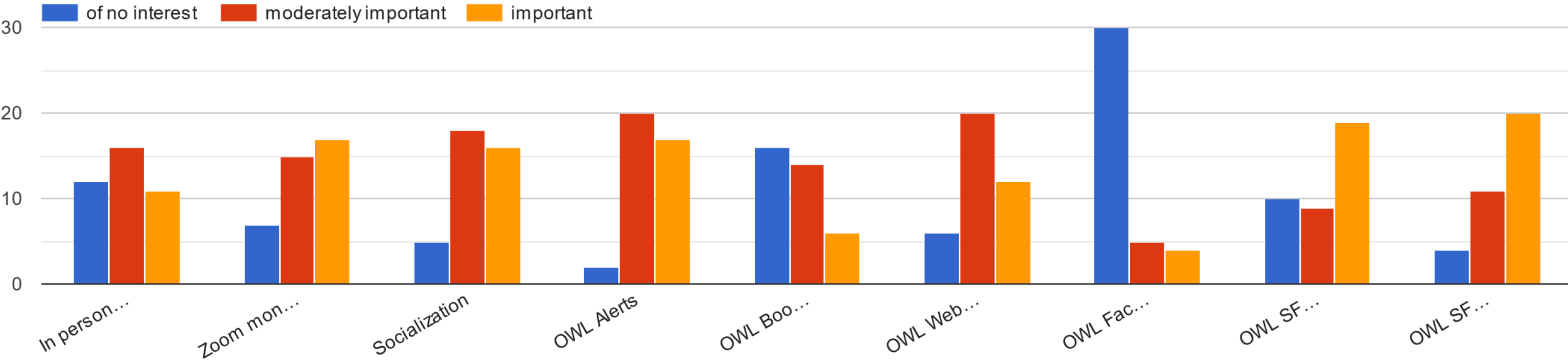


What do OWLs want?

2022 Survey

How important are these current OWL functions to you?

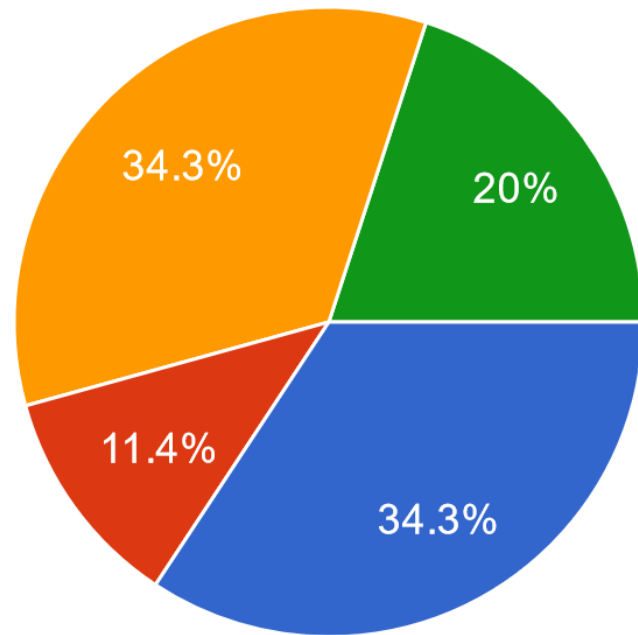


Other OWL-related activities important to you?

- politics
- PAC meetings
- Occasional inperson gatherings are nice.
- Book club, getting togethr with friends, doing projects, checking in by phone
- Annual Luncheon
- Information about medicare and geriatric events
- Enjoyed the Zoom meetings discussing films
- I live in Oakland, working part-time, participating in on-site activities on my "free" days, hard to do; but I so appreciate your organization, and the work that you do that I continue, enthusiastically to be a member, and support in whatever way I can.
- political issues
- Understanding all issues related to aging including medications and care of self or other aging members of the family.
- Meetings and activism.
- holiday celebration
- responding to selected social/political situations
- Lunch together or outings on occasion;
- Political action committee
- environment (not 350.org)social justice
- Board Meetings--but only because of my responsibilities to them
- Technology coaching
- I understand why you have zoom meetings but I'd prefer inperson meetings when it is posible
- I have not attended any OWL meetings because of their location, the police station on Fillmore, which feels unsafe. I am very vulnerable and need a place with parking. Also, the notice of the meetings pops up too close to the meetings. I need advance notice to plan because i am so involved in other causes. But I long to participate with OWL because I want to contribute my knowledge and also learn from my fellow older women.

