

## Debunking Senior Myths: A Free Report

### Myth #1:

*Sex in your sixties is like a romance novel.*

“He slammed and locked the bathroom door. He ran the shower until it was pleasantly warm and then let the water cascade on his body for at least five minutes. He climbed out of the shower and studied his nakedness in the full length mirror noting that his slight paunch was gone and his stomach was flat as a pancake. He was lean, tan, hairy and masculine.

He opened the bathroom door carefully. The redhead and the blonde were both waiting, lolling on the bed in an advanced state of nakedness. He headed toward them. Time to play. Time to get it on.”

Jackie Collins, Author  
Lovers and Gamblers

Now, let's be honest about what really goes on in the bedrooms of the AARP crowd.

I wonder how many women are going to bed in lingerie from Victoria's Secret? I suspect that nightgowns or t-shirts are more the norm. What about a woman's nightly ritual before hitting the sack? You know, plucking her eyebrows, removing makeup, putting hair up in curlers, etc.

Meanwhile, her man is waiting for the high sign that she's ready for bed but hopefully not for sleep. Minutes pass that seem like hours and suddenly here she comes into the family room, passing him and the television, on her way to the laundry room. Why? She forgot to take the laundry from the dryer. Moments later, sitting on a nearby couch, she begins folding clothes.

Finally, as his anticipation for some action begins to wane, he hears the wonderful news, “Hey, honey, I'm ready.” Does this mean ready for sleep or ready for sex? It turns out, in the short time it takes him to turn off the TV, put down the remote control and hop in the sack the best he can hope for at this late hour is the comfort and security of laying close to his sleeping beauty. Oh well, there's always another night!

## Myth #2:

### Men don't ask for or take directions

Recently, Grandma and I embarked on a trip to Nashville from Atlanta to enjoy some country music and attend the Grand Ole Opry. It was a relatively uneventful four hour drive until, on the outskirts of music city, I had difficulty locating the hotel. We had booked it on line and didn't realize it was off the beaten path!

Having driven to Nashville before, I was fairly familiar with the area so I didn't take time to get the specific directions. As I began to drive around in circles, my wife asked the typical seemingly straightforward question. "Honey, why don't you stop and ask for directions?" As any man knows, those are words we'd rather not hear. Don't we just hate it when our manliness is challenged?

"I'm not lost, I replied. I'm just exploring the area." I could tell from that look, she was not pleased with my sense of humor. Still determined not to stop for directions and believing that I could find my way to the hotel, I decided to relieve the tension building in the air. With tongue in cheek, I suggested what I really need is a new car with a built in navigational system. Her comment was straight forward. "REALLY! Don't you think that's an expensive way to get directions?" It was obvious from the expression on my wife's face she wasn't buying into my idea. Why didn't I ask for directions from the beginning?

Admittedly, I find it difficult to ask for directions while on the road. However, I've discovered that asking for guidance in bed to increase our intimate experience, works wonders. In fact, we both express what we like, share what we don't like, and what really turns us on in the sack. As we age, I believe it's critical to have ongoing sexual guidance from one another.

With better partner communication, asking for sexual direction and a new zest for intimacy, we can improve our sex lives dramatically. All of our bodies change during our senior years. It is at this time that it is even more important to communicate feelings, fears, thoughts and desires to your partner. Because your partner is undergoing the same physiological changes, encouraging your partner to communicate is also vital.

As communication skills improve, it will result in the two of you feeling closer and make your sex more satisfying.

If you want to try something “new,” have an open discussion with your partner. Make sure that your partner knows that you are open to her new ideas as well. You are at a stage in your life when you have more time, less commitments, less responsibilities and more energy now that you aren’t chasing your kids or working. This is the time to be creative, passionate and enjoy life.

It’s also important to understand what stimulates us sexually, especially in our senior years. Women are more auditory, they tend to want to hear sexy things. Tell your wife or partner how much you love her and how beautiful she is. This will definitely create a mood for her.

Men tend to be more visual, and are stimulated by seeing beautiful or sexy things. A woman can entice her man by dressing up and making herself look attractive and desirable.

Start being creative again with your partner. Senior sex calls for creativity. Try and seek out new positions and techniques together. The internet provides a wealth of knowledge on any topic, sex in particular. Do some web surfing to come up with ideas, positions and techniques to make your sex lives more enjoyable and more fulfilling but most of all, ask your partner for directions.

### **Myth #3:**

**What is important to men is TV, a cold beer, sports and a remote control.**

Often I’m asked, usually by older women, “why do most men have a TV addiction”? I’ve given this perplexing question a lot of thought and it’s my conclusion that watching television allows us to spend more time with ourselves in an effort to understand ourselves better. I believe we’re so hung up on having a beer while surfing the channels looking for sports, sex and action movies because we find ourselves living vicariously through our TV heroes. Admit it! We all want to live a James Bond life, be the quarterback facing a game winning opportunity, or simply be Tiger Woods

winning a major tournament. It's not going to happen. Not from the couch or the EZ boy recliner.

One evening, while engaged in meaningful conversation with Grandma, she casually asked, "Honey, why do you spend so much time watching television."

