



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

*January - March 2015*

*Email:* [owlsf@owlsf.org](mailto:owlsf@owlsf.org)

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.

## **You are Invited to the OWL SF Annual Planning Meeting**

**January 24, 2015**

**10:00 a.m. – 2:00 p.m.  
Room 1185, Flood Building,  
870 Market Street**

Your input is essential as we plan for the OWL SF's new year! All our members are encouraged to attend. In addition to reviewing last year's activities and proposing program topics to address your concerns for 2015, enjoy lunch with other OWL SF members.

We welcome your ideas and want your company! Members and guests interested in OWL are welcome.

**Bring your brown bag lunch  
Beverages provided  
RSVP necessary  
Call OWL office to leave message: 989-4422**

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

## Introducing New OWL SF Board Members Elected at the December Annual Meeting

We welcome Suzanne Smith and two former board members, Melanie Grossman and Amy Hittner to the Board.

Melanie has been co-chairing the Political Action Committee for the past few years. She holds an MSW and a Phd in Social Work and she retired three years ago from her work at the Institute on Aging. She currently volunteers there one half day a week helping to staff their emergency hot line. She also operates a private practice out of a home office. She has three grown children and four grandchildren whom she often entertains to give their parents a bit of a break. Although she was not on the Board because of being termed out, she came to most Board meetings this past year and helped with several of our Saturday programs. She always chairs the September program on election issues.



Amy was on the OWL SF board several years ago until she was termed out. This happened to coincide with a prolonged period during which she was a care-giver for her husband Harry until his death last Fall. In the early days of her career, she worked as a guidance counselor in the San Francisco Unified School district. In fact she met her long time-friend and former OWL SF Board member Lorraine Honig when they worked as counselors in the same school. After earning her Phd at San Francisco State University, she continued working there and retired in 2009 from her position as Head of the Department of Counselling. She has been active in the Compassion & Choices Movement and served on their board for several years. She is also a member of the board of the Legacy Film Festival (which many of you have supported over the years.)

Our third board member is Suzanne Smith, who currently resides at the Sequoias Senior residence. I have known Suzanne since 1980 when I went to work for her after moving to San Francisco from Boston. Suzanne and her partner Barney Olmsted founded New Ways to Work in the mid 70's in Palo Alto. They later moved the office to San Francisco in the SOMA neighborhood (before the techie invasion, when it was called South of Market). The New Ways to Work organization was a non-profit that advocated for permanent part-time and job sharing positions, flexitime and flex place jobs in both the private and public sectors. She retired ten years ago and is the most active retired person I know. Her major work since retirement has been with St. Marks Church in various volunteer positions. She has two adult children and four grandchildren with whom she has taken interesting trips abroad since her retirement. She has been an Owl member for the past two years.

We on the Board look forward to working with all of them!

—*Nan McGuire*

### WELCOME NEW MEMBERS!

**Carolyn Koester**  
**Marianne Petroni**  
**Sy Russell**  
**Nona Thomas**

**Maxine Anderson**  
**Robin Brasso**  
**Joan Downey, Treasurer**  
**Melanie Grossman**  
**Amy Hittner**  
**Glenda Hope**  
**Margaret Lew**  
**Sheila Malkind**  
**Nan McGuire**  
**Suzanne Smith**  
**Ruth Strassner**  
**Betty Traynor**

**Newsletter**  
Margaret Lew, Editor

**Membership**  
Nan McGuire

**Political Advocacy Committee**  
Glenda Hope  
Melanie Grossman  
Co-Chairwomen

**OWL SF Board meetings:** first  
Monday of the month, 4:00-6:00 pm,  
870 Market St.  
**Phone:** (415) 989-4422  
**Email:** owlsf@owlsf.org  
**Web:** [www.owlsf.org](http://www.owlsf.org)  
**Mail:** 870 Market St., Room 905,  
San Francisco, CA 94102

## **November Program Meeting Healthy Eating: Making Smarter Choices**

At our November 2014 meeting we had very interesting presentation on Healthy Eating – Making Smarter Choices. Registered Dietician, Gretchen Zimmerman, talked about carbohydrates and why they are important in our diet. She pointed out which are good for us and which ones should be avoided. We heard about fiber, fat and protein; the good sources and more damaging sources. We had examples of what a healthy diet looks like and got a list of the “dirty dozen” the most commonly and highly contaminated foods with pesticides and chemicals — largely produce with thin skins and herbs. Participants were provided informational handouts which included a comparison of a traditional holiday dinner plate and a cooking light plate to inspire saving calories and eating smarter as we planned our celebrations.

