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Volume I, Issue 6 September 2009

Dear Pamela,

The team at You&Me.WE has completed our first overnight retreat at St. Petersburg Beach's legendary Don CeSar Resort. We are totally pumped and already thinking about how soon we can present another one. Couples in attendance relaxed and enjoyed learning relationship education skills while in comfortable resort surroundings. You will find photos and more about the retreat later in the newsletter.

Other articles in this issue focus on the importance of intimacy and how it affects a couple's relationship. In News Beyond Tampa Bay, we include articles about the benefits of marriage.

We plan to kick off the new fiscal year (October 1) with three of our most popular workshops: Relationship Ed. 101 for Expectants on October 3rd at Morton Plant Mease - Countryside Hospital, How to Avoid Falling in Love With a Jerk(ette) on October 10th at First Baptist Church on Gandy Blvd. and Relationship GPS on October 24th at the All-Children's Hospital Education and Conference Center.

Please check out these and other upcoming events on our recently updated website, www.youandmewe.org.

Here is what some participants said about the Don CeSar Retreat:

Very effective workshop because it wasn't just information delivered but caused us to reach inside ourselves and pull out what we each know about ourselves and gave us things to share with our partner as well as ideas for future sharing.

I just wanted to state that my husband and I had a wonderful time this past weekend. We thoroughly enjoyed everything about the program: hotel, food, presentation, couple time.

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Couples Retreat at the Don CeSar = Success



More than sixty couples enjoyed the luxurious surroundings of the Don CeSar Resort on St. Pete Beach while strengthening their relationships over the July 31 - August 1 weekend. Available only to You&Me.WE mail list subscribers, couples enthusiastically signed up within days of the event's posting.

Participants represented all ethnicities and ages from 30-somethings to more than 60 years old with the bulk of the participants in the 30-49 years old range. One couple attending had been married more than 40 years. Most came from greater St. Petersburg and the greater Tampa Bay area. One couple from Michigan found out about the relationship education opportunity on the internet! The retreat filled several months prior to the event, causing a long waiting list.

Barbara Rhode and Annette Reiter of Transitions and You, Inc., led sessions on Gender

Differences, Habits of a Healthy Relationship and Making Change Stick. You&Me.WE relationship coaches led break out sessions on Nurturing Intimacy, Vision and Goals and Commitment.



See what couples who attended had to say! Click on the names below.

[Juanmiguel / Amanda](#) and
[Mashonda / Lon](#).

To answer your questions, yes, the You&Me.WE team is already planning its next retreat! Stay tuned!

Volunteer Opportunities at You&Me.WE

Debbie Orner and her husband Randy were among the first participants in our couples workshop, Relationship GPS. Since then, Debbie and Randy have been dedicated and committed to You&Me.WE's success. Both serve as members of our Community Advisory Group. Debbie now volunteers in the office. She has been instrumental in helping us score our workshops' pre- and post-tests which we use to evaluate our program's effectiveness.



If you or someone you know is interested in volunteering with our program, please contact Stephanie M. Brown, MBA at 727.528.5831 or email sbrown@family-resources.org.

New Workshop Created: Dating 101 for Teens

These teens are writing their likes and dislikes regarding the characteristics of the boys they would like to date during an exercise that was a part of Dating 101 offered in mid-August. Teens learned a bit more about the very serious game of dating, including boundaries, what love IS and IS NOT, how to break up, friendship and healthy ways of "hooking up."



If you know of teens who may be interested in participating in a future Dating 101 workshop, please contact Stephanie Brown, MBA -- 727.528.5831 or sbrown@family-resources.org or Kitty Rawson -- 727.528-5830 or krawson@family-resources.org.

News You Can Use

WebMD 10 Surprising Health Benefits of Sex

The health benefits of sex extend well beyond the bedroom. It turns out sex is good for you in ways you may never have imagined.

By Kathleen Doheny

WebMD Feature

Reviewed by Louise Chang, MD

When you're in the mood, it's a sure bet that the last thing on your mind is boosting your immune system or maintaining a healthy weight. Yet good sex offers those health benefits and more.

That's a surprise to many people, says Joy Davidson, PhD, a New York psychologist and sex therapist. "Of course, sex is everywhere in the media," she says. "But the idea that we are vital, sexual creatures is still looked at in some cases with disgust or in other cases a bit of embarrassment. So to really take a look at how our sexuality adds to our life and enhances our life and our health, both physical and psychological, is eye-opening for many people."

Sex does a body good in a number of ways, according to Davidson and other experts. The benefits aren't just anecdotal or hearsay -- each of these 10 health benefits of sex is backed by scientific scrutiny.

