



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

April - June 2012

Email: owlsanfran@juno.com

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

OWL SF presents:

**STOP THE HEARTBREAK!
Understanding the Foreclosure/Eviction Disaster
and
Learning Actions to Stop It**

**Saturday, April 28th
10 am to noon
Location to be Announced**

A knowledgeable presenter will bring information about how and why this is happening and answer questions such as “Why don’t the banks negotiate loan modifications?” We will learn of actions we can take.

Every foreclosure means someone losing a home, a life’s dream and investment. Families, children, seniors are on the sidewalk with their belongings piled around them. Grandmothers raising their grandchildren are deprived of their safe lodging and their life savings.

Picture this! In San Francisco alone, in the past 3 years almost 13,000 have experienced this heartbreak. The Chronicle, March 25th, disclosed that places of worship are also victims of foreclosure/eviction proceedings. Our City Controller conducted an audit of almost 500 such foreclosures and found 84% of them to be fraudulent. California could lead the way with a moratorium on foreclosures/evictions until they are all audited; meanwhile, there are efforts to change laws and regulations to stop these fraudulent foreclosures. This program is being organized by the Political Advocacy Committee of OWL

All Welcome!

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

60% of Older Women Can't Afford Basics

This headline in an article in Womensenews.com got my attention, and I hope it gets yours. A new study released by Wider Opportunities for Women found that the average income for a woman over 65 is \$14,000 a year, whereas the average income for a man of similar age exceeds \$24,000 a year. (The situations of minority women are even more dire.)

The Elder Economic index, which shows what it actually costs to live, estimates that it costs between \$19,000 and \$29,000 per year, for an individual to cover basic costs. The variation is mostly dependent on housing costs. We can all do the math.

We know the many reasons women get reduced retirement income: they have a lower earned income over a lifetime, and more women are in jobs without retirement benefits. They take more time out of the labor force for caretaking.

Women are more dependent on social security than men, even though they receive lower payments. Social security comprises 77% of an older woman's income vs. 54% of a man's, and the percentage of dependence on social security increases as women age.

We have heard some of these statistics over and over. However, I am stunned every time I hear a reality like "60% of older women can't afford basics". If I ever doubted the need for an organization like OWL, here is proof that I was wrong. We have an important job to do.

—*Kathie Piccagli*

WELCOME NEW MEMBERS!

**Eileen Hansen
Elizabeth Cormier
Patricia Franks
Marie Jobling**

Chained CPI Formula Would Mean Future Social Security Benefit Cuts

The Center on Budget Policy and Priorities on Social Security and Medicare policy has recently proposed that the Chained CPI formula should be used to calculate Cost of Living Adjustments for Social Security recipients as part of a larger deficit reduction package.

The Chained CPI is a benefit cut for Social Security beneficiaries, plain and simple. Since Social Security did not cause this deficit, why should we ask beneficiaries to pay for it through benefit cuts? This makes no sense and further emboldens anti-entitlement crusaders who have been desperately trying to cut Social Security for decades. As CBPP itself has reported, there are other drivers of our deficit and those should be the focus of any debt debate. Cutting Social Security benefits by adopting the chained CPI is not the way to go if we want to protect the future financial stability of seniors.

The Chained CPI cuts benefits because it produces lower estimates of inflation than the current CPI does, averaging about 0.3 percentage points lower than the increases in the current CPI since December 2000. The Chief Actuary estimates this reduced COLA would mean a benefit cut of about \$130 per year (0.9 percent) for a typical 65 year-old. By the time that senior reaches 95, the annual benefit cut will be almost \$1400, a 9.2 percent reduction from currently scheduled benefits. Social Security's oldest beneficiaries will suffer the most under this formula while younger beneficiaries, who may have sources of income other than Social Security, could find themselves hit from another direction as well increased taxes.

Source: Excerpt from *Chained CPI Doesn't Cut It*, National Committee to Preserve Social Security & Medicare.

Please read the entire article at:

<http://www.ncpssm.org/entitledtoknow/?p=2213>

Use of the "chained-Consumer Price Index" is one of the more subtle ways suggested to reform social security. It may not sound like a cut, but it is. Further, the graph on the NCPSSM web page is informative about where the deficit really comes from.

