefit from open source, on-demand, high-definition video interviews with sexology’s biggest names? Talking to Giants is a treasure trove for researchers, historians, faculty, students, professionals, and the just-plain-curious. Several interviews have been filmed; more are coming. In this after-dinner presentation, learn why this project is valuable, explore ways to use it to enhance your work, and discuss ways you can get involved in building this important archive.

**Mike Zeko**, Bozek LLC, founder and managing partner at Bozek LLC, is the driving force behind Talking to Giants. He has won 12 Tellys, 3 Emmys, 2 Addys and a number of independent film festival awards over his career in TV, advertising, and video production.

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**Susana Mayer, PhD**

**Behind And Beyond The Doors Of The Erotic Literary Salon: The Power Of Uncensored Words**
The Erotic Literary Salon is an “edutainment” event where words are never censored. Join founder and host Susana Mayer, PhD as she recreates the Salon, reading sexually explicit writings along with your own anonymous six-word sexual memoir. Learn the Salon’s history and how it developed into a “verbal” freedom house for sexuality. And, learn how to use erotica and the Salon format both professionally and personally as a tool for sexual healing, growth, transition, and of course, pleasure.

**Susana Mayer, PhD**, is a certified sexologist and adult sex educator with a private practice in Philadelphia. She champions Ageless Sex, consulting with clients on typical lifespan sexuality changes and challenges. The core of her Ageless Sex philosophy is to
produce no emotional disappointment or physical harm while creating sexual pleasure and satisfaction. She has founded and hosts The Erotic Literary Salon, which meets monthly in Philadelphia. She published SenSexual: A Unique Anthology 2013.

Friday Night at the Movies

Age of Champions is a PBS documentary that follows athletes competing in the National Senior Games. The inspiring film serves as a powerful tool in the battle against ageism by showcasing the dedication, strength, and sportsmanship of these fierce competitors.

The Senior Olympians—a 100-year-old tennis champion, an 86-year-old pole vaulter, a pair of swimming brothers, and a team of basketball grandmothers—each face their own challenges, but never lose sight of the goal, to be the best they can be.

Post-film facilitated discussion will address the links among physical fitness, general well-being, and sexual health.

Movie and Snacks Sponsored by

Saturday Breakfast & Check-in 8:00-9:00 a.m.

Sponsored by

Opening Remarks 9:00-9:15 a.m.

Learn what’s ahead with opening remarks from Conference Co-Chairs Melanie Davis, PhD, CSE and Robin Goldberg-Glen, PhD, MSW.

Saturday Plenary Session 9:15-10:15 a.m.

Milton Diamond, PhD

Aging and Intersexuality: Why One-Size-Fits-All Solutions Won’t Work

Intersexuality occurs in about one percent of the general population, making it sufficiently common that professionals are likely to encounter older patients and clients who either have the condition or know someone who does. During this plenary session, you will learn about some typical intersex conditions and how they may change gradually or dramatically over the life course.

Intersexuality is a situation where an individual is born with biological features usually associated with both males and females, e.g., both a testes and an ovary. There are myriad typical male-female combinations, the most obvious being when male and female genitals are involved, causing the individual’s sex to be ambiguous.

Intersexuality occurs spontaneously and naturally, but unfortunately, in most cultures—both primitive and modern—it is accompanied by shame and stigma. Dr. Diamond has long led efforts to increase understanding and change perceptions about intersexuality.

Milton Diamond, PhD, is an internationally renowned researcher and sexologist. A retired professor of anatomy and reproductive biology at the University of Hawaii at Manoa, he is recognized worldwide for his research and publications as well as for his...
influence in the field of sexual identity and intersex conditions. His alert to flaws in the surgical model for treating infants with intersex conditions, led to the recommendation to avoid unnecessary genital surgery, to assign infants a gender to which they will probably best adjust, and to help intersex people connect with others with the condition.

