

OWL-CA COUNCIL, 2009

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OWL-CA NEWSLETTER

FALL, 2009

PRESIDENTS MESSAGE

The efforts we are making to attract new members are working – slowly perhaps, but some of our chapters are seeing new members join. And wonderfully, several of those new members have pitched in and are helping us greatly in the work of our chapters, and of course, for OWL. The MEDIC grant has benefited us! We will have the usual amount added to our program this year very soon, but the final grant will be considerably less next year. At times it seemed like we weren't using the help that was being offered, but things take time to penetrate. The membership committee along with Roberta, Betty and the MedicD committee have been working hard, and we all have tried to put some of their suggestions to practice. We should keep up the efforts; I know we will. This will be the last year to take full advantage of the MedicD's helpfulness

In May of this year OWL-CA received a bequest from the trust of a Beryll Deming as part of her will. We were one of a number of organizations to be so named, and though we did not know her, we are delighted that she thought our organization was one to support. At the June CA Council meeting a committee was formed, existing of a representative from each active chapter, to decide on the disposition of the funds, totaling \$68,900.00. The chapters are represented as follows: *Ohlone, Joyce Kamian; Sacramento, Jan Vandre; San Diego, Evie Kosower (Chair); San Francisco, Nan McGuire; Santa Clara, Rosemary Bacy; Placer County, Bea Graham.* The Committee has been working to decide the processes and areas for allocation of the funds. In October we will have one of the National Consultant's meet with us and help us with building membership. We are hoping that all of you will attend that meeting. With the background of these efforts, we should be able to put to good use the wonderful bequest left to us. If you have suggestions for chapter or Council needs, please contact a member of the Committee. We are anxious to disperse funds to strengthen and expand our education and advocacy.

Ruth and Evie

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UPCOMING EVENTS

OWL-CA ANNUAL COUNCIL MEETING

October 2-4/2009 Mercy Center
2300 Adeline Drive Burlingame CA.
See enclosed flyer for details

OWL NATIONAL CONFERENCE CALL

Tuesday, Sept. 8 @ 11 AM PST.
1-270-696-1555 and follow directions to
enter the pass code.

CARA CONVENTION OCT. 20-21

Hacienda Hotel, 525 N. Sepulveda Blvd.
El Segundo, Ca 800-421-6900
Register online: www.californiaalliance.org

***ALERT: THE NOMINATING
COMMITTEE WILL BE SENDING THE
SLATE OF NEW OFFICERS IN A
SEPARATE MAILING, ALONG WITH
THE AGENDA FOR THE ANNUAL
COUNCIL MEETING***

PUBLIC POLICY REPORT FOR OWL-CA

This report will appear in the newsletter that is being sent in August. Writing this on July 8, 2009, requires faith and hope at a time that both are in short supply in Sacramento.

Following are some remarks we sent to our legislators:

The Older Women's League has come to this legislature for many years. We do not get termed out. We have great concern about the well being of all Californians.

This year we have been almost speechless as we observe all of the problems the legislature is facing.

The "No New Taxes" mantra is flawed.

Almost all of the cuts have come to programs helping people who have economic needs: home care, schools, university students, etc. The list is so long. The Governor is making additional cuts in the pay of state workers. For the rank and file worker, this is becoming a

serious problem.

Now we are learning about tax cuts they have made, and they are aimed at our richest California businesses. But with their know-how, these businesses should be better able to weather the economic storm we are facing than people needing food, students needing tuition, disabled people needing home care. Profitable companies should be able to meet their responsibilities without taking money needed by the neediest of our citizens.

The changes -- which allow corporations to choose between two methods of determining their taxable income, to share tax credits and to claim refunds on previous years' taxes -- were enacted without any public hearings or public testimony. At this time these cuts should be reviewed and consideration given to using this money to help those most in need.

We have urged the legislature to review their earlier actions and show the strength we expect by taking a position that will be very hard for the governor to overturn.

