



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

January - March 2013

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:**

**Where Are We Now?
Women's Health Care,
The Affordable Health Care Act,
Reproductive Rights**

When: Saturday, January 19, 10:00 AM – 12 NOON

**Where: Unitarian Universalist Church,
1187 Franklin Street, SF**

OWL SF, and its co-sponsors, is proud to present **Ellen Shaffer, MPH, PhD**, who will discuss the current status of women's health care, and the effects of the Affordable Care Act. In recognition of the 40th anniversary of the Supreme Court decision in *Roe v Wade* there will be a particular focus on reproductive rights and choice. Shaffer is not only an expert on these issues, but a popular OWL speaker, who makes the complex understandable. . .with a slice of wry. The topic has been selected in anticipation of the Celebration of Women, Life and Liberty, to be held on January 26th, at Justin Herman Plaza, see details on page 3.

Co sponsors: CARA, Gray Panthers, SFNOW, Trust Women, Unitarian Universalists for Peace

All Welcome
Handicap Accessible
Donations Accepted

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

Presidential thoughts...

Happy New Year, OWLs!

We have new Board Members: Judy Goddess and Inda Shirley have agreed to bring their many talents to the Board and we are excited to have them. Please introduce yourself to them at the next program meeting which will be on January 19th at 10am at the Unitarian Universalist Church on Franklin at Geary. The wonderful community voice of Ellen Shaffer will be addressing the topic of Women's Health Issues under the Affordable Care Act in recognition of the 40th anniversary of Roe v Wade.

2013 is going to get exciting

Please plan to attend the 2013 planning meeting. This will take place in February this year due to the special events planned for Women's Health in January on the 19th and 26th.

The annual Planning Meeting will be held from 10-2pm on February 23rd in the Meeting Room at 555 Ellis St, sponsored for us through Glenda Hope and the Network Ministries. There will be a lot to discuss.

I am proposing that 2013 be the year to 'Get The Word Out' about OWL and all that we do – Starting this will be the participation of OWL in the Silver Ribbon Banner project that will line Market Street from 11th Street to the Ferry Building for the month of January in support of a woman's choice over her body on so many levels.

As your new president, I need to express that I've been saddened by how few folks, outside of other women's and senior groups, know about us. All the work we do and the issues we participate in have not done as much as we might think to make the community at large recognize the Older Women's League.

This does not help us – in order to impact change for the folks we support, we must deepen recognition of OWL as THE organization for Mid-life and Older Women's issues. So come on, OWLs - we need to brainstorm on how to get the word out and how we can best build the following that will support our many efforts. Put this need in your 'slow cooker' – then bring your ideas and results to the February 23rd Planning Meeting.

Launching 2013 with the Banner Project and Ellen Shaffer as our presenter, speaks to the caliber of organization we are – please invite anyone you feel will be interested in women's health issues.

So, see you on January 19th at the Unitarian Universalist Church for Women's Health, then on to the Planning Meeting on February 23rd!

—Gwynne Seidell, President

Gwynne Seidell, President
Maxine Anderson
Robin Brasso
Judy Goddess
Melanie Grossman
Glenda Hope
Margaret Lew
Nan McGuire

Sheila Malkind
Kathie Piccagli
Eunice Rosenberg
Juliet Rothman
Inda Shirley
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

Year End Appeal

As most of you know, we depend heavily on our mid year and year end appeals to operate in the black.

Due to the temporary loss of our tax deductible status, we were concerned that contributions would decrease in 2011, mid year. They did but only by \$600. Now that we have been reinstated retroactively by the IRS going back to the time of revocation in June of 2010, donors can be assured that all contributions including dues, mid year and year end appeals, past and present, are fully tax deductible. Our tax ID number is 94-2746412.

At the writing of this newsletter, we are half way through the year end appeal for 2012. We still have a way to go to equal last year's amount. We are hopeful that if you haven't had a chance to respond yet, you will be able to do so early in the New Year.

Wishing you a happy and healthy New Year.
—*Nan McGuire*



Elf Owl by Marilyn Mulgrew.

OWL SF Has Its Own Tax Exempt Status

In the letter that sent to all OWL, San Francisco chapter members in early December 2012, we announced that our chapter now has its own 501(c)(3) tax status, qualifying us as a tax exempt charity. This status is retroactive, so that all dues and contributions are tax deductible donations.