A lively discussion and Q & A followed and those who attended were pleased with the timely and excellent presentation.

—**Velma Parness**

## **Investing Locally, Northern California Community Loan Fund**

For our November program meeting, OWL enjoyed the hospitality of the Northern California Community Loan Fund in Suite 677 of the Flood Building. We had a snafu securing our usual meeting space and the Fund graciously invited us to use their conference room, though it required one of their staff to come to work on Saturday.

The Fund makes loans with reasonable terms for work directly benefiting low income people in northern California, such as affordable housing, arts/cultural non-profits, and economic development work creating jobs, worker cooperatives and small businesses. These are all investments any OWL could feel very good about supporting and they pay a regular dividend above what banks pay for savings.

Consider becoming a donor (tax-deductible) or investor in the Fund. On a weekday, stop by their offices to pick up literature or talk with a staff member or just check out their website [www.ncclf.org](http://www.ncclf.org) They are responsible, capable financiers making good choices for the betterment of our community.

—**Glenda Hope**

## **Death with Dignity: California Considers Physician-assisted Dying**

The October 2014 monthly meeting of OWL-SF was informative and lively, as OWL programs tend to be. Fran Johns, a longtime member of both OWL-SF and Compassion & Choices, spoke about the campaign to legalize physician-assisted dying in California. Oregon, Washington and Montana already have this provision. She outlined the careful safeguards which are part of the proposed legislation, including the requirement that the individual be of sound mind, counsel with her doctor about her condition and prognosis and be diagnosed with a terminal illness. You can learn more about the movement deemed Death with Dignity from the Compassion & Choices website and the links provided therein, as well as information re the arguments against.

<https://www.compassionandchoices.org/>

Michael Lyon spoke to the need for us to have improved mental and physical health care, hospice care and palliative care, as well as widespread education about the availability of such. Everyone present endorsed this, with Fran noting that this is not an either-or choice. Compassion & Choices encourages us to work for such services and at the same time establish the legal option of physician-assisted dying if the individual so chooses and meets the requirements. Michael also expressed the concern of some disabled persons who fear they might be unduly pressured to choose this if it was legal and available.

Fran also told us about other information and documents available from the Compassion & Choices website, such as “The Dementia Provision”, urging us to peruse the website for help in obtaining both information and documents. Once again, we were all urged to prepare an Advance Directive for Health Care and to discuss it with family, friends and doctor.

—**Glenda Hope**

### **Anniversaries**

Congratulations to Melanie and Bill Grossman who just celebrated their 50<sup>th</sup> wedding anniversary.

OWL members are encouraged to let the Newsletter editor know of such auspicious occasions.

# Political Advocacy Committee Update •••

## Political Advocacy for All

Educating OWL members and advocating on important issues affecting older women has been a big part of the Political Advocacy Committee's job in 2014! Keeping Social Security and Medicare safe and strong, advocating for clean and transparent funding of elections, insuring women's right to choose, and continued advocacy for pedestrian safety, are only a few of the issues taken up by the committee this year.

Looking towards 2015, the Political Advocacy Committee is proposing that we also become involved in environmental issues. The environment affects all people. Thus it is a very broad topic, and so we need your help. We would like input from our members on where they think OWL SF should enter the battle. Where do you think we should focus our efforts?

We would like your input in identifying specific ways we can advocate for environmental reform to increase protection of our planet and all its creatures, how we can collaborate with other organizations already doing work that halts damage to the environment and reverses the effects of pollution, and how we can make a difference locally and individually to reduce our carbon footprint each and every day.