—*Kathie Piccagli*

**Mary Anderton
Maxine Anderson
Robin Brasso
Melanie Grossman
Amy Hittner
Glenda Hope
Jonee Levy
Margaret Lew
Nan McGuire**

**Sheila Malkind
Kathie Piccagli
Eunice Rosenberg
Juliet Rothman
Ruth Strassner**

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
Web: www.owlsf.org
Mail: 870 Market St., Room 905, San Francisco, CA 94102

Pedestrian Safety is A Senior Issue

Five Pedestrian Safety experts came together for a lively and well attended panel discussion at the OWL Membership Meeting on February 25th. We learned that 40% of pedestrian injuries are seniors and that most pedestrian injuries actually occur in crosswalks. Making the streets safer for pedestrian requires effort and cooperation from the City, motorists, bicyclist, the police and pedestrians themselves. Pedestrian fatalities have gone down in the past 10 years due to improved crosswalks, timed crossing signals, increased police monitoring and reduced speeds on some streets. Still, during that time 7,000 pedestrians were injured and over 250 were killed.

Panel participants suggested ways OWL members could continue advocating for pedestrian safety:

Bob Planthold, Chairman of Senior Action Network's Pedestrian Safety Committee and Chairman of California Walks, encouraged OWL members to attend Senior Action Network meetings, visit their website at www.sfsan.org, or call SAN pedestrian safety staff person Pi Rae at 546-2096. Pedestrian safety will be the focus on the next SAN meeting on April 12. The website for California Walks www.californiawalks.org is another way to advocate for pedestrian safety.

Bert Hill, a member of the San Francisco Bicycle Advisory Committee, encourages everyone to attend a Bicycle Advisory Committee meeting on the fourth Thursday of every month at City Hall, Room 208. He also invites members to consider an Urban Street Skills bicycling class. Learn more at www.sfbike.org/edu.



Panel members: Bob Planthold, Elizabeth Stampe, Al Casciato, Bert Hill and Cristina Olea, photo by Margaret Lorian.

Elizabeth Stampe, Executive Director of Walk San Francisco, believes it is important to build a stronger voice for people who walk. This can be accomplished by becoming a member of Walk San Francisco. Pedestrian rights, laws, lists of agencies and explanation of which agency does what can be found at <http://walksf.org/resources>

Captain Al Casciato of the SFPD encouraged OWL members to call their local police department with any pedestrian safety issues in their district. He also recommended contacting a local Supervisor. He reminded us that the best way to avoid accidents is to remain alert and focused while walking, to wear bright clothing and avoid dark clothes while walking at night.

Cristina Olea said one of the most important phone numbers for pedestrians is the City's 311 line which can take complaints and refer callers to the proper agency. She also referred OWL members to the MTA's Livable Streets Planning website <http://www.sfmta.com/cms/ohome/homelive.htm> which has a wealth of information on street designs for safety,

—Melanie Grossman

**Save the Date
May 15**

2012 Aging and Disability Technology Summit

Connecting Seniors & People with Disabilities to a world of Possibilities.
knowledgeable speakers • one on one trainings • interactive computer teaching stations • interpreters • workshops • photo opportunities

Tuesday, May 15 -- 8:30-5:00
San Francisco City Hall
Free admission

More information:
SF Department of Aging and Adult Services,
1650 Mission St. 5th Floor
www.sfhealthyaging.org
(415)355-6775

Means-Testing Could Mean Increased Medicare Premiums

President Obama released his FY 2013 budget on Monday (February 13th). While his administration does not propose changes to Social Security, there are several Medicare proposals which could cause beneficiaries to pay increased out-of-pocket expenses over time. One proposal would increase the number and share of beneficiaries who pay a higher, income-related premium. According to a new report by the Kaiser Family Foundation, means-testing could lead higher-income, healthier seniors to drop out of Medicare Part B and self-insure, leaving behind a smaller, less healthy group of seniors who would pay higher premiums. Additionally, Kaiser noted that over time, the income thresholds involved could be frozen, resulting in higher premiums for those who, by today's standards, may not be considered higher-income seniors. Means-testing opens the door to changing the unique, historical structure of Medicare as a broad, social-insurance program for retirees.

