



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

March - April 2011

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 Discussion
Regarding CPMC's Proposal
To Build A New Hospital on Cathedral Hill
SATURDAY, MARCH 26TH**

California Pacific Medical Center, (CPMC) an affiliate of Sutter Health, is proposing to build a new 555 bed hospital at the site of the former Cathedral Hill Hotel on Van Ness Avenue and Geary. OWL members and other concerned San Francisco citizens want to know how this expansion will affect:

- Employment opportunities
- Housing, transportation, the environment
- Residents who live in the area

Two speakers, one representing the San Francisco community, and one representing CPMC, have been invited to address these issues and answer our questions.

The community speaker will be Bob Prentice. Prentice was the Director of the SF Public Health Division, and Coordinator of Homeless Policy. He was a member of the Blue Ribbon Panel convened by CPMC to make recommendations on the future of St. Luke's Hospital.

The CPMC speaker is Mary Lanier, R.N., Vice President of Post-Acute Services and Chief Administrative Officer of the Davies Campus.

When: Saturday, March 26th 10:00am to Noon
Where: Mechanics Institute, 57 Post Street, 4th Floor
(1/3 block from Market & Montgomery BART/MUNI)

*10-11am: Social and Business Hour 11-Noon: Issues Discussion and Q&A
Bring a "brown bag" lunch, so we can enjoy eating together after the meeting.

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

PRESIDENT'S MESSAGE

(OWL SF's two co-presidents, Judi Sahagen and Kathie Piccagli are sharing tasks and, in fact, share many points of view. This editorial, however, was written by Kathie, who is solely responsible for it.)

It's a hard lesson to learn. Progress that we thought was a "done deal" 35 or 40 years ago is being undone; we end up spending a lot of time and effort trying to preserve progress rather than taking new steps forward.

Nowhere is this truer, I'm sorry to say, than in the area of women's rights. In the '70's we enjoyed a new sense of empowerment. Finally the Supreme Court decided that reproduction was a private matter between a woman and her doctor. A woman had the right to make decisions about her own destiny, and that decision enabled a new era in the lives of women. Child care and Head Start programs flourished, not only benefitting children and families, but enabling women to work or have a choice about work if they chose to have children. At the other end of the lifespan we were looking at the many (unpaid) contributions women made and were looking at ways to improve the safety net to meet women's special needs, rather than removing resources.

Today, the reproductive choice issue has taken on a new-again anti-woman focus. The issue is no longer women's right to choice, but the rights of an unborn fetus (or a fertilized egg) -- laws proposed would even require a woman to carry a fetus when she is raped or the pregnancy endangers her own health or well-being.

No place is this slam at women more egregious than in the attempted de-funding of Title X and Planned Parenthood which provides family planning, removing yet another avenue of choice.

I think we should make no mistake. This is not a question about abortion. It is an attack on women.

Not only are reproductive choice and family planning disappearing, more resources like child care and Head Start are also being decimated. This hurts children, but also removes flexibility of choice for women and removes necessary support for women who are economically forced to work. The social "safety net" is being destroyed as resources for poverty-stricken people are being eliminated. More women than men are poor.

A number of OWL SF president's letters last year dealt with the efforts to roll back Social Security -- an attack, surely, on working families and retirees in general. However, I said then and I continue to think, this is especially an attack on women. A larger percentage of women depend on Social Security; without it many would slip (further) into poverty. As it is 2/3 of the elderly poor are women. Women live longer than men and tend to get poorer and poorer as they age. Instead of considering ways to improve Social Security to meet the needs of women, political conservatives are finding more and more ways to decimate it.

This reality is very discouraging. In fact, it is difficult to realize this is for real. But apparently it is. It certainly points out the importance of groups like OWL.