Please give us your ideas by calling the OWL office (415-989-4422) or by coming to the Planning Meeting to be held on January 24, from 10 am to 2 pm. The meeting will be held in Room 1185 of the Flood Building, 870 Market Street. Hope to see you there.

—*Melanie Grossman*



## Right to Die Laws and Recent Public Opinion Poll

Only 3 states have right-to-die laws that allow physician-assisted suicide: Oregon, Washington, and Vermont.

A new HealthDay/Harris Poll found that support for right-to-die legislation, which was already strong, has increased since the planned death of 29-year-old brain cancer patient Brittany Maynard.

Now 74 % of American adults believe that terminally ill patients who are in great pain should have the right to end their lives.

The poll also found that:

Support for a person's right to die has increased to 74 percent, up from 70 percent in 2011. Those opposed decreased to 14 percent from 17 percent during the same period.

Physician-assisted suicide also received increased support, with 72 percent now in favor, compared with 67 percent in 2011. Opposition declined from 19 percent to 15 percent.

Sixty-six percent of respondents said doctors should be allowed to comply with the wishes of dying patients in severe distress who ask to have their lives ended, up from 58 percent in 2011. Opposition decreased from 20 percent in 2011 to 15 percent now.

“Public opinion on these issues seems to be far ahead of political leadership and legislative actions,” said Humphrey Taylor, chairman of The Harris Poll. “Only a few states have legalized physician-assisted suicide and none have legalized physician-administered euthanasia.”

—*Sheila Malkind.*

*HealthDay/HarrisPoll*, Dec 5, 2014.

By Dennis Thompson

The *HealthDay/Harris Poll* was conducted online in the United States between Nov. 12-17 among 2,276 adults 18 and older. Figures for age, sex, race/ethnicity, education, region and household income were weighted, where necessary, to bring them into line with their actual proportions in the population.

More information: For more on the debate over right-to-die advocacy, visit [Debate.org](http://Debate.org).

SOURCES: *HealthDay/Harris Poll*, Nov. 12-17, 2014; Humphrey Taylor, chairman, The Harris Poll; Frank Kavanaugh, Ph.D., retired professor of medical and public affairs, George Washington University Medical Center, Washington, D.C., and board member, the Final Exit Network; Todd Cooper, spokesman, Archdiocese of Portland, Ore.

Last Updated: Dec 5, 2014

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## Mindfulness-Based Stress Reduction

I recently completed an eight week Mindfulness-Based Stress Reduction (MBSR) course (one 2-1/2 hour evening class a week) offered through the UCSF Osher Center for Integrative Medicine. A physician trying to help me deal with my very long-time (32 years!) chronic back pain condition suggested this resource. The fee for the course is \$331, and in my opinion worth every penny

Jon Kabat-Zinn's Mindfulness Based Stress Reduction Program (MBSR), developed over twenty-five years ago at the University of Massachusetts is the basis of the course which uses his book *Full Catastrophe Living, Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, a course workbook for completing homework assignments and a CD disc with various relaxation tapes to use at home.

The course materials show you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind and stimulate well-being and healing. If the word meditation puts you off, don't let it. I had gone through life thinking that I could never learn to meditate. Well, I was wrong. Having done yoga for a couple of years I expected no problem and it wasn't. This is the mildest form of yoga and should pose no barrier for most people who can get down on the floor and then get up again.

Talking to friends about this wonderful experience, I found it difficult to convey its meaning in a way that seemed to make sense. I am a person who easily experiences stress via tightening of my muscles, usually in my upper back and shoulder. Trying to explain my chronic pain I usually say "my muscles think tense is the norm." They still do so to a certain extent but now I have tools to defuse the stress and I experience little or no pain as a result.

Another great thing about this course is the ability to return for an hour per week to practice your tools with other alumni. It is totally drop in when you can. The course is very popular and often you have to wait list for an opening in either the fall or spring sessions. I highly recommend that you investigate this option.

