



The voice of mid-life and older women

# NEWSLETTER

San Francisco



*April - June 2023*

OWL focuses exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

## OWL-SF Presents

# WHY IS LAGUNA HONDA HOSPITAL IMPORTANT TO SAN FRANCISCO'S OLDER WOMEN?

**Saturday, April 22, 2023**

**11 AM to 12:30 PM**

**Zoom Meeting**

### LEARN THE FACTS:

- \* What are the problems?
- \* How did we get here?
- \* Where do things stand now?
- \* What can we do to ensure the future of this much needed skilled nursing facility?

### Speakers:

**Dr. Teresa Palmer**, geriatrician and family physician in San Francisco for over 30 years, 15 of them at Laguna Honda Hospital.

**Dr. Derek Kerr**, hospice attending physician at Laguna Honda Hospital or 20 years.

Zoom Link and call-in information to follow

OWL SF \* PO Box 170622, San Francisco, Ca. 94117  
Phone 415-712-1695 \* Web site: [www.owlsf.org](http://www.owlsf.org) \* E-mail: [info@owlsf.org](mailto:info@owlsf.org)

## What Went Wrong at Laguna Honda Hospital?

In their article published in San Francisco's *Westside Observer* on February 23, 2023, Drs. Derek Kerr and Maria Rivero review what went wrong at Laguna Honda Hospital (LHH). Their report is based on the Root Cause Analysis which was performed by the Health Services Advisory Group Consultants following decertification of LHH.

The Analysis was mandated as part of the Settlement Agreement with state and federal regulators to identify factors needed to reinstate LHH as an important part of the San Francisco safety net. Besides deficiencies, recommendations for regaining certification were also detailed in the Analysis.

Drs. Kerr and Rivero point out that over time, LHH policies and practices had become "out of sync" with standard high performing nursing homes and LHH was often operated more like an acute care hospital. According to the report, this transformation began in 2004, with the advent of the Flow Project which allowed Laguna Honda Hospital to accept hard-to-place patients needing substance abuse and mental/behavioral health treatment from San Francisco General Hospital. These patients were not traditional long term care patients, who in the past were usually elderly and disabled San Francisco citizens.

After the advent of the Flow Project, knowledgeable executives, and staff familiar with and committed to long term care were replaced at LHH by administrators more familiar with running an acute care hospital, thus stripping LHH of its skilled nursing mission, identity, and expertise. This focus on running an acute care facility often resulted in a disregard for quality assurance programs standard for skilled nursing facilities and best practice training for staff, eventually leading to lack of alignment with SNF (skilled nursing facility) industry standards of care for complex, traditional long-term patients in need of specialized nursing care.

Prioritizing younger, short-term patients, produced a shift in focus that has affected older women in particular, their numbers at LHH dropping from roughly 54% before the Flow Project to 37% in 2021.

In the past, Laguna Honda Hospital was a designated safety net for the San Francisco community. The Flow Project changed the culture of LHH, admitting patients with complicated substance abuse, behavioral disorders and mental health conditions, and creating a population of residents with specialized needs for which staff has not been trained to support, manage and treat in the SNF environment. At a time when affordable nursing home beds are in very short supply in San Francisco, this has resulted in disruptive and sometimes deadly out of county placements, and considering the dearth of housing and community services for our most vulnerable citizens, Laguna Honda is needed now more than ever.

Attend OWL's special membership meeting on April 22<sup>nd</sup> to hear how we can advocate for keeping LHH open for those who need it, and how to begin to build more services in our communities giving elders and disabled more options to remain in their homes as well. Look for the Zoom Link to the April 22<sup>nd</sup> meeting in your email.

—*Melanie Grossman*

See the *Westside Observer* <https://westsideobserver.com/https://westsideobserver.com/> for the complete article: "The Secret Report DPH Kept Hidden for Nine Weeks, Laguna Honda Debacle - Root Cause Analysis" by Dr. Derek Kerr & Dr. Maria Rivero.



