



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

July - September 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 Invites you to:

The OWL Annual Pot Luck Party

**WHEN: Saturday July 28, 2012
12 Noon to 3:00 pm**

**WHERE: Home of Mattie Alperson
312 North Willard Street San Francisco
415-386-3217**

Bring your favorite dish for 6 people with a serving utensil. OWL will provide coffee. This is a great opportunity to connect with old friends and meet new ones while sharing delicious food and enjoyable conversation. Space is limited so RSVP is necessary!

RSVP to the OWL office before July 20th at 415-989-4422

We always have a lovely time..

DIRECTIONS:

Willard Street is between Arguello and Stanyan Boulevards at Fulton St.
Nearby Muni lines: 5, 31, 33 and 38

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

Presidential thoughts...

Fellow OWLs – this is my first missive to you as your new president and I am at odds with how to WOW! you...I thought that you might be WOW!ed by something that I learned this last week.

You know we run our little organization on a shoe-string and though we are fiscally small we are rich in heart and enormous in spirit. Well at the last Board meeting we were all listening to Nan McGuire's Treasurer's report with sad faces as she explained that we were running in the red – but being OWLs a lot of brainstorming ensued about how best to address this issue.

Personally, I need to say that I love brainstorming – there is nothing more exciting than when a creative group puts their heads to an issue and inspiration goes into high gear. The results of this particular brainstorming session were some great ideas for our monthly meetings later this year and also a fun holiday event. And wonderful as this all was, it wasn't the WOW!

Remember how I said we are fiscally small – well it is true. Being small means that it really does not take a lot of zeros to make or break our success. At our Board meeting we were discussing a short fall of about \$1200. Now in the world we live in, and then of course there is the world we live in in San Francisco, \$1200 is not a major amount of money. But it would mean 24 new memberships at the full rate for us and this has not been easy to come by. So we were troubled.....

But then magic happened....a long-term member of our wonderful OWLs passed and bequeathed to us \$2000...yes, \$2000. What a perfect number that is! In one moment our red ink turned to black and we all breathed a little easier. I know that we have collectively sent many thank you's to the great beyond for Dorothy Franzblau, whose gracious generosity created the best WOW! moment we did not dare to imagine.

The message for me in all of this is that – we do good work and the universe will find a way to make sure we get to keep doing it. As individual OWL's, each of you go about your days caring for others, serving through work or deed and this contributes to a big savings account of good stuff. Whether you write a letter, go to a public hearing, call someone or help your neighbor, this good manifests its own response and this week it showed itself as a perfect gift; a gift that will allow us to move forward with our efforts fearlessly and without worry.

Thank you so much Ms Dorothy Franzblau.

—*Gwynne Seidell, President*

Gwynne Seidell, President
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

In My Opinion. . . July 2012

The election of November 2012 will be a watershed election – whether the United States of America will be in the hands of those who will focus on the wishes of the upper-middle-class and wealthy first, or those who will focus on poor and middle class with needs and promise first. I have become increasingly concerned about the outcome of the Presidential election, especially in this time of general disregard of the basic tenets of our country – basic tenets of a democracy such as: majority rule, minority rights, bipartisanship for the good of the country, helping the poor to enter the middle class, and simply making truthful statements.

The last time that I was frightened about what was happening to my country was in 1963 with the assassination of John F. Kennedy. A newly-minted college graduate, I looked forward to my new world with great anticipation. I remember so clearly feeling that a part of me died that day, November 22, 1963. I went on and created a very good world for myself and enjoyed the benefits of public education, good friends, supportive family, and the joys and disappointments of life. Today, I see the unraveling of what I hold most dear as a citizen of this wonderful country. I was able to get a fine education without student loans because I could afford to pay for my tuition from my earnings. I paid for my Bachelors degree at Brooklyn College by working in the College Registrar's office part time. I paid for my Masters degree at San Francisco State with my earnings as a high school teacher and earned my Ph. D. at U.C. Berkeley with my wages as a high school counselor. Today, this would never happen.