—*Kathie Piccagli*

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

Kathie Piccagli, Co-President
Judi Sahagen, Co-President
Maxine Anderson
Melanie Grossman
Amy Hittner
Glenda Hope
Jonee Levy

Margaret Lew
Nan McGuire
Sheila Malkind
Ruth Strassner
Allyson Washburn

Newsletter
Margaret Lew, Editor
Carole Isaacs, Assistant Editor

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

CARA Focuses on Social Security, Single Payer and the State Budget

CARA (California Alliance for Retired Americans) continues to work on specific State legislation that involves seniors, as well as working on their three priority areas—preserving Social Security, single payer universal health care, and trying to get a decent state budget and spending plan, one that incorporates new sources of revenue along with the cuts so loved by conservatives.

On Social Security, CARA continues to focus on Senator Dianne Feinstein, who has not been a reliable ally for Social Security. They make legislative visits and encourage people to write to her. CARA also has a postcard drive, encouraging people to write stories illustrating the importance of Social Security to them; the postcards will be collected by CARA and sent to Sen. Feinstein.

CARA's position on the state budget is that ultimately we must find new revenue. Serious program cuts have already been made by Governor Brown, and even more will be necessary if the taxes temporarily in place these last two years are not extended. Hopefully, we will implement new revenue sources in the future, such as closing corporate loopholes, closing Prop 13 loopholes, and taxing oil severance, to name a few.

The new single-payer legislation carried by Sen. Mark Leno is being reintroduced in the legislature again and will work its way through the legislative process. It is named SB 810 again this year. The Senate Health Committee will hear the bill on April 27, and there will be buses to take supporters to Sacramento. (Mark your calendars! It's important to have a crowd.)

Another important event coming up: CARA Leadership Academy. This superb 3-day legislative training is May 31-June 2 at the lovely Mercy Retreat in Burlingame. \$250 covers room, board, and training. Some scholarship aid is available from OWL-CA and CARA. Contact me for registration forms and more information. Nan McGuire, Jonee Levy and Kathie Piccagli have all taken this training. We can vouch for it, as well as the peacefulness and beauty of the site, and the good vegetarian meals!

—*Kathie Piccagli*



April Meeting: Barbara Kennelly to Speak on Social Security

Extra! Extra! Read all about it! Come one, come all, to OWL's April 30th program on Social Security.

Barbara Kennelly, President and Chief Executive Officer of the National Committee to Preserve Social Security and Medicare (NCPSSM) has accepted our invitation to speak on the very important topic of the battle over Social Security. NCPSSM is one of the largest, most respected and most listened to advocacy groups at work defending seniors' benefits. We may be in for the fight of our lives on this one, and Mrs. Kennelly is on the scene in Washington D.C. where the battle is shaping up.

Prior to her current role, Mrs. Kennelly served 17 years in Congress representing the first district of Connecticut. She has many firsts to her credit: first woman to serve as the Vice Chair of the House Democratic Caucus, first woman to serve on the House Committee on Intelligence, and the first woman to serve as Chief Majority Whip. She was the third woman to serve on the 200 year-old Ways and Means Committee. After serving in Congress, she was appointed to the position of Counselor to the Commissioner of the Social Security Administration. In 2006 she was appointed to the Social Security Advisory Board. She will bring to our program a wealth of information on a topic dear to our hearts.

In our invitation to Mrs. Kennelly we asked her to address the following questions:

**What is most important in the battle to preserve Social Security?*

**What issues are most likely to be put forward by the reformers, (such as increasing the retirement age) and by whom?*

**How can grass roots organizations be most effective in defending the program?*

**Is there a way to attach Social Security to the issues of jobs and/or student loans?*

**How can the various coalitions that are forming be most effective?*

The entire program will be devoted to Mrs. Kennelly's talk and audience questions. OWL's co-sponsors for this program are the SF Commission on the Status of Women, Gray Panthers, CARA and League of Women Voters. **Mark your calendars!**

**When: Saturday April 30, 10am to Noon.
Where: St. Mary's Cathedral, Room A,
lower level, 1111 Gough St at Geary.**

—*Nan McGuire*

Political Advocacy Committee Report

OWL SF's Political Advocacy Committee has been gearing up to move forward on issues important to OWL membership. The Committee is looking for new members interested in working on the OWL national, state and local agendas. Here is a sampling of some of the things the committee is focusing on for 2011-2012:

Social Security: Preserving Social Security, including survivor and disability benefits, is a priority for OWL. The committee is committed to educating OWL members, the general public and younger people about Social Security. To this end the committee is working on a Social Security Workshop for members, and will create a presentation on Social Security suitable for college classes in local gerontology programs.

