



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

January -March 2017

Email: 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.

JOIN OWL SF for our 2017 PLANNING MEETING

**Let older women's voices be heard
in the new political landscape!**

Help OWL plan:

- Political Advocacy Agenda
- Keeping Social Security and Medicare safe
- Ongoing OWL projects: the environment, clean money, police reform, pedestrian safety, housing, older women's health
- Educating the public through thought-provoking membership meetings and informative newsletter and website
- Expanding and diversifying membership
- Social activities to meet other like-minded older women

Bring a Brown Bag Lunch!

When: Saturday, January 28, 2017, 10 am to 1 pm

Where: Community Room, Northern Police Station

1125 Fillmore Street at Turk Street
(No parking in police parking lot)

MUNI # 5, 22, 31 & 38 (4 block walk)

All Welcome – Wheelchair Accessible

OWL SF * 870 Market Street, #905, San Francisco, Ca. 94102

Phone 415-712-1695 * Web site: www.owlsf.org

2017 Brings a Two Front War on Social Security and Medicare

This letter from Richard Fiesta, Executive Director of the Alliance for Retired Americans appeared in Glenda Hope's e-mail box.

Just before leaving Washington, D.C. for the holidays, the Chairman of the House Subcommittee on Social Security, Rep. Sam Johnson, declared war on seniors. He introduced a bill that would raise the retirement age to 69 and slash Social Security benefits for the majority of seniors.

We're fighting a two-front war now. The Republican House is also moving to raise the eligibility age for Medicare and turn Medicare's guaranteed health care benefits into a voucher scheme.

Tell Representative Sam Johnson and Speaker Paul Ryan that seniors can't afford a pay cut!

Stand with us and sign our petition to help us save Social Security!

Republicans want to take the benefits we've earned through a lifetime of hard work to pay for tax breaks for the wealthiest Americans and corporations. Without Social Security, millions of seniors would be pushed into poverty, harming working families and local economies.

Retirees cannot afford cuts to Social Security. They are already struggling to pay for food, housing and health care. Ryan and Johnson's plan will hurt current AND future retirees and make retirement something that only the wealthiest can afford.

Can you let us know that you stand with us? Sign our pledge to say: No cuts to Social Security. The future of retirement is up for grabs. We need to know who is with us in this fight to protect Social Security from those who would privatize or cut the program.

sign the pledge here: <https://retiredamericans.org/>

We cannot do this without you.



Trustworthy Sources of Information and Calls to Action:

We on the OWL SF Board agreed to share "reliable sources of info" when we found them and put them in our Newsletter. Here are the first two.

Alliance for Retired Americans tracks proposed legislation and other matters of particular concern for older Americans. You can believe what they are saying. Join the email list by contacting www.retiredamericans.org No charge, though you might want to send a few dollars.

Since 1972, the **California League of Conservation Voters (CLCV)** has protected our land, air, water, and public health as the non-partisan political arm of the environmental movement. CLCV's mission is to protect and enhance the environment and the health of all California communities by electing environmental champions, advancing critical priorities, and holding policymakers accountable. See their California Environmental Scorecard to learn about issues supported and legislator's records on them: <http://scorecard.ecovote.org/about-clcv/>



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OWL SF Board meetings: first Monday of the month, 4:00-6:00 pm, 870 Market St.
Phone: (415) 712-1695
Email: owlsf@owlsf.org
Web: www.owlsf.org
Mail: 870 Market St., Room 905, San Francisco, CA 94102

CARA – Now More than Ever

Ordinarily in each newsletter I give an update on what the California Alliance of Retired Americans (CARA) has been doing. OWL SF shares many of priorities and goals of the larger organization to which we belong. Now, however, I want to share what CARA's going to do and how we must continue to share and participate.

CARA's first priority (and one of OWL SF's) is to "protect, expand, and improve" Social Security, Medicare and Medicaid. Now all three of these programs are under attack like they've never been before. These are not idle threats, but active programs that will have huge diminishing impact.

The only hope we have of preserving these programs is massive protest. CARA is leading the way here in California. There have already been call-ins and other lobbying.