For more information go to the Osher Center web site, [www.osher.ucsf.edu](http://www.osher.ucsf.edu) or you can call me at 415-673-7074. If you get a busy signal try again about an hour later because I take my phones off the hook whenever I do my MBSR "Body Scan" tape.

—Nan McGuire

## UCSF Osher Center Classes

These courses presented by the UCSF Osher Center for Integrative Medicine will start in February. [See http://ucsfme.com/minimedicalschool/](http://ucsfme.com/minimedicalschool/) for more details.

### Women's Health: A Critical Update Across The Lifespan

Tuesday Evenings: February 10, 17, 24 March 3, 10, 17, Time: 7:00pm to 8:30pm, Byers Auditorium, Genentech Hall Building, Mission Bay campus

#### Overview

Women's health needs are unique and cover a wide spectrum over the course of a woman's life. This series will explore a broad range of topics including stress management, sexual health, exercise and the athlete in each of us, osteoporosis, breast cancer in the Bay area, and fibroid treatment options. Often it's hard to find time to explore these issues in an interactive forum – now is the time for you to make some time!

### New Guidelines For Preventive Medicine In Adults: An Integrative Approach To Prevent Cancer, Heart Disease, Stroke, Infections And Other Diseases Of Aging

Wednesday Evenings: Feb. 11, 18, 25 March 4, 11, 18 Time: 7:00pm to 8:30pm, Room 225, Nursing Building, UCSF Parnassus Campus, 513 Parnassus Ave.

#### Overview

Prevention is the essence of wellness and good health. Although preventive medicine has focused traditionally on children and younger adults, current medical thinking is that adults—and especially older adults—also need specific attention to preventive medicine to minimize the chance of acute and chronic illnesses. In the last year, several new guidelines and many new studies have been published transforming the clinical approach to prevention in adults. This course, taught by UCSF experts on preventive medicine, integrative medicine, and internal medicine will review current evidence on the prevention of cancer, heart disease and stroke, infections, and other diseases of aging. The course will focus on the latest evidence about nutrition, exercise, and healthy lifestyle practices, vaccines for adults, and common screening tests to prevent illness. The course will also discuss the role of medications and alternative therapies to prevent the complications of high blood cholesterol, high blood pressure, and osteoporosis.

### Keys to Healthy Aging: Stay Engaged, Curious and Active

San Francisco State offers classes and activities through the Osher Lifelong Learning Institute OLLI - at both campuses. (19<sup>th</sup> and Holloway near Park Merced and 4<sup>th</sup> and Market in The Westfield Center)

For a complete list and description of classes that start on January 20<sup>th</sup> visit our website at: <http://olli.sfsu.edu/> Instructor video previews online at: <http://olli.sfsu.edu/content/olli-videos>

## What Are You Reading?

### ***Season of the Witch* by David Talbot**

I wish I could write a review that would make all of you read “The Season of the Witch”. I can’t, but it’s that interesting. A background of San Francisco – a review of its colorful history, especially the 60’s and 70’s. From the ‘summer of love’ and the music scene to the SLA, Patty Hearst, the Zebra killings, and more. The Hallinans, the police, racial issues, POLITICS, politicians. It’s all there. A walk down memory lane – with a reminder that my memory isn’t all that accurate. Do yourself a favor and read it. I found it hard to put down.

—**Kathie Piccagli**

### ***The Forest Lover* by Susan Vreeland**

At a big book sale in the Pacifica Library, I picked up a copy of *The Forest Lover* by Susan Vreeland only because I am a forest lover myself and liked the title. Besides, it was only a quarter so how could I lose? This fascinating story of a woman I had never heard of before proved to be the book find of the year for me.

Emily Carr was a Canadian artist in the early 1900s who fell in love with the wild forests and the gorgeous, spiritually powerful totem poles. Though every woman was told she must marry a man – she never did. Though every woman was told that females must confine their art to watercolors – she never did. With very little money and even less encouragement, she traveled to Europe where she learned to paint with oils. Try to imagine being a 40 year-old single woman at that time venturing into the Canadian wilderness alone, lugging the necessary supplies, enduring primitive living conditions in order to preserve the images of trees and totems before they were cut down, uprooted or destroyed!