As I write this, I am particularly concerned about AB392 Feuer, the bill for ombudsmen in nursing homes, which we advocated for on Mother's Day. I will try to put in the outcome of this action when we do the final proof reading of the newsletter.

When OWL members read this, we hope the budget problems will be settled in a fair way, and we can continue our efforts to improve the way women are treated in our state. We see real value in promoting the way wealth is developed, but we do not think this is in opposition to being fair to people with low incomes. One of the OWL mottos is "When one has a lemon, one can make lemonade." We will be toasting you with many glasses of lemonade before this is over, I fear.

Betty Perry, Public Policy Director

Elder Abuse: A Women's Issue – It's Time to Protect All Elders!

Once again we've passed the Mothers' Day, Fathers' Day cycle. We've gone to brunches, hosted barbeques and sent bouquets, all in an effort to honor, commend, and celebrate our parents. If our parents have died, we remember the "olden days." Perhaps we miss our parents all the more as we anticipate our own aging.

I can't help but wonder: are brunches and barbeques really the greatest gifts we have to give our mothers and fathers? I suggest that there are more worthwhile "monuments," more lasting "commemoratives." I suggest we consider lobbying our legislators to pass some bills that can make a significant difference in the lives of our elders.

What if we passed AB 392, which would allow dollars to be taken from nursing home fines to continue to pay for the all important ombudsman program? This program trains volunteers to serve persons in residential care facilities and nursing homes who might have no one else to represent their interests. In an age of ever increasing elder abuse, the ombudsman provides for needed oversight between the cared for and the caregivers.

What if we passed SB 32, which would establish a Silver Alert to protect persons with Alzheimer's or dementia who roam from home, similar to the Amber Alert we use for missing children?

What if we passed AB 810, (Leno) which provides for single payer health care, thereby guaranteeing that no person, older and younger in our state will have to live in fear if they become ill?

What if we lobbied our representatives at the federal level to pass the Elder Justice Act (S.795, H.R. 2006)? Presently there

is no one agency or person in the federal government that is coordinating the prevention of elder abuse, thereby giving the issue the attention it demands.

I'm not advocating we abandon the traditional observations of these "Hallmark" days; but if we are truly grateful to the "greatest generation," we should show its members our gratitude in profound ways. We need to remember them more than two days out of the year.

Mary Lembke, Ohlone East Bay Rep.

OWL NATIONAL SOUTHWEST REGIONAL REPRESENTATIVE REPORT

Our voice in Washington DC is loud and clear as our President Donna Wagner represents us and Executive Director Ashley Carson chairs prestigious task forces where our OWL agenda on healthcare, mental health and social security move forward in coalition with other organizations. During the summer, intern Simone Johnson of University CA at Riverside will join our small Washington DC staff to carry out numerous tasks in this busy legislative period.

Natale Zimmer, OWL Health Policy Director is very visible in DC at healthcare meetings. You can join in the interactive telephone conference monthly on our progress. Natale continues to advocate for Single Payer.

Our Mother's Day Report on Elder Abuse was released very successfully. I hope you have read it. As you know it is available as a PDF file on OWL National's website. You can request a hard copy too. As a valuable resource for training, every OWL member who visits a nursing home or senior center could present a copy and include our new brochure. Our organization was founded on care giving and with boomers aging *cont. next page*

this information is vital to their quality of life. The website has an article on the Elder Justice Act. We must be vigilant to pass the Elder Justice Act that is the most comprehensive bill to fight against elder abuse, neglect and exploitation.

At this board meeting we worked out a way to be in compliance with the new 990 audit policies for non-profit organizations required by the IRS. All OWL chapters flourish under the umbrella of OWL's non-profit designation. Chapter presidents will soon receive a simple form that is required to report their financial status.

This board meeting focused on membership. Hopefully the new dues structure will bring OWL voices hooting to our issues: health, economic security and quality of life. We have a new chapter in Central Oregon called COCO (Central Oregon Chapter of OWL). In Montana where distances are great they are trying to form a virtual chapter.