On January 27th, CARA will demonstrate at Rep. Kevin McCarthy's office in Bakersfield. (Congressman McCarthy is the House Majority Leader, and is responsible for moving the Republican agenda forward in the House of Representatives. He is a well-known supporter of privatization and reducing spending on programs such as Medicare and Medicaid.) We need to show up by the thousands on January 27th to let him know that we expect him to represent his constituents (50% of the residents in Kern County depend on Medicaid, Medicare or both for their health care). We also will demand that he move the House Majority toward protecting, improving and expanding these programs.

I strongly urge you to take part in this and other actions. There will be a bus from San Francisco. Call CARA toll free at 877-223-6107 to reserve a space.

It is time to get our activist hats on. This is no time to be complacent. See you on the bus!

—*Kathie Piccagli*

Save the Date

OWL SF Annual Planning Meeting

**January 28, Saturday
10am to 1pm**

The OWL Planning meeting is Saturday, January 28, 10 am to 1 pm at the Northern Police Station Community Room, 1125 Fillmore at Turk.

All are urged to attend this important meeting. Be involved in setting OWL SF's priorities for 2017. Help make plans to strengthen our ongoing priorities, Social Security and Medicare and more.

Vision Zero Working to Protect Lives on San Francisco Streets

Every year in San Francisco, approximately 30 people lose their lives and over 200 more are seriously injured while travelling on city streets. Speeding is the number one cause of fatal and severe injury collisions in San Francisco. Slower vehicle speeds greatly reduce the chance of severe injury or death in the case of collision, with a pedestrian hit by a car at 20 mph having a 90% chance of surviving, while a person hit by a car at 40 mph has only a 20% chance of surviving. These deaths and injuries are unacceptable and preventable, and San Francisco is committed to eliminating them.

Vision Zero is the City's commitment to eliminate traffic-related deaths by 2024. San Francisco is committed to building better and safer streets, educating the public on traffic safety, enforcing traffic laws, and prioritizing resources to implement effective initiatives that save lives. By working to equitably protect our most vulnerable road users, San Francisco is creating a culture whereby city residents, workers and visitors prioritize traffic safety to ensure mistakes that happen on our streets do not result in serious injuries or death.

OWL SF's position on the board needs filling. If you are interested please contact the OWL SF office.

—*Sheila Malkind*

An OWL Speaks Up

Echoing concern that OWL SF has for the environment of our planet, Melanie Grossman wrote the following letter to the editor of the *San Francisco Chronicle*, published on December 19th.

Clean up State

Regarding "Brown vows no letup on climate" (Dec. 16): Gov. Jerry Brown's vow to fight any attempt to roll back progress on the environment by the incoming Donald Trump administration rings hollow as long as he chooses not to use his firepower to rein in and abolish fracking in the state of California. Before claiming bragging rights for himself as an important leader in the upcoming battle to save the planet, he must first take on the fight to clean up our own state and ban fracking.

The original *SF Chronicle* Opinion piece by Joe Garofoli and David Perlman can be read on PressReader.com. <https://www.pressreader.com/>

OWL SF has a new telephone number:
(415) 712 - 1695

Eyesight, Memory Loss: Leading Concerns of Aging

According to a survey of online populations across 17 countries, people were asked which physical conditions from a list of 19 choices they worry about most.

Internationally, the top five physical conditions people worry most about, either now or as they age, are eyesight getting poorer, not being as mentally alert, lacking energy, trouble taking care of themselves physically, and being unable to walk or drive.

Some of the countries surveyed: Spain, Mexico, Argentina, Germany, Russia, Italy, Japan, Korea. Russia was the only country where 'losing your teeth' is a top 5 concern, while in Japan and Korea, 'getting wrinkles or sagging skin' is in their top five.

Both genders have the same top five concerns as listed above, but further down the list, more men worry about 'losing sexual drive', and more women are worried about 'getting wrinkles or sagging skin'.

For more information for the full findings for each of the 17 countries:

www.gfk.com/global-studies/global-study-overview

From *Gerontology News*, December 2016.

—*Sheila Malkind*,

Police in the Community

OWL SF held an open Q & A forum on October 22nd at the Ellis Street Family Apartments to address neighborhood and city-wide issues of police in the community. Guest speaker San Francisco Police Captain Teresa Ewing who heads the Tenderloin Station described her experience as one of the first women in the SFPD and answered a wide range of questions about police work in our city. Though attendance was disappointing due to competing events surrounding the November elections, it was agreed that the "hot topic" of policing was well-covered at our meeting.