### WELCOME NEW MEMBERS!

**Patricia Arack**  
**Ruth Nemzoff Berman**

#### **Board Members**

**Maxine Anderson**  
**Paula Barber VP**  
**Joan Downey, Treasurer**  
**Melanie Grossman, President**  
**Glenda Hope**  
**Margaret Lew**  
**Betty Traynor, Secretary**

#### **Newsletter**

Margaret Lew, Editor

#### **Political Advocacy Committee**

Glenda Hope  
Melanie Grossman  
Co-Chairwomen

#### **OWL SF Board meetings:** first

Monday of the month, 4:00-5:00 pm,  
Zoom link available on request

**Phone:** (415) 712-1695

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

**Web:** [www.owlsf.org](http://www.owlsf.org)

**Mail:** Post Office Box 170622,  
San Francisco, CA 94117

## CARA

### CARA Annual Lobby Day is April 28<sup>th</sup>

It's time for CARA to meet with all 120 of our state legislators on CARA's priority bills for 2023. Our fabulous Legislative Committee has just identified our top bills in preparation for our Lobby Day 2023 on April 28th. Like our successful lobby day last year, each of the CARA CATs will be hosting these visits virtually, with each of the State Assemblymembers and Senators representing their CAT area. This will all be on ZOOM, and the times are being scheduled right now. If you would like to be part of these lobby visits, and are not in a CARA CAT, please send us an email at [caralobby@gmail.com](mailto:caralobby@gmail.com)

### CARA Leadership Academy is back!

**May 31/June 1<sup>st</sup>**

Many of you have attended our informative, fun, and exciting in person. CARA Leadership Academy in the past. We have not held a Leadership Academy since the pandemic, but the time has come to get back on the saddle. The Academy this year will be held in Davis, CA to support our newest CAT team – the Yolo/Sacramento CAT. But all are welcome, wherever you may live.

The CARA Leadership Academy is CARA's popular training where we spend some time brushing up on our Leadership Skills and learning some new skills too. The Academy is two full days (from 9:30am-4pm) with excellent trainers, information and fun. It is free to CARA members and Lunch and snacks are provided. For those coming from outside of the area, we have arranged for a block of hotel rooms nearby, so you don't have to drive back and forth (you need to pay for these yourself, though – sorry).

*Save the Date*

### **OWL-SF Membership Meeting**

**Saturday, May 27th  
11:00am -12:30pm  
Zoom**

**Gun Violence**

**Speakers to be announced**

California: Some of the strongest gun laws in the country. Florida: Some of the weakest gun laws in the country.

The results: Florida has significantly higher firearm death rates, violent crime rates and property crime rates than California.

### **Special Offer for 2023**

### **Help OWL-SF Grow**

Starting in April 2023 your OWL membership renewal entitles you to invite one other member to join —Free!

Simply send an e-mail to [info@owlsf.org](mailto:info@owlsf.org) with contact information of your Plus One.

## **OWLSF Membership Meetings Continue on ZOOM**

Though we had some concerns about using ZOOM for the January Planning Meeting, it was one of the best OWL has ever had, thanks to moderators Joan and Maxine and member attendance. Following the results of the OWL Survey we were able to identify topics for future general meetings. Among them were:

- Public Transit and “getting around town”.
- Senior Involvement & Advocacy  
CARA, LWV, SDA.
- Millennials Panel on technology they use and wish their mothers used, exploring IT, eg. Zelle; also the ethics of technology, such as new AI apps.
- Resource Fair: Explore joining with others, or announce to our members other groups that do this.
- Sex trafficking and the need for direct services to women.

At February's Membership Meeting Jodi Reid of CARA presented updates on Medicare and Social Security, providing good information for members on issues such as “Scrap the Cap” on Social Security, raising the ceiling of the taxable amount on salaries, which is important to make the program solvent.

The March Meeting featured a Safe Streets Panel composed of Jodie Medeiros of Walk SF, Jamie Parks and Kimberly Leung from SFMTA and Charles Perkins representing the interests of pedestrians and the disabled.

There have been a good many changes to the streets, bulb-outs at intersections, higher visibility crosswalk markings, buffered bike lanes, and traffic circles meant to slow down cars at intersections.