Today, we not only have a Congress that will not allow President Obama to pass legislation that would help to ignite the economy, but it is not willing to pass any legislation that would help the president to help those who are in need of jobs and education right now. It is all too apparent that the racists of the past have been reborn as the Tea Party. The Supreme Court decision to allow people and corporations to anonymously give unlimited amounts of money to “causes, not candidates” exemplifies the waning of democracy in America. Today politics is about money and power; witness the estimated cost of the 2012 Presidential election to be about \$3 billion!

In conclusion, let us go back to July 4, 1776, when the Declaration of Independence was signed. Factoring in the society of the times — slavery, racism, sexism, elitism, religiosity – it still talks to us now. LISTEN – *We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.* Let us hope. . .

—*Amy Hittner*

P.S. Bulletin – With the Supreme Court's upholding the Affordable Care Act, perhaps there is hope!

OWL's Statement on the Supreme Court Ruling on the Affordable Care Act

Yesterday, a victory for health care equality was won when the U.S. Supreme Court largely upheld the constitutionality of the Affordable Care Act (ACA). With this ruling, insurance companies will no longer be able to deny coverage or charge more because of a pre-existing condition, or force women to pay higher premiums than men. Preventive care will continue to be covered at no cost, seniors will continue to save money on prescription drugs, and, when health insurance exchanges open, a woman will no longer be tied to a job only because she fears losing her health insurance.

OWL strongly supports the ACA as a major step toward ensuring affordable and quality health coverage for millions of working families and ending the gender penalty imposed on women by insurance companies.

However, there is more to be done to achieve true health care equality. The ACA does not provide universal coverage—millions of Americans will still be uninsured or underinsured, leaving them vulnerable to bankruptcy in the event of job loss or illness. It does not protect women and men from discrimination by health insurance companies that use age rating to calculate premiums. And, it does not provide a public option, meaning private, for-profit insurance companies, which spend billions of dollars on administrative costs, shareholder profits, and salaries, will continue to control our health care system.

OWL remains a strong advocate for ACA while offering the following recommendations to move forward:

- * Amend the ACA to establish a national public health insurance option
- * Eliminate age rating in insurance premiums
- * Provide a sensible alternative to the Community Living Services and Supports (CLASS) Act, which was repealed earlier this year

Yesterday's decision by the Supreme Court justices on the ACA is a significant move in the right direction—toward joining other developed nations that provide universal health care as a right, not a privilege.

More information on the ACA can be found in OWL's 2011 Mother's Day Report, *The Affordable Care Act: The American Version of Health Care for All*, available at www.owl-national.org

WELCOME NEW MEMBERS!

**Carolyn M. Lee
Gwynne Seidell**

Political Advocacy •

Upcoming Events September Ballot Roundup

In its third year, the “Ballot Roundup” meeting presented by OWL’s Political Advocacy Committee will prepare OWL members for the November 2012 elections. As in the past, presenters for and against selected initiatives will be invited to speak. The selection process for initiatives has already begun, with one important selection criteria being the relevance of the initiative to OWL membership. Though several statewide ballot measures have already qualified for the ballot, the deadline for submission of initiatives occurs in July, so final selection is yet to be decided. The September 22nd meeting will once again be held from 10 to 12 noon in the Hispanic Room of the Civic Center’s Main Public Library at 100 Larkin Street.

Medicare

Also in the Fall, the Political Advocacy Committee will sponsor a meeting on Medicare, discussing what the future holds for this essential program benefitting so many Americans. As the Supreme Court has ruled on the Affordable Care Act, the meeting may also include an update on how the ruling will affect the ACA. The committee is investigating speakers, co-sponsors and an appropriate space for the Medicare meeting, which is sure to be popular. Stay tuned as these two important and informative meetings shape up in the future!