Source: Alliance for Retired Americans - Friday Alert, February 17, 2012 edition. ARA website: <http://www.retiredamericans.org/>

Political Advocacy •

POLITICAL ADVOCACY COMMITTEE SUMMARY: ADVOCATE, EDUCATE AND COLLABORATE IN 2012

The January Political Advocacy Committee set goals for itself and priorities for 2012 on national, state, and local issues. The committee's goals are:

- To actively advocate for issues affecting older women
- To educate the public and our members on important issues through membership meetings, the OWLSF newsletter and email alerts
- To collaborate with national, state and local organizations working in these areas

Social Security and Medicare will continue as our top national priority. On the state level the California State Budget, the Clean Money Campaign and single payer health reforms continue to be a focus. On the local level the committee has continued to stay involved in the Occupy Movement, CPMC (now beginning to heat up again), women's health, pedestrian safety and MUNI. We plan to actively collaborating with local agencies and organizations that provide resources and services to our members such as Senior Action Network, the Community Living Champagne and Institute on Aging. We continue to recruit members to make phone calls, write letters, work on advocacy projects and to attend demonstrations!

—*Melanie Grossman*

OWLs in the Occupy Movement

At the PAC meeting we agreed that any of us involved with Occupy in any way would report on our activities in the OWL newsletter.

If you are looking for a way to get involved in the occupy movement that especially relates to older people, "Occupy Post Street" may be for you. Organized by a retired psychiatrist, Irwin Solomon, who lives at the Carlyle, these occupiers stand at the corner of Post and Gough Streets every Wednesday afternoon from 3:30 to 4:30 (weather permitting). The average age of the occupiers is 85, and all wishing to stand with them are welcomed. The occupiers get an enthusiastic response from motorists and they have extra signs for any impromptu volunteers. Their manifesto includes:

***Make the Tax Code Fair for All
Keep Corporations Out of Politics
Protect Women from Religious Zealots
Safeguard the Right to Vote
Repeal "Citizens United"***

This is a simple and easy way to get involved, demonstrating that the occupy movement encompasses all generations – and it's fun!

—*Melanie Grossman*

I am involved with the Interfaith Allies of Occupy, a group of religious people, lay and clergy, who have chosen to focus primarily on foreclosures and evictions. We have had several roundtable discussions to educate our target group about this terrible injustice and we have planned and participated in a number of public actions to bring this into the forefront of people's awareness and concern. The most recent action was a collaboration with several other organizations held on April 4th which began at City Hall and marched to Wells Fargo Bank. Wells Fargo has been a major player in these foreclosures and evictions.

A second focus for us is urging institutions and individuals to close their accounts with the 4 major banks involved and move their money to credit unions or small local banks. While our particular focus is religious people, we are not limited to them nor are our proposed actions limited to them. Both the issues we are working on are part of a nationwide movement for justice.

—*Rev. Glenda Hope, OWL Board Member*

After OWL's November meeting where we heard from a representative of the Occupy San Francisco group, some of us wanted to continue our support of the Occupy movement and its important goals. I discovered that a group in my neighborhood, All Ways Occupy, had organized to support the members of Occupy SF. They began their efforts in October in the studio of fiber works artist Gyongy Laky where they made signs to march alongside the Occupy people when they held their Saturday marches on Market Street. I met up with them on one of these Saturday marches and decided to join their group of about fifty people, some of whom were from other neighborhoods than North Beach. When the encampment on the Embarcadero was disbanded, AWO began meeting on Saturdays at the Ferry Building to discuss ways they could continue some support.

One member of the group acts as the central clearinghouse for all things related to the local Occupy movement. We all send her emails of things we learn about and she in turn sends them out to the members of AWO. We meet every six weeks to discuss what we have been doing and learn from others. At our March 31st meeting we discussed participating in the April 4th rally at 11:30 at City Hall to march to the nearby Wells Fargo to protest its numerous foreclosures. I recently learned (from Glenda Hope) that over the past three years, there have been 12,000 foreclosures in San Francisco, mostly in the two southern zipcodes of the city. I will be there on the 4th.

—*Nan McGuire*

Postcard Action Alert: Elder Protection and Abuse Prevention Act

At each monthly OWL membership meeting, we will write postcards to legislators in support of issues that are important to us. In February, our postcard was sent to the Committee on Health, Education, Labor and Pensions requesting support for S. Bill 2037. (Sanders Vt) the Reauthorization Act of the Older Americans Act of 1965, a bill that would fund many senior programs and social services and that had been referred to this committee by the Senate before it might be voted on by Congress.

In March our postcard was again sent to this committee in support of S.2077 the Elder Protection and Abuse Prevention Act. (Blumenthal Ct.) This bill would amend the Older Americans Act to implement a network of prevention and response measures and authorize federal assistance to state adult protection programs.

