



Web Site: <http://www.owlsf.org>

July - August 2010

Email: owlsanfran@juno.com

OWL is the ONLY national membership organization to focus exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

OWL SF Invites You To

A SUMMER POT LUCK PARTY

Date: Saturday, July 24th

Time: 12 Noon - 3 pm

**Place: Flood Building,
870 Market Street**

RSVP Necessary

Our annual well-loved summer Pot Luck Party festivities will be held this year at OWL's headquarters in the Flood Building at 870 Market St., Room 975. This is a great opportunity to connect with old friends and meet new ones while sharing delicious food and engaging in enjoyable conversation. We will also have a little surprise or two!

Logistics: Bring a dish for six people and a drink for yourself; OWL will provide coffee.

Space is limited to the first 25 people, so call 415-989-4422 or email owlsanfran@juno.com to reserve, as soon as possible. We will return your call.

**Older Women's League * 870 Market Street, #905, San Francisco, Ca. 94102
Phone 415-989-4422 * Web site: www.owlsf.org**

PRESIDENT'S MESSAGE

Social Security is a lifeline for many people 65 and older. Particularly with pensions and savings tanking, Social Security is the one source of income many seniors can truly count on. Many seniors barely scrape by economically. Social Security may not be much, the average annual payment is between \$12,000 and \$13,000, but it is a lifeline for many. Older women are at the bottom of the barrel economically. Women live longer than men. Women are poorer when they begin senior status at 65, and they continue to become poorer as they age.

As Social Security is threatened, OWL has a special interest in defending it. Our Washington office has taken a leading and visible role. We need to follow that lead. We are the people, the voters.

Why Social Security is threatened confuses me. Seniors have paid into a program that has built up a large surplus, and only minor changes need to be made to keep the program solvent for the foreseeable future. Yet the National Commission on Fiscal Responsibility and Reform established by President Obama to look at national debt has identified this program as a major problem with our growing deficit. We know that the real culprits include wars, tax breaks for corporations, and out-of-control health costs.

My confusion stems from why anyone thinks cutting Social Security would solve the problem. Further, I am unclear about why anyone would want to see the results of cutting this program. You don't get rich on Social Security, but you can usually eke out the basics. Do we really want to see older people without resources? Have we thought about what that means for older people, their children, and the rest of society?

Many in our chapter participated in one large town hall about Social Security in May, with SAN, CARA, and the Gray Panthers. National OWL is in many leadership roles and in many coalitions to preserve Social Security; in addition the staff blogs regularly on the Huffington Post and occasionally on other blogs, such as the Daily Kos. National OWL also maintains the informative website, www.socialsecuritymatters.org

This is to encourage all of us to continue to stay focused and active on this issue. There will be more townhalls and community meetings. Legislators need to know what constituents think. Other people need to be educated about this issue so they know that it is not OK to sacrifice programs for seniors.

The threat to Social Security is real, and I think that we as older women have an obligation as well as the power to help Social Security continue and grow.

—*Kathie Piccagli*

Kathie Piccagli, President
E-mail: kpiccagli@gmail.com
Amy Hittner, VP
Jonee Levy, VP
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Esther Wong, Treasurer
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Margaret Carlson Lew
Sheila Malkind
Rachel Rassen
Judi Sahagen
Marcia Soffer
Allyson Washburn

Newsletter – Co-Editors:
Margaret Lew
Meryl Glass

SF OWL Board meetings: first
Monday of the month, 3:30-5:30 pm,
870 Market St.
Phone: (415) 989-4422
Email: owlsanfran@juno.com
Web: www.owlsf.org
Mail: 870 Market St., Room 905,
San Francisco, CA 94102

\$\$\$\$\$ NEWS: Mid Year Appeal and Deming Grant

As OWL members know, our modest chapter expenses are not covered by dues, 70% of which go to OWL National and OWL-CA. The mid-year appeal is a critical source of funding for OWL SF. We hope you can help with an additional contribution to the chapter. Somehow, the recent mid-year appeal letter was referred as the end of the year appeal. Yes, we do make mistakes. Sorry for the confusion.

We do always look for other sources of income and welcome your suggestions. Right now, we have some help from a small grant awarded by OWL-CA. We have written about this in several previous articles as the Deming Grant Bequest, and it finally came through! This grant helps pay some of our expenses such as meetings held outside the Flood Building, and mailings such as the mid-year and end-of-year appeal letters.