Prior to June 2011, contributions to OWL SF were tax exempt through OWL National. We then applied for our own status, which as you may know, has been a lengthy process. It took 18 months but this December, the final approval arrived.

—*Kathie Piccagli*

Save the Date!

OWL SF Annual Planning Meeting

**When: Saturday, February 23rd
10am - 2pm**

Where: Meeting Room at 555 Ellis St

**Please join us to plan for 2013.
Lunch will be provided. All
members and their guests are
welcome! Bring your ideas.**

OWL San Francisco Joins *Trust Women/Silver Ribbon* To Celebrate 40 Years of Choice

The Trust Women/Silver Ribbon organization is a coalition of groups particularly concerned about trusting women to make their own choices about their bodies, their health and well-being. OWL SF has been a part of this coalition for several years. "Choice throughout life" is one of OWL's principle positions.

A major emphasis of the group is reproductive choice. There will be a celebration this year on January 26, the 40th anniversary of Roe v. Wade at Justin Herman Plaza from 10 am to 12 noon.

In addition to the celebration at Justin Herman Plaza, there will be several supporting activities: Banners supporting Trust Women will be displayed along Market Street in San Francisco during the month of January, many with statements such as "I trust women and I vote." This year OWL SF will be sponsoring one of the banners. It will have the Trust Women silver ribbon, with our logo. Look for it!

Also in January, Trust Women will join with Moveon.org for a "virtual march", in support of the anniversary of Roe v. Wade. Marchers will join in from all over the country and will be pin-pointed on an online map of the country as they join. We will share more about this as it gets closer to the time of the march.

—*Kathie Piccagli*



Political Advocacy •

CPMC Negotiations Continue into 2013

Negotiations between Sutter Health and the City over the proposed California Pacific Medical Center mega-hospital at Cathedral Hill and a downsized St. Luke's Hospital continue into 2013. The hope that the Health Care Services Master Plan (scheduled to go into effect in 2013) would apply to CPMC in the New Year has dimmed and it now appears the present plan will be exempt since it was submitted before 2013. The HCSMP would guide assessment of medical development projects, taking into account health planning for the entire city (exactly what OWL supports).

The November and December hearings before the Board of Supervisors were postponed because of lack of progress in the negotiations and a new hearing is scheduled for January. However, at a community briefing on December 11th hosted by the Community Housing Partnership, there was news that some progress was being made.

Five OWL members attended the briefing along with representatives from Cathedral Hill Neighbors, Jobs with Justice, Grey Panthers, California Nurses Association, San Francisco Tomorrow, Community Housing Partnership, representatives from S.I.C.U, Bernal Heights Neighborhood Center, and a physician from St. Luke's Hospital were present. Moderator James Treat stressed that the information presented at the briefing should not be considered definitive since Sutter Health is negotiating with the City and not with the community groups.

Mr. Treat announced that it does look like there is a shift coming out of negotiations. There is a good chance that the final plan will include a smaller Cathedral Hill Hospital and a larger St. Luke's. There have been a few other shifts. Sutter may be trying to squeeze its own workers on health insurance and changes in work rules. Also, Supervisor Farrell has become active in making sure that city workers have access to treatment at Sutter Hospitals; a good thing since concerns exist that as Sutter Health increases its market share in SF, insurance premiums will rise, pricing many insurers out of the market.

Although the size of these hospitals may be changing, there are still no guarantees that other issues are being resolved. Community groups still have the following core demands:

1. St. Luke's should be permanently viable
2. Increased health care availability for all of SF

3. Job security for employees already at CPMC and St. Luke's
4. A fair organizing agreement for unions
5. Local hiring for the rebuild and for permanent jobs in the new hospital
6. Affordable housing
7. Traffic, MUNI and pedestrian issues

Recommendations were made to all groups for future action:

1. Sign and distribute the internet petition: <http://www.ipetitions.com/petition/rebuild-cpmc-the-right-way/>
2. When an agreement is available, all groups should read and analyze it carefully (if Sutter agrees on some of changes, no doubt it will look for lots of "give backs" from the City)
3. After choosing specific points to focus on, each group should:
 - a. Set up meetings with Supervisors
 - b. Send delegations to Supervisors
 - c. Write letters to Supervisors
 - d. Continue to participate in community meetings and stay in touch

Anyone wishing to work on this and other political advocacy projects is encouraged to join the Political Advocacy Committee, which meets at the Flood Building on the 4th Thursday of every month from 4 to 6 pm. So stay tuned. There still is much to do!