How often do you attend OWL meetings?

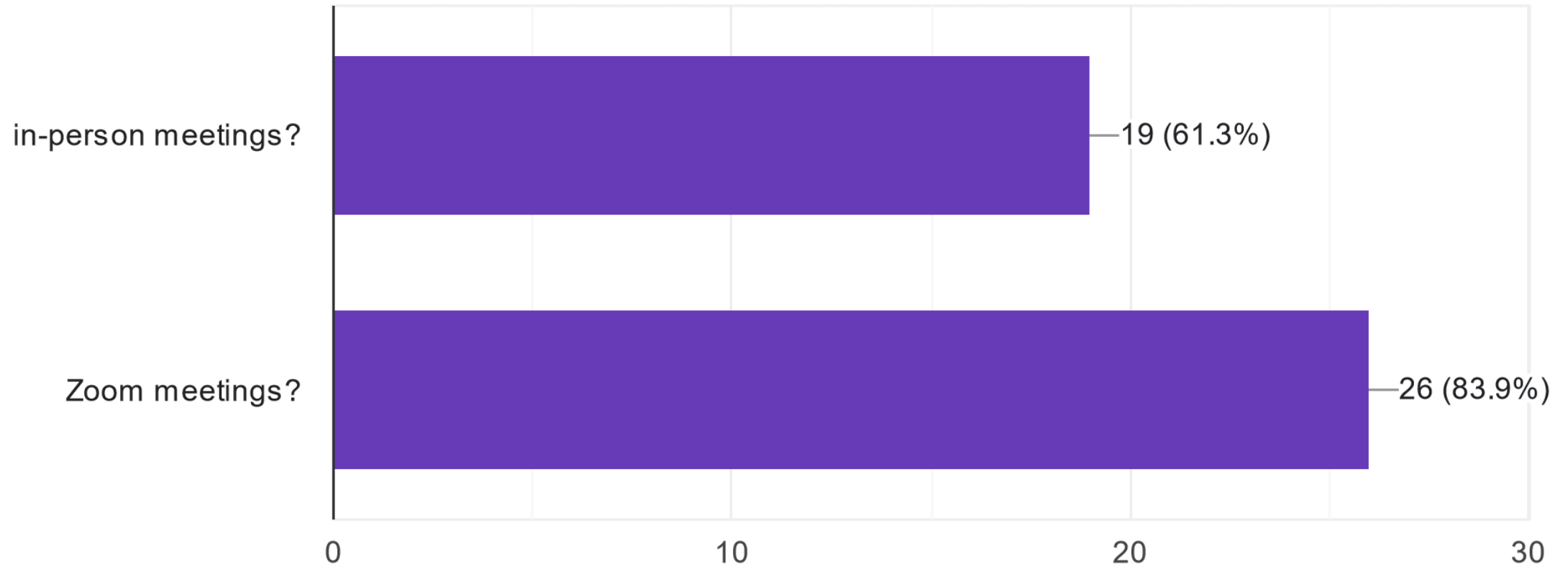
35 responses



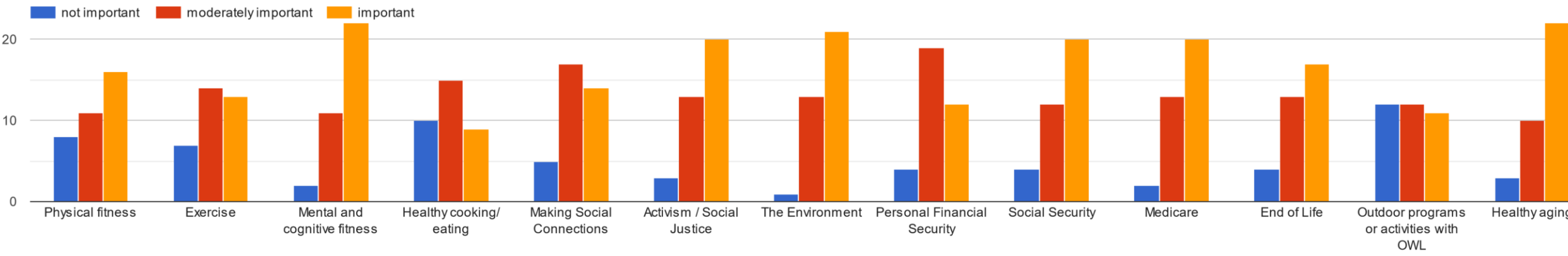
- 7 or more in a year
- 4 to 6 in a year
- 1 to 3 in a year
- None

Do you attend (check all that apply)

31 responses



How important are these topics to you? This will help us plan meetings and activities for 2023.