**Morning Workshops**

**Session A – 10:30-11:30**
Choose 1 of 5

**Bisexuality & Aging: What We Know, What We Don’t, and What’s the Difference? #05A**
Explore the similarities and differences between LGT, heterosexual, and bisexual older adults. You will gain an understanding of issues affecting the physical, emotional and sexual health of older bisexuals, and you will learn model practices to improve the inclusion of bisexual older adults in research, programming, and services.

**Presenters:** Terri Clark is Prevention Services Coordinator at ActionAIDS, and she is Sexuality & Aging Consortium member. Throughout her public health career, she has been an advocate for gender equality and sexual health across the lifecycle. Stephen Karpiak, PhD, is Senior Director for Research and Evaluation at ACRIA’s, Center on HIV and Aging.

**Beating the Odds: How to Maintain a Satisfying, Sexual Marriage into Your 60s, 70s, and 80s #06A**
This workshop will explore strategies and techniques to promote healthy male, female, and couple sexuality in the 60’s, 70’s, and 80’s. Learn how to employ the psychobiosocial model of understanding, assessing, treatment, and relapse prevention to help clients view desire as a new core dimension within their relationships. Gain the ability to help clients see desire as the result of positive anticipation, and to help them attain a sense of deserving sexual pleasure, freedom, choice, and a range of sensual, playful, and erotic scenarios in addition to intercourse.

**Presenter:** Barry McCarthy, PhD, is a professor of psychology at American University, a certified sex and marital therapist, and has published over 100 professional articles, 26 book chapters, and 12 books as well as presented over 350 workshops nationally and internationally.

**Memory Loss, Dementia and Alzheimer’s: The Basics #07A**
Alzheimer’s disease is not a normal part of aging. When someone is diagnosed with Alzheimer’s, friends and family have many questions. What does the diagnosis mean? How to respond to cognitive and behavioral changes? What kinds of plans need to be made? As the disease progresses, new questions reflect growing needs for skills, programs and services. This interactive program will provide information on detection, causes and risk factors, stages and stigma of the disease, treatment, and much more.

**Presenter:** Raul Mux, M. Div., Associate Director Diversity, Alzheimer’s Association Delaware Valley Chapter

**Mirrors Don’t Lie, or Do They? The changing body image of older adults #08A**
This workshop explores the changes in body image that adults experience as they get older. Learn about media’s effect on older adult’s body image, how older adults experience their sexuality, who they talk to and how they talk about their sexuality. Learn coping skills that help older adults manage anxiety around their changing bodies. **Presenter:** Ashley Mader, PhD, is a geropsychiatric therapist. She has presented at national conferences including the American Society on Aging, and she is writing journal articles based on her dissertation entitled: Older Adults’ Experiences of their Sexuality: A Phenomenological Inquiry.

**Creating Safe Spaces for Loving Seniors: Changing Organizational & Institutional Policies & Practices #09A**
How do long-term care facilities change to create safe spaces for older adults to experience intimate, loving, sexual relationships with their spouse or partner? Discover how intentional organizational change led by administrators, staff, and/or residents can support the sexual decision making rights of older adults in long-term care.

**Presenter:** Tom Klaus, Ph.D. is Chief Animation Officer and principal of Tom Klaus & Associates and adjunct faculty at Eastern University. He has an MBA in Economic Development and a PhD in Organizational Leadership programs.

**Session B – 11:45-12:45**
Choose 1 of 5

**It’s Time to Talk…About Sex After Fifty #10B**
This interactive workshop uses an innovative small-group It’s Time to Talk conversation strategy to foster communication about sexual challenges in mid- and later life. You will experience and evaluate this model for its ability to identify common issues and create conversations about changing bodies, changing relationships, and changing lives. After this workshop, you will be ready to create your own It’s Time to Talk support/consciousness raising group on your choice of themes.