We applied for one other grant this year which was turned down. The development committee will continue the quest for the funds necessary to keep the organization afloat, and we appreciate the continuing help of you, our members, in this regard.

—*Nan McGuire & Kathie Piccagli*

WANTED – OWL–CA Representative from SF Chapter

Did you know?

OWL-CA is the COORDINATING organization for chapters and at-large OWL members throughout the state.

OWL-CA also EDUCATES on issues of concern to midlife and older women as they affect us in California.

OWL-CA also INCREASES members' awareness of California legislation on issues from our national agenda, and effectively advocates and coordinates membership action at state and local levels.

Each chapter in CA is entitled to two representatives; our chapter currently has none, which leaves us at something of a disadvantage in terms of learning about state issues, in OWL, in the State Government and Legislature, in many coalition State-wide agencies, etc.

The job entails going to two or three council meetings per year. Going to these meetings is fun and interesting as new people join the council. You can elect to spend a little or a lot of effort and time.

I invite you to learn a lot, make a major contribution to this chapter, and have a good time. Any member may participate, you need not be on the chapter board. Contact kpiccagli@gmail.com, if you can help this Chapter and yourself. Nan McGuire has also been a rep and can tell you about it!

—*Kathie Piccagli*

Rideshare anyone?

We know that some OWL members would like to attend our monthly programs but do not want to drive or use MUNI to attend. We wonder if you would participate in our very own RIDESHARE program where a few OWL members would provide transportation to members in their neighborhood to attend our programs. Please call the office or email if you are interested. (989-4422 or owlsanfran@juno.com)

—*Amy Hittner*

Being Old

By Esther Moller, Age 84 in 1992, when this was published in the Danish Medical Bulletin 1992; 39: 201. Condensed by Sheila Malkind with permission from the Danish Medical Bulletin.

I have celebrated every birthday I've had and never grieved over being a year older. I really don't understand the fear of old age or the shame of being old. Why do most old people prefer to be called elderly (not "old")? The Danish word for old, "gammel" is a term of honour, deriving from a word meaning "winter." It signifies one who has lived through many winters – that is someone with a desire for life, a wise and experienced person; going through the hard winters was a difficult thing in the distant past when the word originated.

I think that old age is a delightful and exciting time of life. I know and sense that I am in decline: I can no longer run to the mailbox with a letter – or play certain games with my grandchildren. I can't lift my great grandchild from the floor, and I usually have to ask someone to open the jar of strawberry jam for me.

I still enjoy the scent of wild roses and the taste of smoked herring from Borholm, and I don't scald my hands in the kitchen without noticing. I take great pride in being able to manage on my own; I look after my own house, do the vacuum cleaning, wash the floors, do the gardening, the shopping and the cooking. It takes more time than it did some years ago, but I compete with myself: "Can I manage to walk to the supermarket in 14 minutes today?"

I have spent a lot of time looking for my glasses and keys. Recently a psychologist taught me that I should "verbalize" where I had put them – that is, say aloud: "Now I am putting my glasses on the bookcase." It works every time – now I just have to remember to verbalize!

I also get plenty of exercise in the house, in another way: I go upstairs to the sitting room and have forgotten what I went for. So I have to go back down to the kitchen and sit at the kitchen table – "Oh! Yes. It was a notepad to make up a shopping list. – back up to the sitting room.

In old age I also experience many losses. The majority of the people with whom I have had common memories are dead, which leaves a permanent sense of loss. Fortunately I grew up in a period when, as a matter of course, the different generations mixed, worked together, celebrated together – and I still have many younger friends. I hope that through my life, I have become more understanding, more tolerant, more lenient.

I am pleased and grateful each morning I wake up, glad that I am here. And, like one of my old patients: "I wake with expectations and go to bed with experiences." Life is an adventure, for better or for worse. But it should not be lived passively: I can influence it myself.

I am alone now – and once in a while feel lonely, miss someone to talk to, but then I phone or write a letter to a good friend and get it off my chest.

I am very thankful that I can still experience life as a gift, but also as a task.

I hope that I'll be able to meet my own death with dignity, calm and grateful for my long and good life.

Editors' note: Many thanks to Sheila for finding this gem. We welcome your finds too.

A Parenting Adult Children Presentation

On May 3rd, Dr. Ruth Nemzoff gave a dynamic presentation about maintaining and strengthening positive relationships with our adult children to a well-attended audience of OWL members and their guests.