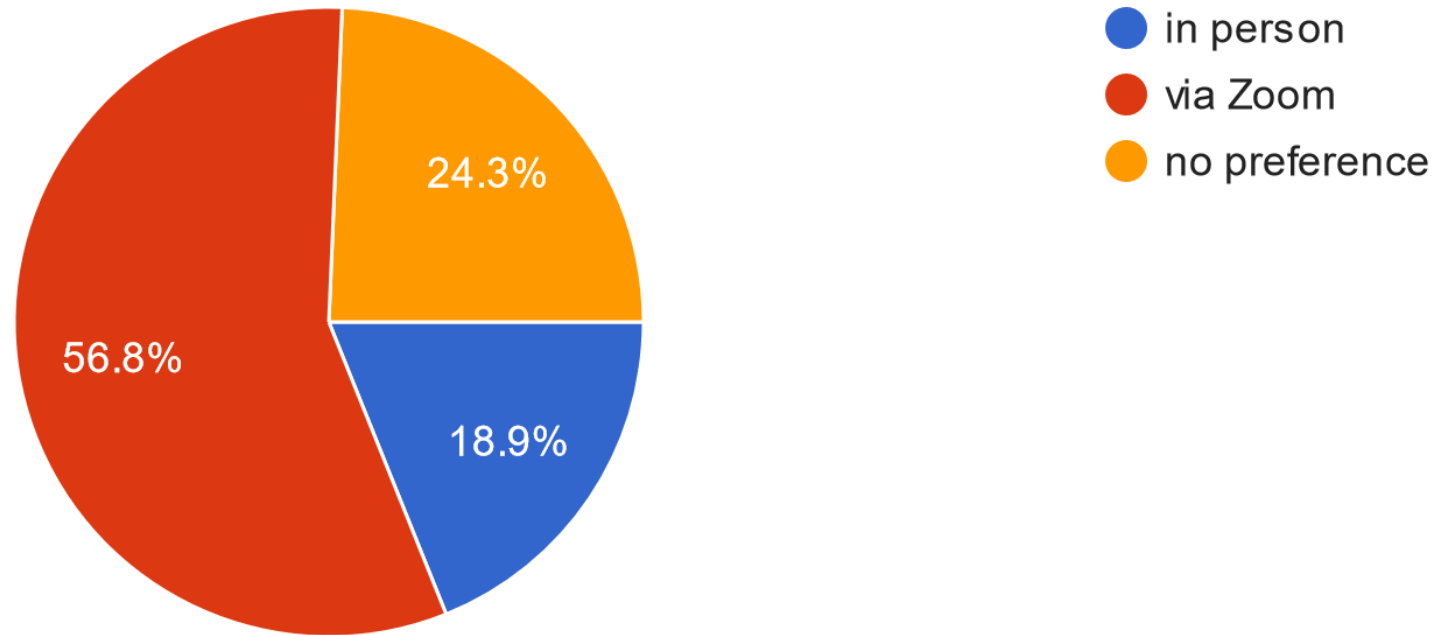


Other topics?

- Ageism and ways to combat it
- There are a lot more things in life besides political activism. OWL seems very one dimensional. How about a few cocktail parties!!
- creativity. music. art
- Planning for disability/long-term care when no live-in partner/caregiver available. Not insurance, but what are ways to plan for future disability so plan is in place or proactive action is taken before an accident, mental impairment, etc.
- Current events - understanding what is happening in the wider world (not related to OWL Alerts. Simply what is happening in the State and in the USA and internationally. Controversies around medications for Alzheimer's. What is happening there?
- None
- world issues - travel - arts (in all areas from creative to performing) issues for people with disabilities - interesting local outings
- SF Politics - getting more corrupt & bizarre & less accountable by the minute!
- 1. Every senior needs an advocate. Who will be an advocate for seniors who do not have children? Adult children help their parents with healthcare, housing transitions, bill paying, investments, doctor visits, hiring care givers, overseeing care in a long term care community etc. Who will be able to help childless seniors with the things that adult children do for their parents? Should we establish a buddy system, hire fiduciaries or personal assistants? The Villages do good things but who will the advocates be who will provide continuity not just individual services? Should we start an Advocacy Corp of people to help our seniors as they age? Even if one is living in assisted living communities, they don't help with these things. How will this evolve? How should we prepare? How can we help one another?
- 2. Technological Literacy Connected Canadians is a non profit focused on helping seniors with technological literacy. They help by pairing seniors comfortable with technology with those seeking to learn through workshops and one on one learning. How can we foster such learning when seniors leave the workforce. Falling behind with technology causes a diminution of self esteem and impairs social and economic participation. How can we help each other to stay abreast of technological changes and do so safely.
- 3. Volunteer Tourism--Travel is wonderfully educational. How might we not only learn but be helpful too and really get to know folks who live in the places we visit?
- Equal access to community spaces such as JFK Drive in Golden Gate Park, and the Concourse Bandshell. And this is going to sound strange, but we should fight for a law that requires all public spaces to have ADA compliant (higher) toilets. I am shocked to find that even our local hospitals have low toilets. Even the new hospital that replaced St. Luke's Hospital has heavy bathroom doors that are difficult to open for someone using a walker, and it has low toilets that are not ADA compliant!!