We spent board time on funding issues. Our spending is within budget at this time and our Executive Director is commended for her resourcefulness and savings. OWL is in competition with other organizations for the limited grants and funding available in this economic downturn. We do need operational monies to continue the OWL national organization. It is important to be visible on the local grassroots level. Our collective vision on Single Payer Healthcare, Social Security, Mental Health, Age and Gender Discrimination and more demands our hooting at our legislators at the door step where they vote even as we are at their door step in their local offices. This strategy is called the inside and outside. Please let me know what action you are committed to doing and how I can help support your efforts.

Shirley Harlan, Southwest Representative
contact: vldy@aol.com or 909-882-4057

TREASURER'S Report *May 31, 2009*

General Fund: At the end of May, we had a balance in our General Fund of \$17,008. Our expenses were \$16,464.

MedicD Fund: This grant will be over in July 2010. In July 2009 we will receive \$20,000. To make this grant last into 2010, we had to change our thinking regarding the grant money. Our budget is from January 1 through December 31. We receive the grant money in July or August each year. Therefore, in the first six months of each year we are spending grant money we won't receive until July or August of that year.

To make the grant cover proper expenses for 2009 and 2010, we took 2008 MedicD expenses covering mostly hotel, travel, and scholarships and applied these expenses to General Fund expenses. The balance of the fund on 12/31/08 was \$1,201. The expenditures from 1/1/09 through 5/31/09 were \$11,751. We will receive \$20,000 in July or August 2009. This leaves a balance available through 12/31/09 of \$9,450.

Laurie Shields Fund: The scholarship expenses came from the Laurie Shields Fund, bringing the balance of that fund to \$1,724 as of May 31, 2009.

Endowment Fund: This fund has a balance of \$21,242. This is my first report as your new treasurer, and I'm happy to say we are doing fine.

Glenda Cheesman, Treasurer

SUMMARY OF MINUTES OF OWL-CA COUNCIL MEETING—JUNE 6 and 7, 2009

Park Plaza Hotel, Oakland, California Present: Nan McGuire, Jonee Levy, Kathie Piccagli, Evie Kosower, Ruth Kletzing, Nancy Sampson, Diane Latko, Cleo Berkun, Ellen Doerfer, Eleanor Luce, Josephine Rivas Conley, Joyce Klein Kamian, Audrey Barth, Mary Lembke, Christine Shield, Shirley Harlan, Jerry Stout, Glenda Cheesman, Martha Millhone, Joyce Miller, Eunice Lycke, Betty Perry, Jan Vandre, Ida Curtice, Edie Hedgecock, Joanne Selby and Rosemary Bacy.

MedicD Grant Report: June 7.

Mother's Day Event: Betty Perry reported on the Mothers Day event, which urged support for restoring some of the state funds cut from the ombudsman program. She also summarized the devastating cuts proposed by the Governor, which would affect elderly, sick and low-income people.

Ruth Kletzing suggested that OWL publicize other sources of funds for the state, such as closing tax loopholes and raising fees. Jonee Levy was appointed chair of a committee to develop a positive response to the budget cuts.

Nan McGuire asked about the status of the MedicD grant funds and what the funds had been spent on. OWL-CA has received \$95,000 for 2005 through 2008. We will receive \$20,000 in July 2009. However, costs of about \$11,000 have already been incurred in 2009.

Approximately \$9,000 is uncommitted for the rest of 2009. (The MedicD grants run from July through June, but the OWL-CA budget runs from January through December.)

Executive Board Meeting June 7

Present: Joyce Klein Kamian, Ellen Doerfer, Diane Latko, Joyce Miller, Ruth Kletzing, Evie Kosower, Shirley Harlan, Kathie Piccagli, Audrey Barth, Jan Vandre, Betty Perry, Glenda Cheesman and Rosemary Bacy.

