



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

October - December 2014

Email: owlsf@owlsf.org

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

OWL SF invites you to:

Death with Dignity: The Next Conversation

**Saturday, October 25th
10:00 AM - Noon
Flood Building
870 Market Street, Room 1185**

OWL member **Fran Moreland Johns**, author of *Dying Unafraid* and veteran activist with Compassion and Choices, will lead us in considering: "Should physician assisted dying be legalized in California?"

Fran will share the experience of two states: Oregon, which took this step 15 years ago; and Vermont, which enacted this just over a year ago. Might California become the next state to legalize physician assisted dying, and if so, what safeguards against abuse would be effective?

**Handicap Accessible
All Invited**

OWL SF * 870 Market Street, #905, San Francisco, Ca. 94102
Phone 415-989-4422 * Web site: www.owlsf.org

LETTER FROM THE INTERIM PRESIDENT

Once upon a time, a friend gave another friend a gift membership to OWL SF (great idea). The recipient did not even know OWL existed but she liked what she learned, saw that OWL was working on concerns she shared but was doing nothing about, and decided to continue sending checks to OWL so they could work for a better future for us all, especially women.

Some mysterious nudge from an unknown source prompted her to attend a planning meeting on a Saturday. She sensed so much positive energy, heard so much informed, intelligent discussion, met so many friendly, interesting women, she signed up for a committee.



Elf Owl by Marilyn Mulgrew.

Today I am totally committed to OWL SF, proudly wearing my OWL SF tee shirt, continuing to learn so much from this involvement and enjoying the company of some wonderful new friends. All because a friend gave me a gift membership.

There are excellent programs coming up in October and November, followed by OWL's holiday party on December 13th. Get involved with OWL. You'll be glad you did. We work together and laugh together and keep engaged in efforts to make this a better world for ourselves and for those coming behind us. It's a good feeling, as well as a lot of fun. I hope to see you soon.

Warm wishes,
—*Glenda Hope*

Death With Dignity: The Next Conversation

Last May, OWL SF presented a thoughtful, informative program dealing with end-of-life preparation. Afterward, I approached one of the leaders and asked her opinion of the work being carried on nationally by Compassion and Choices. Sighing, she replied: "That is a conversation that must happen."

As a pastor, I have had many people ask "Why can't I die? I am ready to go. I am suffering so much." Who should have the power to make these end-of-life decisions? Good people differ.

Saturday, October 25th, 10 AM, OWL member Fran Moreland Johns, author of *Dying Unafraid*, and veteran activist with Compassion and Choices, will lead us in considering: "Should physician assisted dying be legalized in California?" Fran will share the experience of Oregon, which took this step 15 years ago, and Vermont, which enacted this just over a year ago. Might California become the next state to legalize it, and if so, what safeguards against abuse would be effective?

—*Glenda Hope*

Glenda Hope, Interim President
Joan Downey, Treasurer
Maxine Anderson
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Margaret Lew
Sheila Malkind
Nan McGuire
Gwynne Seidell
Ruth Strassner
Betty Traynor

Newsletter
Margaret Lew, Editor

Membership
Nan McGuire

Political Advocacy Committee
Glenda Hope
Melanie Grossman
Co-Chairwomen

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

News from CARA

CARA Wins More Time to Cross the Street

On Thursday, September 25th California Alliance for Retired Americans (CARA) and California Walks attended the meeting of the California Traffic Control Devices Committee, to provide support for the Caltrans District 4 Pedestrian Advisory Committee's recommendation that a walking speed of 2.8 feet per second be elevated from a lower-level "Optional" option to a higher-level "Guidance" option. This will replace the current guidelines that suggest at 3.5 feet per second crossing time. CARA drafted legislation last year to do this, but it didn't move forward. Because of the action taken at the CTCDC, we no longer need legislation and we can begin to work with our cities and counties to adjust their crossing times to this new standard that will give us more time to cross the street.

Congratulations to CARA and CA Walks for a great step forward for pedestrians of all ages!