In general it there seems to be a need to educate the public more on the rules, with drivers education and common courtesy. Bottom line for seniors: watch out, don't depend on drivers slowing down, or following signs. The sad results shown in a Zero Vision graph: traffic accidents continue to be to common on our streets.

## OWL SF Board News

The Board authorized a letter to the San Francisco Department of Public Health to advocate for a public hearing to address possible cuts in services especially important to older and disabled members of the community.

To: mark.morewitz@sfdph.org  
From: Melanie Grossman, PhD, MSW  
Date: April 4, 2023

Health Commission Secretary:

Please forward this to the Health Commission and also use the statement below for the minutes of the April 4 Health Commission in the general comments section.

Dear Health Commissioners:

Please schedule a hearing on Sutter/CPMC's plans for use of the warm water pool at Davies Hospital so that the public has an opportunity to express their concerns. There has been a trend toward hospitals all over San Francisco who are registered as not-for-profit institutions to eliminate community programs that do not garner profits for these supposedly nonprofit hospitals.

Sutter's warm water pool provides services to community members who are physically disabled, often in pain and trying to regain mobility and independence. Please do not let this service be the latest in a long line of cuts by Sutter to services that are not profitable for their bottom line.

A hearing is absolutely necessary to review this latest rollback in services for the community.

Respectfully submitted,  
Melanie Grossman, PhD, LSW  
President of OWL-SF

## Libraries Face Unparalleled Book Challenges — Censorship

The American Library Association (ALA) today (3/22/23) released new data documenting 1,269 demands to censor library books and resources in 2022, the highest number of attempted book bans since ALA began compiling data about censorship in libraries more than 20 years ago. The unparalleled number of reported book challenges in 2022 nearly doubles the 729 challenges reported in 2021.

A record 2,571 unique titles were targeted for censorship, a 38% increase from the 1,858 unique titles targeted for censorship in 2021. Of those titles, the vast majority were written by or about members of the LGBTQIA+ community and people of color.

Of the reported book challenges, 58% targeted books and materials in school libraries, classroom libraries or school curricula; 41% of book challenges targeted materials in public libraries.

Prior to 2021, the vast majority of challenges to library resources only sought to remove or restrict access to a single book.

“A book challenge is a demand to remove a book from a library's collection so that no one else can read it. Overwhelmingly, we're seeing these challenges come from organized censorship groups that target local library board meetings to demand removal of a long list of books they share on social media,” said Deborah Caldwell-Stone, director of ALA's Office for Intellectual Freedom. “Their aim is to suppress the voices of those traditionally excluded from our nation's conversations, such as people in the LGBTQIA+ community or people of color.”

For more information see the ALA website:  
<https://www.ala.org/>

## Meet Some Fabulous Seniors On Senior Beat

A sample of new articles about active, creative and adventurous older women at San Francisco Senior Beat found in the SFSenior Beat archives: <https://sfseiorbeat.com/archives/>

### ***Norms never held her back championship-horsewoman groundbreaking feminist daring travel-writer.***

Diane LeBow was a solo traveler when “one was an odd number for a woman traveler,” she has written. And she visited countries and people not on the typical tourist list: Libya, Morocco, Syria, Sulawesi, Indonesia, Mongolia, and Afghanistan.

### ***Senior Dance troupe keeps cabaret alive in Chinatown, its director hit the world stage as a teen after a surprise call from a famous landlord.***

Cynthia Yee's mother got her started in ballet at the age of 10, getting advice on a teacher from their landlady. Yee practiced every day in her apartment building's spacious lobby, dreaming of dancing on the world stage.

### ***Educator challenged the status quo at an early age, helped found SF Womens Building and now chair of California Senior Legislature***

Anne Warren was never shy. In high school, she shocked school administrators at a public meeting. The integration they were proud to proclaim in her hometown's sole public high school did not exist. As a young Black woman, she described deeply divided racial and economic divisions.



## Trusted Websites From Checkbook.org

From [Checkbook.org](http://Checkbook.org) here are some useful and interesting websites to browse for information. Editor's notes are added in ( )'s.

