



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

March - April 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 Presents:
A Celebration of Women's History Month,
in collaboration with the SF Gray Panthers

SATURDAY, MARCH 27, 10 AM-NOON

The program will begin with a short skit by members of the **SF Gray Panthers**, with a dramatic representation of **Eleanor Roosevelt**, who in 1946, as chair of the United Nations Commission on Human Rights, directed the crafting of the *Universal Declaration of Human Rights*.

OWL SF presents the documentary, "**The Giants Wore White Gloves.**"

In September, 1957, nine black students (later known as The Little Rock Nine), registered at Little Rock Central High School, but in 1958 the Legislature voted to close the four high schools and once again avoid integration.

A small group of middle-class white women quietly and secretly formed the Women's Emergency Committee to Open Our Schools, and fought the order to close the schools. At its peak, there were two hundred women, largely inexperienced in politics, who became dedicated activists.

When: Saturday, March 27, 10 AM – Noon
Where: Flood Building, 870 Market Street, Room 975

ALL WELCOME!
handicap accessible

Contact: sheila malkind, info@legacyfilmseries.com, 415-515-2708

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

PRESIDENT'S MESSAGE

What a privilege to be president! Again!! A lot has changed since I became president seven years ago---OWLSF has a new vitality and a new visibility. What was then a fragile organization, with a great newsletter, great programs, and fantastic members, is now a much stronger organization with a great newsletter, great programs, and fantastic members. But we ALSO have more active members, more political and social involvement; many coalitions with other women's and aging organizations; new directions, including peer groups and "Staying in the City"; a committee structure allowing broader involvement; an informative website; an infrastructure that includes improved financial information and office coordination, and a full Board of energetic and capable members.

The first point is that we've come a long way; the second point, however, is that we have plans to go a lot further. We want to expand our "Staying in the City" to include not only housing, but transportation, safety, and other services in the City. We want to consider expansion of the successful peer groups; we anticipate looking at needs of OWLs who can no longer come to meetings; and we hope to attract increased diversity to our chapter. We know we'll put in a lot of effort working on social security maintenance and improvement, health care reform, maintenance of California programs for women and seniors, and financial security for women as they age. And, of course, we'll continue the good things we've started, including working with groups like the UCSF Center of Excellence in Women's Health, CARA (California Alliance for Retired Americans), Gray Panthers, the Women's Foundation, and the League of Women Voters of SF, to name a few.

We are poised to do a lot of exciting work. But this will happen only to the degree that you, the members, make it happen. At our planning meeting in January, we strengthened the committee structure, and it is through these committees that most things will be accomplished. The committees are: Politics and Advocacy (including health), Membership, Communications (including website and newsletters), Program, and Development (including grants and sorely needed income!) We welcome your participation on any of these committees. While each will have met at least once by the time you read this, you can still join in the formative stages. Contact me (kpiccagli@gmail.com) or another board member if you are interested.

It is going to be a forward-looking and exciting year! We look forward to having you be part of it!

—*Kathie Piccagli*

OWL-CA News & Call for a Rep

The OWL-CA Council is made up of elected officers; in addition, each chapter has two representatives and the chapter president.

Its purpose is to:

1. Create a closer network among the state's chapters and at-large membership;
2. Support current chapters and assist and encourage formation of new chapters;
3. Educate on issues of concern to midlife and older women as they affect us in California;
4. Increase members' awareness of California legislation on issues from our national agenda, and effectively advocate and coordinate membership action at state and local levels.

Kathie Piccagli, President
E-mail: kpiccagli@gmail.com
Amy Hittner, VP
Jonee Levy, VP
Jane Swinerton, Secretary
Esther Wong, Treasurer
Meryl Glass
Melanie Grossman
Lorraine Honig
Carole Isaacs

Margaret Carlson Lew
Nan McGuire
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

The first Council meeting of this year was held February 5th and 6th, in Santa Clara. Two additional meetings this year will be May 5th and 6th in Sacramento, and the third or annual meeting, October 1st through 3rd.