Health Care: On national issues we are always working for single payer health care, as well as working to educate ourselves and the public on the new Federal health reform legislation. State-wide we continue to work for single payer health care in California. On the local level the P A committee has organized a discussion on CPMC's proposal to build a new 555-bed hospital on the site of the former Cathedral Hill Hotel at Van Ness and Geary. Two speakers, Bob Prentice, representing community concerns, and Mary Lanier, R.N., CPMC Vice President of Post-Acute Services, will address housing, transportation and environmental concerns, the affect on city-wide health delivery services and the impact on residents and businesses in the area. This will be a brown bag OWL Membership Meeting, March 26th, at Mechanic's Hall, 57 Post Street, 10 to noon.

State Budget: PA Committee members will attend a CARA training on March 16 focused on the California State Budget. Additionally, committee members will write letters to State Representatives Amiano, Ma, Leno and Lee to raise awareness of how budget cuts will affect the state's most vulnerable, including older women.

Senior Housing: The Nob Hill Senior Housing Project which proposes to convert First St. John's United Methodist Church at 1601 Larkin Street into senior housing. There are numerous outstanding issues to overcome. We need volunteers to write letters, articles and raise awareness on the preservation and community potential at this site.

Transportation and Pedestrian Safety: MUNI continues to eliminate bus stops, requiring older people to walk further between stops. At the same time, San Francisco continues to be one of the most dangerous cities for pedestrians in the country. The Committee will invite representatives from agencies already working on improving MUNI and Pedestrian Safety

to speak before the committee to learn how OWL can collaborate with existing agencies to advocate for improved MUNI and Pedestrian Safety, as well as to educate OWL membership on these important issues.

Anyone interested on working on any of these issues should attend the next Political Advocacy Committee meeting on March 24, 2 to 4, room 1185, Flood Building, 870 Market St. or call Committee Chair, Melanie Grossman at 415-923-0850.

—*Melanie Grossman*

Advocacy: A Visit to Pelosi's Office

Judi Sahagen, Nan McGuire and Glenda Hope went to Nancy Pelosi's office on February 11th to discuss OWL's concerns about the attacks on Social Security. Our Congresswoman was in Washington, as she should have been, but we had a long discussion with Dan Bernal, her chief aide in San Francisco. We told him of OWL's efforts to vanquish any efforts to reduce Social Security earnings (not "entitlements" as some persist in saying), to raise the age of retirement (effectively depriving seniors of years of payouts they have earned) or to privatize the Social Security Trust. (NB: George Bush tried to privatize this program. Imagine what would have happened if Social Security money had been in the stock market in 2008.) We also expressed support for removing the current cap of \$106,000 on earnings subject to FICA. Those who earn more than \$106,000 in wages usually have other income from investments not subject to FICA.

We noted the need for an educational campaign so that people understand the issues here, especially that Social Security is not a contributor to the National debt.

We also raised the need to dramatically decrease the military budget which now exceeds the military budgets of every other country in the world combined. We urged Pelosi to join the increasingly vocal ranks of those across the political spectrum who are urging these cuts.

Nancy Pelosi basically agrees with us on these concerns but we must all remember that we need to keep encouraging our friends, not only expressing our displeasure when elected officials go against us.