Among the benefits of healthy loving in a relationship:

1. Sex Relieves Stress
2. Sex Boosts Immunity
3. Sex Burns Calories
4. Sex Improves Cardiovascular Health
5. Sex Boosts Self-Esteem
6. Sex Improves Intimacy
7. Sex Reduces Pain
8. Sex Reduces Prostate Cancer Risk
9. Sex Strengthens Pelvic Floor Muscles
10. Sex Helps You Sleep Better

Reviewed on March 30, 2009
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Click [here](#) to read the entire article.

Sex on the brain

By Lollie Barr

The Sunday Telegraph

June 07, 2009

REMEMBER when sex was like a seven-course gastronomic feast? You never knew what was coming, every mouthful left you tingling all over and, by the end of it, you were satisfied and content.

Nowadays, it's more like Pot Noodles: quick, convenient and fills a gap, but you wouldn't want it every night.

To put great sex back on the menu, you've got to put it on the brain.

"Great sex starts in the mind," says body+soul's sex and relationship columnist Dr Gabrielle Morrissey.

"Turning on your brain hours or days before you have sex triggers your libido into action."

Here's how.

- Prime up for sex
- Just say, "Yes, yes, yes!"
- Don't go to bed angry, go to bed sexy
- Let your partner be your fantasy
- Start asking questions
- Morning glory

Click [here](#) to read the entire article.

6 Sex Mistakes Women Make

WebMD explains the 6 biggest sex mistakes women make and reasons why.

By Lisa Zamosky

WebMD Feature

Reviewed by Louise Chang, MD

Ladies, be honest: when your sex life becomes a little humdrum, out comes the mental catalogue of all the ways your partner isn't quite measuring up. Guys tend to get a bad rap when it comes to understanding women's bodies and what turns us on, making them easy targets in the blame game when sexual satisfaction starts to wane. And sure, they make their fair share of bedroom errors. But as the saying goes, it takes two to tango. As it turns out, top sex and relationship experts say that women make plenty of sex mistakes of their own. Here's what they have to say about the six most common mistakes women make in the bedroom and what you can do to get the satisfaction you so rightly deserve.

Sex Mistake #1: Not Initiating Sex With Your Partner

Sex Mistake #2: Worrying About What You Look Like

Sex Mistake #3: Assuming Sex Is Casual for a Man

Sex Mistake #4: Believing He's Always Up for Sex

Sex Mistake #5: Not Giving Him Guidance

Sex Mistake #6: Getting Upset When He Suggests Something New

Click [here](#) to read the entire article.

Sexual Foreplay: What's in It for Men?

Sexual foreplay means more sex. And that's something any guy can get into.

By Sean Elder

WebMD Feature

Reviewed by Sheldon Marks, M.D.

Dates that end with lovemaking often begin with dining out, so that the meal itself can be seen as a form of sexual foreplay -- in more ways than one. How many times has this happened to you: You take your woman out to dinner at a nice restaurant. The waiter takes your drink orders and tells you of the specials, a busboy brings you a choice of savory breads, and you get down to the business of perusing the menu. Your eye is on the right side of the page -- steak? lobster? steak and lobster? -- when your date announces, "I think I'll just have a salad and a couple of appetizers." At this juncture you might say something like, "Are you crazy? You'll be starving later!" But she insists she knows her appetite and enough of those little things make, for her, a full and satisfying meal.

So it is with sexual foreplay. A lot of men don't think they've had sex unless they have had full-on sexual intercourse -- the meat and potatoes of many men's sex lives, if not the steak and lobster. Skeptical as they are of the nourishment value of the proverbial small plates, they tend to rush toward the entrée and insist they're not really dining otherwise. They don't see the value of sexual foreplay in lovemaking -- the well-placed nibble and stroke, the suckle and bite -- even if that is what women often want.

Why Men Have a Fear of Foreplay

. . . . But why the fear of sexual foreplay? "Most men are hung up on the fear of losing their erection," says Epstein. "It dominates their mind during the act of sex. They're really preoccupied with themselves, or they are in some kind of dance with themselves."

How to Make Sexual Foreplay Work for You

Meaning that if you are worried about your erection electing to vanish, you can have your cake (or steak) and give her those appetizers too. "Some men have problems with rapid ejaculation," says Weston, citing another oft-encountered reason for avoiding sexual foreplay. "Sometimes they'll go for an early insert, if you will, then hope that there might be enough interest from their partner that there might be a round two later, and there might be some foreplay in between those two intercourse times."

. . . .

Click [here](#) to read the entire article.

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News from Beyond Tampa Bay

Sex Drive: How Do Men and Women Compare?

Experts say men score higher in libido, while women's sex drive is more "fluid."

By Richard Sine
WebMD Feature

Reviewed by Louise Chang, MD

Birds do it, bees do it, and men do it any old time. But women will only do it if the candles are scented just right -- and their partner has done the dishes first. A stereotype, sure, but is it true? Do men really have stronger sex drives than women? Well, yes, they do. Study after study illustrates that men's sex drives are not only stronger than women's, but much more straightforward. The sources of women's libidos, by contrast, are much more difficult to pin down.