Much has been written about parenting in the early years, but not much about relationships with one's children beyond the teen years. Dr. Nemzoff, a clinical psychologist, researcher, and parent of adult children, gave her valuable insights about maintaining and strengthening the bonds with our adult children without perpetuating unhealthy dependency. She talked about keeping the focus in our interactions positive and supportive, and keeping the lines of communication open both ways. She stressed the difference between "enabling" and being helpful as needed. She also discussed when we need to "back off and let be". She talked about the need to "forget the guilt" if we didn't do our earlier parenting perfectly, with the reminder that we did the best we could. She reminded us that all relationships are filled with ambiguities, and need to be renegotiated as we go through life stages and changes.

Dr. Nemzoff's presentation was based on her very readable, valuable and enjoyable book *Don't Bite Your Tongue: How to foster rewarding relationships with your adult children*, published by Palgrave MacMillan, (2008).

An animated question and answer period was conducted, followed by a book signing with partial proceeds donated to OWL SF.

—*Meryl Glass*

CAREGIVING and the CAREGIVER

On June 15, Gail Sheehy, author of the 1976 *Passages*, spoke at the Jewish Community Center – San Francisco about her new book, *Passages in Caregiving, from Chaos to Confidence*. It chronicles her seventeen year journey as a caregiver for her husband, from his cancer diagnosis to his death in 2008. Below is an edited Q&A article where Sheehy shares her experiences. Having been a caregiver for my husband for the past seven years, and before with my mother, I found some of her feelings, thoughts and suggestions helpful. Perhaps you will too.

Why did you write this book?

I've written five books about passages in life. And I often talk about the wonderful second adulthood that we enter after 50. What I didn't see coming was *The Call* from a doctor reporting the diagnosis of a serious illness. It usually plunges the family member into denial, fear, and confusion as you confront doctors who have many different recommendations, many different diagnoses, certainly different treatment approaches. This becomes a new job which most of us were not prepared for, not trained for and were not expecting.

Your book talks about creating a circle of care.

Nobody can do this alone. The first step is to call your local area agency on aging. There's one in every state and most cities and many counties. They often have a care manager who can begin to assess the situation and tell you what the community resources are. The second thing is when you are talking to multiple doctors and you're confused by the different approaches. Try to pick the one you trust most and ask him (or her) three questions:

- Will you help me sort through the treatment options?
- Will you help me assemble a care team?
- And will you address pain and other side effects of treatment?

And if the doctor says yes, you've got your medical quarterback who will help you call the plays. It will make the ride so much smoother. If you can't find a doctor who's willing to be a partner with you and collaborate with you, you may want to find a geriatric-care manager. These are nurses or social workers trained in geriatrics who can come to your home or your loved one's home, do an assessment, walk you through the medical "lingo" and the territory you're in, and help you choose a doctor or a hospital. Then, more important, afterward, when your loved one is home from the hospital or goes to rehab, this person helps you to understand that whole territory, which is so complex and has its own set of rules.

Medicare does not cover hiring a geriatric-care manager. The cost may be from \$85 an hour to even \$250 an

hour, which is huge, and most people resist paying for a geriatric-care manager. But I'll tell you, a two- or three-hour consult with a geriatric-care manager may tell you more than you need to know about the next year or two of your life than any three hours that you spend with anybody else. Then you go to work on assembling the support team. This is something caregivers have to understand: ***You have to ask for help. You have to realize that you deserve to ask for help. Because you need to keep on working on your own life.*** So I say, let your friends know, and ask the geriatric care manager and hospital social workers to point you in the right direction.

Is there a place where caregivers should draw the line?

Oh, definitely. One of the biggest dangers is a phase I call "Playing God." If you've become really devoted, you've learned the lay of the land, you know the lingo, you've become really good at it. You begin to think that it's you who's responsible for keeping your loved one safe or alive day-to-day. Try to take some time each day for yourself. Ask friends, family, community groups to help. (My greatest challenge.)

—*Amy Hittner*



PEER GROUPS

Northeast Quadrant Peer Group: We have met twice since the last newsletter; in May at Nan McGuire's and in June at Juliet Rothman's. We are still searching for the focus of our group which we will explore further at our July meeting on the 3rd Monday, July 19th at Rhoda Feldman's apartment. Although we lost one member of our group a couple months ago, we have gained three new members in the past three months. For more info contact either Nan McGuire (nanmc@jimstevens.com) or Jonee Levy (jonee.levy@gmail.com).

Central Peer Group Report: The group has enjoyed outings to movies and museums with lunch together afterwards on the first Sunday of the month. Any other OWL members and their friends are always welcome to join our outings. For further information contact Marcia Soffer at 661-8019.