Seniors Need a Break in Health Insurance Costs

The Affordable Care Act (ACA) made history in the United States. However, it left insurance companies in charge of our healthcare system, and leaves millions of people uninsured or under-insured, many of whom are seniors. Health care costs are the largest expense for most seniors, and the most out of our control to contain. Prop 45 will help seniors manage these costs by holding insurance companies accountable. Pre-Medicare retirees (age 50-64) are often gouged on insurance rates, and Prop 45 will help address this.

Why Seniors and Our Allies are Supporting Proposition 45

Affordability: Health insurance premiums have nearly doubled in California over the past 12 years, putting a strain on our pocketbooks. This includes premiums for supplemental insurance to Medicare. Meanwhile, health insurers' profits soar, even as they sit on billions in reserve. Prop 45 helps swing the balance in our favor.

Transparency: Decisions on rate hikes will be made public and taken out of corporate boardrooms. We will have a voice and the power to hold them accountable when they try to raise our rates.

Thirty five other states already have the power to deny unjustified health insurance rate hikes. Californians deserves the same. Vote YES on PROP 45 for accountability and lower health insurance premiums.

**Save the Date
November 22nd**

Healthy Eating: Making Smarter Choices

OWL's November meeting will feature a presentation by Gretchen Zimmermann, Registered Dietitian/Nutritionist, on Healthy Eating: Making Smarter Choices. During the discussion she will cover:

- **Nutrition basics**
- **Nutrition and aging** - common vitamin deficiencies and supplements that may be beneficial including probiotics and gut health
- **Tips for maintaining a healthy weight.**
- **Healthier ways to cook your favorite holiday meals.**

There will be a Q&A period.

Our presenter, Gretchen Zimmermann, RD, CNSC is a Registered Dietitian/Nutritionist who received her Bachelors degree from Kansas State University in Dietetics and is certified in Clinical Nutrition Support and Adult Weight Management. Her great passion in life is assisting others to feel healthier and live healthier by guiding and empowering them to make sustainable lifestyle and behavior changes.

Gretchen has been an RD/Nutritionist since 2012 and has worked with various patient populations, both in a clinical setting and through private counseling. She is an expert on providing nutrition education on various topics including Diabetes, Weight Management, Cardiovascular Disease, Hyperlipidemia and Digestive Disorders.

—*Velma Parness*

Save the Date!

October 28th

Pedestrian Safety in an Ever Challenging Environment

OWL SF will present a program on Pedestrian Safety to residents of the Sequoias, a senior residential facility located at 1400 Geary Boulevard. This is of particular interest to members of the facility in light of one of their residents suffering a pedestrian fatality on Fillmore Street last spring. It was also well received by OWL members at our February 22nd program. For those of you who were unable to attend that program, you are welcome to come to the one at the Sequoias on October 28th.

Please contact Nan Mcguire at 673-7074, or nanmc@jimstevens.com for more information.

Political Advocacy Committee Update •••

Political Advocacy Committee Presents Ballot Measures Meeting

The Ballot Round-up for November 2014 Elections was held on September 27th at the San Francisco Main Library. The program style was different this year, with a rundown of all local ballot measures in the first half, and the usual format of “For and Against” speakers on chosen State Propositions presented during the second half.

Betty Packard, Chair of the Ballot Simplification Committee, presented “Discovering the November 4th San Francisco Ballot.” The Ballot Simplification Committee is made up of three journalists nominated by civic organizations. Since members are not appointed by the Mayor or the Board of Supervisors, the Committee prides itself as being unbiased, with the mission of presenting all sides of each ballot measure, helping voters decide how they want to vote.



Glenda Hope, Sandra Mack and Michael Lujan. Photo by Joan Downey

After summarizing all measures and explaining what a “Yes or a “No” vote would mean, Betty took questions from the audience, further clarifying this year’s long list of ballot measures. For complete details on the 2014

San Francisco Ballot, go to: <http://www.sfgov2.org/index.aspx?page=4414>



Roma Guy and Jennifer Tejada. Photo by Joan Downey.