It's common wisdom that women place more value on emotional connection as a spark of sexual desire. But women also appear to be heavily influenced by social and cultural factors as well.

"Sexual desire in women is extremely sensitive to environment and context," says Edward O. Laumann, PhD, a professor of sociology at the University of Chicago and lead author of a major survey of sexual practices, *The Social Organization of Sexuality: Sexual Practices in the United States*.

Here are seven patterns of men's and women's sex drives that researchers have found. Bear in mind that individuals may vary from these norms.

1. Men think more about sex.
2. Men seek sex more avidly.
3. Women's sexual inclinations are more complicated than men's.
4. Women's sex drives are more influenced by social and cultural factors.
5. Women take a less direct route to sexual satisfaction.
6. Women experience orgasms differently than men.
7. Women's libidos seem to be less amenable to drugs.

Click [here](#) to read the entire article.

Jacksonville.com

Marriage: Happiness pays off



Story updated at 8:15 AM on Tuesday, May. 26, 2009

A good marriage is good medicine.

The latest confirmation of it comes from a 13-year study about middle-aged women by researchers at the University of Pittsburgh and San Diego State University.

They compared the health of women with a high satisfaction in marriage or in a romantic relationship with women less satisfied in relationships and other women who were divorced, single or widowed.

The 493 participants agreed to have blood drawn to measure sugar and cholesterol levels along with blood pressure readings and assessments of their personal habits and mental health, according to the study.

The results: Women who were happier in their relationships had healthier hearts with lower blood pressure and cholesterol.

They also experienced less anger and depression, the research showed. Researchers suggest several factors could be in play, including more emotional support and less social isolation.

Also, a good spouse or significant other can encourage mates to take better care of themselves and avoid risky behaviors, according to a news release from the American Psychological Association.

It's long been said that a strong marriage is good for the heart.

Nobody is claiming that bad marriages are good for you.

But evidence continues to mount that good marriages do the rest of a body good, too.

The Power of Marriage

Princess Diana was asked after her separation from Prince Charles what effect their marital relationship had on her. "More than I will probably ever know," she responded.

Marriage is that way for many of us. It matters more than you can imagine. Marriage and divorce can and do influence every aspect of our lives - emotional stability, physical health and even outlook on life.

Although marriage has been around as long as man and woman, historians trace the earliest known written marriage contracts to Sumeria, around 2000 B.C. These marriages established "a pattern which was until very recently observable in most parts of the world," says history Professor J.M. Roberts at Oxford University. The leaders of Sumeria encouraged the spread of this new institution because they found it gave them better-motivated soldiers and civil servants and promoted social stability.

In modern-day America we see the same fruits of marriage. Dr. Robert H. Coombs, professor of Biobehavioral Sciences at UCLA, has reviewed more than 130 published empirical studies measuring how marital status affects personal well-being. He concluded that the scientific investigations "attest that married people live longer and generally are more emotionally and physically healthy than the unmarried." How can this be?

Well, for example, a recent study in the *Social Science Quarterly* found that of all the variables analyzed, divorce had the strongest relationship to the suicide rate and

marriage the weakest. (Never-married adults came out in the middle.) The Centers for Disease Control in an article published in the American Journal of Public Health found married people three times less likely to commit suicide than those who had been divorced, and half as likely as those who had never been married.

But the power of marriage goes beyond psychological health. It actually enhances physical health. Linda Wait, an eminent social demographer at the University of Chicago, came to some startling conclusions in an extensive 1995 study. She found that a married man with heart disease can be expected to live, on average, 1,400 days longer than an unmarried man with a healthy heart. This longer life expectancy was even more pronounced for the married man who has cancer or is twenty pounds overweight as compared to his healthy unmarried counterpart. Professor Harold Morowitz of Yale University came to a similar conclusion. He found that "being divorced and a nonsmoker is slightly less dangerous than smoking a pack a day and staying married." When asked what this means in real life, he jokingly said, "If a man's marriage is driving him to heavy smoking, he has a delicate statistical decision to make."

Click [here](#) to read the article in its entirety.

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Upcoming Workshops



Note: In transitioning to our new website, the links to register may be lost. If that happens, simply go to our website at www.youandmewe.org and then click on Event Calendar.

You&Me.WE is a healthy relationship initiative with locations in Manatee and Pinellas Counties and is designed to help

- couples thrive in their relationships
- singles know what to look for in a partner
- teens to develop healthy dating habits
- expectant mothers develop healthy relationships with their partner and child(ren)

The program offers fun and interactive skills based education through workshops, retreats, premarital education and private couple's education.