The May meeting will include “Mother’s Day”, when OWLs from all over California meet in Sacramento to deliver “Mother’s Day cards” on a topic highlighted by OWL. This year the subject selected was the senior economic index – an issue OWL has been working on for years. The Mother’s Day cards emphasize the need for supportive legislative action over mere sentiment. There are interesting speakers and programs, as well as an opportunity to lobby legislators about the senior economic index.

OWL – CA Rep Needed

Right now, our San Francisco chapter needs representatives. If YOU can be a rep, please contact Kathie Piccagli, kpiccagli@gmail.com. It involves attending two meetings a year, as indicated above. Financial assistance is available for travel, meals, and lodging.

– *Kathie Piccagli*

CARA (California Alliance for Retired Americans)

CARA has two programs for March – please sign up!

1. On March 26 a one-day training “Make 2010 the Year for Seniors”.

- Learn how to impact the State Budget and save essential programs;
- Fight to protect pensions, Social Security, and retirement income;
- Join the efforts to pass real health care for all in California;
- Learn how to reach other senior voters in California so they understand what is at stake in the 2010 elections.

There are interesting speakers and programs planned; I can tell you this will be a good session, as CARA’s trainings always are. The meeting is at the Richmond Recreation Dept., 3230 MacDonald at 33rd, Richmond, CA. There is free transportation, which leaves from St. Mary’s at 9:00 am., and free lunch. Call CARA at 510-663-4086 to RSVP and reserve your seat on the bus, as well as lunch.

2. The Senior-to-Senior Ambassador program application deadline has been extended through March.

CARA Ambassadors are being recruited to help CARA build a grassroots team to educate seniors on the important issues before us in the 2010 elections. These volunteer Ambassadors will help educate seniors who regularly vote about the important issues facing us in 2010 in the legislature, on the ballot, and about candidates’ positions who are running to represent them. Seniors will determine the outcome of this election, and we must be sure that they know what is at stake for them and their families. Ambassadors agree to call at least 25 others, on a list provided by CARA, and to maintain regular contact throughout the year; training and support are also provided. Call to receive a sign-up form. 510-663-4086.

– *Kathie Piccagli*



Legislative Advocacy Committee Meeting in February

Seven enthusiastic members of the Legislative Advocacy and Political Action Committee met on February 17th. There was a lively discussion of the many issues our community is facing, and OWL’s role at the local, state and national levels. The committee recommended that we form a subcommittee at each level to follow these issues and develop an action plan as appropriate. Social Security, Medicare and Health Care remain priority issues.

At the local level, and in view of our theme of “staying in the city”, the S.F. Muni issue is the current priority. First action plan was a letter to be sent to Muni in response to probable rate increase and decrease in service. (editors’ note: see Allyson Washburn’s testimony at recent Muni hearing)

Coordination with Owl National, California Alliance for Retired Americans, Gray Panthers and other appropriate entities was emphasized. Post cards and letter writing should be continued and enhanced.

Another meeting of the LA & PAC is scheduled for March 17th.

– *Marcia Soffer*

Legislative Activism

MUNI Fastpasses and Service Cuts

MUNI faces severe budget shortfalls, and one revenue raising solution has been to increase the cost of a senior pass from \$15 to \$30. There was huge opposition from senior groups, including OWL SF. Allyson Washburn testified before the MUNI Commission on behalf of OWL, and was cheered on by five other OWL members from the overflow room. This is an excerpt from Allyson's testimony:

Our (OWL) members have remarked that this proposal is as outrageous as Anthem Blue Cross's recently announced plan to increase premiums for individual insurance plans by as much as 39%. The situations driving these increases are hardly analogous, but the real effects on the budgets of people struggling to meet basic expenses are similar.

Percentages do matter, and the mathematics of recent and proposed MUNI fare increases is curious at best. Using last summer's increases in regular fares as an example:

Regular adult fares were raised from \$1.50 to \$2.00, a 33% increase. The fare for seniors was raised from \$.50 to \$.75, a 50% increase. Had it been raised 33% like the regular adult fare, it would be about \$.65 – not neatly divisible by a quarter but a comparable increase. A year ago, monthly passes for seniors, youth, and persons with disabilities were \$10. An increase to \$30 is an increase of 200%. 200%! (I'd like to remind the Members that there was no increase in Social Security or Social Security Disability payments this past year.)