In the second half of the meeting, Propositions 45 and 47 were taken up by a set of passionate and dynamic speakers. Speaking “For” Proposition 45 (officially named in the California Information Voter Guide as “Healthcare Insurance. Rate Changes. Initiative Statute”) was Sandra Mack, who is an OWL member, a member of Cara, and a retired teacher. Speaking “Against” was Michael Lujan, former Director of Covered California and a local small business owner.

Speaking “For” Proposition 47 (officially called “Criminal Sentences. Misdemeanor Penalties. Initiative Statute”) was Roma Guy, a public health activist and an OWL member. Speaking “Against” was Jennifer Tejada who is the Police

Chief of Sausalito, Marin County. A question and answer period followed the lively debates between speakers on both propositions. To learn more about these and other state propositions visit the Official California Voter Information Guide go to: <http://vig.cdn.sos.ca.gov/2014/general/pdf/complete-vig.pdf#page=67>

—*Melanie Grossman*



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

Don't Blame Me

I never listened to heavy metal bands, stuck things in my eardrums, nor worked with jackhammers, motorcycles or jet planes. Some people are born with serious hearing difficulty, while others of us experience a sudden or slow decline in hearing. I am one of them and speak for all of us. Please don't tell me to get a hearing aid. At significant cost, I have one in each ear. Funny thing about hearing aids: the purveyors of them promise no one will be able to see them and my hairdresser promises to "leave some over the ears", as if going deaf is shameful. It isn't. It is one of those things that happen to us, especially we who are elderly, an invisible but very real handicap. I wish my hearing aids were clearly visible so people would know I am straining to hear them.

Please don't act burdened or angry when I ask you to repeat something. Use my plea as encouragement to work on enunciation. Too many of us give up and don't ask. Try to imagine what it is like to be going deaf - frustrating, isolating, depressing. (I don't go to movies, most meetings or large social gatherings anymore).

Please look directly at me, if possible, because if I did not want to hear you I would not be there but hearing aids assist mainly with volume, not much with clarity.

Please write me a note instead of whispering in my ear. Even "sweet nothings" are not sweet if not understandable and whispers are not.

Please if you are losing your own hearing, or you know someone else who is, be aware that hearing is an important brain stimulant and can help delay the onset of dementia and depression. There is no shame in getting help but there is shame in depriving your brain of stimulation and your friends and family members of your engaged presence..

Thanks for hearing us.
—*Glenda Hope*

Good Food and Good Company: OWL's July Potluck

I enjoyed our annual pot luck meeting, this year very much. Liz Cormier kindly offered to hold it at her house. What a relaxed, gracious hostess Liz was. I had a good time chatting with Melanie about grand children, and how important it is truly to interact with them; with Mattie out on the backyard patio, re: cars; buying one of Kathy Picaggli's raffle tickets, promoting CARA, all while enjoying so many different dishes, ah, Ruth Strassner's berry cobbler with ice-cream comes to mind; And dear Nan, who brought so much, but had to leave early, to drive to Woodacre for yet another meeting, this one with her husband's group. Yes, we are all busy, but I am glad to be part of OWL, and look forward to the coming meeting, where the November ballot issues, some of them, are to be discussed.

—*Vivi Wyatt*

Climate Change: a Legacy With Many Facets

On Sunday, September 21st there was the largest-ever rally and march in New York City to draw attention to one of the most critical issues of our time, climate change. Between 300,000 and 400,000 joined in. The gathering was sponsored by over 100 environmental organizations such as 350.org and the Sierra Club.

For those of us who couldn't go to NYC, there were local gatherings all over the world. Here in the Bay Area, a rally was held in Oakland at the Lake Merritt Amphitheater. It was fascinating to see many advocates with relevant issues.

It is difficult to understand why anyone would dispute climate change – but people do. The fact is that because of changes man has wrought, there is a general global warming – a slow but steady increase in temperatures. This brings many related issues, from ocean acidification to species extinction. Many groups in Oakland focused on a single related issue, from rising coastal waters to changes in weather patterns; from extracting and burning fossil fuels to renewable energy; from fracking to the Keystone pipeline; from changes in the ocean to saving sea turtles or whales.