***Long live friendship!!!
I don't know . . . some say life is too short,
others say it is too long, but I know that nothing
that we do makes sense if we don't touch
the hearts of others . . . while it lasts!***

—*Source: Unknown*

Staying Fit in the City through Walking

The ability to walk is one of the biggest indicators of who will maintain independence and avoid institutionalization. Walking is a cheap and accessible means of moving around the city. It requires no equipment except comfortable shoes and has numerous health benefits. What other means of transportation has such advantages?

Research shows that walking increases longevity, improves psychological well-being and quality of life, protects against dementia and prevents heart disease and stroke. Other benefits include decreased depression and anxiety, improved sleep, fewer falls, reduced cognitive decline, diabetes prevention, improved bone and muscle strength and weight loss. Walking can help manage some types of pain, decreases stress and reduces the risk of some cancers including colon and breast cancer.

The Center for Disease Control recommends 2-1/2 hours of moderate intensity walking per week. This works out to 20-25 minutes of walking each day. Walking can be spread throughout the day, such as three 10 minute walks per day. Even one hour of moderate intensity walking per week (10 minutes six days a week) can produce health benefits. So how can you tell if you are walking at moderate intensity? Take the simple "Talk Test." A person walking at moderate intensity should be able to talk while walking, but not sing. If you can sing and walk you are walking too slowly. If you are not able to say more than a few words without pausing for breath you should slow down.

To get started, talk to your doctor first if you have a chronic condition such as diabetes or heart disease. Start slowly and progress gradually. If you can only walk one block, continue walking that amount until you can do so comfortably for at least a week before adding a second block. If you can only walk around your dining room table, set that as your baseline and then increase your distance slowly until you can walk two or

three times around your table. Walking should not hurt. If you are in pain or short of breath while walking, consult your physician. Each time you walk, warm up by walking slowly at first and increasing your speed gradually. Include a cool down period by walking slowly for a few minutes at the end of your walk.

Stay motivated by linking walking to activities you enjoy such as getting out of doors, walking with grandchildren, listening to music or a book on tape while you walk. Think about physical activities that you enjoyed or were good at when you were a kid such as running on the beach, collecting rocks or playing games, and find creative ways to incorporate these activities into your walking. Walk with a friend instead of going out to lunch, or plan family activities that include walking. Make walking productive and save the planet by doing all your errands on foot. Build walking into your everyday life. Get off the bus a few stops before your regular stop or take the elevator to one floor below your floor and walk up to your apartment. If you drive, park your car a few blocks away from your destination. Parking spaces are often more plentiful further away!

Using a pedometer is another good way to stay motivated. The American Heart Association recommends walking 10,000 steps per day (five miles), but walking even 2,000 steps per day has great health benefits. Wear your pedometer for a few days to see what your average steps come to. Then start adding 10 percent more steps per week until you reach your goal. Choose a simple and inexpensive pedometer that counts steps only. More expensive pedometers ask you to measure your stride (too complicated). Remember that 2,000 steps equal about one mile. Use a thin belt under your clothes to attach your pedometer. Put it on the first thing in the morning and wear it everywhere. For added motivation you can use your pedometer to compete with a friend and see who has the most steps each day. Great pedometers are available at www.bodytronics.com, they are also available at www.amazon.com or at some drug stores. Good luck and good walking!

—*Melanie Grossman*



Friends

Photo: M. Lew



Ellen Shaffer and Herb Schultz entertain questions from the audience at the Health Reform presentation. Photo: Sheila Malkind

June 26th Health Reform Presentation – Big Turnout!

“The Truth About Health Reform and What It Will Mean to You” was presented to an estimated 70 OWL members and guests at the OWL general meeting held on June 26th at the Mechanics Institute. Ellen Shaffer, co-director of the Center for Policy Analysis, presented a detailed analysis of the health reform legislation just passed and signed by President Obama. Herb Schultz, the new Regional Administrator of the Department of Health and Human Services for Region 9, described the law and also his role as intermediary between the DHHS and the community. He urged those with questions, problems with health services and suggestions for improvements or changes to contact him. After the two presentations a lively period was devoted to questions and answers from the audience. Thanks for the success of this event are due also to our co-sponsors: The California Public Health Association – North, California Women’s Agenda (CAWA), League of Women Voters of San Francisco, Gray Panthers – San Francisco and Senior Action Network – San Francisco.

—*Margaret Lew*

Editors’ note: More on this presentation in our next issue.

