

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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LOVE, AFFECTION, AND SEXUALITY IN OLDER ADULTS.

Q: I just started seeing a gentleman. We are both in our late 70s. Is it normal to be concerned about sex at our age?

A: It is normal to be concerned about sex in any new adult relationship. Some things, including the need for human touch, never change! However, some things do change in our sex lives as we age. Those things are our bodies, and the changes include flexibility, circulation, energy, hormones, and some more specific events relating to sexual performance. It's a good idea to dispense with outdated notions of what sex should be, and approach sex, romance and love in this phase of your life with an open mind.

Sexuality later in life may mean something different for each of you. It may represent affection, closeness and commitment, or it might just be for fun. There is no right answer. Talk to your partner to make sure you are getting what you want from the relationship. You might want to take it slow. You should never feel pressured to have sex in a loving relationship, at any age.

Figure out what still feels good, and what doesn't. Consider kissing, hugging, holding hands and cuddling. Even better, consider laughter and singing. Massage, anyone? Re-imagine

“sexy” to be about joyfulness instead of nudity, or the beauty of an aging body. Try something new. Discuss concerns with your partner and work through them together to build and reinforce trust.

Another crucial thing to discuss is protection...not from pregnancy but from diseases. Sexually transmitted diseases, including HIV, do not discriminate based on age. If you or your gentleman friend have had multiple partners, get tested for STDs and use condoms.

You may call our office and request our brochure, “Sexuality in Later Life,” which we will discreetly send you. No need to be embarrassed. Sex is a normal part of a consenting adult relationship. Love and affection are good for you, at any age, and you deserve it.

Resources:

“Senior Sex: Tips for Older Men,” available at <http://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/senior-sex/art-20046465>

“Sexuality in Late Life,” available at <https://www.nia.nih.gov/health/publication/sexuality-later-life>.

“The Power of Touch” by David Linden & Martha Thomas in AARP, The Magazine, December 2015/ January 2016.

[new-rules-to-limit-tactics-on-hospitals-fee-collections.html?_r=0](http://www.aarp.org/health/2016/01/new-rules-to-limit-tactics-on-hospitals-fee-collections.html?_r=0).

JOKE OF THE MONTH

*How was the Roman Empire cut in half?
With a pair of Caesars.*

WILL CALL

*Do you or someone you know
need our assistance? Call toll-free
(888) 994-3863 or wrpioneers.org*





BEYOND 'THANK YOU': EXPRESSIONS & BENEFITS OF GRATITUDE

Do some people just seem to invite happiness, success and health into their lives? They might! Several studies in the last few years have indicated that experiencing gratitude can have measurable positive effects on health and lifestyle, from lower blood pressure to improved mood, to more satisfying social interactions. But how do they do it, and more important, how can you?

What is gratitude, exactly? Experts seem to agree that it is the mindful appreciation of what you already have. The feeling of enough. We have commented many times that you can read this newsletter, knowing you have the support of our organization, and that may be enough for today. Even on days when you feel down or alone, you have the ability to lift your own mood by finding something that you already have, and put focus on having it.

You can capture these appreciations in a gratitude journal, "Today I felt grateful for a delicious soup at lunch;" or in a letter or an email to a friend or family member, "I'm so lucky to have you in my life". Note it on your calendar, "Today I am grateful for..." It's called practicing gratitude, just as we suggested practicing mindfulness.

Here are a few more samples to try:

- Start your day with a morning meditation. Thank your Higher Power, or the Universe, for the day.
- Instead of a simple "Thank you," say, "I really appreciate it."
- Remind someone who did you a favor how much it meant to you, even if it was years ago.
- Tell your body, "Thanks for carrying me through this day," as you fall into bed at night.

In addition to having polite manners, gratitude actually makes you a better person. It can improve your immune system, as well as your outlook on life. It makes you more generous, compassionate and happy! Smile and the world smiles back. Positive energy begets positive energy. We thank you for your contribution to the film industry and to this organization. The next move is yours. We really appreciate it!

Resources:

"7 Scientifically Proven Benefits of Gratitude" by Amy Morin in Psychology Today, available at: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>

"Expanding the Science of Gratitude" at: <http://greatergood.berkeley.edu/expandinggratitude>.

“ QUOTE OF THE MONTH

So let's be honest with ourselves and not take ourselves too serious, and never condemn the other fellow for doing what we are doing every day, only in a different way. - Will Rogers

