



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

*May - June 2011*

**Email:** [owlsanfran@juno.com](mailto: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 Goes to the Movies:**

**Saturday, May 14, at 1:00 PM,  
OWL SF will attend a program of the  
Legacy Film Festival on Aging,  
presented by Sheila Malkind,  
Executive Director of the festival, and an OWL member.**

The program will include "6 short and long shorts," beginning with snapshots of aging in the developing world, a granddaughter's love for her grandmother, and New York fashionistas, followed by portrayals of older women (and some men) who are taking charge of their lives regardless of the advancing years. See article on Page 3 for more information about the festival films.

**Tickets: \$11.** May be purchased online at: [www.legacyfilmfestivalonaging.org](http://www.legacyfilmfestivalonaging.org)  
or at the box office at the New People building,  
in advance, or on the day of the film programs.

**Location: Viz Cinema** in the New People building,  
1746 Post St (near Webster) in San Francisco's Japantown.

**Transit: MUNI Geary 38; Sutter 2,3; 22 Fillmore.**  
Japan Center Parking Garage, 1610 Geary, or Fillmore St Annex.



**Legacy Film Festival on Aging, Friday-Sunday, May 13-15, 2011**

For the complete schedule of festival films, and more information on how to order tickets, please go to [www.legacyfilmfestivalonaging.org](http://www.legacyfilmfestivalonaging.org)

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

## PRESIDENT'S MESSAGE

This time the focus of the President's Letter will be health care. (This does not mean we will not need to continue to focus on social security!) There are three major reasons:

1. The Affordable Care Act, the national health care reform legislation, is a program OWL has impacted and monitored closely. This year's Mother's Day report from OWL National, focuses on this legislation and how it affects and will continue to affect women as they age.
2. The Medicare program is under attack. There is legislation that would privatize Medicare turning it into a voucher system (coupon care) and
3. For the past few years, we have fretted that the Governor of California vetoed SB810 Single Payer after the legislature had approved it; now we are concerned that SB 810 may not even be approved by the State Legislature.

The Affordable Care Act was signed into law a little over a year ago. It was hard to pass this legislation, and it's going to be hard to preserve it. Many conservative legislators are trying to dismantle it, using direct and subtle means. The OWL report discusses why the legislation is particularly important to women, as well as why it is particularly important for 55-64 year-olds and Medicare recipients. The report indicates how this program, which overrides many previous barriers to care, provides near universal access, and it reviews the timetable for implementation.

OWL's Mother's Day reports have been produced annually since the early 1980's, when OWL was founded, and these well-researched reports have become one of the respected trademarks of OWL. This year's report will be available online [www.owl-national.org](http://www.owl-national.org) around the time of the May 5<sup>th</sup> Mother's Day press conference in Washington, DC. If possible, we will also get a supply of hard copies for those who prefer that format. If you would like a hard copy, please contact me [kpiccagli@gmail.com](mailto:kpiccagli@gmail.com) or the office [owlsanfran@juno.com](mailto:owlsanfran@juno.com) or 989-4422.

Medicare as we know it, is under attack. Certainly the current program needs improvement; instead opponents are trying to dismantle it. The most significant approach, by Rep. Paul Ryan, passed by the Federal House of Representatives, would turn Medicare into a voucher program. Individuals would receive a set amount of money which would be used to buy health care insurance from private insurance companies. Of course, the amount of money wouldn't cover the expenses of many – and it would cover even less, once the expensive insurance companies take their profits.

Here at home in California, things are not good either. The first SB810 hearing in the Senate now scheduled for May 4<sup>th</sup>, does not currently have enough support to pass it out of that committee to go on to be reviewed by other committees. OWL SF members are urged to call Sen. Rubio at 916-651-4016 and Sen. Hernandez at 916-651-4024 to encourage their support of the bill.

**Finally, what you can do:** It is essential for us to stay abreast of what's going on in the area of health care—knowledge that is not only relevant personally, but also relevant to OWL's long-standing interest in health care. Read the Mother's Day report, follow the news and act when it's needed: contact legislators; write letters to the editor and/or make blog posts; post on Facebook; join with like-minded people to advocate for measures important to us — do anything you can to EDUCATE and ADVOCATE.