This is the defining issue of our time and the legacy we leave. Our grandchildren will not have the natural world as we know it, but we can help to prevent passing on a complete disaster if we pay attention and act now. Studies indicate that some changes are not reversible, however, some are.

One of my favorite signs at the rally was "Dear Jenny, I am here for you and your world. Love, Aunt Susan". It was interesting to note that while pictures from NYC showed many younger people, in Oakland there were many people in my older age group. I did not see more than a few people I recognized from SF.

—*Kathie Piccagli*

Save the Date

Saturday, December 15th

OWL SF Holiday Party
And
Election of Board Members

Flood Building, 870 Market Street, Room 1185

Bring a potluck dish for six and Good Cheer!
Optional: a wrapped gift for the grab bad to share with an OWL sister.

A postcard reminder will be sent to members and details will be on the OWL SF website calendar.

What Are You Reading?

Can't We Talk About Something More Pleasant, by Roz Chaste, is a bittersweet romp – the story of a daughter's care-taking of her elderly parents. Chaste is a cartoonist often seen in the New Yorker, who is responsible for her aging parents in their 80's and into their 90's. Many's the time, when any of us who have been involved with our aging parents, will chuckle (or cry) in familiarity -- the clutter, the insularity, the intransigence, the love, the frustration, the sad decline -- indeed, the whole role reversal, where we are the decision makers, where once our parents were.

I so recommend this book -- for the recognition of a pattern that never gets talked about but is so ubiquitous. Reading it also has the effect of making you want to pare down and clean out those closets full of decades of old stuff, so that whoever has to dispose of all your treasures will not face the worst.

—*Kathie Piccagli*

Water for Elephants, by Sara Gruen, is a story told as a series of memories by Jacob Jankowski, a 93-year-old man who lives in a nursing home where he is told what to eat and what to do. As the memories begin, Jacob is a 23-year-old Polish American preparing for his final exams as a Cornell University veterinary student when he receives the devastating news that his parents have been involved in a car accident. Jacob had planned to join his father's veterinary practice. Learning that his parents have died in the car crash and their home, mortgaged to pay for his tuition, not to become his, he has a breakdown and leaves his Ivy League school just short of graduation. In the dark of night, he jumps on a train, a circus train belonging to the Benzini Brothers Most Spectacular Show on Earth. When the owner of the circus, Uncle Al, learns of his training as a vet, he is hired to care for the circus animals.

In an America made colorless by prohibition and the Depression, the circus is a refuge of sequins and sensuality. But behind the glamor lies a darker world, where both animals and men are dispensable.

Back in the nursing home, waiting for one of his children to take him to the circus, Jacob finding out no-one is coming for him, makes his way to the circus on his own. He meets the manager, Charlie, and after the show begs to be allowed to stay with the circus selling tickets. Charlie agrees and Jacob believes he has finally come home.

When I was a little girl I used to threaten to run away and join the circus whenever I was mad about something. I loved the circus, it was a major form of entertainment back then and I wanted to be a flying trapeze artist. My mother told me that it was harder than it looked.

—*Marilyn Mulgrew*

Nan McGuire's friend Marilyn has been sharing reviews of her favorite books with her e-mail circle.

OWLs Review The Legacy Film Festival on Aging 2014

Ben Franklin said,
"All would live long,
but none would be old."

That's why I, and my dedicated board members, work year-round to find films that elevate the concept of growing older from one of challenges, yes, but also great adventure.

The 4th Annual Legacy Film Festival on Aging (LFFOA) was presented September 12-14 at the New People Cinema, in Japantown, the site of the First LFFOA in 2011. I think part of this year's success was due to this sparkling venue, a modern and comfortable 145-seat theater, tea café, myriad other activities, and its unique mixture of younger and older folks, and different cultures.