Do you have something to say? Write to the editors at: merylglass@sbcglobal.net or mclew@pacbell.net or c/o the OWL office, 870 Market Street #805, San Francisco, CA 94102.

HOW THE NEW HEALTH REFORM LAW BENEFITS SENIORS

Provides relief to seniors who fall into the Medicare “doughnut hole” to help you cover the cost of prescriptions Already, the first round of \$250 rebate checks are in the mail to help seniors who have been hitting the gap in Medicare Part D prescription coverage. Next year, prescription drug prices will be cut in half for seniors who hit the coverage gap.

Protects guaranteed Medicare benefits Guaranteed benefits are protected regardless of whether you are in Original Medicare or Medicare Advantage. You’ll also see new benefits and cost savings to help ensure you get the care you need.

Makes preventive care and annual physicals for seniors free of charge Currently, seniors are forced to pay as much as 20 percent of the cost of preventive services such as colorectal cancer screenings and mammograms.

Curbs costs and strengthens Medicare by cracking down on fraud and waste Reform will cut the rate of fraudulent Medicare payments in half by 2012, extending the life of the Medicare Trust Fund by 12 years and curbing costs for seniors.

Prevents insurance companies from instituting unreasonable rate hikes that pad their profits and increase Medicare costs for seniors The new law strengthens the administration’s and states’ ability to combat unfair insurance premium rate hikes.

Promotes affordable long-term care options for seniors Reform institutes a voluntary program to help seniors and people with disabilities get support to remain in their homes for as long as possible.

Protects seniors by helping to eliminate elder abuse, neglect, and exploitation Health reform provides funding for projects that provide greater protection to those in long-term care facilities and requires the immediate reporting of suspected crimes to law enforcement officials.

Improves quality of care in nursing homes The new law creates a standardized complaint form for residents and establishes a nationwide program for background checks of nursing home employees.

Source: Organizing for America, a project of the Democratic National Committee, forwarded in e-mail by Vice President Biden

CALENDAR

For a complete and current listing see the OWL web site: www.owlsf.org (click Calendar)

July 5 Monday— **OWL Board Meeting**, 870 Market (*check OWL office for room*), 3:30-5:30pm
July 24 Saturday — **OWL Summer Potluck** 870 Market, Room 975 Noon–3 pm (*RSVP — see cover*)
Aug 2 Monday — **OWL Board Meeting**, 870 Market, (*check OWL Office for Room*) 3:30–5:30 pm
Aug Saturday — **OWL General Meeting**, (*see OWL web site www.owlsf.org for further information*)

Social Security Act 75th Anniversary August 14, 1935 - 2010

OWL National Takes Action to Protect Social Security

As Social Security turns 75 it is threatened with substantial changes in the benefits promised to Americans. OWL in partnership with others is taking action to resist these changes. To join in the action visit the OWL National page *Social Security Matters – A Campaign to Strengthen America’s Financial Future*. Click on the link below or copy it to your browser to visit this important Web page:

<http://www.socialsecuritymatters.org/Home.html>

On the page you can see Action Alerts and read the new issue brief that makes the case against raising the age of retirement; use messaging aids to send the message about Social Security and watch the new OWL educational video “Social Security: the American Promise”

The Social Security Matters Web page makes it easy for you to find your Senator and US Representative and to contact them and the White House to spread the message that cutting Social Security Benefits is unwise, undemocratic and unAmerican.

The Resources page will inform you with fact sheets, articles on the Huffington Post and Blog in the Hill, reports, presentations, and books. It also helps you express your own opinion with messaging aids. Myths and Facts gives you talking points and background to help you to understand and explain the truth about Social Security benefits to others.

—Margaret Lew



Summer Clean-up?

Cleaning up to entertain summer guests this year? Gather up items you no longer use and take them to the Community Thrift Store at 625 Valencia Street between 17th and 18th Streets in the Mission. OWL SF will receive a check for 30 to 40% of the proceeds from your donation. We are grateful for the nearly \$500 we received in the past year from your donations to the store.

There are some items they can’t take, such as linens, pillows, blankets, children’s toys and clothing, and clothes hangers.

If you are driving, you can unload without having to park by following these directions: going south on Mission street, look for Sycamore Alley on your right after 17th Street. Take a right down Sycamore and see a loading dock almost at the end. You can temporarily park and offload to the person on duty. They are open seven days a week.