—*Kathie Piccagli*

**Kathie Piccagli, 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, 4:00-6:00 pm,  
870 Market St.  
**Phone:** (415) 989-4422  
**Email:** [owlsanfran@juno.com](mailto:owlsanfran@juno.com)  
**Web:** [www.owlsf.org](http://www.owlsf.org)  
**Mail:** 870 Market St., Room 905,  
San Francisco, CA 94102

## CARA Update

There are four major foci of CARA's (California Alliance for Retired Americans) current efforts, although they continue to be active on many fronts. OWL is one of the member organizations of CARA, which includes many community organizations and unions. Considering this membership, we are part of an organization representing over 800,000 members in California.

- **Social Security.** CARA has spearheaded many ACTIONS to educate and advocate for the program. There have been demonstrations, rallies, press conferences, speaking engagements, articles, contacts with legislators, etc. A major thrust currently is completing cards in which people tell the story of why Social Security has been important to the signer's family; these cards will then be shared with Senator Feinstein. Sen. Feinstein has been the least sympathetic of our local legislators in preserving Social Security and she requested these "stories".

- **The California budget.** Currently there have been very severe cuts to social programs in California. It was desperately hoped that there would be an extension of some previous temporary taxes, even though they were not particularly progressive, however, it is looking unlikely that this will happen. This will cause even more devastating cuts to the social safety net, services to seniors and families, low income families, and education. The state's budget can only be balanced using new sources of revenue and CARA has helped to publicize and advocate for this.

- **California single payer health care legislation.**

- **Upcoming programs:**

**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 available from OWL-CA and CARA. Contact me or CARA (510-663-4086) for registration forms and more information. Many of us have attended this training in past years. We can vouch for the training, as well as for the peacefulness and beauty of the site and the good vegetarian meals!

**CARA convention.** Start planning now for the CARA convention, to be held in Southern California on October 12-13.

—*Kathie Piccagli*



## Legacy Film Festival on Aging Friday-Sunday, May 13-15

Saturday, May 14<sup>th</sup>, at 1:00 PM, OWL SF will attend a program of the Legacy Film Festival on Aging, presented by Sheila Malkind, Executive Director of the festival, and an OWL member.

Malkind explains: Benjamin Franklin once noted, 'All would live long, none would be old.' We want to help change that concept to an exploration of how to grow older meaningfully, not fearfully. Our festival's mission is to present an annual film festival with films that inspire, educate and entertain intergenerational audiences about the issues surrounding aging. We believe that everyone, no matter one's age, will be enriched and entertained.

The Saturday, 1:00 PM program will include '6 short and long shorts', beginning with snapshots of aging in the developing world, a granddaughter's love for her grandmother, and New York fashionistas, followed by portrayals of older women (and some men) who are taking charge of their lives regardless of the advancing years.

Tickets: \$11. May be purchased online, or at the box office at the New People building, in advance, or on the day of the film programs. Location Viz Cinema in the New People building, 1746 Post St (near Webster) in San Francisco's Japantown. For the complete schedule of festival films, and more information on how to order tickets, please go to <http://www.legacyfilmfestivalonaging.org> Transportation: Geary 38; Sutter 2,3; 22 Fillmore. Japan Center Parking Garage, 1610 Geary, or Fillmore St Annex.

—*Sheila Malkind*

**WELCOME NEW MEMBER**

**Francine Braae**

## Political Advocacy Committee Update

The Political Advocacy Committee met for its regular meeting on March 24<sup>th</sup>. The committee worked on the April 30<sup>th</sup> Social Security OWL membership meeting to be held at St. Mary's Cathedral and featuring Barbara Kennelly, CEO of the National Committee to Preserve Social Security and Medicare. Another Social Security effort included a discussion on how to begin educating younger people about Social Security. Board member Allyson Washburn has invited OWL to speak to her class at The California Institute of Integrative Studies about Social Security on April 26<sup>th</sup>. OWL will use the opportunity not only to speak about Social Security, but to learn from the students what questions they have about the issue, what they would like to hear more about and how they feel Social Security affects them.