[BuyNothingProject.org](http://BuyNothingProject.org) has a simple goal: help people connect to share what they don't need anymore... reduces waste and the need for new stuff to be manufactured, shipped, saving energy and resources.

[CamelCamelCamel.com](http://CamelCamelCamel.com) provides price histories of items sold by Amazon...knowing how low Amazon has gone helps us determine whether a seemingly steeply discounted price is a real steal or just a fake out.

[ConsumerReports.org](http://ConsumerReports.org) continues to churn out sage advice and reliable product reviews for everything from cars to curling irons.

[FareDetective.com](http://FareDetective.com) provides price histories for airfare, which can help you estimate when the best deals have arrived.

[Earth911.com](http://Earth911.com) provides details on how and where to safely dispose of or recycle hazardous household waste – unused paint, solvents, motor oil, pesticides, and more.

To get rid of unwanted electronics responsibly, visit [Ban.org](http://Ban.org) or [SustainableElectronics.org](http://SustainableElectronics.org). [Call2Recycle.org](http://Call2Recycle.org) can point you to local spots to drop off batteries and cellphones.

Local Libraries' websites offer a plethora of free online resources, including access to pay-only websites and e-book downloads.

(I recommend [sfpl.org](http://sfpl.org), San Francisco Public Library, use your library card to sign in. I use my old smartphone as an e-book reader...it still works on wifi for many things! Just can't phone anyone on it without its SIM card but I can use the phone until it needs recycling out of my hands.)

[YouTube.com](http://YouTube.com) can be a godsend for DIYers. Not sure how to clean out a dryer vent?... change your windshield wipers? ...can't remember Julia Child's tactics for spatchcocking a chicken? Just remember that in addition to excellent help, knuckleheads are free to post videos too. (A favorite of mine is a video showing how to get your down comforter into a duvet cover without tears.)

Several websites work hard to educate consumers on how to avoid scams, including [IDTheftCenter.org](http://IDTheftCenter.org), [Fraud.org](http://Fraud.org), [BBB.org](http://BBB.org) and [AARP.org](http://AARP.org).

## April is National Financial Capability Month

Get your finances up to speed! April is National Financial Capability Month. Starting April 4, the SF Main Library's Business, Science and Technology Department, in partnership with its experts, provides presentations on a wide menu of topics, ranging from the basics on saving, financial planning and cash flow management to investing, retirement planning, property tax and insurance sub-limits. They will even cover the psychology of spending and how to overcome procrastination. Visit the library website: <http://sfpl.org> for date and times of the special programs.

### Ongoing Personal Finance Programs:

One-on-one counseling on budgeting basics with Smart Money Coaching; Meet One-on-One with a Certified Financial Planner™ to create financial plans with Adviser Give Back; Check out the Work it: Jobs, Business & Finance program series and much more...

### Free Tax Prep

Each tax season, you can file your taxes for free. You'll get help applying for tax credits that can add up to as much \$9,600. Free tax filing help is available if your 2022 income was \$60,000 or less. This service is available to ITIN tax filers. You may be able to get as much as \$9,600.

Find in-person, online, and drop-off services:

Visit [FreeTaxHelpSF.org](http://FreeTaxHelpSF.org)

Call 2-1-1 for options and locations

## Find Opportunities with Community Living Campaign ReServe Program

Seniors and people with disabilities have a wealth of experience, talent, and insight to contribute. That's why CLC advocates for more employment opportunities, plus leads the SF ReServe program. Do you want to stay involved, connect with others, and make a difference?

OWL-SF's Office Administrator found us through the ReServe program; She says "I was an occupational refugee for more than ten years before connecting with OWLSF, and it was unfathomably painful to be forced to do jobs that I found soul-crushing, all the while knowing I had skills from which many organizations would benefit—but, I felt, were not interested in me because of my age."

