

# Eighteenth Annual University of Maine Clinical Geriatrics Colloquium (Hybrid)

## *SEXUAL HEALTH AND AGING*

Wednesday, October 25, 2023 | 8:30 a.m.–3:15 p.m.

### **Please Note**

This year's Colloquium is part of the Second Annual Maine Research Symposium scheduled for Wednesday-Friday, October 25-27, 2023 on the University of Maine Orono campus. To register for the entire 3-day Research Symposium please go to the [2023 Symposium website](#)



*With gratitude to our sponsors....*



*SPECIAL NOTICE: The 2023 Clinical Geriatrics Colloquium will be a hybrid (combined in-person and Zoom platform) event. Deadline for receipt of registrations: Friday, October 20, 2023*

To register online with a credit card or electronic check:

<https://mainecenteronaging.umaine.edu/18th-annual-university-of-maine-clinical-geriatrics-colloquium/>

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# Colloquium Program

## Eighteenth Annual

8:30–8:40 a.m.

Introduction and Welcoming Remarks

**Lenard W. Kaye, DSW, Ph.D.**, Director, Center on Aging, Professor, School of Social Work, and Interim Director, Graduate School of Biomedical Science and Engineering, University of Maine, Orono, ME

**Richard J. Hodes, MD**, Director, National Institute on Aging, National Institutes of Health, Bethesda, MD  
(Invited)

8:40–9:30 a.m.

Erectile Dysfunction: Modern Diagnosis and Treatment

**Graham T. VerLee, MD**, Primary Care Practitioner, Maine Medical Partners Urology and Stephens Center for Specialty Care, South Portland and Norway, ME

Sexual Health After Menopause

**Christina Theriault, MSN, BSN**, Women's Health Nurse Practitioner, Maine Family Planning, Fort Kent and Presque Isle, ME

9:30–10:10 a.m.

Age is Not a Condom: Medications and Sexual Health in Older Adults

**Gabrielle E. Hill, PharmD, BCPS**, PACT Clinical Pharmacy Practitioner, VA Maine Healthcare System, Portland, ME

**Leslie A. Ochs, PharmD, PhD, BCPS**, Clinical Pharmacy Specialist, Geriatrics and Palliative Care, Togus Veteran's Affairs Medical Center, Augusta, ME

10:10–10:50 a.m.

Debunking Common Older Adult Myths About Sexual

Health, Sexual Agency and Relationship to Health and Wellness

**Christine M. Curley, JD, MA**, Adjunct Faculty, Rhode Island College, Providence, RI

10:50–11:10 a.m.

Break (Stretch, take a short walk, or just relax!)

11:10 a.m.–12:10 p.m.

**PANEL:** Diverse Perspectives on Sexuality and Intimacy in Later Life

**Facilitator: Cliff Singer, MD, DFAPA, AGSF**, Chief, Center for Geriatric Cognitive and Mental Health, Director, Mood and Memory Clinic and the Robert C. Strauss Neurocognitive Research Program, Northern Light Acadia Hospital and Research Professor, University of Maine, Orono, ME

**Panelists: Sandra L. Caron, Ph.D.**, Professor, of Family Relations/Human Sexuality and Program Coordinator, Human Development & Family Studies, University of Maine, Orono, ME; **James Morehead**, Healthy Aging Services Manager, Office of Aging and Disability Services, Maine Department of Health and Human Services, Augusta, ME; **Tom Meuser, PhD**, Director, Center for Excellence in Aging & Health and Professor of Social Work, University of New England, Portland, ME

12:10–1 p.m.

Lunch Break

12:20–12:50 p.m.

**Special Luncheon Presentation** (Sponsored by Desert Harvest)

Lifelong Desire: Insights Into Sexual Well-Being After 50

**Amanda Gesselman, PhD**, Associate Director for Research, Head of Research Analytics and Methodology Core, Anita Aldrich Endowed Research Scientist, and Research Fellow, Rural Center for AIDS/STD Prevention, Kinsey Institute, Indiana University, Bloomington, IN

1:00–2:00 p.m.

### CONCURRENT WORKSHOPS

**WORKSHOP A:** Experiencing the Benefits of Yoga to Enhance Sexuality as We Age

**Melora Gregory**, Yoga Instructor E-RYT 500, meloraYoga.com, Portland, ME

**WORKSHOP B:** Frisky Business: The Importance of Comprehensive Sex Positive Education for Aging and Sexual Health in Adults 65+

**Gwendolyne Tuttle, MSW, LCSW**, Clinical Coordinator, Cornerstones of Maine, and Psychotherapist, Portland, ME

**Lacee DeLorey**, Program Coordinator, Cornerstones of Maine, Biddeford, ME

**WORKSHOP C:** Sex and Seniors: Supporting the Rights of Sexual Expression While Protecting the Vulnerable

**Kelly McCarthy**, Vice President, Resident Engagement and Memory Care Services, Northbridge Communities, Burlington, MA

2:00–2:20 p.m.