Join in the postcard action! Each month the mailing address and wording of the postcard will be on the OWL SF web site at this link: <http://www.owlsf.org/action.php>

—*Eunice Rosenberg*

The following is provided for you to participate in our March postcard action, please send your postcard to:

Senator Tom Harkin and Committee Members.
Committee on Health, Education, Labor and Pensions
428 Senate Dirksen Office Bldg.
Washington, D.C. 20510

Dear Senator Harkin and Committee Members,

As an OWL member and voter, I urge you to support the passage of Bill S.2077, the Elder Protection and Abuse Prevention Act (Blumenthal D-CT)

Sincerely,
Name and Address

Postcard Action for April 2012:

Assembly Speaker John Perez,
P.O. Box 942849
Sacramento, CA. 94249

Dear Speaker Perez,

As an OWL member and California voter, I want to thank you for co-authoring AB 1648, the California Disclose Act. Please lead in its passage.

Sincerely,
Name and Address

Note: AB1648 would prevent unlimited anonymous spending on political campaigns by requiring full disclosure of payment for political ads.

Staying Connected for A Healthy Life

Healthy Aging: Staying Connected, the OWL program on March 24th, brought about 35 people, including 4 OWL guests, through the rain and wind to the Flood Building for a lively morning of information and conversation. One of the presenters was so impressed with OWL-SF that she joined up on the spot!

Marie Jobling, Director of the Community Living Campaign, spoke about the ways we can stay connected with lively people through all our years. Specifically, she brought us much interesting information about Community Living Campaign (go to their website at www.sfcommunityliving.org for complete information about their services) and about the growing Time Banking movement in San Francisco (www.bace.org) which is a modernized and computerized free version of the barter system. Once you register, you can begin logging in the minutes or hours you volunteer doing something for other individuals (such as, taking a person to the doctor or emptying her garbage or feeding his dogs while he is away) and these go into your timebank account. You also list what you can give (read aloud to someone or help with gardening). You may then request from someone else in the system to do something for you as an exchange (such as prepare supper for you as you recover from surgery or give you a massage.) Information about an upcoming "Aging and Disability Technology Summit" (free) is found elsewhere on the Community Living website and I encourage everyone to seriously consider being part of some or all of it.

Catherine Ewing, of the Institute on Aging, spoke about the pitfalls seniors often encounter such as isolation, depression, and alcohol and drug dependency (especially prescription drugs). She explored some of the geneses of these and assured us that while all this can occur as we get older, we do not have to simply accept it as our fate. She spoke of resources we can utilize for ourselves or others when we recognize that something major in life as gone awry. One interesting resource is the Friendship Line, which reaches out to older adults and offers a wealth of emotional and well-being resources as well as medication reminders for those having difficulty managing medication. Check the Institute on Aging website at www.ioaging.org.

Many OWLs stayed around after the formal end of the program to talk with the presenters and/or each other. The morning obviously stimulated a lot of thought and opened conversations about topics familiar but perhaps not shared before. Whatever we must cope with, it is important to know we need not do it alone!

—*Glenda Hope,*
for the Political Advocacy Committee

California Disclose Act Returns

The California Disclose Act which would promote transparency and accountability in the political process by requiring political advertising to include the prominent disclosure of major funding sources has been reintroduced as Assembly Bill 1648, a bipartisan measure, by Julia Brownley (D-Santa Monica) and Nathan Fletcher (R-San Diego). Replacing AB1148 which fell short of the two-thirds majority necessary to put it on the ballot, the new measure, according to California Clean Money Campaign (CAclean), a pro-Disclose Act citizens' group is stronger than AB 1148. CAclean summarizes provisions of AB 1648:

- Requires the three largest funders of political ads to be clearly identified with their names and logos - on the ads themselves, so voters know who is actually paying for them.
- Applies to all television ads, radio ads, print ads, mass mailers, and websites for or against state and local ballot measures, and to independent expenditures for and against candidates. It applies whether ads are paid for by corporations, unions, or millionaires.
- Requires the top ten funders to be listed on the home page of ballot measure and independent expenditure committee websites.
- Requires state and local candidates to take responsibility for their own television and radio ads by appearing on the ad to "approve this message", like federal candidates have to.

The Disclose Act is about transparency and accountability in government. To track the progress of this legislation visit the California Legislature's website: www.leginfo.ca.gov and type the bill number into the search line. Learn more in support of the bill at California Clean Money Campaign's website: www.CAclean.org. OWL SF plans to present this important topic at its membership meeting in May.