Today, if you are in Vancouver, BC, you must visit the Emily Carr Museum. Be inspired by her passion, her artistry and her courage.

—**Glenda Hope**

### ***The Nutshell Studies of Unexplained Death* by Corinne May Botz**

Knowing my love of miniature scenes, a friend loaned me this book of unusual photographs. I expected imaginary crime scenes in miniature and was surprised to be introduced to the life of an extraordinary woman, Frances Glessner Lee. Lee (1878-1963), was denied a college education and her desire to practice medicine was thwarted by her conservative father. But in her 50’s, Lee found means “to do something . . . of significant value to the community” championing the use of medical examiners instead of coroners, she underwrote a salary for a professor of legal medicine at Harvard. To train police detectives she began to design detailed miniature crime scenes which were used at Harvard for many years to develop skills to explain suspicious deaths. Each study was based on a real case and contained evidence for the detective to use to interpret the cause of the death or deaths portrayed.

Sadly photography cannot do these scenes justice. The nutshell studies should be seen from many angles to be appreciated and fortunately this may be possible with a trip to the Baltimore Medical Examiner’s offices. I found the story of the scenes and Lee’s life more compelling than the illustrations!

—**Margaret Lew**

### ***Being Mortal* by Atul Gawande**

Atul Gawande M.D., in my opinion, is an amazing physician, a surgeon, as well as an accomplished teacher, writer and speaker. My first encounter with Dr. Gawande was at a Families USA conference in Washington DC several years ago. I remember him being a very engaging panelist who spoke about his development of a checklist for surgeons and their assistants in the operating room theater. He has been a surgeon at Brigham and Women’s Hospital in Boston, and a professor at Harvard Medical School for many years. The Checklist was created to help rule out errors on the part of all operating room staff. Such a tool has been implemented in many hospitals and has led to a decrease in operating room errors. Unfortunately it has been resisted in some, which I attribute to the superior attitude of those surgeons who are above needing any practical advice.

Dr. Gawande has been a staff writer for *The New Yorker* magazine for several years. His ability to communicate in writing is such that you want to keep on reading once you start. When I saw a review of his latest book I immediately went to my library and became number 163 on the waiting list. A couple months later my number came up. It was worth the wait.

In *Being Mortal*, this 263-page little book, he explores what makes life worth living when we are old and frail, and unable to care for ourselves. He does this by providing examples of several creative models that turn their back on the typical nursing home example – which usually narrows the choices one has of keeping the things that are most important to us as we age: privacy, our pet animal, our own furniture, the development or maintenance of close personal relationships, and others.

He also presents case studies of some of his patients, whom he tried to help work through the difficult choices they had to make between various therapies and the most important things to maintain until the end after they had been diagnosed with cancer. The goal is always for them to live to the last with autonomy, dignity and joy. This is not an easy task for physicians whose medical training does not spend much time on this subject and whose goal is to help patients get better.

The patient most prominently featured in the book is his father, a talented surgeon like his son, with many philanthropic endeavors in his native county of India. When diagnosed with cancer, he decided to continue

his most important activities and delayed certain therapies that would prevent him from doing so. The complicated decision-making required and the courage to take certain risks on the part of the patient and his physician are carefully laid out for the reader.

As stated by Oliver Sachs, “It is not only medicine that is needed in one’s declining years but life – a life as rich and full as possible under the circumstances.”  
—*Nan McGuire*



## Power Outage Survival Tips

For the remaining months of winter weather here is some timely advice from the San Francisco Department of Emergency Management.

So the lights are out. What do you do? Get a glass of wine and light some candles? Well not exactly.

First, let PG&E know that the power is out by calling 1-800-PGE-500. Next, unplug and turn off appliances and leave one light on so that you know when the power comes back. Avoid using candles, they are fire hazards, especially in San Francisco. Do not use a gas stove for heating your home or operate generators indoors. When you come to a traffic signal that is not working treat it like a four-way stop. Lastly, be conservative about how you open your fridge in order to maintain its temperature and avoid eating food that has been not refrigerated for long periods of time.