—*Glenda Hope*

WELCOME NEW MEMBERS

Carol A. Allen
Margaret Brodtkin
Sybil Conn
Katherine Lynch
Gloria Nudelman
Marcia A. Sprinkle

2010 End of Year Appeal Extremely Successful

Thanks to all who contributed to the 2010 year end appeal. It was extremely successful; we collected over \$4,750 from 61 generous donors. This represents over \$700 more than last year. Thank you to:

Mattie Alperton	Inge Lehmann
Edith Arrick	Bettie Lichtman
Jewell N. Ashby	Sheila Malkind
Rosemary Bacy	Marjorie Miller
Natalie Berg	Channa Orner
Inge S. Berliner	Helene Peckerman
Els Boesten	Josie Philip
Margaret Brodtkin	Catherine I. Pinkas
Victoria DeGoff	Jean Rabovsky
Lynne Eggers	Eunice Rosenberg
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Melanie Grossman	Diana Taylor
Nancy Hackworth	Suzanne Taylor
Helen Hansma	Allyson Washburn
Glenda B. Hope	Esther Wong
Inge S. Horton	Carol Yaggy
Carole Issacs	Marilyn Yalom
Candace Jaeger	
Alison Jordan	

And special thanks to the following who each contributed over \$100:

Muriel Brotsky	Nan Carole McGuire
Shirley Costello	Kathie Piccagli
Amy Hittner, Ph.D.	Purple Lady/ Barbara
Lorraine Honig	J. Meislin
Frances Lana	Susan E. Sunderland

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From the Archives, 20 Years of OWL Advocacy

Reading through the OWL SF newsletters and minutes in the Flood Building OWL office, in preparation for donating our materials to the History Department of the San Francisco Public Library, I was struck by how committed our OWL members were in the '80s and '90s to older women's issues, such as sexism and ageism.

In January 1980, Enid Nemy, feature writer for *The New York Times*, asked OWL's predictions for the coming decade. Here are some of the OWL comments.

"We hope... that older women will coalesce as an effective pressure group and voting block. Because if we don't the changes that are coming may leave us out in the cold. For example, some form of national health program is on the way. But will older women who are not part of the work force continue to be left out? Also, shifts will occur in Social Security and pension legislation. But if older women don't speak out we may be the discards in the near future, as we were with no-fault divorce."

"We ...hope that older women would be more widely recognized as the national resource we really are."

"We would hope that homemaking and child-rearing will at last be recognized as a viable occupation for both sexes, based on an economic partnership."

"the '80's can be the decade when older women come into their own -- out of the shadows of invisibility, into a new consciousness of common interests and a place in public policy."

Comment by this OWL in 2011: And we are still advocating for women's issues and a pivotal voice in our society!

—*Sheila Malkind*



At the Social Security Rally, Kathie Piccagli, Nan McGuire and Melanie Grossman. Photo by Sheila Malkind.

Annual Planning Meeting Focus for 2011: Quality of Life

The annual planning meeting held on January 22nd at Mechanics Institute was very well attended. Thanks to all who came and contributed their excellent ideas. There was general agreement that our theme for 2011 should be to focus on quality of life through advocacy, support, and education.

Various ideas for monthly meetings were explored. It was agreed that meeting structure should remain the same, with increased time for interaction with the speakers. Many expressed interest in using the meetings for socializing with other OWL members and to increase these opportunities it was suggested that there be brown bag lunches after the meetings.

In reviewing the committee structure, it was agreed to combine the Development and Membership committees into a single committee, to be chaired by Nan McGuire. The Program Committee will become a sub-committee of the OWL Board, and will have responsibility for maintaining a program calendar. A responsible point person will be chosen for each program. Please contact Amy Hittner if you are interested in organizing a monthly meeting. No changes were made to the Political Advocacy Committee (chair – Melanie Grossman) or the Communications Committee (chair – Margaret Lew).

A number of excellent ideas were identified for increasing membership growth. Recruiting new members will be an on-going activity.

In general, the January Planning Meeting provided a good framework for the coming year. For those of you who could not participate in the January meeting, please contact the committee chair if you are interested in helping out with any of the programs or committees.

—*Judi Sahagen*



OWLs gather for the Annual Planning Meeting. Photo by Sheila Malkind.

OWL Board Receives Fundraising Training

On February 7th, members of your board gathered for a workshop with Carol Friedman, a consultant, who worked with us to strengthen our skills in the area of fundraising and membership development. Some of the interesting facts that we learned are that seven out of ten people give to non-profits, 80% of the giving comes from the middle class and women give more than men.