This is San Francisco, a progressive, transit-first, and aging city. Is this what we want to do?

OWL members are also concerned about the proposed cuts in service. This issue is conceptually more complex than that of fare increases, but we would caution MTA members to consider accessibility and rider safety in plans to trim services. Anyone who has ridden a crowded bus knows how vulnerable even the most spry and able of us are when MUNI does not come often enough to transport us.

OWL urges the MTA to revise the recommendations for ways to amend the 2010 budget and to balance the 2011 and 2012 budgets that are equitable to the youngest and oldest and most vulnerable San Franciscans.

—*Kathie Piccagli and Allyson Washburn*

Social Security, Medicare, and Medicaid

The Gray Panthers are pulling together a coalition of groups to oppose commissions which are likely to significantly cut Social Security, Medicare and Medicaid. OWL National is also very active on the issue.

Members of OWL SF have attended two organizing meetings, and helped to distribute informational fliers at the March 4th protests of education cuts.

Health Care Reform: A Visit to Speaker Pelosi's Office

Five OWLs met with the health staff member from Speaker Pelosi's office on March 4th. We discussed the progress of reform legislation, the possibility of using "reconciliation", public option, the hope that final legislation will allow states to proceed with their own programs, age rating, regulation of insurance companies – and the great hope that a good program will allow thirty million more people to have coverage.

—*Kathie Piccagli*

February 20th – A Full Day for OWLs

Catherine Pinkas, Speaker at February General Meeting

Catherine Pinkas, Past President of OWL-SF, and a financial advisor in the East Bay, was the featured speaker at OWL's monthly program on February 20, 2010. This lecture was a continuation of her previous presentation and was entitled, *An Economic Update: Now That The Crisis Is Easing What Do Midlife And Older Women Need To Do Next?*

Pinkas began her program by suggesting that those who want part-time work and temporary work may contact the U.S. Census Bureau for jobs that pay from \$16.50-\$22.00 per hour. She then discussed ways for women to manage their money. She first suggested that we reduce our debt and have easily accessible six months' worth of emergency funds. Getting loans is very difficult at this point, and they probably won't be readily available for at least two years. She predicted significant rent control changes in the next two years. Other sources for extra money may include "Start-Ups", re-training programs and franchise deals. Catherine recommended that home-owners maintain their properties as the equity in their homes is another potential source of income. She also suggested that people look into investments with insurance companies and not "go it alone". For more information, contact Catherine at 925-708-0447, or online at Catherine@pinkas.us.

—*Amy Hittner*

Better With Age – Films on Arts, Art Lovers, and Aging

A number of OWLs attended a film presentation and panel discussion on the Arts, Art Lovers and Aging held

at the SF Public Library on the afternoon of February 20th, after the Catherine Pinkas Finance Presentation in the morning. The OWLs were among a filled and enthusiastic Koret Auditorium audience.

The films shown were “Bella Bella”, profiling Bay Area artist Bella Feldman, “Shadow & Light”, focusing on the art of San Franciscan Elaine Badgley, and “Smitten”, the story of art collector Rene di Rosa. Our own OWL Sheila Malkind, Director of the *Legacy Film Series* (www.legacyfilmseries.com), moderated the lively panel discussion following the films, which included the artists Bella Feldman and Elaine Badgley, and Michael Schwager, a past curator of the di Rosa collection. Audience response was warm, vocal, and appreciative.

—*Meryl Glass*



Community Thrift, photo by Jonee Levy

It's That Time Again... Spring Cleaning!

When doing your spring cleaning this year, please 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. This past year we received close to \$500 from your donations to the store. We are grateful to those of you who took the time to do this, and are hopeful that more of you will do so this year.

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!

Year End Appeal 2009 Contributors

Many thanks to those who contributed to our 2009 Year End Appeal. Your donations are greatly appreciated!