The Political Advocacy Committee also helped organize the March 26<sup>th</sup> membership meeting on the new CPMC Hospital to be built on Van Ness Avenue. The meeting was followed by a brown bag lunch where a lively discussion on issues related to CPMC ensued. Participating members decided that OWL should join The Good Neighbor Coalition, (<http://goodneighborsanfrancisco.wordpress.com/>), in order to remain active in the CPMC debate. Upcoming CPMC hearings at City Hall are May 12<sup>th</sup> and June 9<sup>th</sup>.

On other issues, the committee would like to develop a letter writing campaign so that OWL SF could begin introducing itself and the OWL agenda to our California Representatives and local City Supervisors. We could also create a clearing house where OWL members could learn where Reps. and Supervisors are meeting in communities around the city so that we could represent OWL and our agenda in our own neighborhoods.

Since OWL members put Pedestrian Safety on the OWL agenda at the January Planning Meeting, the committee has joined WalkSF, a pedestrian advocacy organization. WalkSF alerts OWL of hearings on pedestrian safety. The committee also would like to plan a Membership Meeting on Pedestrian Safety in the future.

As always, the Political Advocacy Committee is looking for new members to spearhead the expanding list of important issues to be addressed, including a new issue: elder abuse. Volunteers and interested OWL members are also welcome to participate in addressing ongoing issues like Social Security, Medicare, housing and MUNI. Come to the next Political Advocacy meeting, scheduled for May 26<sup>th</sup> or contact Melanie Grossman at 415-923-0850 by phone or [melaniegrossman@sbcglobal.net](mailto:melaniegrossman@sbcglobal.net) by email.

—*Melanie Grossman*



Presenting two sides of the issue at the March 26th meeting addressing the construction of the proposed new CPMC Hospital on Van Ness Avenue were: left, CPMC speaker, Mary Lanier, R.N., Vice President of Post-Acute Services and Chief Administrative Officer of the Davies Campus and right, Bob Prentice, former coordinator of Homeless Policy for San Francisco Department of Public Health. Photos by Sheila Malkind.



## Teamwork

My research team has been working for over two years to identify the factors that distinguish best-functioning teams from other teams. The primary factor turns out to be TRUST—that if a member offers an opinion, they will not be denigrated or “dismissed” if they do so, instead of their ideas being taken seriously (even if people disagree with the idea); the person’s integrity is intact. In addition, trust means that if a team member offers or promises to do something, they will do so—or let others on their team know that they cannot follow through. This allows others on the team to pick up when their team members cannot. . . and overall, team functioning is enhanced. Seems like this applies to us, as well as to the teams which I am studying with my NSF grant. . .

—*National OWL President, Margaret Huyck*

## When One's Driving Days Are Over

Last fall, the National Transportation Safety Board (NtSB) became the first federal safety agency to analyze the issue of mature drivers. According to NTSB, more than 30 million drivers in the USA are 65 or older. In 15 years, drivers in that age group will make up more than 20% of all drivers.

As the wave of Americans face the end of their driving lives, community initiatives are springing up to prevent seniors from experiencing the isolation and depression that can accompany immobility.

Volunteers offering their services and their vehicles to get seniors to appointments and quality-of-life outings. Many programs reimburse drivers for gas. Or the volunteers may trade for services they need.

Senior transportation programs such as the Independent Transportation Network, ITNAmerica, that allows volunteer drivers to bank transportation "credits." They can then use the credits to pay for their own rides once they stop driving or for rides for a family member. Begun in Maine, ITNAmerica now has affiliates in 14 metro areas.

Private companies offer car service with drivers trained in senior care

Auto club AAA is looking into how it can continue to serve its members once they give up their keys. "Instead of four free tows, maybe it's four free rides," says AAA's Jacob Nelson.

Note: as part of the Legacy Film Festival on Aging, we will be screening the important documentary, *Old People Driving*, Saturday, May 14<sup>th</sup>, 3:15 pm.

—*Sheila Malkind*

(Adapted from: "Helping Seniors Stay Mobile," Larry Copeland, *USA TODAY*, April 19, 2011).