—*Melanie Grossman*

CPMC Hearing Postponed to July Write to Your Supervisor Now

The public hearing on the Planning Commission’s decision to certify the California Pacific Medical Center’s (CPMC) Developmental Plan to build a mega-hospital on Van Ness and to downsize St. Lukes Hospital in the near future has been postponed. A key provision of California Pacific Medical Center’s deal with the city needs further negotiation according to Mayor Ed Lee’s staff. It was revealed that the deal does not guarantee the long-term operation of St. Lukes Hospital in the Mission District. If you have not written to your Supervisor yet, this is your opportunity to tell your personal story or to share the talking points developed by the OWL Political Action Committee.

OWL recommends that the plans for the rebuild be delayed until 2013 when the Healthcare Master Plan goes into effect to guide official decisions on health care needs and consistency for the entire City. If the plan must go forward, we recommend that CPMC to be responsive to community needs, provide adequate charity care to SF citizens and build 2 full-service hospitals with smaller campuses rather than shunting patients to one mega-hospital.

Add your voice by attending the hearing and writing to your Supervisors. Contact the Political Advocacy committee (415-923-0850 or melaniegrossman@sbcglobe.com) for details. Write personal letters choosing one or more of the talking points below. Send your letter directly to your Supervisor. See the District map at <http://tinyurl.com/6ocjldn>

Talking Points to use in your letters:

1. CPMC must provide charity care in proportion to other SF private, non-profit hospitals, reversing its historically poor performance in serving uninsured or under-insured San Franciscans.
2. CPMC must charge fair prices and provide some price protection to insurers so that residents insured by different policies (including those covering current and retired City employees and their families) have access to CPMC services.
3. CPMC must build and operate a strong, sustainable St. Lukes Hospital. The current plan reduces beds at St. Lukes to 80, making St. Lukes dependent on the Cathedral Hill Hospital for specialty care which historically makes money. A smaller St. Lukes will have difficulty maintaining itself financially, making it a target for reduced services and eventual closure.
4. St. Lukes must have robust Centers of Excellence, including Senior Health and Community Health, thus adding value to future services.
5. CPMC must insure restoration and maintenance of adequate skilled nursing facility (SNF) beds spread among 3 campuses. The 110 beds currently agreed upon are inadequate.
6. CPMC must insure the replacement and maintenance of acute psychiatric services
7. The City must have input in Community Healthcare Programs in order to address changing circumstances, community needs and evolving medical practices.
8. SF has adopted a policy of maintaining a relationship between jobs and housing. In the current plan, housing is mostly addressed through a Down Payment Loan Plan, which provides no net gain in housing for the City.
9. The current plan commits to CPMC giving only 40 local residents jobs per year for 5 years, less than 5% of the total new employment opportunities.
10. Nurses need a strong voice through their Union to advocate for patients and themselves. They also need to know that their jobs are secure during the transfer into new facilities.
11. Transportation issues are not adequately addressed considering the size of the 555 bed hospital proposed for Cathedral Hill.

California Poor Aged and Disabled Face Uncertainty in 2012 Budget

Under pressure from state budget shortfalls and the Obama Administration, California is rushing headlong into a cost-saving experiment forcing 1.2 million low-income seniors and people with disabilities on both Medicare and Medi-Cal into “managed care.” It means care for the poor aged and disabled would be managed by private insurance companies or county agencies with little experience with these people and with very little accountability or grievance procedure built in. The agency is paid a set amount per patient, so any care not delivered means more profit or less loss.

Worse yet, these private insurance companies and county agencies would also manage In-home supportive services (IHSS), Meals-on-Wheels, many senior centers, and the other vital services that let frail seniors and disabled people stay at home and not be put into institutions.

California began forcing the younger, non-disabled Medi-Cal-only population into managed care last year. Already there are State hearings on patients separated from their doctors and cancer treatment and dialysis interrupted. Some of the worst Medi-Cal-only managed care providers would manage care for the aged and disabled.

For aged or disabled patients, a workable relationship with the right doctor is vital, yet patients could lose access to their doctors if they are arbitrarily assigned to a plan their doctor is not in. People just getting by on the number of state-paid hours of home care could have those hours cut even more by the managed care plan and be forced into nursing homes. The State already plans a 7% cut in IHSS hours with no exemptions.