**Jewell N. Ashby
Rosemary Bacý
Natalie Berg
Els Boesten
Lucia Brandon
Shirley Costello
Joyce Friedman
Bernice Garcia
Gloria Garcia
Eleanor Gettman
Meryl J. Glass
Sarah Goldman
Melanie Grossman
Amy Hittner, Ph.D.
Lorraine Honig
Frances M. Johns
Jane C. Jordan
Frances Lana
Roselyn Langsam
Jonee Levy
Margaret Lew
Bettie Lichtman
Sheila Malkind
Margo George
Nan Carole McGuire
Marjorie Miller
Channa Orner
Maureen Jane Perry
Josie Philip
Kathie Piccagli
Jean Rabovsky
Eunice Rosenberg
Judith Sahagen
Bonnie Scialanga
Mary K. Sebardt
Diane Sidd-Champion
Arlene Silverman
Jacqui Snowden
Marcia K. Soffer
Sandra Sohcot *
Ruth Strassner
Jane Swinerton
Diana Taylor
Suzanne Taylor
Gladys S. Thaches
Rita A. Toth
Mary S. Twomey
Allyson Washburn
Esther Wong
Carol Yaggy
Marilyn Yalom**

* donated in memory of Marion Branch

In My Opinion: Sometimes I Wish...

Sometimes I wish I were 50 years younger ... not because of vanity (looking older is ok most of the time), not because of slowing down (I don't have to run from one meeting to another or hurry to copy handouts for my class), or not even needing more doctor visits (I have Medicare and good secondary insurance). I want to be 50 (or more) years younger so I would immediately know how to learn, use, fix and understand my computer!

When I began to use a computer in the early 1980's (when mouse was still just a little rodent) word processing was "pretty cool". I soon bought an Apple computer because they were putting computers in the schools for free; it had a whimsical name and was easy to use. I used my Apple until 1985 when the California State University Board of Directors penned a deal with Dell computers and San Francisco State University would only give technical support for faculty PC's. The only good outcome was that I had the University-supported technicians to fix the myriad problems. When I retired, I bought a Dell laptop at Best Buy, and began a not-so-long and not-so-good relationship with their Geek Squad. The final straw was when I experienced the "blue screen of death" and all my files were GONE. It took three weeks and hundreds of dollars to regain some of my data.

And so I went back to my first love. I met Apple Trainers (young people weaned on technology) who for \$99 year gave me one hour of training per week. You tell them what you want to learn and you become (almost) an instant expert. They're really "coool". Then we have the Apple Geniuses who know everything they need to know to "fix-what-needs-fixin'" ... all done with a smile, knowledge and speed. And, when I thought I had lost my iphone, I bought a new one, had them deactivate the lost phone, upload all my data from my laptop computer to the new iphone, and all completed within forty minutes. Two days later I found my old iphone, brought back the new fully-loaded iphone and got a full refund, acknowledging my relief.

Maybe I can't be a kid again, but I do just fine with MY trainers and geniuses!!

—*Amy Hittner*

Are We All Ageists?

Several years ago, the professional journal, *The Gerontologist*, printed an editorial, "Ageism in Gerontological Language," and also included several responses to that article, including a response by me (2001).

The professionals were discussing 'politically correct' professional terminology for older adults, mainly because their research revealed older adults' positive and

negative reactions to terms about themselves. Some did not like being called a senior, others didn't mind; some preferred old to elderly.

My first response was: "Whether older adults strongly or mildly dislike the term old or elderly, versus their preference for senior citizen, mature, senior, etc, is in a way irrelevant. Sorry, but all of those terms do apply to older adults. You can change the terms, but not the years." Then I realized I would not like to be called elderly. I, at age 71, think elderly denotes someone much older and frailer. But to a younger person, I might be viewed as elderly. Personally, I like elder, which has the connotation of wisdom (hah! little do they know!) And senior seems to connect to vigorous older persons in the prime of life, wearing their exercise suits and gym shoes all day as they work out in the gym after jogging first thing in the morning.