## 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*

## Save the Date! June 25th OWL Membership Meeting:

### Does Your Family Know Where Your Stuff Is?

The topic for OWL's June membership meeting will be: Organizing Your Documents: Does Your Family Know Where Your Stuff Is?

A final gift to your family may be arranging your papers and documents so your estate can be settled effortlessly and your wishes carried out smoothly. When Sonoma resident Julie Jones and her siblings were dealing with the long-term illness and death of a parent, she needed help with the following:

- 1) Understanding all the things needing to be done
- 2) Knowing how to access needed documents
- 3) Knowing what her loved one would have wanted around personal details.

Even if your assets are modest, you will save your heirs a lot of stress, time and money if you prepare your documents so that family knows where things are, has easy access to financial papers and insurance documents, knows your account passwords, can read your health care directives and see your arrangements for Funeral, and knows your wishes for pets or personal items.

"People are often put off by the enormity and finality of planning for death," says Ms. Jones. But she now knows what documents, passwords and numbers are needed and how they can be easily compiled. She has been sharing her knowledge with senior groups, Rotary Clubs, church groups and on the radio ever since. A graduate of UC Berkeley and a credentialed teacher, Ms. Jones has extensive experience in planning and organization. She worked for 20 years for ABC-TV in San Francisco before moving to Sonoma. Her website is [www.estimatedocsorganizer.com](http://www.estimatedocsorganizer.com).

Julie Jones will share her expertise with us at the June 25<sup>th</sup> OWL membership meeting which will be held at the Flood Building, 870 Market Street from 10AM to Noon. Look for the OWL postcard in the mail or check the OWL SF web site for details.

—*Melanie Grossman*

## Give ‘em Health! OWL’s 2011 Mother’s Day Capitol Hill Breakfast Briefing

On Thursday, May 5th, OWL will unveil our 2011 Mother’s Day Report: “The Affordable Care Act: America’s Version of Health Care for All” on Capitol Hill. Featured Speakers will be Congresswoman Debbie Wasserman Schultz (D-FL), Assistant Secretary for Aging, Health and Human Services, Kathy Greenlee, and OWL Board Chair, Margaret Hellie Huyck.

OWL’s annual Mother’s Day report covers the Patient Protection and Affordable Care Act (ACA) of 2010 provisions that affect the lives of 70 million women over the age of 40. The report describes major changes to America’s health care system that affect older women, discusses the ACA’s impact and puts this complex set of changes into a commonsense perspective. It also includes recommendations for changes to improve coverage and to make the system more affordable, equitable and workable.

Every year we honor our mothers within OWL by highlighting issues that are important to midlife and older women. To see OWL’s Mothers Day Reports, you can go to the OWL National web site: [http://www.owl-national.org/Mothers\\_Day\\_Reports.html](http://www.owl-national.org/Mothers_Day_Reports.html)

### OWL’s July Pot Luck Party Saturday, July 23<sup>rd</sup> Save the Date!

In answer to the last Newsletter’s “want-ad” our wonderful OWL member, Mattie Alperton has graciously offered to open her home to us for our yearly Pot Luck! You have bit of time to decide what savory dish you will bring. Look for further details forthcoming in our next newsletter and on the OWL SF web site.



## In My Opinion . . . Learning About Hate #1

It seemed to me that the ‘Tea Party’ grew organically out of the ground into American politics the day after President Obama won the election. When Sarah Palin said “We are the real Americans” in her speech at a Tea Party rally in 2009 I remembered reading *The Scotsboro Boys*, the book about the 1931 trial of 9 black teenagers who were accused, tried, convicted and sentenced to death in one day in an Alabama courtroom... racism unleashed. I was 16.

I grew up in Bay Ridge, Brooklyn, New York, a quiet middle class neighborhood with Catholics, Protestants and Jews living together well. My grandparents settled there in the early 20<sup>th</sup> century and owned a small candy store. We were Jewish and we were safe. My elementary school had a large Scandinavian community, where *lutefisk* was as popular as ‘fish-on-Friday’ (in those days Catholics did not eat meat). We were free of crime (some said because Mafia ‘big-wigs’ lived there) and I helped my Catholic friends memorize their catechism portion of the week, including the section that said that the Jews killed Christ. They were just words—I really only realized what it meant when the phrase was eliminated in the 1960’s. One of the grocers had numbers on his arm and my mother told me a little about the holocaust.