Ruth Kletzing announced that OWL has received a \$68,000 bequest to benefit OWL. A committee was formed to make recommendations on how to use this money. Evie Kosower was named chairperson, with chapter representatives Nan McGuire (San Francisco), Joyce Kamian (Ohlone), Jan Vandre (Capitol) and Rosemary Bacy (Santa Clara). Ellen announced that the newsletter would be available on line and by email. Nan and Rosemary reviewed the plans for the Annual Meeting at Mercy Center in Burlingame. They stressed that we will

need the exact number of participants by the end of August. Friday and Sunday will be business meetings; Saturday morning will have presentations on health issues for midlife and older women and managing money in the current economic situation. The Saturday afternoon program will be developed by OWL-CA and the MedicD consultants, and will focus on chapter building. Some questions were asked about accommodations and costs, which Nan and Rosemary will get answered. Betty Perry reviewed the activities for which MedicD funds can be awarded, including distribution of OWL information (\$100), letter to a newspaper editor (\$100) and a chapter newsletter article (\$100). Betty asked for reports from the chapters on what they have done with the MedicD money.

Nominations for the Golden Owl award should be sent to Evie and Ruth.

Joyce Kamian, Nan McGuire and Ruth Kletzing were named to the nominating committee for next year's officers.

Minutes of the Council Meeting

Sunday 7/9

Minutes of February council meeting were accepted.

Shirley Harlan gave the National Board Report: She distributed copies of her report on her activities in the Riverside/San Bernardino area, particularly with coalitions addressing California budget issues, IHSS and health care. The National Board will meet 6/12&13. She will try to get a link between the National OWL website and the OWL-CA website. She reminded members about National's Health Policy Director Natale Zimmer's conference calls, with next Tuesday's call on financing health care and cost containment. *Cont. next page*

Kathie Piccagli noted that OWL National has not been aggressive enough in supporting Single Payer.

Diane Latko said she was frustrated by the timing of an op-ed from National on its

Mothers Day report on elder abuse—it was too late to be used in local newspapers. There were also conflicts on the timing of the report and mental health week.

Carolyn Negrete reported on an SB 810 (Single Payer Health Insurance) workshop she attended and a conference call with Obama staff. If SB 810 passes, it is not clear whether Obama would support the changes the Federal government would need to make in order for SB810 to work. Carolyn urged us to promote Single Payer wherever we can and to get the stories of those who have been devastated by the lack of adequate medical insurance. Following a discussion of how to get OWL National committed to Single Payer, it was M/S/P that a resolution be sent to National urging their support. *See resolution, page 7*

Public Policy Betty Perry distributed a list of the bills, which OWL supports, based on the policies, which were adopted at the February Council meeting. She reported on Assemblyman Feuer's bill to restore partially the funds needed for the ombudsman program. Without the interventions of nursing homes by ombudsmen, elders are more subject to abuse. Funding for In Home Support Services, which help elders and disabled people stay in their homes, also needs to be maintained. OWL members can support needed legislation by writing and visiting their legislators and local newspapers and by working in coalition with other like-minded organizations.

Bylaws Joyce Kamian reported no changes.

The Policy Review Committee discussed whether OWL should accept money from organizations that don't support OWL's goals. It was agreed if OWL does take money from such organizations, that there should be no strings attached and that there should be no advertising of the organization's support in OWL material. OWL will continue to stand for Single Payer. It was moved, seconded and

approved that OWL-CA will consider on a case-by-case basis whether to accept or solicit grants or donations.

Finance and Treasurer's Report by Glenda Cheesman: Glenda distributed a report, which shows total cash balances of \$41,132 and Total Fund Balances of \$41,235. She will resolve the difference of \$103. Anticipating the final MedicD grant on July 1, 2009, there will be \$9,450 available through December 31, 2009. The report does not include the \$68,000 Beryl Deming bequest, since that was received after May 31, the final day of the Treasurer's Report. The Treasurer's Report was approved.