One needs to ask: how old is old? Usually 60 - 65 is the cutoff point. In scientific circles, 65-74 is called the young-old; 75-84, middle-old; and 85 and older are the oldest-old.

Interestingly, I have occasionally heard one or two of the 80-something OWLs protesting about our organization being called the Midlife and Older Women's League. "Take out that 'older women's' phrase," they request. "We do not want to be classified as old."

Other folks are reconceptualizing old as well. Keynote speaker Barbara Caplan ("One of America's Foremost Authorities on the Food, Retail, Fashion, Housing and Personal Care Industries," and "a prominent expert on consumer trends," according to her website), at a conference "Building for Boomers and Beyond," opened a call for a New Vocabulary. Those born between 1909 and 1945 are Matures, because the young end of the Matures think more like the Boomers born between 1946 and 1964, who are "redefining youth and individuality." Those born between 1965 and 1978, she says, are the Xs, who are "savvy, very into diversity."

LeRoy Hanneman Jr., president & CEO of Del Webb Corporation, says his firm invented and is trademarking Zoomers to replace Boomers, because "they have no limits." Then there are the Ikes, those persons born between 1930 and 1945, who are described as "practical, pragmatic, conservative."

Obviously, much of Caplan's and Hanneman's zest for this new vocabulary is to market housing for the older adult market in the most upbeat light possible. Yet, in an article in the *New York Times*, author Dudley Clendinen poses the question "...what to call this new, longer, more leisured and apparently enjoyable late stage of life? These older people who do not feel old?" Clendinen quotes Dr. Elliott Jaques, the Canadian psychoanalyst and organizational scientist, who first

articulated the phrase and concept of “the midlife crisis” 40 years ago. Jaques is now suggesting a new phrase, “third stage adulthood”, for ages 62 to 85, the first stage being 18 to 40, the second 40 to 62, and the third 62 to 85. It gets complicated, doesn’t it?

As the upper limits of life expectancy most probably continue to expand, I suspect that the 85 pluses (now called the oldest old) will be termed the fourth stage. And, as medical knowledge increases, we will have a fifth stage ...

The terms may change or evolve, but the key to accepting old or elderly is in accepting the fact that we will all age. Perhaps the distaste for the terms comes from our fear of becoming enfeebled, or sexually unattractive, and yes, that we might even die! Perhaps if society’s images of older adults change we will all be happier with ourselves as we age.

In the media, those persons aged 65 years or older only represent 2% of primetime television characters, and less than 10% of these aged 65-plus persons are cast as main characters. Research has shown that older people are either invisible, or often seen in a negative light on television, although that is slowly changing. Part of the challenge is to emphasize the continuing contributions of older people and their importance to society.

So how do you come up with nonageist language for society? I’m not sure that’s possible. After all, what’s in a name? Old/schmold; it’s the attitude that’s crucial. That which we call a rose by any other name would smell as sweet.

—*Sheila Malkind*

Getting older is the only way to live long.

—Anonymous

PEER GROUPS

Northeast Quadrant

The Owl Peer Group for the Northeast Quadrant met on January 18th. The meeting was dedicated to a discussion of the purpose and mission of the group and to establishing ground rules for future meetings. The question was whether the group should be social, educational, political, topic driven, activity oriented, or a support group.

The social aspect of the meeting was important for most peer group members. Participants wanted to get to know people in their neighborhood, and to have a sense of “community” through meeting OWL members who lived near them. In addition, members were interested in having some meetings focused on specific topics, with other meetings dedicated to group activities. For now, the group decided that we have a loose struc-

ture where things could come up naturally, with each meeting deciding what the next meeting should be, rather than having a set agenda.

Activities of interest included: exploring art installations around town; learning more about different neighborhoods; going to museum exhibits; and going to a movie together.

Suggested topics were: our dreams for the future; survival as we age; dependency; and how to worry less about our health. Issues remaining to be discussed as our group continues to establish itself include: rotating the position of “hostess”; and whether the group should have rotating positions such as facilitator or secretary.