There are three reasons people give money to or join an organization: because someone asked them, because they have a relationship to the asker or because they care about the mission. The reason you joined probably falls into one of those categories.

As a result of the workshop, each board member has committed to recruiting four new members in 2011. This would increase our membership by 40 people which would be a wonderful achievement. If every member tried to recruit just one new member this year, that would increase the membership by an additional 110 people! That would be a spectacular accomplishment. Won't you give it a try?

If you would like an OWL membership brochure that you can share with a friend, just call the OWL office at 989-4422. If you want some pointers on how to approach a prospective member, call Nan McGuire at 673-7074, Chair of the Membership and Development Committee.

—*Nan McGuire*

February Meeting: Presentation on Early Women Architects

Inge Horton, an OWL member, gave a very interesting and informative presentation about Julia Morgan and her cohorts of early women architects of the San Francisco bay area for our February 26th meeting. It was a fascinating look at the history and accomplishments of these women in the male dominated field of architecture. She gave us numerous references to buildings, residences in our area designed by women that can be seen today and even made reference to a woman architect who was involved in the design of the Golden Gate Bridge. Inge's recently published book, *Early Women Architects of the San Francisco Bay Area, the Lives and Work of Fifty Professionals 1890-1951* will be used as a reference book at libraries and universities.

—*Ruth Strassner*

PEER GROUPS

Central Peer Group:

The Central Peer Group has been meeting on the 3rd or 4th Sunday of the month. MOVIE and a MEAL has been our most frequent outing and lately we have seen some great films followed by a snack at a nearby restaurant along with discussion of the film and socializing. *Barney's Version* and *Another Year* are two recent favorites. An e-mail notice is sent out a week in advance (not sooner because theatres will not commit to a showing.) Suggestions are welcome!! If you are not on the PEER e-mail list and would like to join us, send an e-mail to mksoffer@sbcglobal.net. All suggestions are welcome!!!

See you at the movies!!

—*Marcia Soffer*

Any other OWL members and their friends are always welcome to join our outings. For further information contact Marcia Soffer at 661-8019. mksoffer@sbcglobal.net

Northeast Quadrant Peer Group:

We usually meet on the third Monday of the month from 4 to 6 pm. For anyone wanting to join us in contact either Nan McGuire (nanmc@jimstevens.com) or Jonee Levy (jonee.levy@gmail.com).

Wanted: Home or Garden for OWL's July Pot Luck Party



In years past, we enjoyed the July pot luck party on Shirley Sidd's patio. The year following Shirley's death, Jonee Levy offered her house and deck which we all enjoyed. However, Jonee's place has too many stairs for some members, so we held the party in the Flood Building in July 2010. Attendance was not as good, so this year we are asking if one of you could be generous and offer your home for the pot luck. Everyone brings a dish and the hostess provides coffee and whatever else she prefers. An event committee will help you with details and clean up. Please call Nan McGuire at 673-7074 and make a lot of pot luckers happy this July!

Hearts connected
and in a circle—
We share
and listen.

by Sally Love Saunders

WONDERING WHAT TO GIVE THE WOMAN WHO NEEDS NO MORE MATERIAL GIFTS?

Why not a gift membership in OWL San Francisco!

Annual dues of \$50 are recommended. For those unable to pay the recommended amount OWL has established a sliding scale for annual dues from \$50 to \$5.

Just send your check for dues to:

OWL SF,

870 Market St., Room 905, San Francisco, CA 94102

Include your friend's name, address and (if you have them) phone number and email address. OWL will send her a welcoming letter and a brochure!



Sandra Mack at Social Security rally.
Photo by Sheila Malkind.