**Presenter:** Peggy Brick, MED, has been a sexuality educator over forty years; co-author, Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only; Founder, Sexuality and Aging Consortium; Instructor, Osher Lifelong Learning Institute, University of Delaware.
Sexual Health and Pleasure in Cancer Survivorship #11B
Between 40 - 100% of cancer survivors report some type of sexual dysfunction, yet sex often is not discussed at any time during cancer care. This workshop will give you the basic knowledge and skills to address the sexual health needs of patients and survivors. You will learn about the common side effects of cancer and its treatment, how to initiate conversations about sex within cancer care, and what resources are available for both treating these side effects and referring patients for additional help.
Presenter: Kaitlyn Scalis, MPH, is a sex educator, writer, and consultant interested in the intersections among sex, pleasure, and disease. She has over five years of teaching experience with audiences ranging from cancer survivors to college students, new moms to survivors of sex trafficking.

Creating Safe and Inclusive Services for LGBT Older Adults #12B
Human services providers seeking to welcome LGBT older adults must approach each constituent with a willingness to develop self-awareness, to use active listening skills, and to display a respectful attitude towards diverse points of view. Learn how to listen for similarities and differences between your own perspectives and those of your patients or clients, and learn how to see and respond to each person’s unique needs and concerns.
Presenter: Ed Miller is the Senior Programs Coordinator at the William Way LGBT Community Center. The LGBT older adult programs are designed to build community, reduce isolation and provide safe space for LGBT older adults. A SAGE-certified trainer, he provides training to help create safe, inclusive and welcoming environments in mainstream organizations.

How To Be Your Grandchild’s Sexuality Educator #13B
The number of grandparents responsible for raising grandchildren has increased to over 2.7 million due in part to the recession, foreclosures, parental joblessness, teen pregnancy and substance abuse. Given this phenomenon, grandparents can be a positive influence in the grandchildren’s lives in the areas self-esteem, relationships, sexual decision-making, values, and personal responsibility. Learn what, when, and how to talk about sexuality in ways that will be comfortable and effective for you and your grandchildren. Receive resources for at-home learning for you as well as a list of engaging sexuality education books for grandchildren of all ages.
Presenters: Robin Goldberg-Glen, PhD, MSW. Widener University, Center for Social Work Education Faculty member, former vice president of the Association for Gerontology Education in Social Work. She has taught for over 27 years, and she has received grants from the Hartford Foundation, AARP Andrus Foundation and NIH. She has published numerous articles on grandparent caregivers of grandchildren including an edited book titled: Grandparent Caregivers of Grandchildren: Theoretical, Empirical and Clinical Perspectives. Melanie Davis, PhD, CSE, is an AASECT-Certified Sexuality Educator and consultant. She delivers professional development for human services professionals, medical providers, and educators; in addition, she consults privately with teens and adults. In addition to academic publications, she wrote Look Within: A Woman’s Journal and is writing Our Whole Lives Sexuality Education for Older Adults for the Unitarian Universalist Association. Robin and Melanie are co-presidents of the Sexuality and Aging Consortium as well as co-chairs of this conference. They are writing a handbook on sexuality, intimacy and aging for a major textbook publisher.

Making the Business Case for Policy Development #14B
Sexuality and aging policies: We know they’re important, and aging adults know they’re important, but how do we convince managers and administrators? In this highly interactive workshop, you will use improvisational exercises and experiential methods to create the business case for facilities and organizations to adopt policies on sexuality and aging.
Presenter: Jane Fleishman, MED, has over 30 years of experience teaching and learning about sexuality and loves to laugh! She is a proud board member of the Sexuality and Aging Consortium.

Student & Alumni Research Poster Session 12:45-1:45 p.m.
Interact and learn from with students and recent Widener graduates who present their research in sexuality and aging.
Coordinators: Consortium member Kate Murray, MSW, MEd and Cassandra Rustvold, Consortium Student Liaison to the Board.

Lunch 12:45-1:45 p.m.
Sponsored by The Female Health Company
Catered by Whole Foods
Afternoon Workshops

Session C – 1:45-2:45p.m.
Choose 1 of 5

La Palabra: Storytelling about Latinos and Sexuality #15C
A perception exists that sexuality is a taboo topic in Latino communities, especially for elders. Listen to stories gathered during interviews with 10 older Philadelphia Latinos of diverse backgrounds about their views, feelings, beliefs, and desires about sex and sexuality and learn if this taboo is fact or myth. From this intimate exploration of personal perspectives, you will gain context on how Latinos view sex and sexuality. This workshop will focus on increasing your comfort level and expertise in addressing sexuality-related issues with Latino clients/patients.