Break (Stretch, take a short walk, or just relax!)

2:20–3:00 p.m.

**PANEL:** First Person Narratives on Intimacy, Relationships, and Sexuality By Adults Living

With Dementia

**Facilitator: Susan Wehry, MD**, PI/Director, AgingME, Geriatrics Workforce Enhancement Program (GWEP), Department of Primary Care, College of Osteopathic Medicine, University of New England, Biddeford, ME

**Panelists: Members**, Dementia Action Alliance (DAA), Charlottesville, VA

3:20–3:30 p.m.

Closing and Evaluation

**Lenard W. Kaye, DSW, PhD**, Director, Center on Aging, Professor, School of Social Work, and Interim Director, Graduate School of Biomedical Science and Engineering, University of Maine, Orono, ME

## About the Eighteenth Annual Colloquium

This year's colloquium, offered as a hybrid event for the first time (both in-person & Zoom), is dedicated to addressing various dimensions of sexuality in later life. Points of focus include: the physiology and psychology of sexual aging; dementia and sexuality; medication effects on libido, orgasm, and arousal; LGBTQ+ relationships in late life; forms of protection, and sexuality and sexualized behaviors in long-term care. Authorities will gather in-person and via Zoom before a broad audience of health and human services professionals and older adult health care consumers to consider the personal and clinical impacts and physical, cognitive, psychological, ethical, and social perspectives on sexuality in late life.

## Colloquium Objectives

### Participants will:

- Understand the relationship between physiological processes (endocrine, neurologic, vascular, and cardiac) and the psychology of sexual aging (desire, intimacy, body image)
- Understand the role that medications play in late life sexual expression
- Understand the impact of brain health and cognitive change on sexual behavior
- Describe current policies, practices and programming in addressing sexuality and intimacy behaviors and needs in community and long-term care settings

### Who Should Attend?

- Medical, health, and behavioral health professionals who work in the fields of aging, health care, housing, aging-in-place, long-term care, and the social services
- Practitioners and students in allied health professions such as medicine, counseling, social work, nursing, law, and public health as well as public administration
- Health care clinicians, administrators, researchers, educators, care managers, supervisors, as well as community and public planners and policymakers



## Colloquium Registration Form

### *Eighteenth Annual University of Maine Clinical Geriatrics Colloquium (Virtual)* Sexual Health and Aging -|Wednesday, October 25, 2023

Regular in-person registration fee: \$40 | Maine Gerontological Society (MGS) member fee: \$20 | Students and adults 65 years and older: Free  
Virtual (Zoom webinar) registration fee: \$25 | Maine Gerontological Society (MGS) virtual (Zoom webinar member fee: \$10 | Students and adults 65 years and older: Free

(In-person registration includes all Colloquium materials, access to all sessions (Zoom & In-person) (keynotes, panels, and workshops) continental breakfast, and lunch. Virtual (Zoom webinar) registration fee includes all Colloquium materials and access to all sessions (keynotes, panels, and workshops).

Registration can also be completed online at <https://mainecenteronaging.umaine.edu/18th-annual-university-of-maine-clinical-geriatrics-colloquium/>

**SPECIAL NOTICE:** This year's Colloquium is part of the 2023 3-day Second Annual Maine Research Symposium scheduled for Wednesday-Friday, October 25-27, 2023 on the University of Maine Orono campus. To register for the entire 3-day Research Symposium please go to the [2023 Symposium website](#)

NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ORGANIZATION ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

COLLOQUIUM WORKSHOP PREFERENCE (CIRCLE ONE) **A B C**

DO YOU WANT A CERTIFICATE OF ATTENDANCE? **YES NO**

COMMENTS, SPECIAL REQUESTS, AND ACCOMMODATIONS NEEDED: \_\_\_\_\_

\_\_\_\_\_

The AOA Council on Continuing Medical Education approved this CME Activity for a maximum of 5.0 hours of AOA Category 2-A CME credits. UNE COM designates this CME activity for a maximum of 5.0 AMA PRA Category 1 Credit(s) TM, and 5.0 University of New England contact hours for non-physicians. Contact hours may be submitted by non-physician, non-PA health professionals for continuing education credits.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the ACCME through the joint providership of University of New England, and Aging ME GWEP. University of New England is accredited by the Maine Medical Association to provide continuing medical education for physicians.

If paying by check, detach and mail this form with your registration fee to reach us by Friday, October 20, 2023: UMaine Center on Aging, Seventeenth Annual Clinical Geriatrics Colloquium Camden Hall, 25 Texas Ave., Bangor, ME 04401-4324

Questions? Contact Lenard Kaye, 207.478.6072 or len.kaye@maine.edu