Reading about this terrible racism in 1931 opened a door to learning and acting against discrimination of all sorts in my world in the U. S. of A circa 1957. We all have seen tremendous positive changes to remedy past injustices in the past 54 years – more still needs to be done but – pretty good. However, to the now emboldened racists, anti-semites, anti-Latinos, homophobes – working class retirees, and poor people in general, are seen as . . . well. . . ”un-American.” These “isms” in perhaps another 57 years from now will be gone, but now we need to be present and vocal when we see these injustices—as OWL does so well.

—*Amy Hittner*

Stars—  
stepping stones  
to the raft of  
the crescent moon  
in the lake of the sky.

by Sally Love Saunders

## PEER GROUPS

### Central Peer Group:

The Central Peer Group has been meeting on the 3<sup>rd</sup> or 4<sup>th</sup> 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, For further information contact Marcia Soffer at 661-8019. [mksoffer@sbcglobal.net](mailto:mksoffer@sbcglobal.net) Any other OWL members and their friends are always welcome to join our outings. *See you at the movies!!*

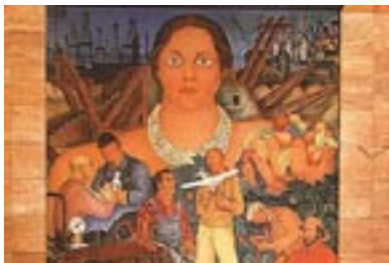
—*Marcia Soffer*

### Northeast Quadrant Peer Group: March Outing

The Northeast Quadrant Peer Group met on Monday, March 21<sup>st</sup> for a tour of Diego Rivera's two story mural at the old Pacific Stock Exchange, now the City Club of San Francisco, 155 Sansome Street in the Financial District. Thanks to City Guides, our group was provided with excellent tour with explanations of the many images in the mural. Califa, the central female figure of the mural, holds the above ground products of the State of California (agriculture, redwood forests, transportation) in one hand and the below ground riches (oil, metals, mineral wealth) in the other. A favorite image was that of the horticulturist Luther Burbank puzzling over his root-stocks, paving the way for agricultural science in California.

This magnificent mural was the first painted by Rivera in the United States. At the time there was considerable objection to having the mural for the Stock Exchange done by a someone who was not a resident of the United States, and a communist to boot. Delicious irony!

—*Marty Maricle*



Diego Rivera Mural at the Stock Exchange Tower

### Visit to Grace Cathedral Labyrinth Planned for Northeast Quadrant Peer Group in May

Labyrinths are found in many religious traditions around the world. Over the centuries labyrinths have had various meanings, but today they are often used to quiet the mind or to achieve a meditative state by those who walk them. A labyrinth has only one path so there are no tricks and no dead ends. The path winds around, sometimes becoming a mirror of where we are in our lives today.

The Peer Group plans to meet at Grace Cathedral (1100 California Street) on May 16<sup>th</sup> from 3:00 to 5:00 to walk the labyrinth. The group will then meet for coffee (exact location to be announced) to discuss the experience, learn more about the history of labyrinths and find out where other labyrinths are located around the Bay Area.

—*Melanie Grossman*

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](mailto:nanmc@jimstevens.com), or Jonee Levy [jonee.levy@gmail.com](mailto:jonee.levy@gmail.com).



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!

## Real Estate News and Green Living

Are you thinking about selling your home and trying to decide the best time to sell and whether you should wait a year or so?

Beginning on October 1<sup>st</sup>, the government will dial back on the size of mortgages it guarantees in high-cost areas like San Francisco, New York and Washington. After that, the maximum loan amount that Fannie Mae and Freddie Mac will back is scheduled to drop from \$729,750 to \$625,500. That may make mortgages more expensive or harder to get for buyers shopping in the \$700,000 range and who would prefer to make a down payment of 10 percent or less. In a city like San Francisco where many single family homes are priced at well over \$700,000 this will mean that buyers need more cash to avoid the extra cost of a Jumbo loan over \$625,000.