Glenda Hope and Captain
Teresa Ewing.
Photo by Sheila Malkind

End of Life Issues

Eileen Lemus, MA, was our guest speaker at OWL SF's November membership meeting. She spoke about the importance of how to start a conversation with family and friends about death, insuring that everyone knows and honors your end of life decisions, the unfortunate results of not doing so. Many who attended shared stories of personal experiences and began the talk about death. This meeting may be followed up in the coming year with a speaker of medical background.

FDA and NIH Call for More Women to Participate in Research

The Food and Drug Administration Office of Women's Health is partnering with the National Institute of Health to initiate a campaign encouraging women of diverse backgrounds and ages to participate in clinical medical research trials. The campaign's goal is to raise awareness of the importance of women of different ages, races, ethnic backgrounds, and health conditions to participate in scientific research testing the efficacy of various procedures, treatments, drugs and devices.

Medical products do not affect men and women in the same way. Women have different symptoms, responses and side effects than men do. Therefore it is important that women participate in clinical trials to ascertain if products are safe and effective for them, or if their response is different than that of men.

A clinical trial is a research study that helps to show whether a test or treatment works and is safe. There are many ways women can take part in a trial. Some trials ask you questions about treatments you already take. In other trials, participants take a new drug. Some clinical trials use healthy people while others use subjects with specific health concerns.

Women already participate in clinical trials, but women of different ethnic backgrounds and ages, as well as women with disabilities or chronic health conditions are still needed to show if products are safe and work well in both men and women.

Before joining a study, always ask about the purpose of the study, the drugs and treatments being tested, risks and benefits of participation, how long the study will last, whether all costs of the study are covered by the researchers, and what steps the study will take to keep your information confidential. Make sure all your questions are answered before you agree to participate.

Go to www.clinicaltrials.gov to look for clinical trials in your area. You can search for trials for specific diseases of interest to you. Much medical research is based on men's health. Older women can join in and advance medical treatments for themselves, their sisters, and future generations by taking the time to participate in the FDA and NIH's campaign to diversify medical research so that it serves all people.

—*Melanie Grossman*

WELCOME NEW MEMBERS!

Janet Crane
Sheila Lemus

OWL Holiday Party: Business with Good Cheer

The OWL SF monthly meeting and holiday party held on December 10th, combined a bit of business with a good deal of cheer. At the meeting members approved amendment of our by-laws with the elimination of term limits for OWL SF Board members. The members also approved the re-election of the current Board members. President Glenda

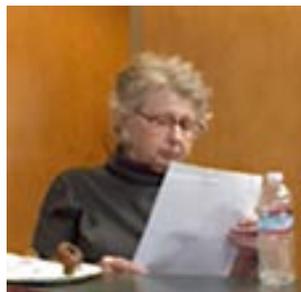
Hope repeated a call for new Board members. She reviewed the Board responsibilities in general which are to attend monthly meetings (1st Mondays at 4 pm); to be on a committee such as Political Advocacy Committee, Newsletter, Membership, PR; and/or take on an office: President, Treasurer, Secretary. Contact the OWL SF office if you would like to propose a Board member.



Melanie Grossman leads the carols.

After the business was concluded the members were treated to poems read by their authors, guest, Phyllis Holiday, and OWL members Vivian Imperiale and Arlene Silverman. Vivian's poem is included in this issue for those who missed the party. We concluded with holiday carols and enjoyment of the delicious refreshments on our holiday buffet.

—Margaret Lew



Kathie Piccagli and Josie Phillips at the buffet; Arlene Silverman reads her poem; Phyllis Holiday and her poem published in *Poets 11 Anthology 2016*; Vivian Imperiale reading her poem (see p.7 this issue). All photos by Sheila Malkind.

California Clean Money Petitions to Legislature

OWL friends: no reason to wait, you can each and everyone print out the petition page and the info sheet and start gathering signatures. Note that this is a petition directly to legislators - not a ballot initiative. In the last term of the CA legislature, the Assembly voted 3:1 in favor but at the very last 5 minutes it failed by 1 vote in the Senate.

