



Real Possibilities

Greater St. Joseph Valley Chapter #270

## Press Release

# “Everything you ever wanted to know about Sex after 50 – Ask the Expert!”

South Bend, IN (September 1, 2014) - The Greater St. Joseph Valley Chapter #270 of AARP is sponsoring a 3-part series about love and sex after 50. The series is entitled “*After 5: Intimacy As We Age.*”

The second program in the series will be held on **Wednesday, September 17th**. The title of the evening’s program is “**Everything you ever wanted to know about Sex after 50 – Ask the Expert!**” **Doors open at 5:30, and the program begins at 6.**

This presentation is for both men and women, singles and couples and seeks to provide accurate information about sexuality and aging in persons 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, physical and physiological changes that occur sexually as we age, body image issues, sexual dysfunctions, masturbation, pleasure, sex toys and more. Opportunities to ask questions anonymously will be offered, and no topic is off limits.

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 the *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.

Amy Tribbett, marketing director for the Center for Hospice Care which sponsored the first program in this series, said, “The ‘Ladies Night Out’ program was a major hit with the women in our community. We learned so much...and no one was uncomfortable with the conversation. It was a safe environment for open discussion about topics we all had concerns about but didn’t know who to ask. Our doctors don’t usually ask us about our sex lives, so many of us are left with unanswered questions. Kelly answered them. We’re all looking forward to the next program on September 17th!”

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 last presentation in this series will be held on Tuesday, October 28, 2014 at The Center for Hospice Care; sponsored by Comfort Keepers, it is designed for healthcare professionals who work with older adults (ALF/INF/SNF administrators, physicians, nurse practitioners and navigators, medical assistants, physical therapists, social workers, psychologists, counselors/therapists, the people who design buildings for older adults, and the people who draft rules/laws regarding older adults who live in buildings other than their personal homes.)

The September 17th presentation is sponsored by **Home Instead Senior Care**.

The program will be held at the Center for Hospice Care at their Comfort Place location.

Beer, wine and light refreshments will be served. There are 50 available seats; register soon to be sure you have a spot!

To register, please call 219-380-8574 or send email to [jkostielney@comfortkeepers.com](mailto:jkostielney@comfortkeepers.com).

**“We’re not your parents’ AARP!”**