—*Melanie Grossman*

Postcards to our Legislators

The postcard message sent at our November meeting went to Representative Nancy Pelosi as follows:

As an OWL member and California voter, I urge you to fight against any cuts to Social Security and Medicare.

In December a similar postcard was sent to Senator Dianne Feinstein. My recommendation for January (but this will need board or Political Advocacy Committee approval) is that we send our postcard to Senator Dianne Feinstein supporting her efforts to create an assault weapons ban.

—*Eunice Rosenberg*



Flash Mob and Cell Phones Support Social Security at San Francisco Federal Building

On Friday, December 7th, an energetic group of people gathered in front of the new San Francisco Federal Building to call for ongoing support of Social Security, Medicare and Medicaid. We held up signs reading “No cuts” and “Think!”

We were told that Congresswoman Nancy Pelosi has pledged to stand firm for these basic earnings but that she has been excluded from the negotiations currently being conducted by President Obama and Congressman Boehner.

We were all urged to call the White House, as well as Senator Feinstein’s office to insist that Pelosi be included in these talks. Cell phones came out and people were calling those numbers as they stood in the sun with their signs. We did not just stand, however, we danced, sang, and laughed, proving that “protest” does not have to be grim.

Among the flash mob were many OWLs including Robin Brasso, Glenda Hope, Nan McGuire, Kathie Piccagli, Sandra Mack, Michael Lyon, and Marie Jobling. OWL is still out there, being the voice of midlife and older women, but also that of the many generations coming along behind us.

Check out the wild and crazy seniors and friends, dancing, singing, and being raucous, video at: http://www.youtube.com/watch?v=i_kok6Y73_A&feature=youtu.be

Add your voice by telling your Senators and US Representatives to protect Social Security, Medicare and Medicaid and to end tax breaks for millionaires. Call your Congressman, U.S. Senators and President Obama right away. The toll free number is: 877-762-8762 / Capitol Switchboard. No cuts to Social Security, Medicare and Medicaid End the tax breaks for the top 2%

—*Glenda Hope*

The Future of Medicare Michael Lighty Addresses OWL’s October Meeting

With the Presidential election approaching, the Future of Medicare was a topic of immediate concern for OWL members and the October membership meeting co-sponsored with The Gray Panthers, California Alliance for Retired Americans and Single Payer Now gathered an attentive audience for Michael Lighty’s presentation. As Director of Public Policy for the California Nurses Association/National Nurses United, Lighty spoke informatively and clearly about the problems and promise of Medicare in the current medical environment. A period of questions from the floor clarified some concerns of those present.



OWls Michael Lyon and Gwynne Seidell with Michael Lighty. Photo by 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

Celebrating Owl Artists at OWL's November Meeting

On November 17th OWL members and friends gathered in the Flood Building to hear five OWLs tell about and show the art that enriches their lives. Many pieces of art were displayed. Ruth Strassner's ceramics and Sheila Malkind's Legacy film collection may have been familiar to us and a sample of Arlene Silverman's poetry appeared in our last issue but Deloris Kepplin's detailed paintings of European castles and Margaret Lew's dollhouse quilts and miniatures were delightful surprises. Each artist told how doing art has influenced her life: inspiring travel; delving into history; sharing through teaching others; or not so simply, discovering unsuspected talents. The meeting concluded with a fascinating film about a septuagenarian artists' model from Sheila's collection and many lingered to chat with the artists, inspect their creations more closely or purchase one from Ruth to enjoy at home. Creativity is an ageless and a life-long pleasure. Thanks to Amy Hittner's inspired idea for her last OWL program we were able to share and be touched by these hidden passions.

—Margaret Lew



At the October meeting, OWL talent: Arlene Silverman, Amy Hittner, Margaret Lew and Ruth Strassner. Photos by Sheila Malkind.

OWL Christmas Party

On December 8th Owl members and a guest of Maxine Anderson gathered at the Flood Building for our annual meeting and Holiday party. The food was delicious and the camaraderie lively. A favorite dish on the buffet was Ruth's roasted squash and lentils, recipe included here by request.

We elected two new board members for two-year terms from January 2013 to December 2015. Inda Shirley was present for her election and Judy Goddess was elected in absentia (missing the party to baby sit her grandchildren.) See page 7 for Inda's brief introduction. We are looking forward to both of these active and interesting women joining our board this year.