—Margaret Lew

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!

Resources for OWLs Internet and More:

Alliance for Retired Americans

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

The Alliance for Retired Americans' primary objective is to enroll and mobilize retired union members and other seniors and community activists into a nationwide grassroots movement advocating a progressive political and social agenda that respects work and strengthens families.

California Clean Money Campaign

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

The California Clean Money Campaign has re-introduced a bill that will change the game: AB 1648, the California Disclose Act - to force political advertisers to disclose who really pays for political ads - on the ads themselves!

National Committee to Preserve Social Security and Medicare

<http://www.ncpssm.org/entitledtoknow/>

The NCPSSM seeks to protect, preserve, promote, and ensure the financial security, health, and the well being of current and future generations of maturing Americans.

Community Living Campaign

<http://www.sfcommunityliving.org>

blog: sfhealthyaging.org

(415)821-1003

Too many people are isolated and fearful. Together we can change this. Get to know your neighbors, share what you have, ask for help when you need it, learn something new everyday, barter your skills, believe that change is possible. Visit the website or contact CLC to join.

The Friendship Line

<http://www.IOAging.org>

(800)971-0016

A caring response to older adults in need. It is part of the Center for Elderly Suicide Prevention that provides support to at-risk seniors, family members and their advocates 24 hours a day, 365 days a year. Volunteers are needed too, for information call (415)750-4111 x233 or e-mail.

Foothill College, Gerontology Program

<http://www.foothill.edu/aging>

(650)949-7332

Earn a certificate in Gerontology or take courses for continuing education units for licensed clinical social workers, marriage and family therapists and registered nurses.

Senior Action Network

www.sfsan.org

Visit their web page for information on upcoming meetings and actions.

OWL PEER GROUP NEWS

On Monday, January 16, 2012 the Northeast Quadrant and Central Peer Groups combined forces to discuss plans for monthly outings for the New Year. Activities for 2012 are already underway. In February Juliet Rothman organized a visit to the Conservatory of Flowers. Our very knowledgeable docent summarized the Conservatory's history and pointed out the many rare plants thriving there. The Conservatory first opened in 1879 and is the oldest surviving municipal wood and glass greenhouse in the US. Placed on the National Register of Historic Places, the Conservatory was extensively renovated and reopened in 2003.

We visited three unique plant habitats: the Lowland Tropics gallery, the Highland Tropics gallery, and the Aquatic Plants gallery. Rare and exotic plants, orchids of every description and carnivorous plants were some of the highlights. Finally, the group toured "Playland," a recreation of San Francisco's lost ocean-front amusement park, complete with tiny rides set among flowers and surrounded by a miniature railway.



Amazon water lily in Aquatic Gallery.

In March, Marty Maricle arranged for a tour of Symphony Hall, the Opera House and the War Memorial Building. George Lucas, a retired dancer, guided us and filled us in on the history and architecture of the three buildings and the whole Civic Center Area.

Louise M. Davies Symphony Hall opened in 1980. The group had many questions about acoustics. We learned that banners in the ceiling are lowered or raised electronically to absorb or diffuse sound, depending on the conductor's needs. Lucite rectangles over the orchestra also have motors on each corner to tilt, lower or raise them. Their main purpose is to let the musicians hear one another!

The Opera House, the third largest in the US, was opened in 1932. We were taken backstage to view the cavernous spaces behind the scenes where large props wait to be rolled on to the stage during performances. Also of interest, we learned that in 1945 the treaty between the US and Japan was signed at the Opera House.

The War Memorial and Performing Arts Building is nearly identical to the Opera House on the exterior, but the interior is different, arranged to accommodate various cultural and veterans activities. United Nations meetings following WWII were held there until the UN moved to New York.

The April Peer Group will view the murals at the Mission District's Balmy Alley on April 23, 2 to 4pm. In May we will visit the Japanese Gardens in Golden Gate Park and in June we will tour the historic Temple Emanuel on Lake St. All OWL members are welcome. Contact group secretary Margaret Larian at <BushSt2@aol.com> for more information.

—*Melanie Grossman*

International News on Aging

End-of Life Case to be heard by Canada's Supreme Court.