It was a fair question and immediately plunged me into deep thought. After several seconds I replied, "Sweetheart, I do my best thinking in front of a wide screen TV." She stared at me with a bewildered look on her face. She was under the false impression that men actually watch a program from beginning to end. Nothing could be further from the truth. I explained that we randomly surf the channels to relax. TV watching is simply a time to unwind, reflect and be current with topics bound to come up in mixed company discussions. Most men want to know before Monday morning what took place in the world of sports over the weekend!

As far as what's important, our partners, our life together and each other's well-being and can never be replaced by television, a cold beer, sports and a remote control. Perhaps, the answer lies in the mutual understanding of what each person needs in order to feel they are each others number one priority. Open communication is key. Allowing both time to relax and time for intimacy is the best combination of all.

#### **Myth #4:**

#### **Seniors don't fantasize!**

I don't buy into the notion that as we age we don't fantasize. I've done some research and according to The Sex Bible~The Complete Guide to Sexual Love by Susan Crain Bakos following is a list of the top fantasies;

1. **Making love** with someone other than your regular partner. This is the most common fantasy for both men and women.
2. **The Forbidden Partner** i.e. someone of a different race, a relative, a friends spouse, your boss or personal assistant.

3. **Multiple partners** which is typically sex or intimacy with your lover and another person. (For men, the “two woman” fantasy is a favorite.)
4. **The Romance Fantasy** ~ Sex with your partner in an idyllic place such as the beach at sunset.
5. **The Spontaneous Stranger Encounter** ~ such as the “zipless f-k” popularized by author Erica Jong in her classic novel Fear of Flying, in which strangers meet on a train, fall upon each other, their clothes falling magically away.
6. **Taboo Sex Acts** such as having sex in a public place, joining the “mile high” club on your favorite airline or simply practicing S/M.
7. **Exhibitionist or Voyeuristic Fantasies** ~ This is where one is having sex while being watched or watching someone else have sex. A common version of this for men is watching a wife or girlfriend have sex with someone else.
8. **Sex with a Celebrity!** Who would you like to “do it” with?

Acting out your fantasies that are mutually acceptable is a great way to shake things up in the world of seniors. When you act out a part, you let go of attitudes and inhibitions that were holding you back.

## Myth #5:

### *As we age, condoms are not necessary*

“Most people don’t want to think about it: grandpa and grandma having sex. But they do. A lot. And it’s not always safe sex.”

Rebecca Dellagoria, Miami Herald  
February 11, 2009

Indeed, during the past decade, AIDS cases among those 50 and older have risen by 500 percent, according to the U.S. Centers for Disease Control and Prevention. Nationally, about one in 10 Americans diagnosed with AIDS is 50 years or older, according to 2007 data from the Florida Department of Health.

“Why is it that some men will care for a car or favorite baseball glove with meticulous detail, but refuse to wear a condom when they are at risk for giving or getting a sexually transmitted infection? Why do many of America’s women go nearly insane over a single zit or take hours getting dressed for a party, but throw caution to the wind about getting HIV or HPV (Human Pappilloma Virus)?

Why is our nation’s program to educate our young adults about STD’s little more than a thinly veiled attempt to discourage them from having sex?

What exactly is a Crotch Critter? Whether it’s an STD or VD, it refers to the same thing. They are diseases or infections that are primarily transmitted from person to person by sexual contact.”

Source: Guide To Getting It On (Sixth Edition)

Seniors in a sexual relationship should be aware of the risks posed by sexually transmitted diseases (STDs) and understand how to minimize their risks of being exposed to them through safe sex practices.

HIV among adults over 50 is not a new phenomenon. Since the disease came to the forefront of the public consciousness, HIV in persons older than 50 has accounted for about 10 percent of all cases. What has changed is the mode of transmission.

In the early years of the HIV epidemic, blood transfusion was the major mode of transmission among the senior population. Today, it is heterosexual contact that is the primary mode of transmission for the disease, and these numbers continue to grow. The figures are staggering.

Heterosexual transmission in men over 50 is up 94 percent and the rate has doubled in women since 1991. Worse still, seniors are not getting safe sex education and continue to get HIV infected, primarily because they feel they are immune to the disease.

I know that discussing sex among the senior set isn't always easy. An 85-year old youngster from Miami Beach said, "We're from the old school. We never talked about sex. It was taboo. We're more open minded now and that's a good thing." When two seniors find romance at a dance, they may eventually discuss taking their relationship to the bedroom. Neither have given any thought to using a condom.

With the incidence of infectious diseases increasing and the number of seniors with STDs, It's important that the use of condoms is brought back into the conversation. If some of these "condo jockeys" go out with prostitutes then service all the ladies in the building, we've got a problem. Maybe they should carry around a certificate that says...I'm disease free!

**Unprotected sex is a risk at any age!**

### **Myth #6:**

**It's only the man's role to be aggressive!**

The boardroom is not the bedroom!

It's a fact that many men prefer for women to take the lead in the bedroom. One of the most popular fantasies among men is to be seduced by a woman. Men are yearning for women to become aggressive.