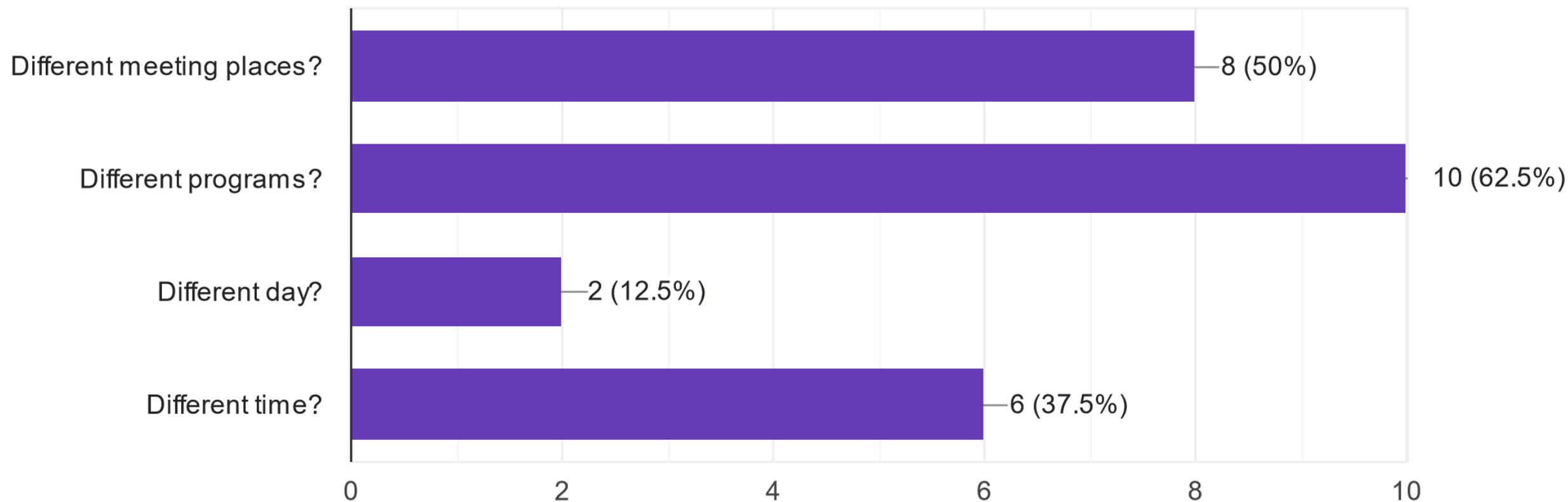
LOOKING AHEAD I prefer to attend OWL membership meetings

37 responses



What might allow you to participate more actively? (Check all that apply.)

16 responses



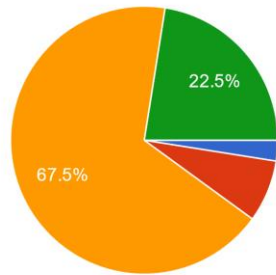
What different place/day/time/program would get you to more meetings?