One might expect that such important decisions, with life-changing medical and social consequences for so many people, would be slowly and carefully deliberated. Not so! Crucial elements are built into Gov. Brown’s budget, which must be approved by June 15. The State plans to start in 2013 and quickly expand to cover 8 counties and 80% of the people on both Medicare and Medi-Cal. Senior and Disability advocates are pessimistic about stopping the whole program, figuring the train has left the station. Instead, they are trying to minimize the wreckage by demanding (1) Slow down the rollout, and evaluate each step before proceeding. (2) Remove Community-Based Services (IHSS, Meals-on-Wheels etc.) from the plan, (3) Guarantee freedom-of-choice of medical providers, (4) Give patients and clients opt-out rights, (5) Build in accountability, culturally-competent communication with patients and clients, grievance procedures, and patient-client control.

California justifies this deadly program as integration. If they’re so eager to unify, and save money, **Why not single-payer?**

—*Michael Lyon*,
OWL Political Advocacy Committee Member

Save the Date CARA Regional Conference

CARA is trying something new. Every other year, instead of one large statewide conference, there will be regional conferences. The three regional conferences will be held on the same day, September 20th from 10 am - 3 pm. Each conference will focus on the upcoming November elections and seniors’ important role to help pass new, fair revenues, protect workers’ rights, regulate unscrupulous insurance rate increases, and more. There will also be a presentation and discussion about Aging in Place—in our communities, instead of in institutions.

The Bay Area / Northern California conference will be held at:

IAM #1781
1511 Rollins Road,
Burlingame 94010

10 am - 3:00 pm, September 20, 2012
\$25 registration fee (some scholarships available)

Near Millbrae BART, Burlingame CalTrain, shuttles available per request; some carpools from some locations. For more information call 510-663-4086. Registration forms online at www.californiaalliance.org or request one when you call

I hope we can get a large OWL SF contingent; maybe we can go together! Let me know if you’re registering, I also have registration forms I can send you.

—*Kathie Piccagli*

Why not a gift membership in OWL San Francisco!

Invite a friend to join OWL with a gift membership. 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 phone number and email address.
OWL will send her a welcoming letter and a brochure!

OWL June Meeting: Saving Our Sisters from Prostitution

OWL has very interesting and informative monthly programs! The most recent one, June 23rd, was presented by OWL member Rev. Glenda Hope and sex trafficking expert, Dr. Annie Fukushima.



Rev. Glenda Hope and Annie Fukushima
Photo by Sheila Malkind.

Glenda told stories of the women who have come to the San Francisco SafeHouse for Women Escaping Prostitution, a project of San Francisco Network Ministries, founded by her in 1972. The women who come there mirror nationwide studies in that about 70% have suffered before the age of 18, 90% have suffered child abuse of some sort, fewer than half have completed high school. The average age for a female entering prostitution in the United States is 14, though SafeHouse has accepted women who were on the streets as young as 8 and 9 years old. She answered questions about SafeHouse which is believed to be one of only five residential programs in the entire country devoted to supporting women who want to get out and stay out of prostitution. SafeHouse offers a comprehensive program supporting women's transformation including: money management skills; help with education costs ranging from literacy to college; individual and group therapy; a mentoring/job readiness internship; nutrition education; physical fitness; individual treatment plans; cultural trips (museums, plays, etc) and more. Glenda thanked OWL members Nan McGuire who helped secure some funding for SafeHouse and Melanie Grossman who gave some awesome drums for the drumming circle there. SafeHouse does have some public funds but has sustained some significant cuts in recent years and needs to raise about \$200,000 annually.

Dr. Fukushima talked about the worldwide problem of people (mostly women and children) who are trafficked into sex slavery. She will provide us with some statistics, as well as precise information about what we can do, in the next edition of the OWL Newsletter.

The June meeting was held at the 555 Ellis Street Family Apartments, another project of Network Ministries. These apartments for the working poor have won awards for design excellence in affordable housing and feature 5 floors of residential units for families, a large, lovely yard for active use and a smaller one for quiet talking and meditation. Flowers in the elevator lobby came from the roof garden.