Presenters: Elicia Gonzales is the Executive Director of GALAEI: A Queer Latin@ Social Justice Organization. She is a licensed social worker and has a Masters in Human Sexuality Education, both from Widener University. Louis Ortiz is the Education Director at Mazzoni Center and holds a Masters of Art. He created the Gran Varones project which seeks to share stories about gay Latinos in Philadelphia.

Ageless Sensuality: Exploring Adult Toys for Steamy Sex #16C
As sexual creatures, our desire for intimacy never wanes; however, nature and time changes our bodies' capability to give and receive pleasure. Attaining the sexual satisfaction that is our birthright may require a fun prop or two. This workshop will increase your acceptance of your changing body and will provide a hands-on introduction to the best adult toys and techniques to continue a zesty sex life (and maybe even make it better than before)!

Presenter: Grace Love was a manager in Fortune 500 companies when, during her first year of marriage, her husband was deployed to Iraq. She shopped for her first vibrator at an adult toyshop and was extremely disappointed in the experience, so she founded and became CEO of Burlesque Toy Shop, an education-based, lady-friendly adult boutique offering an elegant experience with exclusively body-safe toys. www.burlesquetoyshop.com

Beyond Sanctified: Overcoming Relationship & Intimacy Taboos in Older African American Christian Relationships #17C
In the Black community, the status of newly married couples as lovers seems appropriate; however, it is a more taboo topic for adults over 50 to discuss. Finding balance between being committed to the Church and being committed to satisfying sexual needs can be a struggle. Coaches Neek and Nelly will discuss ways to increase intimacy and relieve the sense of dissatisfaction or guilt for desiring more in your relationship.

Presenters: Jennelle (“Coach Nelly”) Birthwright, MSW and T.C. (“Coach Neek”) Queen, MSW are clinical social workers and human sexuality educators who founded Moxie Mind & Body Lifestyle Coaching in Wilmington, DE and recently launched MoxieMindBodyMagazine.com as a multi-media platform to teach the strategies in the areas of healthy living, intimacy and personal growth that encourages a person to trust their inner self and improve the intimacy in their relationships. Both earned their Master of Social Work from Delaware State University. Coach Nelly has 11+ years’ experience as a psychotherapist, with training in human sexuality. Coach Neek is a Certified Holistic Life Coach and is a doctoral student in Widener University’s Center for Human Sexuality Studies.

Older Women’s Stories about Intimacy #18C
What do women think about sex? Iris Krasnow will share the hopeful and surprising things she learned by interviewing 150 women, as well as Kinsey Institute researchers, sex therapists and educators, oncologists and urologists.

Presenter: Iris Krasnow is a bestselling author of six books on relationships and a journalism/women’s studies professor at American University. She has presented her research on Oprah, the Today Show, Good Morning American and several times on CNN.

Exploring Intimacy for Seniors with Autism Spectrum Disorder #19C
Intimacy is a complex aspect of sexuality that can be particularly challenging for individuals with Autism Spectrum Disorder (ASD) to understand. In this session, you will experience teaching methods that can be used to provide sexuality education about intimacy to adults with ASD.

Presenters: Melissa Keyes-Digioia, CSE is an AASECT Certified Sexuality Educator and trainer in New Jersey. She leads professional workshops and education sessions on varying sexuality topics and specializes in sexuality education for people with intellectual and developmental disabilities. Tracy Higgins, LCP is a Licensed Professional Counselor who specializes in working with people with a diverse range of disabilities and behavioral challenges with a concentration in sexual trauma and abuse.

