



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.
Wells Conference Center, University of Maine, Orono, ME

This year's hybrid Colloquium is part of the Second Maine Research Symposium on Biomedical Science and Engineering scheduled for Wednesday-Friday, October 25-27, 2023 on the University of Maine Orono campus. To register for the 3-day, in-person only Research Symposium, please go to umaine.edu/medicine/2023-symposium/2023-registration/



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 go to: bit.ly/45kjtR5

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, familial status, ancestry, age, disability physical or mental, genetic information, or veterans or military status in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 5713 Chadbourne Hall, Room 412, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$749,891.00 in grant Y05. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Eighteenth Annual Colloquium Program

8:30–8:40 a.m.

Introduction and Welcoming Remarks

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

8:40–9:30 a.m.

Erectile Dysfunction: Modern Diagnosis and Treatment

Graham T. VerLee, MD, Urologist, 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 Veterans 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, PhD, Professor, of Family Relations/Human Sexuality and Program Coordinator, Human Development & Family Studies, University of Maine, Orono, ME; **James Moorhead**, Healthy Aging Services Manager, Office of Aging and Disability Services, Maine Department of Health and Human Services, Augusta, ME; **Regina Koepp, PhD, ABPP**, Clinical Psychologist, Founder and Director, Center for Mental Health, Lead Medical Psychologist, UVMC, Burlington, VT

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

1–2 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+

Gwendolyn Tuttle, MSW, LCSW, Clinical Coordinator, Cornerstones of Maine, and Psychotherapist, Portland, ME; **Lacey 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, NIDE, BC-Ded, Vice President, Resident Engagement and Memory Care Services, Northbridge Communities, Burlington, MA

2–2:20 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

3:00–3:15 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

Sponsors



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 the various dimensions of sexuality and intimacy 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

The University of New England College of Osteopathic Medicine (UNE COM) is accredited by the American Osteopathic Association (AOA) and the Maine Medical Association (MMA) Council on Continuing Medical Education and Accreditation to provide continuing medical education for physicians. UNE COM has requested that the AOA Council on Continuing Medical Education approve this program for a maximum of 5.75 hours of AOA Category 2-A CME credits. Approval is currently pending.

UNE COM designates this educational activity for a maximum of 5.75 AMA PRA Category 1 Credit(s)TM and 5.75 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 Maine Medical Association 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.

Colloquium Registration Form

Eighteenth Annual University of Maine Clinical Geriatrics Colloquium (Hybrid - In person and Zoom)

Sexual Health and Aging | Wednesday, October 25, 2023 | Wells Conference Center, University of Maine, Orono, ME & Zoom

Regular in-person registration fee: \$40 | Maine Gerontological Society (MGS) member fee: \$20 | Students and adults 65 years and older: Free
Regular Virtual (Zoom webinar) registration fee: \$25 | Maine Gerontological Society (MGS) virtual (Zoom webinar) member fee: \$10 | Students and adults 65 years and older (Zoom webinar): 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 bit.ly/45kjtR5

NAME: _____ TITLE: _____

ORGANIZATION: _____

ORGANIZATION ADDRESS: _____

EMAIL: _____ TELEPHONE: _____

WORKSHOP PREFERENCE (CIRCLE ONE) A B C DO YOU WANT A CERTIFICATE OF ATTENDANCE? YES NO

COMMENTS, SPECIAL REQUESTS, AND ACCOMMODATIONS NEEDED: _____

I WILL BE ATTENDING: _____ IN PERSON _____ VIA ZOOM

If paying by check (payable to the UMaine Center on Aging), detach and mail this form with your registration fee to reach us by Friday, October 20, 2023:

UMaine Center on Aging, Eighteenth Annual Clinical Geriatrics Colloquium
Camden Hall, 25 Texas Ave., Bangor, ME 04401-4324

Questions? Contact Lenard Kaye, 207.262.7922 or len.kaye@maine.edu

SPECIAL NOTICE: This year's hybrid Colloquium is part of the Second Maine Research Symposium on Biomedical Science and Engineering scheduled for Wednesday-Friday, October 25-27, 2023 on the University of Maine Orono campus. To register for the 3-day, in-person only Research Symposium, please go to umaine.edu/medicine/2023-symposium/2023-registration/