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Scary Prompts for Creative Crones

October is Breast Cancer Awareness Month, and I've been aware every minute while healing from mastectomy. At first I overdid it and was told

to rest. And rest I did: I could hype my Wordle streak or analyze every binged episode of The Buccaneers. One interesting bit: I learned soon after my surgery that my essay collection ([Rock On: Power, Sex and Money after 60](#)) has been shortlisted for the nonfiction award from [Advantages of Age](#). Quite the honor!

But enough about me. What have you been up to this month? Are you writing? What about? This Newsletter format doesn't support comments, but please email me at stella@stellafosse.com and let me know.

Or if you're stuck, what would you like to write? How about trying one of these spooky and crone-friendly writing prompts? Give yourself ten minutes, no stopping, no editing! Just have fun and write as quickly as you can.

- ***A crone's granddaughter looks just like the crone's mother... which is cute until the child tells shocking stories of her great-grandmother's life.***
- ***Scary events in a small town lead her family to exhume a newly dead crone.***
- ***An older woman misses her dead partner terribly and wishes for their return; but she soon remembers the old adage, Be careful what you wish for.***
- ***When putting together a funeral slide show, a woman realizes the same crone, looking the same age, keeps showing up in photos decades apart.***
- ***While clearing out her dead parents' home, a woman finds herself in conversation with someone unseen. Her mother? Or something else entirely?***

Now, here's a topic almost as important as writing: What are you wearing for Halloween? Because it's my favorite holiday, I'll actually swap my bathrobe for a fortune-teller costume and hand out upbeat prognostications to the kids: *You'll soon make a new friend*, or, *You're about to have a great idea for a story*.

Apropos of Halloween, I did manage while resting to come up with twenty versions of a tagline for the Matriarchal Vampire series. Here's the current favorite:

In medieval York, twelve vampires vow to defend the lives of mortal women. And so begins the story of The Vampire Matriarchs.

What do you think? I like the pomposity. Sounds like the start of a Mel Brooks movie.

Which leads me to ask: What are you wanting to read these days? It being October, are you drawn to spooky stuff? And for future Halloweens, which of these Vampire Matriarch outlines calls to you?

- ***A medieval vampire swordswoman grows weary of war and vows to fight for women instead of country.***
- ***When a vampire barber surgeon realizes bloodletting does more harm than good, she vows to develop new treatments. But what will she eat?***
- ***A Parisian vampire Madam sells her jewels to become a patron of women's arts and sciences.***
- ***Two vampire actors who only work at night perform an undeath-defying matinee.***

Do let me know! The first of those, about the swordswoman, is in the works now. Meanwhile, here's the premise for the original in the series that's available now, [Vampires of a Certain Age](#):

- ***A medieval healer ultimately becomes a blood bank owner and provides ethically sourced blood to midwestern vampires.***

So that's the news from here. Have a marvelous Halloween, if you celebrate it. Keep writing, keep reading the work of other creative crones, and enjoy the heck out of the bodies we have now! I know I will, once my stitches heal.

Cheers,

Stella

PS Dear Creative Crones: If you launch a new book, or have a topic you'd think is relevant, please consider writing a guest blog for the

Stella website as part of your publicity campaign. It's a great free way to get the word out to thousands of your target audience. Guidelines are [here](#), and I'm now scheduling for 2026. Rock On!

Keep the pen moving, or the keys clicking.

All the best,

Stella,

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This Month's Blogs

**Had to Get this Off
My Chest.**

**My Lusty Encore
Career**

Stella Fosse

I can picture her white uniform, and the cap from her Chicago nursing school pinned to her dark, curly hair. The year is 1953. She is 27, a floor nurse at Scripps Hospital in La Jolla. She's in motion all day, bringing medications, lifting and turning patients. She is also newly pregnant for the first time. On a break she stops at the ladies' room and realizes she is spotting. She quits her job effective that day and goes straight to the office of her obstetrician.

"Just spotting so far," he says. "But if you miscarry, you can always have another baby."

"I want this baby," she says.

"Then let's give you an injection of diethylstilbesterol to lower the risk of pregnancy loss."

Back then, DES, a synthetic estrogen variant, was the standard of care for women at risk of miscarriage. Only later was it shown that DES did not in fact protect against pregnancy loss.

And that is how I became a DES Daughter, a female exposed to

Carol Remz

Sexual pleasure is a human treasure. This revelation did not come to me as some blinding flash of the obvious. From getting my period at eleven to being post-menopausal at 55, struggling with vaginal dryness and lack of desire until I was in my sixties, breast cancer at 67 and again at 72, I have experienced the perspective of sex as a dichotomy.

On the one hand, sex is considered a taboo subject, steeped in stigma, and its primary purpose is for procreation. On the other hand, sex sells: The adult entertainment industry's projected 2025 revenue is [\\$71.63 billion](#). Revenue from the sale of sex toys in 2025 is expected to exceed \$41.94 billion.

Then, there's the prevailing ageist and sexist belief that the end of women's fertility—[menopause](#)—marks the end of our sexuality.

Not so fast. There is no age limit on sexuality and sexual activity, according to Stephanie A. Sanders, PhD, a senior scientist at [The Kinsey Institute](#). People

diethylstilbesterol in utero. It turns out DES Daughters are at increased risk for several [health conditions](#) including breast cancer.

Seven decades later, faced with a second breast cancer within a year, I searched for reasons and wondered if DES could be the cause. Or was it because I used [systemic HRT](#), which is still controversial for breast cancer survivors? Or was it the [botched biopsy](#) by a medical student before my first cancer surgery, that may have seeded cancer cells in that breast? Genetic testing for known cancer-causing mutations came back negative. Was it a combination of factors? Or just the luck of the draw? I will never know.

Off My Chest

After the second diagnosis I eventually stopped looking for causes and focused on the body I have, regardless of how I got here. I met with a competent surgeon who recommended mastectomy this time. I agreed.

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who have sex [live longer](#). There is no age limit on sexuality and sexual activity. [Walter M. Bortz](#), MD, who taught medicine at Stanford University and did extensive research on aging, declared: "Use it or lose it." And as [Lisa Mosconi](#) points out in her book [The Menopause Brain](#), after menopause many women experience new confidence and a renewed zest for life which they can bring to their relationships.

On February 7, 2025, my book [Best Sex Ever After Menopause: Transforming Your Sexual Pleasure Through Mindset with Healing and Aphrodisiac Plants](#) was published.

How did I become an author about sex at 80?

First, some personal data. I married at 21. Had my son at 22. Divorced at 36. I have been married to my seven-years-younger, adoring, lusty, "I'll-do-anything-you-want" husband for 40 years. Fifteen years ago, post menopause, I declared, "At my age sex doesn't matter. It's an inevitable part of aging."

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Stella Fosse



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