Visit the web page of California Clean Money Campaign for updated information:

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

Find petitions at

<http://www.caclean.org/materials/print.php>

Send completed petitions to David Schmidt, 235 Douglass Street, San Francisco 94114 or give to me and I will drop them off for him.

—Glenda Hope

Elie Wiesel: "There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest."

We are not yet powerless! —Glenda Hope

Get Up and Move

You have probably heard that it is important to be physically active for at least 30 to 60 minutes per day. New research has found that there is a flip side to this. Whether or not you are physically active, the amount of time you spend sitting, resting or being inactive is bad for your health.

Beyond just reducing your sedentary behavior, regular physical activity is one of the most important things you can do for your health. It can help:

- Reduce risk of cardiovascular disease
- Reduce risk for type 2 diabetes and metabolic syndrome
- Strengthen bones and muscles
- Improve mental health and mood
- Improve ability to do daily activities and prevent falls
- Increase your chance of living longer

If you are not sure about becoming more active because you are afraid of being hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people. If you are not usually active, check with your doctor first.

Source: *News from REGARDS*, Winter-Spring 2016
(REasons for Geographic And Racial Differences in Stroke)

Test your portion size IQ!

Do you know how much you should be eating in one sitting? National Institute on Aging offers tips and information to help you answer this question.

A “serving” is how much of each type of food you should eat to meet recommended daily nutrition requirements. A “portion” is how much of a single food is actually on your plate—it can vary from meal to meal. When eating your daily meals:

- Stop eating when you are satisfied, not full. If there’s still food on your plate, save it for another time.
- Use a smaller plate, bowl, or glass to help you eat and drink less.
- Skip the “super sizes.”
- Share a restaurant entrée with a friend—or eat just half and take home the rest.

Visit our website to learn more about portion sizes and nutrition for older adults.

Share this information with family and friends:

Twitter: How much is too much? Learn more about servings and portion sizes. What’s On Your Plate?
<http://go.usa.gov/Dxck>

Facebook: Don’t let your eyes get bigger than your stomach! Paying attention to how much you eat can help you maintain a healthy weight. Try using a smaller plate, bowl, or glass to help you eat and drink less. Learn more about healthy portion sizes from NIA: <http://bit.ly/2hZXFxs>

—*Sheila Malkind*

Terribly Easy Kale Salad for 10

2 bunches of curly green kale
1/2 c toasted chopped almonds
1/2 c dried cranberries (optional)
1/2 c grated pecorino cheese
1/4 c olive oil
1/4 c meyer lemon juice

Fold each kale leave in half and tear or cut out the long tough stem. Discard. Chop the leaves into small (about 1/8”) strands

Chop almonds and toast until lightly brown

Squeeze lemons and mix juice with olive oil for dressing

Combine all ingredients

It’s easy, good, and keeps for a while.
—*Joan Downey*

What Are You Reading?

The Mind Span Diet, Reduce Alzheimer’s Risk, Minimize Memory Loss and Keep Your Brain Young, by Preston Estep III, Ph.D.

When most of us see the word “diet” we immediately think of a plan by which we might lose some weight. Lord knows there are plenty of those floating around in magazines and books that purport to be the newest no fail method. In this book, the author who is a geneticist and the director of gerontology at the Harvard Personal Genome Project, suggests several changes in diet that will help us avoid some of the common aging changes. Most of us have a friend or family member that has experienced some form of dementia and know how difficult it is for them to function at a desirable level.

Dr. Estep investigates cultures that have the lowest levels of dementia in their aging populations and he calls these people the Mind Span Elite. At the top of the elite list is the Japanese culture followed by the Italian (Ligurian and Sardinian in particular) and Mediterranean Riviera populations. The Mind Span risk countries include the United States, Finland, Sweden, the Netherlands and the United Kingdom. These countries have the unfortunate distinction of leading the world in Alzheimer’s disease incidence and mortality.

