

Keeping It

Hot

Marriage Retreat





Midlife Issues

Till Gray Do Us Part

Sex after age 70







Something happens to
the body and mind
between ages 40 and 60.



What Goes Wrong?

- Your back fails
- Your hormones drop
- Your memory dodges
- Your muscles dissipates
- Your heart flutters
- Your stomach growls
- The penis too soft
- The clitoris not hard enough
- Need more lubrication



How can we get ready for this?

During the early years
do not take each other
for granted.



“Studies show that even "rock-solid" marriages are hard to sustain for a lifetime. As couples see themselves living together well into their 80s and 90s, "till death do us part" has taken on a completely different meaning.”

Vivian Diller, PhD



"According to couple's therapist, John Jacobs, M.D., "the single greatest weapon in the battle to ensure the survival of a long term relationship is maintaining awareness of the fragility of the marital bond." And when you ask couples that have been successful maintaining long-term marriages, the theme you hear repeated is, "We made our marriage our highest priority."

“What keeps a union happy is the willingness for people to make marriage a priority and to realize there are skills they can learn.”

Marriage educator, Claudia Arp



“Are you
ever too old
to have sex?”



Dr. Bean Robinson, a professor in Human Sexuality at the, University of Minnesota



“Are you ever too old to have sex?” says: “The short answer is: it depends. It depends on things like opportunity, availability, ability and desire.” He continues: “The long answer is no, you're never too old for sex. But the landscape does change. She states that “sexual connection is very basic to humans. After all, each of us has a sexual identity and while it may change, it doesn't disappear.”



Neuroplasticity

Change can take place in the brain at any age.

Maritalplasticity

Change can take place in marriage at anytime.

It is the ability of couples to create new pathways to adjust to the ever-changing state of marriage.



The Shocking Stats



Divorce By Duration of Marriage

Duration of Marriage	Number of Divorces
1 Year	2
2 Years	12
3 Years	26
4 Years	28
8 Years	34
10-14 Years	121
15-19 Years	55
20 and Over	123



Divorce By Number of Children in Marriage

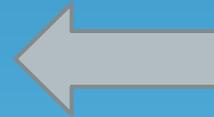
Number of Children Number of Divorces

0	172
1	133
2	110
3	61
4	16
5	5
6	1
8 & 9	--
10 & More	4



Divorce By Age Group

Age of Husband	Age of Wife	Divorces
35-39	35-39	54
30-34	40-44	2
35-29	25-29	1
50+	50+	113



Physical Changes in Men

MedlinePlus

“Aging changes in the male reproductive system occur primarily in the testes. Testicular tissue mass decreases. The level of the male sex hormone, testosterone stays the same or decreases gradually. There may be problems getting an erection. This is a general slowing, instead of a complete lack of function.”

Physical Changes in Men

MedlinePlus

“Fertility varies from man to man. Age does not predict male fertility. Prostate function does not affect fertility. A man can father children, even if his prostate gland has been removed. Some fairly old men can (and do) father children.”

The volume of fluid ejaculated usually remains the same, but there are fewer living sperm in the fluid.

Physical Changes in Men

MedlinePlus

“Some men may have a lower sex drive (libido). Sexual responses may become slower and less intense. This may be related to decreased testosterone level. It may also result from psychological or social changes due to aging (such as the lack of a willing partner), illness, chronic conditions, or medications”



Physical Changes in Men

MedlinePlus

“Erectile dysfunction (ED) may be a concern for aging men. It is normal for erections to occur less often than when a man was younger. Aging men are often less able to have repeated ejaculations.”



Changes that can lead to divorce

DR. JOSEPH MATTERA

- One of the partners experiences a mid-life crisis
 - “Sometime between the ages of 40 and 50 (in some cases as young as 35) one or both spouses realize that some or all of their dreams are not going to come to pass. This results in an identity crisis, with them trying to recapture the spark of their youth or to pursue their dreams at the expense of their marriage. It may be that a hobby (sports, music, art, travel, etc.) becomes an obsession, or it can be trying to hang out with their old friends to recapture their youth. It is something that becomes the focus of their life in place of their marriage and family.”

Changes that can lead to divorce

- Raising the children kept the marriage together
 - In some cases, when couples hit their mid-forties or later, their children are all college age or older and leave the house. This gives the marriage partners the empty nest syndrome during which they realize their marriage was emotionally anchored upon the common goal of nurturing their children. When their children left the house they had nothing more in common to hold them together.

Changes that can lead to divorce

- One or both of the marriage partners get tired of the emotional wear and tear of the relationship
- Physiological changes transform the relationship
 - When women go through menopause their bodies undergoes hormonal changes that can make them depressed, lose sexual desire, and hate their spouses. Also, I would not be surprised if many men go through similar changes that have not been classified by the medical industry as “change of life.”

Changes that can lead to divorce

- The relationship was held together by physical attraction more than emotional connection
- Retirement gave them more time together
- Emotional issues spill over that have not been dealt with
- Many of their married friends are getting divorced and finding love again through other people

What To Do?

- Love your spouse unconditionally now
- Commit now
- Hold each other now
- Understand each other now
- Walk naked now
- Enjoy and understand the sex now
- Prepare to live without sex now
- Sleep together now

Midlife Issues



Midlife Blessings

The image features a solid blue background with several white snowflake graphics of varying sizes and opacities scattered across the right side. The snowflakes have a six-pointed, crystalline structure with smaller branches extending from the main points. The text 'Midlife Blessings' is centered horizontally and rendered in a white, serif font.