—*Glenda Hope*

OWL PEER GROUP NEWS

Coming Events

The OWL Peer Group is a perfect way to get involved with OWL activities. The group meets the 3rd Monday of each month for interesting activities followed by refreshments, fellowship and socializing. Activities are chosen at the group's January meeting and are usually noteworthy things we always say we are going to do but never get around to doing on our own! Some of the group's most recent activities are described in this newsletter. Still to come are a tour of the Palace Hotel in July, a ferry ride and lunch in Tiburon in August, viewing the new Goldsworthy sculpture in September, a line-dancing class in October, a visit to the Thomas Church Gardens in November and a Christmas luncheon in December.

The Peer Group is a great way to get to know fellow OWL members and to visit places in San Francisco that you've never been to or at least haven't seen in years! All OWL members and their guests are welcome to participate. The group would also like to thank Margaret Lorian for her wonderful job as group secretary. As secretary, Margaret kept the list of group members and activities updated and sent out a "save the date" email each month. Thank you Margaret! Anyone interested in helping out with this easy but important service to fellow OWL members should contact the OWL office.

—*Melanie Grossman*



Outing in the Japanese Tea Garden
Photos by Sheila Malkind

Peer Groups: A Short History

About 2 ½ years ago, Owl SF encouraged its members who were interested to join a Peer Group. A Peer Group would provide members the opportunity to meet on an ongoing basis with a group of other OWL members.

Two groups were formed. One was in the Northeast section of the City (North Beach, Russian Hill and the Financial District). The other was in the UCSF neighborhood around Parnassus. Both groups began by meeting for several months in a row at various members homes. Jonee Levy and Nan McGuire co-chaired the Northeast group, and Marcia Soffer chaired the UCSF group.

The Northeast group has morphed from meeting once a month to chat and catch up, to going to an event or field trip planned by members of the group. The last meeting of the Northeast group toured Temple Emmanuel. For about a year the members of the UCSF group met to go out to lunch and/or to the movies. A small support group also grew out of the UCSF group.

The UCSF group has now been incorporated into the Northeast group and joins them in activities of mutual interest to them. An event that drew members of both groups in April was a visit to the murals of Balmy Alley in the Mission District.

If anyone would like to participate in this program, Please email nanmc@jimstevens.com.

—*NanMcGuire*

Visit to Temple Emanu-El

On June 18th several OWL peer group members met at Temple Emanu-El for a wonderful afternoon of exploring architecture, history, religion and art. This was followed by refreshments and sharing of our latest adventures.

Many Jewish people came to San Francisco with the discovery of gold in 1848. The first service was in 1849 in a tent store on Jackson Street. By 1860 the Temple purchased a lot on Sutter Street. The new Temple was dedicated in 1866 and was Gothic in architectural style. It was destroyed by the 1906 earthquake. The new Temple at Arguello Boulevard, designed primarily by Arthur Brown, Jr., the architect for San Francisco's City Hall, was dedicated in 1926.

The visitor enters the Temple through the courtyard. The design of the courtyard is similar to a cloistered court for worshipers to prepare for prayer. Trees and shrubs growing in the yard are mentioned in the Bible. These holy plants are: olive, fig, pomegranate, cypress and willow. The Courtyard mosaic represents the twelve tribes of Israel. You are next ushered into the vestibule. Here the ceiling is decorated with a blue and gold design which represents the heavens. There are four pillars representing the principles of Judaism: justice, love, truth and peace.

The Temple is in the style of Byzantine-Roman architecture. The Eternal Light is above the Ark and burns continually as commanded in Exodus. The Ark is known as *Aron Ha-Kodesh*, which means "sacred cabinet". The peer members were able to look inside the Ark and view the Tree of Life created through a gesso process similar to Michelangelo's recipe. We viewed the pulpits and the alter tapestries. The chandeliers are oval shaped and represent tear-drops of Jewish suffering.