- What different place/day/time/program would get you to more meetings?
- 15 responses
- NA
- How about a few famous speakers? How about speakers on history or art or music?
- 1st and 3rd Saturday same time
- In person meetings at 10 am are too early for me, I would prefer afternoon meetings. Zoom meetings are more convenient for me and time of day is not important for them.
- Times are good, I would be encouraged if more people actively participated, there were younger people too and more diversity
- Saturday noon is as good as any time, although I sometimes have conflicting events. Easier to attend via Zoom, but I enjoy seeing folks in person.
- I'm actually flexible but prefer daytime.
- I already attend all the meetings.
- police station, zoom meetings
- Later in the day.
- Hard to say. Programs often look interesting. But my energy & focus are limited as the years go by; I'm committed to a Sat. in-person ballet class for people with Parkinson's. If you posted recordings of the meetings I'd likely watch/listen!
- I am in Berkeley. Zoom meetings are good for informative topics though they don't foster friendships. During Covid/flu Zoom is an appreciated trade off..
- no zoom meetings
- If they were held during the daytime in a safe neighborhood with plenty of parking with a ramp to get to the building or the meeting on the ground floor. I am unable to climb steps; I use a walker. I need advance notice; more than one reminder notice in advance of the meetings via email. Like two week advance notice, then one week, then two days before, always with the link included. I get tons of emails and need reminders. Also, the meetings should be on the same day each month, like say, the first Wednesday at noon, so we can remember. It would be great if the meetings could be hybrid, so that those who can attend in person can attend, and those of us who cannot drive anymore and can only get there in person if we can enlist a driver, could attend. I prefer to participate in person, but right now have a torn labrum (ligament) in my right hip, and am in a great deal of pain and cannot drive myself to places like I used to.
- I would attend if the meetings were in person

Demographic Data

DEMOGRAPHIC DATA What is your age range?

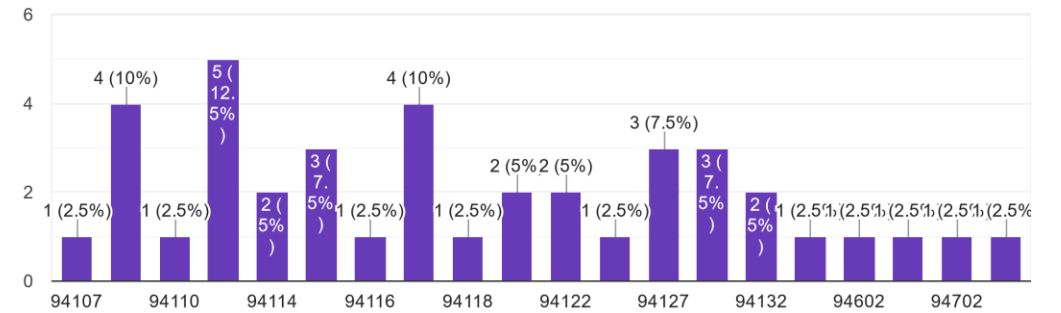
40 responses



- under 60
- 60 - 70
- 70 - 80
- over 80

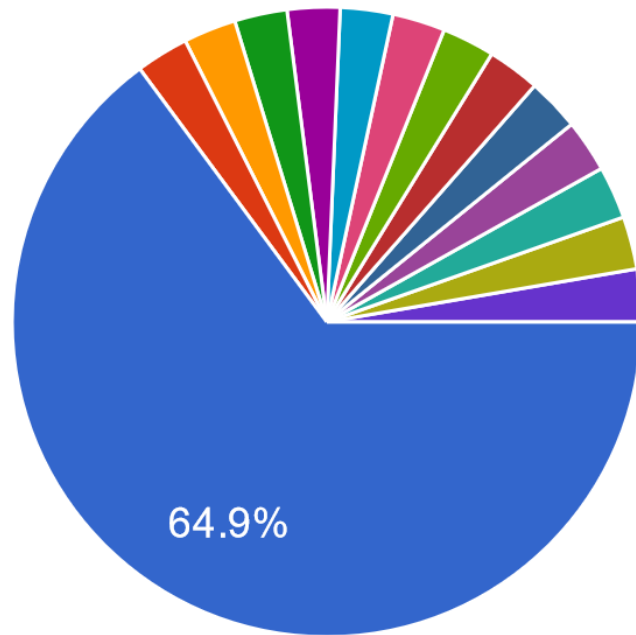
What is your zip code?

40 responses



How did you hear about OWL?

37 responses



- Friend
 - OWL Newsletter
 - OWL website
 - meeting
 - At a neighborhood event
 - Went to a meeting at UCSF and the O...
 - Can't recall
 - Years ago went to a film showing at the...
- ▲ 1/2 ▼

What are your ideas on how we can expand membership?