For Pacific Gas and Electric power outage updates, check out: <http://www.pge.com/myhome/outages/outage...>

The wine is still a great idea though (if you are over 21).

—*Submitted by Sheila Malkind*

## Remembering OWL SF In Your Estate Plans

Your bequest supports the on-going work of our programs and advocacy. For information or questions, contact: Joan Downey, OWL SF Treasurer, 415-989-4422

Your thoughtfulness will go far in supporting the continued work of this all volunteer organization. ...And we sincerely thank you.

## Apples

My Grandma Esther, just 16,  
A tiny girl with bright red hair,  
Fled the tsarist terror for the Midwest.  
She raised four children in small-town Ohio.

She told few stories of her childhood village life  
Except a remembrance of the apple trees.  
She remembered the blossoms.  
She remembered the bite of the first red fruit.

She’d not been in Ohio long when someone  
Offered her a round, red fruit.  
Whatever the brain does in pleasant memory,  
My grandma’s thoughts were of the blossoms,  
The red apples in her childhood yard.

She bit into the fruit but there was no bite.  
There was pale-pink juice and gray seeds running  
down her chin  
And onto her workdress.  
She remembers that people laughed.  
“Tohmat. Tohmat,” the people yelled in Yiddish.

She told us this story over and over again,  
Hoping that the ending would be different.  
—*Arlene Silverman*



*“A defective sense of smell appears to be a good predictor of dying within five years, a new study has found.”*

*New York Times, October 1, 2014*

They say that if you can’t identify  
the smell of a rose  
or an orange from a Florida grove  
or the tang of peppermint  
or the smell of the hint of a fish  
or whether you can pick up  
The earthy smell of leather,

If you can’t, well,  
You could die earlier  
Than those with a good nose.

Who knows?  
For starters, how could anybody but Roy Rogers  
Or someone with a genuine (genuine!) Prada bag  
Know what leather smells like?  
Answer that.  
—*Arlene Silverman*

## Membership Committee Report

At the OWL SF Board meeting in November, the subject of what constitutes membership in OWL SF was discussed at length, resulting in the following description of membership: A member is considered to be in good standing until they are six months in arrears with their dues. The membership renewal date will be one year after the date of joining OWL SF. When the renewal date comes up, members will be sent a letter renewal notice, with a reminder notice to be sent once three months have elapsed and again when six months have elapsed. The second and third notices will be sent in e-mail whenever possible. The six-month notice may be made via phone for those who do not have e-mail. The membership renewal date is the anniversary of the date that they joined, not the date they renew if they do so after three months.

We have a small number of donors who are not members. These are people who donate to the mid-year and/or the end-of-year appeals. When sending a thankyou letter for their donation, it will be stated that the donation qualifies them for a year's membership in OWL SF unless they specify that they do not wish to be a member.

When mailing renewal letters or brochures, there will be an additional space for making donations above the recommended \$50 membership fee. Our sliding scale for membership dues will remain for those for whom \$50 would be a hardship.

The membership committee foresees that it will take a couple of months to catch up to these changes in policy. The committee would greatly appreciate some additional members! Most committee work can be done from your home. Please e-mail [nanmc@jimstevens.com](mailto:nanmc@jimstevens.com) or call Nan (415) 673-7074 if you are willing to join the committee.

—*Nan McGuire, Membership Chair*

nextvillage  
San Francisco

### Happy Birthday NEXT Village San Francisco!

NEXT Village SF, which uses the help of volunteers to help older adults in northeast SF to age successfully and safely in place, turned five in December. Founded by several OWL members, NEXT now has nearly 100 members and 47 volunteers. In 2014 volunteer drivers provided 275 rides!

NEXT also works to build connectivity and encourage vitality by hosting social, cultural and educational events; including an informative speaker series called Live and Learn. In 2014, we hosted over 60 such activities that were attended by over 600 people.