The Supreme Court of Canada will deal with an end-of-life case where medical doctors believe a man should be taken off life support, but the family opposes the decision, believing that their loved one will recover, despite the physicians' beliefs that there is no medical benefit being provided from life support. One of the issues is that Canada's public health care system emphasizes that resources by medical personnel be allocated 'in the best way possible'.

Singapore Expands Senior Services and France's Public Funding for Older Adults Has Declined

In Singapore, it is estimated that by 2030, older Singaporeans will have mobility issues 2.5 times larger than today. Thus the Committee on Aging is proposing preventive screenings, promoting more healthy lifestyles, and providing more senior activity centers. In France, on the other hand, it is estimated that funding for senior care has been sharply cut, and up to 15,000 beneficiaries would lose their care services. Still, the French government is offering health & fitness programs to treat mild ailments to offset the need for more severe medical services.

Iranian Elders Find Honored Place Within Communities

According to an article in the Tehran Times, elder Iranians are viewed with high regard and respect, and considered the 'barkat' (blessings) of the house. White hair is seen as a sign of wisdom, and one always greets an older Iranian by standing up in respect before them, and never raising one's voice in an elder's presence. Asis Vang is celebrated September 16, to honor elders, and it is said that this day dates back at least 3,000 years. Source: adapted from *Gerontology News*, March 2012.

—*Sheila Malkind*

SF OWL Gathers to Plan for 2012

OWL members gathered for the annual Planning Meeting on January 28th to review the past year's accomplishments and to set priorities for 2012, with an understanding of what members want from the organization and involving them to further OWL's goals. Owl member Judi Sahagen recorded ideas and organized the discussion. Several positive steps were identified:

Joining our collective voice with other groups to promote interests that we share as midlife and older women: access to healthcare, Medicare, economic security, and improvement in the quality of life.

Providing educational materials at our monthly meetings about the topics presented.

Fostering friendly connections among members with our July and December social meetings.

Emphasizing advocacy by informing members on key issues, teaching them how to speak out knowledgeably.

Encouraging members to bring up topics of concern at meetings with 2-minute talks and handout sheets.

Reviving the writing of postcards to legislators and government officials at each monthly meeting.

Of the many topics suggested for action in 2012 the most prominently chosen were: Quality of Life, encompassing many areas from education and finding resources, dealing with depression or abuse to self-help and helping others; Concern for the status of women, locally and worldwide; Ageism and the hostility and stereotyping of older women, how to age positively and continue growth; Economics of aging, Social Security; Intergenerational understanding; State and local issues, California Pacific Medical Center; MUNI, senior housing. These topics will be considered by the Program and Advocacy committees and used for planning our membership meetings and other advocacy actions.

The Program, Political Advocacy, Communications and Membership and Development Committees represented by the committee chairwoman described their functions, accomplishments and goals for 2012. Members were encouraged to join committees and to offer ideas.

—Margaret Lew



Photos by Sheila Malkind.

Save the Date April 11 Grandparents and Family Relationships

What are the shoulds and should nots of grandparenting after a divorce? How are grandparents supposed to respond to the divorce of a son or daughter? Given the high rate of marital instability, grandparents get caught up in the upheaval of divorces and remarriages in their families.

Presenter, Barbara M. Barer, MSW,
When: Wednesday, April 11th 12:30—3:30pm
Where: SFState Downtown Campus,
835 Market St., Rm. 609
Free to OLLI members, \$5 or sliding scale for non-members, no one turned away for lack of funds. Reservations not required. For further information call: (415) 817-4243 <http://olli.sfsu.edu>

Spring Cleaning? Remember The Community Thrift Store

Redecorating, downsizing, or just cleaning up? Recycle your unwanted treasures and help OWL and the community! Take them to the Community Thrift Store on Valencia between 17th and 18th Streets. As stated in prior newsletters, CTS gives OWL 40% of the selling price of items that you donate.

To deliver your unwanted items go south on Mission Street, look for Sycamore Alley on the right after 17th Street. Turn right on Sycamore and go to the loading dock near the end. You can park and a person on duty will help you unload. Community Thrift is open seven days a week.

—Nan McGuire

Fragrance Free: New Age Fad or Present Necessity?

