

**THE SACRAMENTO CAPITOL CHAPTER OF OWL** was chartered in December, 1980.



The Chapter:

- Holds monthly open meetings to study and discuss issues, plan actions, and provide mutual support;
- Is active in legislative advocacy, providing information to local, state, and national legislators on issues affecting midlife and older women;
- Publishes a regular newsletter about our issues and activities;
- Works in coalitions with other groups;
- Celebrates achievements and values of older women in the community through a Wonderful Older Woman award program;
- Awards annual scholarships through the DeLu/Staples Scholarship Fund to midlife and older women seeking to further their education or training; and
- Sponsors special education projects and works with other organizations and agencies in the field of aging.

*If you are old enough to know that we need economic and social changes for women, then you are old enough to belong to OWL.*



Older Women's League  
P.O. Box 161646  
Sacramento, CA 95816-1646  
(916) 444-2526

**SACRAMENTO  
CAPITOL**

**IS A CHAPTER OF**



**Older Women's  
League**

**The Voice of Midlife and  
Older Women**

[www.owlca.org/owlcac.htm](http://www.owlca.org/owlcac.htm)

(916) 444-2526

E-mail [owlcap@gmail.com](mailto:owlcap@gmail.com)

## OWL'S MISSION

OWL is the only national grassroots membership organization that focuses exclusively on issues unique to women as they age. OWL is a nonprofit, nonpartisan organization that conducts research, education, and advocacy activities to improve the status and quality of life of midlife and older women. OWL, THE OLDER WOMEN'S LEAGUE is a strong effective voice for the millions of women age 40 and over in America.

## OWL AGENDA

As grassroots advocates, we work together to make important and lasting improvements in midlife and older women's lives, by focusing on the following priorities:

### Health

- Universal, affordable, accessible, and quality physical and mental healthcare;
- Expansion of Medicare and Medicaid to include the full range of services needed by midlife and older women;
- Long-term and chronic care assistance

### Economic Security

- A gender neutral Social Security system;
- Better pensions and other retirement plans for women;
- Expansion of the SSI Program;
- Equal pay;
- Enforcement of age and gender discrimination laws.

### Quality of Life

- Safe, accessible, non-discriminatory and affordable housing;
- Public transportation that meets the needs of older persons;
- The elimination of exploitation and abuse of women;
- The right of all persons to remain in control of decisions throughout their lives;
- The continuation of the Older Americans Act.

## History/Legacy

OWL was founded in 1980 by Tish Sommers and Laurie Shields of Oakland, California, two women who lost their health insurance when they lost their husbands, one widowed and one divorced. They were too young for Medicare. They had pre-existing conditions. They knew the anguish of not having affordable healthcare, a fact of life for too many people now. They believed that aging brings significant stresses for women who are living longer but have less income. Lower earnings mean smaller Social Security benefits and pensions, while living longer can lead to chronic health problems. Tish and Laurie started OWL as a voice for midlife and older women. Their ringing call to action was "Don't Agonize, Organize!"

In 1984, OWL National moved to Washington, DC, where through groundbreaking reports and studies, testimony before Congress and work with other organizations, OWL continues to demonstrate that midlife and older women's needs are the needs of a caring and just society.



*OWL founders Laurie Shields and Tish Sommers*

## Join OWL today! Make a difference in all Women's lives!

National and state memberships are required for chapter membership.

### Annual dues of \$45 include:

Sacramento Capitol Chapter	\$10.
OWL of California	\$10.
National OWL	\$25

**We value your membership. If \$45 is a hardship, please enclose what you can afford.**

Membership dues	\$ _____
Donation	\$ _____
Total Enclosed	\$ _____

All dues and donations are tax deductible.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please make checks payable and mail to:

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### Sacramento Capitol Activities

Meetings are held regularly throughout the year, on the third Saturday of the month, except for July and August. July is our vacation month and in August, a potluck picnic/social/auction is held at a member's home.

Visitors are always welcome and we encourage members to bring friends and family to meetings and other activities. There is no age or gender requirement to join OWL!

For more Chapter and other OWL information, visit:

<http://www.owlca.org/sac.htm>, e-mail us at [owlcap@gmail.com](mailto:owlcap@gmail.com), or call (916) 444-2526.

*OWL is a nonprofit organization under Section 501(c)(3) of the Internal Revenue Code. Exemption Number 4036.*