The curbs on government-backed loans could reduce the available pool of buyers. People planning on exiting the market altogether (such as retirees) may have to be patient to get the price they want, or consider owner financing.

Would you like help in your search or selling your home? If so, please e-mail me at [callingcarole@gmail.com](mailto:callingcarole@gmail.com) or call my cell 415.608.1267. Find me on Facebook at San Francisco City Living <http://www.facebook.com/sanfranciscocityliving> and stay up to speed with the best of the city.

—*Carole Isaacs*

### Green Tip:

As people age and travel becomes more difficult think about taking a STAYCATION! Save money and curb your carbon footprint. Take a local vacation. Trade homes with a friend for an easy change of scenery. Even something like going on a walk in a different neighborhood and having lunch in a new restaurant can be an adventure and a refreshing change

—*Carole Isaacs*

### Do you have something to say?

Write to the editors at: [mclew@pacbell.net](mailto:mclew@pacbell.net), [callingcarole@gmail.com](mailto:callingcarole@gmail.com) or c/o the OWL office, 870 Market Street #805, San Francisco, CA 94102.



## Newsletter Delivery: In Print or Via E-Mail?

Those of you with an e-mail address have been sent the OWL SF Newsletter via e-mail attachment for over 2 years now. It arrives in a file (in Adobe Acrobat pdf format) which can be viewed on your computer monitor or Ipad. In addition the Newsletter is posted on our web page in the same pdf format where it will be available for you and everyone interested in our advocacy and activities.

You may already have discovered the advantages of this form of the Newsletter: it can be enlarged for easier reading; it comes in full color; if you want a hard copy to read over coffee, it can be printed out, one page at a time or in its entirety; pictures can be selected for printing; and the Newsletter can be forwarded to your friends or others interested in OWL's programs. One considerable advantage to your chapter is the savings in printing and mailing costs. Presently these costs amount to about \$1.50 per copy. Every copy diverted from USPostal Service delivery means a little more saved to use for our other important activities.

Of course we will gladly mail the Newsletter to any of you who have no computer or prefer to receive it in their mailbox and read it in print. For continuing or new OWL members who have given us an e-mail address the Newsletter will be sent in e-mail unless you notify the OWL SF office to request your copies in printed form.

—*Margaret Lew*



## Your Help Needed: To Update the OWL SF Web Page

If you have a computer with internet connection you can help OWL SF by making updates on its web page! We need just a little of your time and we will show you how to do the easy tasks of adding notices to our Calendar and other pages. This is not a technical job – and it does not involve web design or HTML coding. Please contact the OWL SF office if you can help us keep our very public face on the web up-to-date and active.

## Do You Know the Warning Signs of Heart Attack and Stroke?

### Warning Signs of Heart Attack:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- **Chest discomfort**
- **Discomfort in other areas of the upper body**
- **Shortness of breath with or without chest discomfort**
- **Other signs including breaking out in a cold sweat, nausea or lightheadedness**

### Warning Signs of Stroke:

- **Sudden weakness or numbness of the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking or understanding**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden, severe headache with no known cause**

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1 Get to a hospital immediately if you experience signs of a heart attack or stroke!

—*Sheila Malkind*

Adapted from the American Heart Association

## CALENDAR

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

May 2 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 4:00-6:00pm

May 14 Saturday — **OWL General Meeting**, Legacy Film Festival on Aging, 1:00pm, Viz Cinema, 1746 Post St (*see cover page for program details*)

May 13-15 — **Legacy Film Series Festival on Aging**, VIZ Theater, 1746 Post St. (*see page 3 for details*)

May 31-June 2 — **CARA Leadership Academy**, Mercy Retreat in Burlingame. (*see page 3 for details*)

June 6 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 4:00-6:00pm

June 25 Saturday — **OWL General Meeting**, 10:00am-Noon, 870 Market Room to be announced (*see page 5 for program details*)

July 23 Saturday — **OWL General Meeting, July Potluck Party** (*see page 6 for details*)

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](mailto: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.