Editorial Committee: Ellen Doerfer said that July 1 is the deadline for material for the fall newsletter. Chapter reports should stress what was done for MedicD grants and be one-quarter of a page in Arial 12. The newsletter can be e-mailed to those who want that format.

Endowment Committee: Ruth Kletzing said that Marty Millhone and Glenda Cheesman had been added to the committee. The Endowment Fund pamphlet is being revised with help from a grant-writing expert.

Resolutions: Joyce Kamian: None

CARA Report (California Alliance of Retired Americans): Kathie Piccagli said the website

at www.Californiaalliance.org has good information on legislation. She asked for clarification of the policy on using OWL-CA funds for training. The next CARA convention will be October 20-21 in El Segundo. There is a \$100 fee. OWL can have three voting delegates, but individual OWLs need to join CARA at \$10 in order to use one of these votes. It was agreed that OWL-CA would pay for a \$200 ad in the CARA newsletter. The question of whether and how to pay for OWLs to attend was discussed.

Membership Committee: Kathie Piccagli said that visibility is the key issue in publicizing OWL. She was encouraged by the activities, which the chapters are carrying out. Nonetheless, OWL in

California has lost half its membership since 2000. Chapters are gaining members, but this is offset by those who are "aging out". (There are 439 total members in California, including 135 at large. There were 892 in 2000.) The Membership Committee found that coalitions with likeminded groups helped with visibility. OWL needs diversity of ethnic and economic groups. The website is the major outreach tool for younger people and for age diversity. Jonee Levy described the peer groups, which San Francisco OWL has formed. San Diego OWL is doing a "Chapter Blitz", with publicity and distribution of pamphlets. Roberta Battle of OWL-CA has made up folders with information about OWL and other sources useful to older women. Each chapter can use these for recruiting new members. Folders can be tailored to fit individual chapters. Eunice Lycke suggested contacting gerontology students as possible members. Nan McGuire said that San Francisco Chapter members who are delinquent are contacted personally by the Membership Committee and encouraged to renew their membership. Dues are reduced in cases of financial hardship. Evie Kosower said that the new brochure from OWL National could be tailored to fit each chapter.

Website Committee: Renamed this the **Communications Committee**. Members are: Roberta Battle, Margie Metzler, Shirley Harlan, Kathie Piccagli and Ellen Doerfer. They are working to get chapter websites more like OWL National's. Kathie Piccagli urged more use of the Web for outreach.

Old Business: None

New Business:

Nominating Committee is Joyce Klein Kamian, Nan McGuire and Ruth Kletzing. Nominations for the Golden OWL award need to be sent to Ruth and Evie. Ruth will send out an email of past recipients. -The final wording of the resolution about National OWL supporting Single Payer was adopted. Ruth suggested that

chapters be asked whether they want to adopt a similar resolution.

Rosemary Bacy, Recording Secretary

A Resolution to the Board of National OWL about Universal Single Payer Health Care Reform

WHEREAS: the free market health insurance industry is unable to provide healthcare for individuals, families and workers, or for business and government responsibilities; control costs, and meet their fiduciary responsibilities to their shareholders; and

WHEREAS: the Older Women's League was founded on the need to protect health access for the older woman and recognizing her access was dependent on healthcare access for everyone; and

WHEREAS: the pressing need for health reform is under attack by compromises rendering it unable to sustain universal, quality care for everyone;

THEREFORE, BE IT RESOLVED: that the Older Women's League of California reaffirms its support for universal access to healthcare based on a single payer health system; and

BE IT FURTHER RESOLVED: that the Older Women's League of California request National OWL to immediately launch an active campaign in our nations' Senate and House of Representatives in support of HR 676, Conyers and S 703, Sanders, both single payer reform legislation; and this resolution should be available on the National OWL website; and

BE IT FURTHER RESOLVED: That a copy of this Resolution be provided to the OWL California Chapters, to the California Congressional Caucus, to Senators Feinstein and Boxer.