If you don’t drive and a friend or relative is unable to help, we will try to find a volunteer to pick up your items at your home. Call Nan McGuire at 673-7074 to work something out. Unfortunately, we can’t provide help with the cleaning!

—Nan McGuire

Did you Know?

The Mid-Year Appeal letter should have arrived in your mail by now. Please don’t forget to respond. Did you know that the proceeds of last year’s Mid and Year End Appeals comprised 56 percent of the chapter’s income? Your generosity is vital to our activities!

Community Bulletin Board

San Francisco Senior Center

San Francisco Senior Center (SFSC) offers powerful programs and outstanding opportunities for more than 3,000 seniors each year at two locations, the Aquatic Park location and the Downtown location. SFSC programs and services include health promotion, supportive professionals, and an active and diverse community of peers. For information: Aquatic Park Location http://www.sfsenior.com/aquatic_park.htm
Downtown location: <http://www.sfsenior.com/downtown.htm>
contact: Gloria Garcia (415) 923-4480 gloriagarcia@sfsenior.com

Always Active

A New Always Active Exercise Class: Focus on exercise form and progression in strength, flexibility, balance and aerobics. Tuesdays and Thursdays from 10:30 to 11:30 a.m. at the Aquatic Park Center, 890 Beach Street, cross street Polk. #9 Polk bus.

Seated Tai Chi Chuan Class

This class will work on improving balance to prevent falls. There will be exercises to strengthen all the major joint and muscle groups based on Tai Chi movements.
Wednesdays at 10:30 a.m. at the Aquatic Park Center, 890 Beach Street, cross street Polk
#9 Polk bus.

SF Library Outreach to Older Adults

Wise Up! is a San Francisco Public Library initiative focused on outreach to and programming for the growing population of active older adults (50+) and isolated senior citizens in San Francisco. With the goal of encouraging this community to learn and live well at any age, the library is building partnerships and identifying opportunities for collaboration with other city departments and organizations; presenting programming system-wide such as Mental Aerobics, the Legacy Film Series and the National Older Adult Month Resource Fair. The library is also researching and exploring ways to expand its current programs like Books by Mail and Friends for Life.

For further information contact: Michelle Jeffers (415) 557-4282 mjeffers@sfpl.org

Folk Dance

San Francisco Folk Dance Circle: FREE. Get Fit and Have Fun: Learn dances from around the world! Beginners are welcome. Co-teachers are Ann Colichidas and OWL Channa Orner. Every Wednesday from 10:45 a.m. to 12:15 p.m. at the Harvey Milk Recreation Center, 50 Scott St. at Duboce. Easy street parking, or N Judah Streetcar, #24 Divisadero, #71 Haight or #6 Parnassus Bus.
For information contact: Ann Colichidas at 415-902-7690

Volunteers Needed

Volunteers are wanted for a research study on depression and aging. If you are age 65+, feeling depressed or having difficulty getting started with your day, you can earn \$140 for answering research questions. Call 415-476-7046.

Volunteers Needed

Volunteers are needed for brain study. If you are age 60+, forgetting things much more often having more trouble organizing activities, you can earn \$50 per session. Contact Cynthia at 415-837-1600, ext. 5. This research is funded by the National Institute of Neurological Disorders and Stroke. The study is to learn about how aging affects brain signals of attention and memory.

YES! I WANT TO JOIN OWL!

NAME: _____

ADDRESS: _____

City State ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of \$50 are recommended: half this amount goes to OWL-National, \$10 goes to OWL-CA, and \$15 are retained by the chapter. When you pay dues to the San Francisco Chapter, you automatically become a member at all levels –National, California and San Francisco. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive SF OWL bimonthly, OWL CA quarterly and National OWL Observer quarterly newsletters.

Make a check out to and mail to:
OWL, SF Chapter
870 Market Street, Room 905
San Francisco, CA 94102

OWL
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San Francisco, CA 94102

The Founding of OWL

OWL was born in 1980 in Des Moines, Iowa, during one of the pre-conferences held around the county in preparation for the third White House Conference on Aging, which was held in 1981 in Washington, DC. At the pre-conference in Des Moines, TISH SOMMERS noted that little attention was being paid to the ways in which aging was different for women. She called for a special “ad hoc” meeting to discuss this concern. OWL has been a voice for the special concerns of midlife and older women ever since.

Comments or questions? Please contact the SF OWL Office at (415) 989-4422; FAX: (415) 989-4050; e-mail: owlsanfran@juno.com
Office hours: Monday 12:00 noon to 2:30 p.m.

The date on your mailing label is the date your membership expires.