Workshops include

- How to Avoid Falling in Love with a Jerk(ette) -- for singles
- Relationship GPS - Tools to Navigate your Life Together -- for committed couples
- Love Smart Retreat - Preventing Relationship Bail-Out -- for committed couples
- Rediscovering You - A Retreat Not Just For Women -- for singles
- Relationship Education 101 for Expectants -- for pregnant or recently delivered mothers
- Dating 101 -- for teens 15-17

In addition to public workshops listed on our calendar (below) groups may also inquire about private workshops. Click [HERE](#) to read more about You&Me.WE workshops and retreats.

Workshops and retreats like these can cost \$200 and more, but through a federal grant the You&Me.WE program is currently able to offer most workshops and retreats at no cost to the participant.

Pinellas County (Click [HERE](#) for a complete list)

Relationship Ed. 101 for Expectants -- Build a Healthy Relationship With Your Partner and Your Child

- Focus on your emotional health so you can build a healthy relationship with your partner and child(ren)
- Learn communication skills that will enhance your couple and parent / child

relationships

- Learn how to create a more positive environment at home

Expectant mothers who complete a total of 8 contact hours will receive a **\$50** Publix or gas gift card.

Saturday, October 3, 9:00 a.m. - 5:00 p.m.

Morton Plant Mease Countryside Hospital, 3231 McMullen Booth Rd., Rooms 1-2-3,
Safety Harbor, FL 34695

Click [HERE](#) to register now.

The following Relationship GPS for couples workshop is offered in Spanish.
Navegador de Relaciones Saludables Para Parejas-- Herramienta Para Sobrellevar Una Vida Juntos

Las parejas en relaciones fuertes tienden a vivir más años tener el mejor estado físico y mental, son más feliz, y tienen más riquezas que aquellos que no están en una relación saludable.

Consiga mejor buena forma física de relación participando en nuestra serie de servicios que le ayudarán:

- Desarrolle modos de solucionar problemas juntos
- Baje la tensión de conflicto en relaciones
- Conserve y realza la diversión, la amistad y la intimidad
- Comuníquese claramente y sin peligro

Para más información por favor llamen a Mari Rodríguez del Centro de Apoyo Hispano al (727) 445-9734, ext. 209.

4 lunes: el 21 y 28 de septiembre y el 5 y el 12 de octubre, 6:00 p.m. - 8:00 p.m.
Iglesia Cooperativa de Ministerios Metodistas Unidos, 1625 Union St. Clearwater, FL 33755.

Las registraciones se llevaran acabo el 14 de septiembre a las 6:00 p.m.

How To Avoid Falling In Love With a Jerk(ette) -- Learn To Follow Your Heart Without Losing Your Head

- Focus on your emotional health so you're not the jerk(ette)
- Recognize subtle, hidden signs of future problems

- Learn to ask the right questions to inspire meaningful, revealing conversations with your partner

Tuesdays and Thursdays, October 6 - 20, 6:30 p.m. - 8:30 p.m.
Eckerd College Brown Hall 103, 4200 54th Ave. So., St. Petersburg, FL 33711
Click [HERE](#) to register now.

Saturday, October 10, 9:00 a.m. - 5:00 p.m.
First Baptist Church, 1900 Gandy Blvd., St. Petersburg, FL 33702
Click [HERE](#) to register now.

Relationship GPS - Tools to Navigate Your Life Together

- Preserve and enhance fun, friendship and intimacy
- Learn to work through common relationship challenges
- Learn to communicate clearly and safely.

Saturday, October 24, 9:00 a.m. - 5:00 p.m.
All Children's Hospital Education and Conference Center, 701 4th St. So., St.
Petersburg, FL 33701
Click [HERE](#) to register now.

Manatee County (Click [HERE](#) for a complete list)

Love Smart Series: A Free Workshop for Couples on the Investment of Building A Strong Foundation

Participants will learn how investing in your partner is key to a strong foundation, how to create a more open environment for relaxed communication, how to get your needs met while meeting those of your partner, and how to manage conflict and strengthen your relationship. Couples who complete 8 contact hours of relationship education will receive a free \$40 Publix or gas gift card.

Saturday, September 26, 9:00 a.m. - 5:00 p.m.
DaySpring Conference Center, 8411 25th St. E., Parrish, FL 34219
Click [HERE](#) to register now.

Rediscovering You - A Retreat Not Just For Women

Understanding who you are and learning how to improve those aspects of yourself that may have been holding you back.

Saturday, October 24, 9:00 a.m. - 5:00 p.m.
DaySpring Conference Center, 8411 25th St. E., Parrish, FL 34219
Click [HERE](#) to register now.



Our Mission

The mission of You&Me.WE is to engage, educate and encourage individuals and couples to achieve and sustain safe, healthy and mutually beneficial relationships for life.

Contact Information

Phone: Pinellas: Cindy at 866.600.6064
Manatee: Laura at 941.708.5894

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