



Real Possibilities

Greater St. Joseph Valley Chapter #270

Press Release

For Immediate Release

“After 5” Series Begins

South Bend, IN (July 24, 2014) - The Greater St. Joseph Valley Chapter #270 of AARP has created a series of programs entitled *“After 5”*. These programs are designed for people over the age of 50 who are eligible for AARP membership but are unable to attend regular Chapter meetings on Monday afternoons. The first offerings in the *“After 5”* program is a 3-part series about love and sex after 50. The series is entitled **“Intimacy As We Age.”** The first in the series will be held on **Tuesday, August 12th**. The title of the evening’s program is **Ladies Night Out**. **Doors open at 5:30, and the program begins at 6.**

This professional presentation—for women only— seeks to provide accurate information about sexuality and aging in women 50 and over, facilitate open and honest dialogue about sexuality and intimacy issues, stereotypes and genuine feelings about these issues. Topics to be discussed include but are not limited to: finding our personal definition of sexuality, intimacy and sex, sex during and after menopause, physical and physiological changes that occur sexually as we age, body image issues, sexual dysfunctions, masturbation, sex toys and more. Be prepared for a lively, adult program and discussion.

Kelly Connell, B.A./B.S. Psychology, M.S. Ed. Human Sexuality Education, and Certificate for Advanced Study in Human Sexuality Education, is the speaker for this *After 5* series; she has over 19 years of experience in the field of sexuality education. Ms. Connell’s presentation is dynamic and engaging and is designed to address intimacy and sexuality after the age of 50. She has appeared on several radio shows and local news stations as a guest sexuality expert, is a sexuality expert on LivePerson.com and has contributed articles and answers to questions about sexuality on a variety of websites. Ms. Connell’s specialties include expertise in sexuality and chronic illness/disability, aging, sexual health and family planning.

Ms. Connell said, “Society tells us that persons of a certain age are not supposed to be sexual. However, we know that people are sexual throughout their lives—from womb to tomb. Nowhere are the stereotypes about sexuality and aging more prevalent than for women over 50. The messages society sends about what is appropriate behavior, how women are viewed as they age and their sexual desire tend to lean toward the negative and often cannot be further from the truth. Sometimes this makes for a lot of baggage that needs to be unpacked.”

The second presentation in this series, held in September and hosted by Home Instead, is designed for both men and women; it is entitled “Everything You Ever Wanted to Know About Sex After 50.” Our lives and our bodies change as we age...our strength, our libido, our desires. Ms. Connell will address those issues and many more as they relate to intimacy and sex in older adults. The last presentation in this series will be held in October and sponsored by Comfort Keepers, it is designed for professionals in healthcare who work with older adults. Visit www.michiana-aarp.org in August to get more information about the remaining two programs in this series.

The August 12th presentation is hosted by the Center for Hospice at their Comfort Place location. Beer, wine and light refreshments will be served. There are 100 available seats; register soon to be sure you have a seat. To register, please call 219-380-8574 or send email to jkostielney@comfortkeepers.com. First registered...first served.

“We’re not your parents’ AARP!”

The *“After 5”* series of programs are not sanctioned by the national AARP. However, you may visit <http://www.aarp.org/home-family/sex-intimacy/> for information from the national organization.

For information about this press release, contact Jan Kostielney at 219/380-8574 or jankostielney@comfortkeepers.com.