Register with Community Living Campaign <https://sfcommunityliving.org/opportunities/> to learn more about how they can help you find meaningful part-time employment. Email: [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)  
Phone: 415.821.1003 Fax: 415.703.0186  
Address: Community Living Campaign, 1663 Mission Street, Suite 525, San Francisco, CA 94103

## Favorites From the Monday Book Club – Part 2

Our Monday Book Club has been meeting each month on Tuesdays for more than 22 years. We're a diverse group of men and women aged from 30 to 90 so it's not often we agree that we really like a book. In the April-June 2020 *OWL Newsletter* I listed some of the books we all (or most all) liked, and here's some more:

***Agent Sonya*** by Ben Macintyre: This true-life spy story is about the woman code-named "Sonya." Over the course of her career, she was hunted by the Chinese, the Japanese, the Nazis, MI5, MI6, and the FBI—and she evaded them all. Her story reflects the great ideological clash of the twentieth century—between Communism, Fascism, and Western democracy—and casts new light on the spy battles and shifting allegiances of our own times.

***The Splendid and the Vile*** by Erik Larson: This book takes readers out of today's political dysfunction and back to a time of true leadership, when, in the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country, and a family, together.

***Say Nothing*** by Patrick Radden Keefe: This mesmerizing book is about the bitter conflict in Northern Ireland. The exhaustive reportage brings home the terror, the waste, and the heartbreaking futility of a guerrilla war fought in peoples' homes as well as in the streets.

***Your House Will Pay*** by Steph Cha: A deep dive into Los Angeles' racial underbelly and tensions. It's a timely book that showcases two cultures and two families forced to confront injustice, enduring anger, and profound loss.

***When the Emperor was Divine*** by Julie Otsuka: This novel paints a portrait of the Japanese internment camps unlike any we have ever seen. With crystalline intensity and precision, Otsuka uses a single family to evoke the deracination--both physical and emotional--of a generation of Japanese Americans.

***A Gentleman in Moscow*** by Amor Towles: This is a story of a Russian aristocrat trapped in Moscow during the tumult of the 1930s. It brims with intelligence, erudition, and insight, an old-fashioned novel in the best sense of the term.

***Red Notice*** by Bill Browder: Browder tells the harrowing and inspiring story of how his fight for justice in Russia made him an unlikely international human rights leader and Vladimir Putin's number-one enemy.

***American Kingpin*** by Nick Bilton: The Silk Road was once an ancient trade route through Asia, but in 2011 an idealistic young man named Ross Ulbricht used the moniker for a new enterprise that the internet age had never seen: a Dark Web site where everything from drugs and guns to passports could be bought and sold—this was the new Silk Road.

—Joan Downey

## What Are You Reading?

***Three O'Clock in the Morning*** by Gianrico Carofiglio; translated by Howard Curtis

Last month my sister recommended this book to me and I am happy to have found another good series of detective mystery stories set in Italy by a writer whose professional life was spent as a judge in the Italian courts. But *Three O'Clock in the Morning* is not a mystery or detective story. It is a sensitive and thoughtful story of a father and son. The time is 1983. The place is the grimy but lovely French port city of Marseille. Here we find a father and his 18-year-old son, Antonio, passing, by doctor's orders, two sleepless nights as they wait to see if Antonio's epilepsy has subsided. As the hours pass they walk and talk—about love, about mathematics (Dad's speciality), about food, about philosophy, about life. Slowly, without fanfare, they reveal themselves.

*Involuntary Witness*, the first in Carofiglio's detective stories was impossible to put down and there are several more in the series that I look forward to reading.

—Margaret Lew

***Sooley*** – a novel by John Grisham

If you like Grisham's mystery novels, you will like this book. If you do not like Grisham's mystery novels, you will like this book.

If you enjoy and know something about basketball, you will like this book. If you know nothing and care less about basketball you will like this book.

*Sooley* is an easy read but engrossing novel about a young basketball prodigy from South Sudan. He is brought to the United States by a coach and is given emotional, financial, and professional support by a wide range of people who find him an engaging and loveable person. With all this, his basketball star is on the rise and his fan base is growing. But can "he make it" in time to save his family which has been swept up in the ongoing cruelty and destruction in the South Sudanese civil war? You will like this book and learn a lot in the process.



***The Other Doctor Gilmer*** is a non-fiction book which reads like a compelling novel. The author, Dr. Benjamin Gilmer, fresh out of his medical training, took on a rural practice and discovered that his predecessor was a Dr. Vince Gilmer.