After our tasty lunch, Sheila Malkind presented a very engaging film from her collection, showing a day in the life of a 105 year-old Canadian woman. She lives in an apartment in her daughters home where she gets around quite well and spends time in the lovely garden on the grounds of the house. If you're planning to be around for that long, it provides an insight into life after 100!

—Nan McGuire

Ruth's Roasted Butternut Squash and Lentils

1 cup lentils (I used already cooked Trader Joe's Lentils, about 1/2 a package)
1 lb. butternut squash, cut into 1/2" cubes
4 Tb. extra-virgin olive oil, divided
2 Tbs. country Dijon mustard
1 Tbs. red wine vinegar
2 Tbs. minced red onion
1 tsp. honey
1/2 tsp. salt (I used just a pinch)
1/2 tsp. freshly ground black pepper
1/4 chopped walnuts

Preheat the oven to 400. In a large pot, bring the lentils and enough water to cover by 2" to a boil. Simmer until just tender, 18-20 min. Drain and return to the pot. Cover and keep warm. Meanwhile, toss the butternut squash in 1 Tbs of the oil. Roast on a rimmed baking sheet until tender, 15-30 min. Whisk together the mustard, vinegar, onion, honey and remaining oil. Gently toss with the lentils and squash. Season with salt if desired and plenty of pepper. Sprinkle with the walnuts. Enjoy! Great warm or cold. To keep the flavor intense, don't add dressing until you're ready (or close to) serve the dish.

—Ruth Strassner

OWL PEER GROUP NEWS

Planning for 2013

As in the past the OWL Peer Group will meet in January to decide on activities and outings for 2013. Once outings are chosen for each month, members volunteer to be responsible for one event of their choosing per year. A sampling of 2012 peer group outings include a trip to the Conservatory of Flowers, a tour of the Palace Hotel, Japanese flower arranging, a lecture and book signing by author Dr. Ruth Nemzoff on family dynamics, a visit to the murals at Balmy Lane and a tour of Temple Emanu-El. After each event the group usually makes time for refreshments and socializing.

The January meeting where the schedule for 2013 will be worked out will be on January 21 from 3 to 5 pm at the home of Melanie Grossman. All OWL members are welcome. Bring your ideas and suggestions for interesting local adventures that you always wanted to do but never got around to! RSVP: melaniegrossman@sbcglobal.net or 415-923-0850

—*Melanie Grossman*

Inda S. Shirley Joins OWL SF Board

Inda, although born here in San Francisco, has studied and worked in Connecticut, Vermont, London, East Africa and Japan. She has a doctorate in language and culture and manages her own editing and translation business. She has taught English as a second language to adults in university and non-university settings and has worked in the non-profit sector. In her non-work time, Inda practices tai chi. She is looking forward to becoming a part of and contributing to OWL.

Smoking Cessation Counseling Available for Medicare Beneficiaries

Beginning in August 2010, the Centers for Medicare and Medicaid Services began covering smoking cessation counseling for Medicare beneficiaries who smoked but didn't have any symptoms of disease. In addition, there are now no cost-sharing requirements.

Beneficiaries are eligible for up to two four-session smoking cessation counseling attempts a year.

Before that, Medicare coverage for tobacco cessation counseling was only available to beneficiaries who had already developed a disease or health problem related to smoking, such as heart disease or emphysema.

Cheryl Heaton, president of an anti-smoking advocacy group, stated: "The U.S. Preventive Services Task Force clearly understands how effective smoking cessation is in reducing ill health."

—*Sheila Malkind*

source: Michelle Andrews, NPR, In partnership with KHN (Kaiser Health News) December 18, 2012



Calendar

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

January 7 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

January 19 Saturday — **OWL General Meeting**, (*topic: Women's Health Care, the Affordable Care Act, Reproductive Choice*), 10:00-Noon (*cover page for details*)

January 21 Monday — **OWL Peer Group Meeting**, 3:00-5:00pm (*see page 7 for details*)

January 26 Saturday — **A Celebration of Life and Liberty**, Justin Herman Plaza, 10:00-Noon (*see page 3 for details*)

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

February 23 Saturday — **OWL General Meeting**, (*topic: Planning for OWL SF in 2013*), 10:00-2:00, 555 Ellis, Meeting Room (*see President's letter for details*)

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

March 23 Saturday — **OWL General Meeting**, 10:00-Noon (*topic and details to be announced*)

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 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.

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