—*Paulette Aroesty*

Balmy Alley Murals

On April 23rd, twelve members of the Owl peer group took a trip to Balmy Alley to see the striking collection of murals painted on the fences and garage doors. For those unfamiliar with it, Balmy Alley is off 24th Street between Treat and Harrison Streets in a revitalized multi-ethnic area of the Mission.

The murals which date to 1972 are, for the most part, a celebration of indigenous Central American culture as well as a protest against US intervention there. Some of the more recent murals reflect other issues such as Katrina and the Aids epidemic and there are still murals in progress. It is all an impressive display of community art. After visiting the alley, the group met for coffee at a nearby cafe run by Salvadorean women.

—*Eunice Rosenberg*



Balmy Alley Outing
Photos by Sheila Malkind



Health Notes

Study: Soy Does Not Aid In Boosting Cognition In Aging Women. May Ease Menopause Symptoms

Adding soy to your diet may benefit your health, as it is high in protein and fiber, but a study of 313 women aged 45 to 92, conducted by Stanford University School of Medicine and the USC Keck School of Medicine concluded that it has no cognitive additional benefit for aging women.

Women who received a daily dose of isoflavone-rich* soy protein did not show a significant boost in brain health on memory, thinking, or reading tests. Yet the women on the soy supplements did show a slight improvement on the test of visual memory (remembering faces), compared with those taking the placebo.

Source: *Neurology*, June 5, 2012

*Isoflavines: estrogen-like compounds that are known to activate estrogen beta receptors in the brain's hippocampus, a region crucial to memory.

In another study, soy isoflavines have been shown to help in menopause: they may ease the symptoms of hot flashes from menopause for some women.

Source: *Huffington Post*, June 11, 2012

Few Seniors Receiving Recommended Medical Services

Though they cost very little, recommended medical services are not being received by most older Americans, according to a national survey by the John A. Hartford Foundation. The study, "How Does it Feel? The Older Adult Health Care Experience," focused on 1,000 Americans ages 65 .

Only 7 percent of older Americans are receiving all seven of the low-cost, low-tech, medical services recommended for their age group, even though the services could reduce the risk of many preventable health problems, increase their quality of life and slash health care costs.

The inexpensive services — all of which are considered critical to standard geriatric assessments — include an annual medication review, falls risk assessment and history, depression screening, referral to community-based health resources and a discussion of the senior's ability to perform routine daily tasks and activities without help.

Results showed that 52 percent of respondents reported receiving none or only one of the seven recommended services, and 76 percent received fewer than half. And even though Medicare has offered free annual wellness visits to beneficiaries since January 2011, a high number of survey respondents — 68 percent — had never heard of the benefit.

Only 17 percent of respondents reported receiving annual wellness visits, which pay doctors nearly three times as much as an average office visit, according to a statement released with the survey results, "We feel this survey highlights why expert geriatric care is needed," said Christopher Langston, PhD, program director for the John A. Hartford Foundation, which commissioned the poll. "Older adults need different care than younger people,

and when they don't receive these kinds of evidence-based interventions, as many don't, the result is a lot of preventable disability and suffering."

For example, 67 percent of respondents said they believed they would "get better care" if their doctors, nurses, social workers and other health professionals had more geriatrics training.

Moreover, 62 percent of survey respondents had not received depression screenings, even though depression can worsen other chronic conditions and increase the cost of care. And 75 percent of adults ages 80 and older said their doctor had not discussed how to avoid falling, another highly preventable problem with serious consequences for older adults. Among adults 65 and older, falls are the leading cause of death from injury, according to the Centers for Disease Control and Prevention.

"Preserving people's ability to do the things that are important to them is the gold standard of geriatric care," Rosanne Leipzig, MD, PhD, a professor of geriatrics and palliative medicine at the Mount Sinai School of Medicine, said in a statement. "Helping people learn how to avoid falling, screening for depression, and closely tracking their medications can affect older patients' quality of life just as much as any test we order or prescription we write." Source: Teddi Dineley Johnson, *The Nation's Health*, American Public Health Association. *The Nation's Health*, July 2012 vol. 42 no. 5 E25

Diabetes In The Elderly Remains Little Studied

A quarter of nursing home residents have diabetes, but doctors are only now recognizing that they may need different medical treatment than younger people with the disease.