Page 1

- Submit articles Re OWL to neighborhood groups for their newsletters. -Have an OWL table set up at street fairs and/or farmers' markets
- SEO of the website and email marketing campaigns
- Coordinate with other nonprofits and invite them to OWL meetings and attend their meetings.
- Every member should pay for the first year membership for a new person.
- Different kinds of outings
- Invite a friend.
- Reach out to different groups, have a meeting where each person brings a guest, meet in different neighborhoods, plan events with other organizations
- It seems like you are making some progress. Co-sponsor events and activities to be more visible, continue phone calls, look for an issue-oriented annual event (which doesn't require a lot of energy) on a pressing and perhaps a little controversial to bring new people in,
- Get a few enthusiastic younger (50's) women involved and have them provide input for how to attract more. Encourage existing members to recruit new members. Define the "unique proposition" that differentiates OWL from other groups e.g. Transitions Network and other advocacy groups (e.g. Grey Panthers)
- Meetings in Progressive Retirement Communities (Quaker, Episcopalian, etc)
- Every OWL member (who can afford it) should give the gift of membership to another interested party. There might be members who could afford to underwrite memberships of people who are very interested but cannot afford it.
- None
- Keep doing what you are doing! WONDERFUL!
- invite others to join/attend; give gift memberships
- Attend events that involve outreach to seniors -- ask friend(s) or colleague in another group to join
- Continue to encourage members to bring in a friend.
- welcoming new members more inclusivel
- Some kind of promotion encouraging Members to enlist ONE friend?

What are your ideas on how we can expand membership?

Page 2

- Some kind of promotion encouraging Members to enlist ONE friend?
- Expand online interactive opportunities to connect!
- Reach out to: Senior centers around Bay Area, Continuing Care Communities and their activities directors, Libraries, Legacy Film Festival on Aging viewers, League of Women Voters, professional women's organizations and unions so women know they have an active organization to join in retirement, articles in SF Chron, KQED, AARP Magazine, etc Participate in conferences on Aging at AARP, American Society on Aging. Be involved with senior organizations like CoGenerate (formerly Encore.org) Affiliate with .arts organizations
- more current topics such as financial and political issues
- Sponsor informative events open to the public as well as participate in community meetings and events. When an OWL member rises to speak, she could identify herself as a member of OWL. Sponsor an event giving updates about Medicare, for example, with full information on how the Advantage plans are a rip off and also informing the public about what the Republicans are trying to do to Medicare and having an action in protest or on your website and on FaceBook giving people the opportunity to sign a petition to all politicians demanding that Medicare be left alone. Another needed forum: one which tells folk how to plan for their deaths, with all the options pro and cons, like cost of cremation vs funeral, and what advance planning is needed. Also, very important; what the deceased person's relatives are required by law to do. Who are they required to notify? How to do that. Hold events in various neighborhoods, as long as they are safe and there's ample parking, so that people become aware of OWL. Reduce the membership cost to \$40 instead of \$60. \$60 annual membership feels steep, especially for those with limited income. The website could have a permanently available link to a video about how to improve one's balance and prevent falls. And another video on how to strengthen one's limbs, even with limited mobility. Another video on exercises that can be done while sitting in a chair. The website could have a listing of all agencies, with their phone numbers, that provide services that seniors might need. Such as the number to call to find out which providers of medical care or psychiatric care that Medicare covers. The number to call to sign up for paratransit. Have more informative forums open to the public. Have a table at community events and festivals and street fairs. Take a public stand on issues that affect the older woman community. Be visible at political meetings which deal with issues that affect us.
- Recruit More members, especially young members
- I leave that topic to the OWL Board

Have we missed something that is important for you as an OWL member? Please add your comments and suggestions.

- Broaden your horizons!
- Good survey
- thanks for your continued advocacy and community of support for one another
- For me, the value of OWL is in the amazing women I've met, who are not only interesting, but interested in actively working to make our lives better.
- Saw an OWL blurb about "Be A Better U" Program sponsored by Am. Heart Assoc. and UCSF, two meetings UCSF, 10 meetings on-line, multiple topics, SPECTACULAR! Informative, engaging. They may have the program twice a year. Highly, Highly recommend it. Would not have known about it, if not the OWL email. Thank you! Thank you. Tended to most of the topics you listed above.
- Thanks for asking!
- Need more involved members - How?
- Great survey.
- I didn't know that OWL has a website or a FaceBook page. Am going to have to visit them soon. Thank you for all of your efforts. Thank you for the newsletter.