Membership in NEXT is affordable and provides benefits such as in-home support, companionship, transportation to doctors appointments, the grocery store, NEXT social events, etc.

For more information, to sign on as a member or to volunteer, please contact Jacqueline Zimmer Jones at 415-888-2868 or by email at [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org)

### *Cleaning Out Closets, Redecorating or Downsizing?*

Take your items to the  
Community Thrift store  
623 Valencia Street  
(on the corner of Valencia and  
Sycamore, near 17<sup>th</sup> street.)  
(415)861-4910



Access the loading dock from Mission onto Sycamore between 17<sup>th</sup> and 18<sup>th</sup>.

Tell them: *These are for the Older Women's League of San Francisco.*

OWL SF receives 40% of anything that sells! *You* receive credits for a tax-deductible donation!

We are grateful to Community Thrift for the service they provide to the community and to the many non profits like OWL.



## OWL SF Board Member Job Description

The functions and responsibilities of OWL SF Board membership were approved at the Board meeting on May 5, 2014. All who are interested in a more active participation in the leadership of OWL SF are encouraged to come to Board Meetings and apply for membership!

### Essential functions

1. To assist in the overall leadership of the Older Women's League of San Francisco.
2. To lead one program per year.
3. To participate on at least one committee.
4. To advance OWL SF membership.
5. To support the fiscal viability of the association through: donation solicitation, membership solicitation, sourcing resource/revenue opportunities.
6. To assist the association by staying abreast of current community, state and federal issues concerning mid-life and older women.
7. To actively assist in Board development and expansion.
8. To attend monthly Board meetings and program meetings

### Responsibilities:

Committee membership: OWL SF has 4 standing committees each Board member must select one to actively participate in.

Facilitate the presentation of one program per year; at the annual meeting each Board member elects the program they wish to facilitate or co-facilitate.

It is a primary responsibility of the Board to "spread the word" about OWL SF and our activities in order to build name familiarity, encourage new members, expand the community awareness of OWL SF.

Each Board Member must be willing to represent those issues agreed upon by the Board and endorse the OWL SF position on these issues.

Each Board member must play an active role in building OWL SF's fiscal security through: new member solicitation; sourcing possible donations (through all venues).

Working in concert with co-members to actively grow the Board's skills, talents and resources in the community.

## Calendar

For a complete and up to date listing see the OWL website: <http://www.owlsf.org/calendar.php>

**January 5 Monday — OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

**January 24 Saturday — OWL Annual Planning Meeting**, 870 Market, room 1185, 10:00-2:00

**February 2 Monday — OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

**February 21 Saturday — OWL General Meeting** (*Location & Program details to be determined*)

**March 2 Monday — OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

**March 21 Saturday — OWL General Meeting** (*Location & Program details to be determined*)

## Community Resources

Check the calendars of these organizations for more opportunities to get involved in your community:

### CARA California Alliance for Retired Americans

<http://www.californiaalliance.org/>

600 Grand Ave., Room 410, Oakland, CA 94610

E-mail: [info@CaliforniaAlliance.org](mailto:info@CaliforniaAlliance.org)

Phone: (510) 663-4086

### Gray Panthers of San Francisco

<http://graypantherssf.igc.org/>

2940 16th St, Room 200-3,

San Francisco CA 94103

E-mail: [graypanther-sf@sonic.net](mailto:graypanther-sf@sonic.net)

Phone: (415) 552-8800

### SDA Senior & Disability Action

<http://sdaction.org/>

1360 Mission Street, Suite 400

San Francisco, CA 94103

E-mail: [info@sdaction.org](mailto:info@sdaction.org)

Phone: (415) 546-1333

### Community Living Campaign

<http://www.sfcommunityliving.org>

P.O. Box 460400

San Francisco, CA 94146

Email: [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)

Phone: (415) 821-1003

YES! I WANT TO JOIN OWL SF!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY STATE ZIP

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Annual dues of \$50 are recommended. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive the quarterly OWL SF Newsletter.

Make a check out to and mail to:  
OWL SF  
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## 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.

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