Afternoon Session D – 3:00-4:00 p.m.
Choose 1 of 5

Sexual Pain: A Comprehensive Review of the Anatomy of Pain, Trauma, and Healing #20D
For decades, sexual pain has often been misdiagnosed and inadequately treated. Learn the most recent research on chronic pelvic and sexual pain disorders, including the complex, intertwining layers of the neurobiology behind trauma and pain.

**Presenter: Alexandra Milspaw, PhD.** is a licensed professional counselor in Pennsylvania with a private practice in Bethlehem, PA. She earned her doctorate in Human Sexuality from Widener University and her Masters in Counseling Psychology from Lehigh University.

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**ICYMI: Using Social Media to Reach Seniors**

In case you missed it (ICMY), older adults are increasingly tech savvy, with 59% of people over 65 using the internet and 77% having a cell phone. Nearly 80% of older internet users feel people without internet access are at a disadvantage due to missing information. In this fast-paced workshop, you’ll learn how to use targeted social media platforms to reach older adults with your sexuality education messages.

**Presenter: Timaree Schmit, PhD** is a sexuality educator, adjunct professor and edu-tainer. She is the host of the award-winning Sex with Timaree podcast. Her work can be found at sexwithtimaree.com and facebook.com/sxwithtimaree.

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**Addressing the Sexuality Needs and Issues for Older Adults with ID/DD**

Individuals with intellectual disabilities/developmental disabilities (ID/DD) struggle with many issues socially, cognitively, and emotionally at times, but also face barriers to having their sexuality needs realized and addressed in a caring manner. This workshop offers simple, compassionate strategies for professionals and caregivers.

**Presenter: Jessica W. Weiss-Ford, MSW, LSW,** is a school-based outpatient therapist working with adolescents and individuals with ID/DD needing help with social skills, relationship dynamics, and overall emotional regulation and understanding. She is an adjunct professor for Millersville University and is a doctoral student in Widener University’s Center for Human Sexuality Studies with an interest in lifespan sexuality.

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**How to use Intimate Histories as a Sexuality Education Tool**

Intimate history is a method of guided reminiscence that evokes memories of specific intimate experiences. The alliance between the “reviewer” and the “listener” creates opportunities to therapeutically examine and “rewrite” attitudes or experiences during or adjacent to intimacy over the lifespan. Participants will learn the intimate history-taking technique and discuss ways it can be used in clinical settings.

**Presenter: Chris Nufer** is a marketing executive-turned-mental health counselor. He is a graduate of the University of Virginia, the Johns Hopkins University and Brooklyn College, where he teaches classes in both Abnormal Psychology and the Psychology of Aging.

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**Closing Plenary Session 4:00-4:30 p.m.**

**Sharing Take-Aways, and Next Steps for Change**

Experience alone isn’t the best teacher—examined experience is. When we reflect on and analyze an experience, especially with the assistance of other people, we can make more meaning of it and use it to enhance our lives and professional practices. Participants will share take-aways from the conference, discuss ways to use their new knowledge and skills, and set goals for advancing the cause of healthy sexuality and aging.

**Presenters: Robin Goldberg-Glen, PhD, MSW.** Widener University, Center for Social Work Education Faculty member, former vice president of the Association for Gerontology Education in Social Work. She has taught for over 27 years, and she has received grants from the Hartford Foundation, AARP Andrus Foundation and NIH. She has published numerous articles on grandparent caregivers of grandchildren including an edited book titled: Grandparent Caregivers of Grandchildren: Theoretical, Empirical and Clinical Perspectives. **Melanie Davis, PhD, CSE,** is an AASECT-Certified Sexuality Educator and consultant. She delivers professional development for human services professionals, medical providers, and educators; in addition, she consults privately with teens and adults. In addition to academic publications, she wrote Look Within: A Woman’s Journal and is writing Our Whole Lives Sexuality Education for Older Adults for the Unitarian Universalist Association.

Robin and Melanie are co-presidents of the Sexuality and Aging Consortium as well as co-chairs of this conference. They are writing a handbook on sexuality, intimacy and aging for a major textbook publisher.