Dr. Vince was a gentle, compassionate, much loved healer until he strangled his father, then returned to a regular week of work. He was arrested, convicted and sentenced to life in prison. How could this have happened? What turned this healer into a murderer? Dr. Benjamin visits Vince in prison and is intrigued by these questions and by what he observes in the man sharing his surname. You will be intrigued, also, by what is revealed as a medical mystery leading into the questioning of our justice system, our prisons, our genes and how little we know about our brains. I recommend this engrossing and unusual book.

—Glenda Hope

## A Bench Builds Community

Have you noticed any whimsical benches scattered throughout the City - especially in the Inner Sunset? Chris Duderstadt, Inner Sunset Park Neighbors board member, has supplied more than 170 benches over the past few years throughout the City to provide a comfortable place for the weary to rest and to thereby foster positive casual community interaction.

On his website, Chris writes: Benches are a wonderful way to contribute to the neighborhood. A bench builds community by giving people a place to meet friends and neighbors; provides a rest space for tired walkers, the elderly, and others; adds an artistic piece of furniture for all to see; and lets the world know that you care about community.



A red bench on Cabrillo Street waits for neighbors.  
Photo: Margaret Lew

To get a bench, email Chris at [publicbenchprojects@gmail.com](mailto:publicbenchprojects@gmail.com). It's that easy! See <https://publicbenchproject.wordpress.com/> for more information. You must place your bench in public, hopefully with a decent volume of foot traffic where there would still be 6 feet of sidewalk open. No permit is required unless benches are bolted into the sidewalk. This is not a for-profit effort. All benches are donated but he accepts a donation to defray the cost of the next bench.

Let OWL know when you have one!

—Joan Downey

## Beliefs About Aging May Influence Longevity

“Can aging be cured? Scientists are giving it a try” by Fran Smith appeared in the January 2023 issue of *National Geographic*. This is just a bit from the end it.

Becca Levy, a professor of epidemiology and psychology at Yale University, points to another important, controllable influence on healthy longevity: our beliefs about aging. In one study, which has been replicated around the world, Levy found that people in their 30s and 40s who had positive expectations for old age—they equated it with wisdom, for example, instead of decrepitude—were more likely to be in good health decades later. In another study, she showed that older people who have positive views of aging are much more likely to recover fully from a disabling injury. And in yet another, she found that positive views of old age were associated with a lower risk of Alzheimer's. Levy has found that people with the brightest beliefs about aging live an average of seven and a half years longer than those with the gloomiest. . . .

Then I thought about my mother, still enjoying life in her late 90s. Becca Levy's research convinced me that my mom's outlook at least partly explains her vitality. I've never heard her grumble about her birthday or say she can't do something because she's too old, a complaint I'm starting to hear from friends my age.

“No,” she says, when I point this out. “I'm not too old. I might do it slower, and I might do less of it. But I'm not too old to dance or walk or do anything I like to do.”

She pauses. “Well, I wouldn't swim anymore.”

“Because you haven't done it in a long time?”

“Because I don't like the way I look in a bathing suit.”

<https://www.nationalgeographic.co.uk/science-and-technology/2022/12/can-ageing-be-cured-scientists-are-giving-it-a-try>

## Calendar

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

**April 3 Monday** — OWL Board Meeting 4:00-5:00pm (via Zoom)

**April 22 Saturday**— OWL General Meeting 11:00-12:30pm (via Zoom) (See Cover Page for details)

**May 1 Monday** — OWL Board Meeting 4:00-5:00pm (via Zoom)

**May 27 Saturday**— OWL General Meeting 11:00-Noon (via Zoom) (Gun Violence)  
(Details to be announced)

**June 5 Monday** — OWL Board Meeting 4:00-5:00pm (via Zoom)

**June 24 Saturday**— OWL General Meeting 11:00-Noon (via Zoom) (Details to be announced)

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 \$10 –\$50.) Members receive the quarterly OWL SF Newsletter, advocacy Alerts and invitations to monthly meetings.

Make a check out to and mail to:

OWL SF  
PO Box 170622  
San Francisco, CA 94117

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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 country 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.

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

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