Many sections of the book are scientifically technical and I tended to slide through those sections, because other sections contained information about some of my favorite foods that had been on my taboo list but now have moved into the ok category, e.g. focaccia bread which is abundant in Liguria and North Beach where I live, and unenriched pasta is also good for us! For years I have been reading that brown rice is the only rice one should eat but the Asian and Japanese diets contain steamed or boiled white rice in plentiful amounts and they are among the Mind Span Elite. I no longer have to argue with my husband that we should eat brown rather than white rice!

The other fact that I was totally unaware of is the presence in our diet of iron in amounts far more than is necessary. Dr. Estep advises that iron is definitely something to avoid. I have read food labels carefully for years but have never paid attention to the % of iron in a given item. After reading this I find it almost impossible to find items that don’t have at least 2% iron and most have much higher levels. Do a little research next time you grocery shop and you will see what I mean.

I encourage you to borrow a copy of this book from SFPL or order the paperback edition from Amazon for under \$10. Happy New Year All.

—*Nan McGuire*

To My Best Friend Who Disappeared

Eight years on the streets
No one could find you
Worse, though, you
couldn't find yourself

A mind too worn out to flee insanity
you sat hidden in bushes
or aimlessly trudged concrete paths
leading nowhere.

One day you lashed out
in a paranoid rage and They grabbed you
and jailed you.
But there was good in that.
Soon there was soothing talk
and medications that made connections in your brain
so the sun was the sun
and the moon was the moon — again.

Then twenty years of everything right —
housing, a career
Laughter, comfort, good times.

Why, oh, why did you pick a day to disappear again?
You had everything
but chose to return
to nothing.
All alone — cold and confused.
Again.
But do you understand how friendship works?
Now we are cold and confused, too,
because we thought we knew you
but we were wrong.

—Vivian Imperiale

Women's March on Washington Join the March in the Bay Area

On January 21st, the day after the Presidential Inauguration, the Women's March in Washington will gather hundreds of thousands in a national movement to unify and empower everyone who stands for human rights, civil liberties, and social justice for all. An article by Laila Kearney, *Reuters*, New York, traces the origins of the march in Hawaii.

“Hawaii grandmother Teresa Shook wanted to share her outrage with other women the night after Donald Trump was elected president, but she had few options in her remote island community. So she went on Facebook and in a popular political group wrote the first thing that came to mind: I think we should march.

Four weeks later, organizers credit Shook's quiet plea with igniting what could be the largest demonstration in the nation's capital related to a presidential election.

More than 125,000 people from across the country have signed up to march in Washington on Jan. 21, the day after Trump's inauguration in support of women's rights. Sister protests are planned in London and Frankfurt and online interest has grown to hundreds of thousands.”

March in the San Francisco bay area:

Oakland: Meet at Madison Park in Oakland at 10am. At 11am a march up Oak Street to Grand Street along Lake Merritt, down Broadway to end at Frank Ogawa Plaza. At 12:30pm a rally with speakers, art and music concluding at 3pm.

San Francisco: Meet to Civic Center rally with speakers, arts and music from 3 - 8pm. At 6pm a reverent, festive candlelight march down Market St. to Justin Herman Plaza.

San Jose: Time: 10am -3pm Will begin at City Hall and end at Cesar Chavez Plaza.

See the Women's March Bay Area web site for more information. <https://womensmarchbayarea.org/#join-a-march>

Like OWL SF on Facebook!

<https://facebook.com/OWLSF/>

Calendar

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

January 9 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

January 21 Saturday — Women's March Bay Area (see article above) 3:00-8:00pm

January 27 Friday — CARA Demonstration at Rep. McCarthy's Office, (Bakersfield, see details p.3)

January 28 Saturday — OWL Planning Meeting, Plan priorities for 2017, 10:00am- 1:00pm,
(Community Room, Northern Police Station, 1125 Fillmore Street at Turk Street. see details on cover)

February 6 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

February 25 Saturday — OWL General Meeting, Topic & Location to be announced, 10:00am- Noon,

March 6 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

March 25 Saturday — OWL General Meeting, Topic & Location to be announced, 10:00am-Noon,

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.

OWL SF will not share or sell any information about our members.

Make a check out to and mail to:

OWL SF
870 Market Street, Room 905
San Francisco, CA 94102

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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.

Comments or questions? Please contact the SF OWL Office at (415) 712-1695;
e-mail: owlsf@owlsf.org