

THE SILVER SEXUAL REVOLUTION

By Katherine Forsythe, MSW



Did you hear the one about the 80 year old guy strolling happily arm in arm with his 25 year old blond eye candy?

He runs into his doctor and brags, "Hey, doc! Look, I'm doing just what you told me at my last check-up. Be carefree, and have a hot mama!" His doc looks at him incredulously. "No, Mr. Burton. I said be careful, you have a heart murmur!"

What's so funny? The idea that adults in their late 70's, 80's, – even centurions – could be sexy has been traditionally unfathomable and uncomfortable in our western culture. Of course, this older guy's hearing loss has led to this unlikely hook-up. We dismiss the sexy older adult with a chuckle. Of course, he misunderstood his doctor.

Truth told, this older generation is at the leading edge of rewriting the script about how we view intimacy, relationships and sexuality – and aging.

Pay attention, boomers. Times are changing. This group from 65 to 80 is doing, again, what they did best 50 years ago. They're providing fertile ground for the 70 million + boomers to march in and change the way we think about the sexual status quo and aging, permanently.

Not so long ago, you could plan to permanently check your sexual-

ity as a man or woman at the front door of your retirement community, assisted living situation or especially, skilled nursing facility. Au contraire, today.

Don't let the hearing aids or the diminished eyesight fool you. The new silver sexual revolution is alive and well in many of the hip, forward thinking retirement communities across the nation.



Jack, 87, and Jill, 85, (names changed for privacy) lived 2 floors apart in a retirement community in San Francisco. They had waited 8 months for the annual outing to Reno.

After a day in the casino, the staff bus drivers searched frantically for them. Across town, Jack and Jill were lost in the pleasures of an afternoon delight in a quiet hotel after their wedding!

Having fallen asleep, they lost track of time. The jingle of the cell phone brought them back to reality and the ride home.

Jack and Jill had never been happier but the staff worried what the families might think. Neither Jack nor Jill cared about the kids. They had waited 8 months intentionally so that their children couldn't interfere.

Today, 4 years later, at 91 and 89, they are still happily having sex at least once a week. "It makes me feel 25 again, with none of the pressure and all of the pleasure. Jill is one hot woman," says Jack. His reduced blood pressure and Jill's vanishing depression will testify to that. Not to mention less urinary problems from muscle strength due to orgasms for both of them as well as reduced potential for prostate cancer for Jack.

What makes sex delectable later in life? Men and women 75+ who have made the choice to be sexually active reveal that it's declaring what you want and how you want it – honestly. In addition, it's the ability and willingness to sing the song differently at 70 than you did at 40. You still enjoy the tune but the tempo is slower and the instruments simply play in a lower key.

Older men disclose that when they finally get it and realize that pleasing and pleasure beat out performance for most women, it's a huge relief to everyone. The almighty holy grail of sex, intercourse and the accompanying need for instant, constant, hard erections (though nice when they happen occasionally by themselves or with the help of the triumvirate Viagra, Cialis or Levitra), are not as important as erotic touching.

Oral sex, finger play, experimenting with toys, kissing, erotic massage, mutual self-pleasuring, new positions, the use of erotic DVDs and magazines, even enjoying internet sites together –

all these are menu choices that reduce omnipotent intercourse to just one more option on the menu.

More than half of the population over 65 is single, and growing daily. The stigma on single sex is evaporating – with single or multiple partners or flying solo with self-pleasuring. Single adults at midlife-plus are enthusiastic customers at sex toy sites at any age from 50 to over 100.

Dating is wide open for men and women at any age. Last month, a man in an assisted living facility in San Rafael asked if it would be too hurtful to his former girlfriend if he started to date, again, so soon. They had split 6 months earlier. He was looking at a woman 10 years younger. He's 102! Some things never change – the need to be sexual never leaves us.

While it's true that the ratio of women to men gets higher with the decades, nature again provides an interesting balance. It's well

known (and much maligned by many women) that men search out younger women. It's not as well known that women frequently search out older men who know their way around the block.

Katherine Forsythe, MSW, empowers all people at midlife-plus to redefine, invigorate and rediscover their sexuality. For more information, email her at info@getasecondwind.com or visit www.getasecondwind.com.



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