Finally, the group decided to circulate a list of peer group members’ phone numbers, addresses and e-mails. One member volunteered to create a map which pinpointed where each person lived, which may go a long way towards creating a sense of community through our OWL group!

For further information contact Nan McGuire at 673-7074, nanmc@jimstevens.com.

—*Melanie Grossman*

Central Peer Group Report

Greetings from the Central Peer Group. In February we met for a movie, “The Last Station”, and dinner afterward. All agreed that it would be nice to repeat this activity. The group made plans to see another film on Sunday, March 14th, “The Glass House” by Hamid Rahmani, part of the Human Rights and Film Series at Yerba Buena Center for the Arts. The film follows four girls striving to pull themselves up by attending a one-of-a-kind rehabilitation center in Tehran. Any other OWL members and their friends are always welcome to join our outings. For further information contact Marcia Soffer at 661-8019.

—*Marcia Soffer*

WELCOME TO NEW MEMBERS

since January 1st:

Bernice Batchelder

Lois Chapman

Barbara Harvie

Martha Maricle

Laurie Pines

Welcome to Rachel Rassen, New Board Member

Rachel Rassen earned her Ph.D. in Educational Psychology from the University of Colorado. She left Colorado to join the staff of the American Institutes for Research in Palo Alto. While conducting academic-style research in School Psychology and Special Education, she watched her special education kids spend endless hours playing simple drill-and-practice “games”. She was “hooked”, coming to believe that this would be Education’s magic bullet – the great equalizer that could balance educational opportunities for all students.

She started looking for opportunities to author educational programs and train users to use these systems. She has taught at USF’s Information Management Program, and trained as a Change Management Analyst – a theory and systematic approach to introducing change into a culture/organization.

She currently works as an Educator, School Psychologist, Trainer, Project Manager, Technical Writer, Business Analyst, and Change Management Analyst, mostly with large scale organizations, to introduce and leverage technology to articulate business strategies and achieve business goals. She very much looks forward to working with OWL.

CALENDAR

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

March 26 Friday — CARA training (*see page 3*)

March 27 Saturday — **OWL General Meeting**, A Celebration of Women’s History Month (*see front cover*)

April 5 Monday — **OWL Board Meeting**, 870 Market, Room 975 3:00–5:00 pm *Note New Time*

April 8 Thursday — CARA San Francisco CAT (Community Action Team) meeting,
IWLU, 1188 Franklin 1:00 pm

April 24 Saturday — **OWL General Meeting** (see OWL web site for further information)

April 27 Tuesday — Third Annual *The Art of Aging Gracefully,* Women’s Resource Fair, 10 am - 2 pm
Jewish Community Center of San Francisco, 3200 California Street.

May 5, 6 Wednesday, Thursday — ”Mother’s Day” in Sacramento, OWL-CA (*see page 2-3*)

Did You Know...?

A Double Health Insurance Jeopardy for Unmarried Older Women

Older women who are divorced, separated or widowed or who have never married have twice the uninsured rate of their married peers, according to a new policy brief from the UCLA Center for Health Policy Research. (More on this in our next issue.)

Community Bulletin Board

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

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.

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.

City College of San Francisco Celebrates International Women's History Month, March 2010, "Women Resisting Hard Times"

Events to be held this month include:

Film: "Your Life, Your Money" Getting your financial life on track
Wed., March 17, 9-10 am, 10-11 am, 11am-12 pm Rosenberg 304
Tues., March 18 9:30-11 am and 11 am – 12:30 pm Rosenberg 304

Film: "Made in LA" Latina immigrants working for rights in Los Angeles garment sweatshops
Fri., March 19, 1-2:30 pm Rosenberg 305

Womens Resource Center Open House
Wed., March 24 12-2 pm Smith Hall 103-104

Rosenberg Library 4th Floor display: Sue Ko Lee and The 1938 National dollar Stores Strike.

Call 415-239-3899 for more information.

All events are free and open to the public. Events are at the Ocean Avenue Campus.

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.

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
San Francisco Chapter
870 Market Street, #905
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 11:00 a.m. to 1:00 p.m.

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