ENDOWMENT FUND

The Endowment Fund was established in 2001 and already we have just about reached the halfway mark of \$25,000. I'd say that is pretty remarkable for an organization of our size. . We should be

very proud of this growth. The purpose of the Endowment Fund is to provide OWL-CA with a secure amount of money, which will always yield an interest income for the running of the necessities, such as rent, to keep us going. It is possible to get grants, but grants usually have a purpose and only cover the office needs associated with that purpose.

An endowment fund has no strings attached, thus enabling us to keep things running. We still need grants for specific tasks and the endowment fund for security.

Therefore, the Endowment Fund is not to be touched until it reaches \$50,000 unless there is an emergency when there seems no other way to keep OWL-CA going. Such an emergency could be helped after the Fund reaches \$25,000 (and we'll soon be there). However, the hope is to go to \$50,000 or more so that the interest will be a significant amount. The higher it goes, the better the interest. The Endowment Fund can grow by various contributions – perhaps in memory of someone or perhaps to honor someone as a living tribute. Our corresponding secretary always notifies the people who should know of any honor or remembrance. ***An important thing to consider is remembering OWL-CA in your will either by a specified amount or a percentage of your estate.*** Wording for use in making up a will can be obtained from the Endowment Fund brochure. We plan to include that brochure with this newsletter.

Checks for remembrances of someone or for a special occasion can be sent to the OWL-CA office at 1230 N Street, Suite 201, Sacramento, CA 95814. If you would like help with your will or living trust, see the Endowment brochure. Please consider this carefully as a way of showing your concern for the continuance of OWL and OWL-CA. Efforts for aiding midlife and older women is always going to be needed and OWL is the only grassroots organization emphasizing these concerns! *Ruth Kletzing, Chair*

AT-LARGE MEMBER REPORT

Our OWL member in Corona Institution for Women needs your wise words to help her in this crisis. Daisy Jane Benson who was found suitable for parole by the Governor's appointed Parole Board appealed his denial. Her appeal now denied parole for three more years. She has already served 10 years past her time for the crime. She feels hopeless Please write her at:

Daisy Jane Benson,
W28860 CIW EB517L
16756 Chino-Corona Road
Corona, CA 92880-9508

I have a list of women who have been found suitable for parole and need letters sent to the governor. Crossroads Advocacy Project, PO BOX 15, CLAREMONT CA 91711, prepares this list. Letters have been successful in the release of two women. I can email or send you a copy. As individuals, we need to urge the release of these women that the Parole Board, after a stringent review finds are no longer a threat. We need to reduce the prison population and the high cost of aging in prison.

Shirley Harlan, Member At-Large

CHAPTER REPORTS

SANTA CLARA COUNTY CHAPTER

The Shared Leadership program presented by Meg Bowman was helpful. Our chapter does not have a president and is currently sharing the job among various folks who are taking responsibility for individual programs. We had a program on the Hunger *cont. next page* Project, which caused a thoughtful discussion on world hunger. Our June meeting is always a potluck and we had a storyteller with humorous stories on older women.

B.J. Bryan, Representative

SACRAMENTO CAPITOL CHAPTER

Roberta Battle is now chairperson of our chapter membership committee. She designed and prepared the welcome packets to be used by OWL-CA. We have had four new members this year. We continue to table, have speakers and OWL Chapter newspaper articles. In March, 2009, members attended a Gray Panthers meeting to hear Lenny Goldberg discuss California's crisis and give some common sense solutions. Many attended the April 15 hearing on SB 810 at the Capitol. We tabled at a Health Faire at a local park on May 1 and passed out literature about OWL and asked visitors to sign Mother's Day Event cards.

Betty Perry was again the driving force for the Mother's Day Event with Roberta Battle as her able assistant. Members had earlier organized the thousands of cards to go; to the different legislators and the governor. There were new faces there. It was great to see those attending from different chapters.