Elbert Huang, a University of Chicago primary care doctor who conducts diabetes research, stated that clinical trials rarely include elderly diabetics even though nearly half of people with diabetes are over 65.

Source: Stacey Burling, Inquirer Staff Writer. Philly.com (Philadelphia Inquirer), June 10, 2012.

—*Sheila Malkind, MA, MPH*

Recycle and Help OWL at The Community Thrift Store

Recycle your unwanted treasures and help OWL and the community! Take them to the Community Thrift Store on Valencia between 17th and 18th Streets. OWL gets 40% of the selling price of items 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*

Book Review

Going Solo, by Eric Klinenberg,

Going Solo is a book for everyone but it has particular relevance for older women. First, we need to look at the overall trend: Historically, people have not tended to be singletons — people who live alone, but today over half of all adults in the U.S. are single and over 1 in 7 lives alone. We are well aware that the population of single older people is increasing rapidly and women are the majority of this group.

Parts of the book dealing with older people are particularly interesting. More and more of us live alone as the never-married population increases, the divorce rates increase, and spouses are widowed. You may know that the divorce rate is increasing among the over-50 crowd, and women are the chief initiators of this trend.

Klinenberg discusses problems, particularly of frail older adults or those who need care, but emphasizes that many older people prize their independence. It's not just that they want to avoid nursing homes; many have no interest in living with children or relatives and are looking at living arrangements that allow aging-in-place independently. The author considers the need for new living arrangements which provide needed care for older people. One idea I found fascinating was the increasing development of technology, read robots, to meet both physical and psychological needs of older people.

This book is filled with information and provides food for thought about the trend all around us. Besides that, it's a good read.

—*Kathie Piccagli*

Legacy Film Festival

The Legacy Film Festival on Aging and the Osher Lifelong Learning Institute (OLLI) at SF State University are proud to present a film series portraying the richness of later life.

The festival promises to inspire, educate and entertain intergenerational audiences on how to live well and enjoy life, despite life's challenges. After each film there will be a Q and A and after the session on Saturday, there will be an interactive movement workshop, and all are invited to participate.

The Festival will be presented on Friday through Sunday, July 6, 7 and 8 in the Coppola Theatre, in the Fine Arts Building.

For a full schedule, and to purchase tickets go to <http://legacyfilmfestivalonaging.org/film-schedule.php>

—*Sheila Malkind, MA, MPH*
Festival Director



Photo from *An Ordinary Life*.

Do you have something to say? Write to the editors at: mclew@pacbell.net, callingcarole@gmail.com or c/o the OWL office, 870 Market Street #805, San Francisco, CA 94102.

Calendar

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

July 6-7-8 Friday-Sunday— **Legacy Film Festival on Aging**, Coppola Theatre at SF State University (*see above on this page for details*)

July 9 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 4:00-6:00pm

July 12 Thursday — **Senior Action Network Meeting**, Unitarian Universalist Church 1187 Franklin at Geary, 9:00am Lunch at Noon, (*topic: Meet your district police captain*)

July 16 Monday — **OWL Peer Groups Meeting**, 2:00-4:00pm (*see page 6 for details*)

July 28 Saturday — **OWL Annual Pot Luck Party** Noon-3:00pm (*see cover page for details*)

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

August 20 Monday — **OWL Peer Groups Meeting**, 2:00-4:00pm (*see page 6 for details*)

September 3 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 4:00-6:00pm

September 17 Monday — **OWL Peer Groups Meeting**, 2:00-4:00pm (*see page 6 for details*)

September 22 Saturday — **OWL General Meeting**, (*topic: Ballot Roundup*), SF Public Library, Civic Center, 10:00-Noon (*see "Upcoming Events" on page 4 for details*)

YES! I WANT TO JOIN OWL!

NAME: _____

ADDRESS: _____

City State ZIP

TELEPHONE: _____

E-MAIL: _____

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

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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.