A Warming Stew for a Cold Night

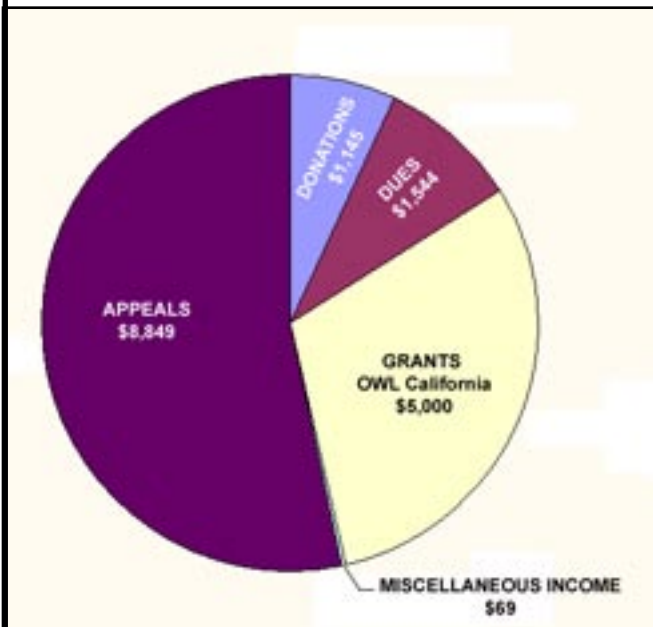
1 large bunch of kale, de-stemmed, cleaned and cut up
2 or 3 cups veggie broth
6 or 8 veggie sausage patties (I prefer Morningstar) -
broken in bite size pieces
1 to 1-1/2 cups black-eyed peas (I use frozen peas)
1 large firm flesh potato (optional) peeled and chunked
2 garlic cloves - peeled and minced (optional)

Simmer kale in broth until it starts to be tender. Add potato chunks for about 3 minutes. Lay everything else on top, cover pot, and simmer until everything is cooked. Note: if you use fresh peas you should start them cooking when you start the kale.

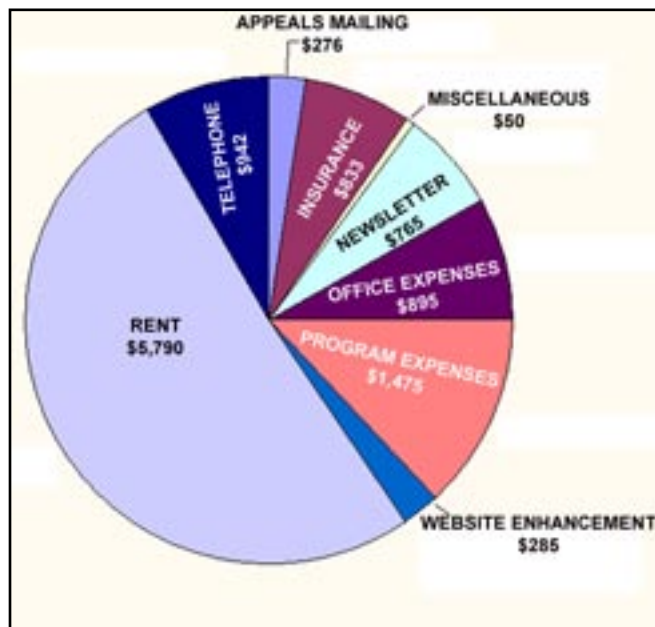
Serve with some good wholegrain bread and some fruit. You could garnish the stew with yogurt, sour cream or grated cheese but you really don't need that. Delicious, nutritious and feeds 4 reasonable eaters.

—*Glenda Hope*

OWL SF Financial Report 2010



Income 2010 - Total \$16,606



Expenses 2010 - Total \$11,311

We had a very good financial year in 2010. We received a grant from OWL California totaling \$5,000. Even without the grant, income slightly exceeded expenses. This was primarily due to a very successful end of year appeal.

—*Judi Sahagen*

Thanks to OWL Community Thrift Donors!

A big thank you to our 2010 donors to the Community Thrift Store. We know it takes time to get all that stuff together and to schlep it over to the Mission to their location. For those with cars it's not so bad, but you who do so by MUNI are real troopers. We discovered from one of you that if you have large items to donate such as furniture, they will come to your house and pick it up. But for clothing and such, they don't make house calls. Their phone number is 861-4910 for those with furniture that you want to part with.