Carolyn Negrete and Ruth Kletzing participated in the Wrinkle Run on May 27 for CARA. Martie Millhone, vice president, and Kathy Lane, a co-president, is on the Sacramento County Mental Health Committee.

Ida Curtice, Representative

OHLONE EAST BAY CHAPTER

At our APRIL chapter meeting Georgia Burke, elder law attorney from the National Senior Citizens Law Center in Oakland, shared advocacy stories related to injustices to seniors. She also told us about The Baby Boomer's Guide to Nursing Home Care which is available at <http://www.nscclc.org> for \$13.45 + s/h.

Activities of our chapter members: Diane Larko spoke with community leaders of the North Oakland Senior Center Advisory Board about OWL and how it advocates for the health and well being of

older women as well as their financial security and quality of life; Irma Zuckerman and Diane Latko participated in a training program about trends in the health of Older Californians at the UCLA Center for Health Policy Research. Info for advocacy is available online at <http://www.chis.ucla.edu>;

Osteoporosis awareness month was promoted by Ellen Doerfer as members were encouraged to join 10,000 women taking the online test to determine risk of fracture in the next ten years at www.americanbonehealth.org Ellen is one of the operators for the American Bone Health Hotline. 888-843-9391 toll free M-F, 9-4; Ohlone's chapter newsletter returned (after a respite of more than a year) thanks to the efforts of Mary Lembke! Several members car-pooled to Sacramento to hand deliver to various legislators the mothers day cards for nursing home reform and to advocate against elder abuse. Four members met with state Senator Loni Hancock to advocate against further budget cuts of programs which affect older women; In Oakland immigrants who had just become American citizens were registered to vote by five members; OWL co-founder's daughter Christine Shields received the Wonderful Older Woman award at the Ohlone East Bay summer party held at the home of Joyce Klein Kamian.

Diane Latko, Co-President

SAN DIEGO CHAPTER

OWL San Diego has been focusing on being more visible in the community. Presentations have been made to the local San Diego Community Action Network and the Aging and Independent Services Senior Advisory Council. We work with other organizations and have tabled with the San Diego Women's History Museum and Education Center at a large Women's Expo, and at the county-sponsored biannual Vital Aging Conference. A proposal is being prepared

for a major Community Outreach Campaign to keep the chapter viable.

Evie Kosower, President

SAN FRANCISCO CHAPTER

In the spring of this year, our chapter initiated two peer groups as a way to provide support for members who are looking for sociability with others of their age. We chose two areas of the City and invited all members in the zip codes within those areas. Ten people responded in one area and 15 in another. The meetings were hosted by the member/leader of each group. One meets on Mondays from 4-6 pm, the other on Sundays from 11-1 pm. One group has participants bring potluck snacks; the other does not serve snacks. There have been three meetings since early April.

As participants introduced themselves to their group, an interest was expressed for getting together on a monthly basis. It reminds me of the women's support groups that were held in the sixties but with participants of a younger age. Some participants wanted to bring friends to a future meeting whom we hope will become members of our chapter. In my group I can see that some participants could become more active members of the chapter and their may even be a potential board member for the next election to our the board.

The initial reason for starting the peer groups was an outgrowth of our interest in helping member's age in place rather than be forced to move to an assisted living or nursing home. It is too early to tell if they can provide this kind of network for support of others. By the time of our Annual meeting in October, we should have a better sense of that. This is an exciting project that looks like a great way to increase membership.

Nan McGuire, SF Chapter Representative

MAJOR STUDY FAILS TO SHOW GINKGO BILOBA AIDS MEMORY

Long promoted as an aid to improving memory and preventing dementia and Alzheimer's disease, ginkgo biloba was not shown to produce these results. It is estimated that Americans spent about \$100 million in 2007 on ginkgo biloba. This was the finding of a major study conducted partly in Sacramento by the University of California, Davis from 2000-2008. The study, funded federally by The National Center for Complementary and Alternative Medicine, utilized over 3000 volunteer subjects aged 75 and older who took part for an average of 6.1 years, at six United States universities.