If you want to melt your man's heart you can begin by complimenting him about his appearance. Telling a man how attractive he is may not feel natural to some women because they are accustomed to receiving compliments rather than giving them. Share something you admire about your man. It may be the color of his eyes, the bulge of his biceps, the smell of his hair or the size of his penis.

After you've hinted that you can't resist your man, beat him to the punch by making the first move. A couple of suggestions might include either taking off your clothes or simply unzipping his pants. Keep the focus off of you. Focus on him. Don't rush into a sexual act. He really would prefer you to take your time during foreplay. Initiate a warm kiss. Engage in verbal foreplay with sexual innuendo and strategic touching. Adjust your behavior to his preferences and mood.

Let kissing become the initial step in your foreplay. Seducing your man requires finesse and patience. Fortunately, for you, his penis provides a good clue to his state of mind and level of arousal.

If he is in the mood, and most men usually are, keep on going. Unbutton his shirt slowly. Keep his pants on for awhile so that all the focus, his and yours, is not on his penis. Try to strike a balance between making him wait and keeping things hot. You might cop a feel of his genitals through his clothing before you yank his pants off. It's also romantic to reach down into his pants and grab his handy gadget. Be gentle.

The point of a woman's aggressiveness is to shower him with her sexual desire. Reassure him of your loving intentions.

### **Myth #7:**

#### **Seniors are too old to have sex!**

Senior dating is often more about meeting friends and having companionship than it is about dating and having sex in the traditional sense. The reality is there are seniors who have mobility and/or medication issues that can affect desire and ability.

Intercourse is only one of many ways to be close to someone. Consider affection, touch, hugging, kissing and caressing. As seniors, we may have certain physical losses. This means lovemaking needs to be expressed in a variety of different ways.

The key to healthy sex for individuals at any age is overall good health. This will contribute not only to your physical stamina and performance but also to your emotional wellbeing. When you feel better about yourself, you're likely to perform better in all areas of your life, including the bedroom. It's important for individuals to exercise regularly and maintain a healthy diet. This will ultimately lead to a strong body and strong performance in the bedroom. (Both are worth your time and effort!)

Sharing your life in a fulfilling relationship, which often includes a healthy sexual relationship, can have positive effects on every aspect of your life, from physical health to self-esteem.

Fortunately, our need and desire for intimacy never ceases. Most people continue to have sexual desires throughout their lifetime, usually well into their 80s. This is great news for everyone - young or old.



### **Myth #8:**

#### **Oral sex is not sex!**

“I did not have sex with that woman!”

Bill Clinton

Because they stimulate the penis with their mouth or stimulate the vagina with their tongue, many young adults don't view fellatio or cunnilingus as “real sex.” As a result, many of the younger generation have turned to oral sex as a substitute for intercourse. They believe they can explore their sexuality without really “doing it.” My guess is that the fear of pregnancy and sexually transmitted disease has helped increase the popularity of fellatio. While you can't get pregnant from giving a blowjob or from receiving oral sex from a man, please remember that STDs including HIV infections can be transmitted through oral sex.

When you are having oral sex, you are up close and personal with the most intimate parts of your partners body. All the senses are stimulated; sight, sound, smell, taste and touch.

I strongly believe that two individuals with their pants or panties down giving each other pleasure or in many instances orgasms by definition qualifies as sex.

If that isn't sex...where have I been all these years?

### **Myth #9:**

## Sexual energy is not a function of good health!

In her book, *Real Sex for Real Women*, Laura Berman states, “A great sex life requires a great body and that means more than just exercising regularly and eating a nutritious diet. A healthy body is a result of a fit mind, a fit lifestyle and a commitment to sexual health. Whatever your age or stage of life, a healthy body will help you achieve a satisfying sex life.

Our bodies shape our sexual experience and enjoyment so taking care of our health should be one of our top priorities. Care for your body and watch your sex life soar.”

The older we get the stiffer we become (not in a sexual context). Don't subscribe to the myth that you're “over the hill” sexually as you age.

WORK OUT! Most of us could use some more physical exercise. I'm not only talking about working out at your local health club. There are also many internal exercises that men and women can do to insure better sex. Pilates and certain types of Yoga pay attention to our sexual muscles.

I've read that the Chinese have a tradition of energy exercises, mostly for men, that build sexual health and enjoyment.

### Myth #10:

## Your partner will desire you just because you desire her!

Sometimes I think men are delusional if we believe we can make our partner desire us just because we desire her. It all comes down to the same thing. To quote Billy Crystal, “Women need a reason to have sex. Men just need a place.” That says it all.

What are you doing to demonstrate your love so your partner will want to make love? Are you acknowledging her? Are you being kind, tender and appreciative? Do we, as men, set the stage with our partners so that intimacy becomes the natural result of our behavior? If not? Why not?

Have you ever noticed how easily women become distracted? Even in their later years, it seems there is always something a woman must do to feel productive. If, for whatever reason, she doesn't feel productive or

valued, you better figure out how you can turn her self-talk around. If a woman is pre-occupied, you don't stand a prayer when it comes to "having sex."

Your comments are welcome.

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