Eight programs of films ran the gamut from Opening Night's *Fabulous Fashionistas*, six women, average age of 80, determined to accept and embrace the present moment, and *Beauty Before Age*, a diverse group of gay men ages 19 to 77 navigating the fears of becoming old and alone. Concepts all can relate to .

There were films from around the globe: unschooled African grandmas training to be solar engineers; a poignant Israeli film about human devotion and care-giving; a group of 70-year-old-plus Dutch men who played hockey together for 50 years; a French film about a recent 60-year-old retiree falling for her much younger computer teacher.

Yes, there was a film about Alzheimer's, *Forget Me Not*, from Germany, but the focus was not simply decline, but how the family came together to devote time and care to their loving wife, or mother.

American documentary films, *The Mayor*, and the *Cake Lady*, showed a different perspective about group retirement living: as the 88-year-old Mayor said: "Would I be happy living at home alone? No way." Amazingly, the filmmaker, Jared Scheib, who was present for the Q&A, was 23 when he made the film a few years ago.

A highlight of the festival was the appearance of 'The Cake Lady', in person, age 91, who came from her home in Atlanta to delight the audience with her humor and chutzpah. Plus she brought home-made cake for everyone. Her message: Love and Give.



Forget Me Not



How Great It Was

continued on . p.7

cont. from p.6.

And finally, a lovely fictional film, *Redwood Highway*, starring actor Shirley Knight showed that personal growth continues, no matter the age, by living life daringly and lovingly.

Attendance in 2014 doubled over 2013, and the post-screening discussions with filmmakers and expert moderators, plus audience members were always stimulating. Written evaluations showed us that our viewers loved what we did. What more could we ask for? Maybe salaries. There's always next year...

—**Sheila Malkind,**
Director, Legacy Film Festival on Aging

And There Was Cake

I made a last minute decision to attend the Saturday afternoon Legacy Film Festival's four part series of films and so glad I did. It was a diverse array from a very short 60 year history of China, *A Gift of Time*, from pre-Cultural Revolution times seen from the eyes of an elder who lived through it all, to a story of a group of Dutchmen, *How Great It Was*, who played hockey together for 50 years and decided to play their last game as a team. The film also showed that beyond hockey they celebrated many milestones of their lives with each other. It was good seeing this spirit of positive male friendship carried on through the years. *Stepping into the Stream* was described as an ode to fly fishing, and particularly women fly fishers. The film showed how this fishing method is mastering an art, meditative, communing with nature, and women's lib all in one. Good to see that most of the women returned their catch to the river. And did you know there is a fly fishing pond in Golden Gate Park (across from where the buffalo roam).

The highlight of the series was *The Cake Lady* the story of an 89-year-old Jewish matriarch, Fay Tenebaum, (now 91) who has cooked Friday night dinner (*Shabbat*) for her family for over 50 years. But her claim to fame is her delicious pound cakes, made daily for important people in her life. Besides her family, these include her auto repairmen, cleaners, the

local fire department (they get one a week) and anyone whom she feels did something nice for her or just needs a sweet lift. The film shows her decision to move from her home of 60 some years and live



The Cake Lady

in a nearby Jewish independent living home. She kept emphasizing it was *independent* living. We were graced with her presence and that of some of her family (granddaughter/film producer, daughter and daughter-in-law) after the film showing. Much to our surprise and delight, all audience members received a piece of her pound cake in the lobby as we exited. At what film festival do you get treated to in-person advice from a Jewish grandmother and pound cake too!

—**Betty Traynor**

Redwood Highway



Redwood Highway

I attended the Legacy Film Festival and saw a number of interesting films. Each was thought provoking and changed my perspective on aging in different ways. *Redwood Highway*,

Directed by Gary

Lundgren and starring Shirley Knight, inspired me and reaffirmed my belief in the value of challenging oneself as one ages. The film was about an older woman living in a comfortable assisted living facility who simply didn't want to be there. She was angry with her son for arranging this living situation and was refusing to go to her granddaughter's wedding because she thought her granddaughter too young for marriage. A few days before the wedding she decided she would go to the wedding, but would do it in her own way. She set off on a four day back-packing hike to the wedding on the coast of Oregon. She had many adventures along the way. She began to think about her life, her own marriage, and the meaning of love as she faced many challenges on and off the road during her 80 mile journey.