At least two OWL members, the late Sacramento Chapter president Beverlee Filloy and Vince Vandre, took part in this double-blind study at UC Davis. The subjects were assigned to either the experimental group, who took 60 mg of ginkgo biloba twice a day, and the control group taking an identical appearing placebo. The subjects were not told which group they were in. They underwent extensive testing every six months, including mental and physical exams. Each subject also had a proctor, a family member or close friend, who was interviewed twice a year about the participant's current mental condition.

The study ended in April 2008 and the results were published in November 2008 in the Journal of the American Medical Association.

In a letter to the participants, Dr. John A. Robbins, Principal Investigator for the study at UC Davis, detailed the primary result, that Ginkgo biloba did not lower the risk of developing Alzheimer's disease nor a heart attack nor being hospitalized for an acute coronary event. He did emphasize that much was learned about how memory does or does not change with age in persons over age 75. Examination of the data collected in this study continues. Blood collected from the

study subjects may provide clues to who will eventually develop, or not develop, memory loss in the future, according to Dr. Robbins.

Janet Vandre, Sacramento Capitol Chapter

OWL-CA DONORS

A SPECIAL THANK YOU TO OUR GENEROUS DONORS TO OWL-CA

Your donations help us to further the work of OWL and to advance the quality of life for mid-life and older women. We received \$225 for this reporting period.

GENERAL FUND

Janice A. Wright
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Nancy White
Kathy Best
Liz Harlan
Shirley Harlan

Thank you, Shirley for your fund raising at the theater. You are an example for all of us.

Audrey Barth, Corresponding Secretary.

SILENT AUCTION WILL BE HELD ON SATURDAY.

We'll be having our usual once a year silent auction on Saturday, Oct 3rd. Please bring your trove of treasures that you no longer find use for, and are taking up precious space in your closets and drawers. It's all in fun, and raises a bit of cash for our treasury. We'll set it up on Saturday AM; you can peruse it all day, and will close the bidding before the banquet on Saturday

Ellen Doerfer, Newsletter Editor

OWL-CA WEBSITE

Roberta Battle is our Website Manager, and Margie Metzler is the Website consultant. We will post the newsletter on the website at: **www.owlca.org** at the time of submitting it to the printer, so you can get it sooner, and not have to wait for bulk mailing to arrive.

AMERICAN BONE HEALTH HAS A NEW SERVICE

American Bone Health (ABH), located at 1814 Franklin St., Ste 620, Oakland, CA has gone national - they now have a National Board of Directors and their Medical & Scientific Advisory Board is also national in scope. They have implemented a national **HOTLINE** for the public to call for information about bone health. The number is **888-843-9391** and is available from 9-4 PST on weekdays. On most Wednesdays, Ellen Doerfer will be answering the hotline. They do bone density testing and do a free monthly class ""All About Bones". 510-832-2663.

Ellen Doerfer, Ohlone Chapter

QuickTime™ and a decompressor are needed to see this picture.

JOIN NOW, OR RENEW YOUR MEMBERSHIP IF YOU ARE AN AT-LARGE MEMBER. Chapter members pay their state and national dues to their local chapter treasurer. All OWL-CA members must be members of OWL National. OWL-CA dues \$10 OWL National dues \$25 Your dues will be forwarded to OWL National

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Make checks payable to OWL-CA & mail to: 1230 N Street, Ste. 201, Sacramento, CA 95814 Dues and contributions are deductible to the extent of the law

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OWL-CA COUNCIL ANNUAL MEETING

**MERCY CENTER, OCTOBER 2-4
FRIDAY NOON - SUNDAY @ 3
2300 ADELINE DR., BURLINGAME, CA
Deadline for reserving at Mercy Center
is August 26 (See *inside for details*)**

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OUR OWL-CA NEWSLETTER ON LINE

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