For a time, it was thought by most of us that “fragrance free” notations in ads for events were just a new sort of “politically correct” imposition on our freedom. It turns out that about 17 million people in this country suffer from a syndrome called vasomotor rhinitis which can be quite debilitating. This syndrome acts like allergic reactions and has similar, though more persistent, symptoms and it is not seasonal. It may cause significant inflammation of the Eustachian tubes. It is triggered by odors, especially fragrances (cologne and perfume, hand lotion, shampoo, hair spray, etc), cigarette smoke, newspaper and other ink, incense, automobile emissions and fuels, and more. It does not yield to oral antihistamines but might be relieved somewhat by nasal sprays (some of which are contraindicated for people with glaucoma). The only really effective treatment is to avoid the triggers which is very hard to do.

Be considerate of those around you (and maybe yourself) by being as fragrance free as possible. It just takes a little thought. Think of the money you will save by not buying perfume! To learn more: Google this and take your pick of articles. This is a present and 24/7 reality for millions of people, one of whom might be sitting behind you at the Ballet.

—*Glenda Hope*

Legacy Film Festival on Aging Opens in May

OWL SF board member Sheila Malkind, Executive Director of the Legacy Film Festival on Aging (LFFOA) announced that the Festival will be shown Saturday & Sunday, May 19 & 20th, at the Opera Plaza Cinema on Van Ness Ave. In 2011, several hundred people viewed the inspiring and artistic documentaries and features from around the world depicting older adults who dealt with the challenges and triumphs of growing older. One viewer commented: “I can’t think of anything more inspiring than being able to see how others cope.” Another viewer said, “I found it very compelling for Legacy to present film as a way to foster a different understanding about aging.”

For additional information, go to the website at <http://www.legacyfilmfestivalonaging.org>

Malkind, who has worked in the field of aging for many years, has a master’s degree in clinical psychology (MA), and a Master’s degree in Public Health (MPH), and is also the director of the Legacy Film Series, distributing and screening films on aging through her Legacy Film Series at libraries, universities, agencies on aging. Visit the website at <http://legacyfilmseries.com>

—*Sheila Malkind*

All Women’s Issues Were Not Resolved in 1920
All Women Activists Are Not Wild-Eyed Radicals
Women’s Health Care Is Not Adequately Covered
Women’s Economic Security Is Not Based on The Charity of Men
Everything You Need To Know About “The System” Was Not Taught in School

Calendar

For a complete and up to date listing see the OWL website: www.owlsf.org (click Calendar)

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

April 11 Wednesday — **Grandparents and Family Relationships**, 12:30- 3:30pm (*see page 8 for details*)

April 12 Thursday — **Senior Action Network Meeting**, Unitarian Universalist Church 1187 Franklin at Geary, 9:00am Lunch at Noon, (*topic: Pedestrian Safety and Rights*)

April 23 Monday — **OWL Peer Groups Meeting**, 2:00-4:00pm (*see page 7 for details*)

April 28 Saturday — **OWL General Meeting, Foreclosure/Eviction Disaster** 10am-Noon (*see cover page for details*)

May 7 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 4:00-6:00pm

May 15 Tuesday — **2012 Aging & Disability Technology Summit**, San Francisco City Hall, 8:30am-5:00pm, (*see page 3 for details*)

May 19 Saturday — **OWL General Meeting**, (*Postcard announcement will be mailed*)

May 19 & 20 — **Legacy Film Festival on Aging**, Opera Plaza Cinema (*see above on this page for details*)

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

June 23 Saturday — **OWL General Meeting**, (*Postcard announcement will be mailed*)

YES! I WANT TO JOIN OWL!

NAME: _____

ADDRESS: _____

City State ZIP

TELEPHONE: _____

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Annual dues of \$50 are recommended: 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 quarterly, OWL CA quarterly and National OWL Observer quarterly newsletters.

Make a check out to and mail to:
OWL, SF Chapter
870 Market Street, Room 905
San Francisco, CA 94102

OWL
San Francisco Chapter
870 Market Street, #905
San Francisco, CA 94102

The Founding of OWL

OWL was born in 1980 in Des Moines, Iowa, during one of the pre-conferences held around the county in preparation for the third White House Conference on Aging, which was held in 1981 in Washington, DC. At the pre-conference in Des Moines, TISH SOMMERS noted that little attention was being paid to the ways in which aging was different for women. She called for a special “ad hoc” meeting to discuss this concern. OWL has been a voice for the special concerns of midlife and older women ever since.

Comments or questions? Please contact the SF OWL Office at (415) 989-4422; FAX: (415) 989-4050; e-mail: owlsanfran@juno.com
Office hours: Monday 12:00 noon to 2:30 p.m.

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