—**Melanie Grossman**

Remembering OWL SF In Your Estate Plans

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

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

Adults Over 45 Not Meeting US Muscle Strengthening Guideline

There is mounting evidence that muscle-strength training provides key health benefits, yet most middle-aged and older adults in the US don't engage in this type of exercise, as evidenced by a health survey conducted by the US Centers for Disease Control and Prevention. Less than one-quarter of adults over 45 meet the recommendations set by the Department of Health and Human Services.

Researchers advise that strength is essential for promoting health and fitness and staying independent. Muscle wasting (sarcopenia) and general weakness, exacerbated by physical inactivity, is prevalent in the aging population. Muscle-strengthening activities include yoga, sit-ups, push-ups, weights, elastic bands and weight machines.

Among those less likely to meet these guidelines were women, widows, those age 85 or older, people who were obese, and Hispanics. The American College of Sports Medicine provides more information on resistance training and building muscle mass for older adults. SOURCE: U.S. Centers for Disease Control and Prevention, news release, Sept. 18, 2014. Copyright 2014 HealthDay. All rights reserved.

—*Sheila Malkind, MA, MPH*

Cleaning Out Closets Or Emptying a House?

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



Access the loading dock from Mission onto Sycamore between 17th and 18th.

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

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

Coming of Age Bay Area: Explore Your Future Workshop

Coming of Age: Bay Area's new Explore Your Future workshop includes a range of proven techniques and activities for self-discovery for people age 50+. Are you thinking about a change in your life and don't know how to get started? Do you want to explore hidden interests and start living your dreams?

Location: Coming of Age: Bay Area office, 881 Turk Street (at Gough), San Francisco.

Date: Wednesdays, October 8, 15, 22 & 29th 4:00 to 6:00 pm.

Fee: \$79 (membership in Coming of Age: Bay Area) included.

Visit ComingofAge.org/BayArea/Explore-Your-Future-Workshops or call toll-free (888) 308-1767 for more information.

nextvillage
San Francisco

Live & Learn Speaker Series presents:

Life in a Senior Living Facility The In's and Out's

Join NEXT Village for a panel discussion on what it is like to live in a Senior Living Facility in San Francisco

Sally Tooley, The Carlisle
Ruth Burton, Vintage Coventry Park
Pat Lusse, The Towers
Pat Cady, Presidio Gate

Tuesday, October 7th 1:00 - 2:30 p.m.
Joe Di Maggio Clubhouse
631 Lombard Street

This event is free and open to the public

For more information, contact NEXT Village SF at (415) 888-2868, or email us at info@nextvillagesf.org

OWL SF Board Member Job Description

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

Essential functions

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

Responsibilities:

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

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

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

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

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

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

Calendar

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

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

October 7 Tuesday — NEXT Village Live & Learn Speaker Series, Life in a Senior Living Facility the In's and Out's 1:00-2:30pm *(see page 8 for details)*

October 8 Wednesday — Coming of Age Bay Area, Explore Your Future Workshops 4:00-6:00pm *(See page 8 for details)*

October 25 Saturday — **OWL General Meeting** 10:00-Noon *(See Cover and page 2 for details)*

October 28 Tuesday — OWL special program at the Sequoias: Pedestrian Safety in an Ever Challenging Environment *(Please contact Nan McGuire at 673-7074, or nanmc@jimstevens.com for more information)*

November 3 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

November 22 Saturday — **OWL General Meeting**, 870 Market, room 1185, 10:00-Noon *(See page 3 for details)*

December 1 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

December 15 Saturday — **OWL Holiday Potluck and General Meeting**, 870 Market, room 1185, *(See page 5 for details)*

YES! I WANT TO JOIN OWL SF!

NAME: _____

ADDRESS: _____

CITY STATE ZIP

TELEPHONE: _____

E-MAIL: _____

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

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

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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.

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