Amy Hittner - Judi Sahagen - Kathie Piccagli - Nan McGuire - Lorraine Honig - Meryl Glass - Gloria Garcia - Ronald Yee - Lauren Thorpe - Maria Jedyngle - Marilyn Wilson Moore - Melanie Grossman - Pamela Foeckler - Donald Nemeyer

Your generosity brought \$1,050 in much needed funding to the OWL coffers. If we overlooked anyone, please accept our apologies. And remember, spring cleaning is coming sooner than you think!

—*Nan McGuire*

OWL SF – Committees

Changes were made at our annual planning meeting. Here is a list of committee meeting dates and contacts for 2011. Members are encouraged to participate in one of our committees — it is an excellent way to get to know other members and to contribute to the success of the organization.

Development and Membership Committee: contact Nan McGuire. Date and time for meetings to be determined.

Political Action Committee: our most active committee, meets on the 4th Thursday of the month, 2-4 p.m. Contact Melanie Grossman, committee chair at: melaniegrossman@sbcglobal.net

Communications Committee: meets as needed during the year. Contact Margaret Lew at mclew@pacbell.net

Program Committee: Contact Amy Hittner at ahittner@sfsu.edu if you would like to participate.

Legacy Film Series Announces Two Events for April and May

Sheila Malkind, Executive Director of Legacy Film Series and Legacy Film Festival on Aging and OWL Board Member announces two upcoming events featuring inspiring films that explore our later years.

The mission of the Legacy Film Festival on Aging is to present an annual film festival in the SF Bay Area with films that connect, inspire, educate and entertain intergenerational audiences about the issues surrounding aging.

From May 13-15, the festival will present short and long documentaries and features (fictional stories) from the U.S. and around the world. The venue: the new, sparkling VIZ Cinema, situated in the NEW PEOPLE building at 1746 Post St in Japantown. Ticket prices: \$10 each screening, or \$50 for all three days' of film.

On Friday, April 29th, there will be a special presentation of films at the Jewish Community Center SF's *Art of Aging Gracefully*. From 1-2:30 pm, Malkind will present 4 short films, and welcome a post-screening discussion.

Mark your calendars!

Catherine Pinkas to Speak at the Bellevue Club: 7 Keys to Optimizing Social Security Benefits

One of the most confusing but most important phases of your retirement strategies is understanding Social Security retirement benefits. Many believe it is cut and dried and do not realize there are options. However, it is a retirement income source with some control and a variety of elections you will need to make. In addition, since Social Security is the basis of all your retirement decisions, it is important to fully understand the implication of the decisions you make. Managing your Social Security income benefit is an important part of your retirement process. Not only Baby Boomers are confused about Social Security; it's not a simple matter. But now there is help available!

The lecture will be given at the Bellevue Club, 525 Bellevue Avenue, Oakland, on Sunday, March 27th, at four pm in the Mural Lounge. No-host cocktails and dinner will be available after the lecture. Call to reserve your place: 510.451.1000 or reception@bellevueclub.org

Catherine Pinkas, past president of OWL SF and member of the National OWL Board, has been actively involved in financial management for over 20 years. As an instructor in finance and business management, She offers experience in helping individuals plan for their financial futures.

CALENDAR

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

March 26 Saturday — **OWL General Meeting**, Mechanics Library, 57 Post, 10:00am-Noon (*see cover page for program details*)

April 4 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 3:30-5:30pm

April 30 Saturday — **OWL General Meeting**, 10:00am-Noon, St. Mary's Cathedral (*see page 3 for program details*)

May 13-15 — **Legacy Film Series Festival on Aging**, VIZ Theater, 1746 Post St. (*see page 9 for details*)

Senior Center Without Walls Activities Within Reach by Phone

Senior Center Without Walls, winner of a 2008 MindAlert Award from the American Society on Aging and MetLife Foundation, and a 2009 Citation of Honor from the International Association of Homes and Services for the Ageing, offers activities, friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. From the comfort of your home, you connect to our activities using your own telephone.

Interested in registering? You can register at any time during the session. Call us toll-free: 1-877-797-7299. You will receive information and instructions in the mail. There is no cost to register. . . the groups are completely free!

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 12:00 noon to 2:30 p.m.

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