

MONTHLY WORKSHOPS

Ladue Chapel—Fireside Room
2:00 to 4:00 pm
unless otherwise noted
Guests always welcome!

OWL Newsletter

July 2011

September 13

Bob Lee from St. Louis County Workforce, who conducted the March workshop "50 Plus Job Search," will conduct a workshop on Entrepreneurship. *Time: Refreshments 2:30*
Program 3:00 to 4:30

November 15

St. Luke's Hospital presentation.
Topic to be announced.

December 13

OWL Holiday Meeting. Luncheon and fashion show at the Gatesworth.
Mark your calendar to save the date.

OTHER DATES/EVENTS

Additional information will be provided as event dates approach

October 13

Annual Women of Worth dinner at the Missouri Athletic Club.

October 6 through Nov 3

Financial Education Series

INSIDE THIS ISSUE

National OWL Advocacy
Tributes, Gifts, Memorials
Thoughts From Our President
St. Luke's Hospital/Spirit of Women
Member Profile - Marie Davis

NATIONAL OWL ADVOCACY

COULD YOU RETIRE WITHOUT SOCIAL SECURITY?

Much of the information in this article is taken from a Wall Street Journal article dated December 2010 when this Social Security issue began.

In December 2010 a landmark tax deal changed the financial outlook for Social Security. It raised huge issues for all of us to think about regarding our future retirement and how we will be able to cope financially.

First, payroll taxes were cut for one year. Only this morning I heard that the likelihood is that the cut will continue for longer. The question is: How will it be paid back, and by whom? This cut weakens Social Security and will add at least \$900 billion to the spiraling national debt putting the financial stability of the whole federal system at risk.

While Social Security is called a "trust fund," that is mainly a matter of internal accounting. Social Security checks ultimately come from the same flow of tax dollars as all other federal spending and cannot stay solvent unless Uncle Sam does.

If we don't raise taxes there are two options: a financial crisis or deep spending cuts. If the latter is chosen it will mean going after Social Security and Medicare, which is where the money is. These two programs account for a third of the entire federal budget and that amount is rising with the large population of baby boomers retiring now.

Consider what Social Security means for your retirement. What would it take to replace those benefits from other sources? Social Security is a

(Continued on page 5)

STAY COOL!

TRIBUTES, GIFTS MEMORIALS

Gifts

Gloria Weber
Violette King
Martha Kessel
Clair Hyman

Memorials

In Memory of Mrs. Maude Isom
From Leola Tolen
In Memory of Sandi Stoliar
From Helena Prophete
In memory of John Weber
From Richard & Bea Renna

Tributes

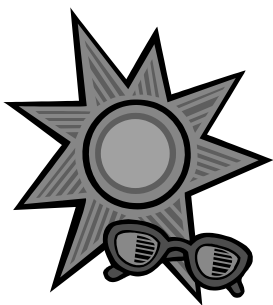
To Fran Cohen, a Jewish Light
Unsung Hero
From Fran Sisson

Angels

Rev. Gloria Weber

WELCOME TO OUR NEW OWL MEMBERS

Barbara Kelly
Violette King
Jane Roodman Weiss



THOUGHTS FROM OUR PRESIDENT

At our monthly meetings the OWL Board members have recently been struggling with some questions. We provide nine very relevant programs each year on topics that seem important to mid-life and older women (and men, for that matter). Sally Eaton and Barb McQuitty, our Executive Director, have done a wonderful job of bringing us interesting speakers each month (excluding summer months). We would like to attract new members and are especially looking for women who have fire in their hearts for such issues as keeping Social Security and Medicare strong, having affordable health insurance available as we age, maintaining financial independence, and leading healthy lives. We would like to bring that new energy and expression to our organization.

We do an excellent job of seeking out women in the St. Louis area who deserve recognition for their efforts and awarding them for their passion and accomplishments. This is the twenty-first year for OWL's Women of Worth awards banquet, to be held at the Missouri Athletic Club on Thursday, October 13, 2011. The committee is hard at work this summer preparing for that event. I am co-chairing the event with Marie Davis, Executive Director of the Juvenile Diabetes Research Foundation. Our honorary co-chairs will be Debbie Monterrey from CBS and Thelma Cook, a retired Anheuser-Busch Executive. Barbara Washington from Mathews-Dickey Boys & Girls Club will be our speaker. Judy Gall will receive a Lifetime Achievement Award. The nominations are in and have been sent to the panel of impartial judges. In early July we expect to know the women who have been selected to receive the 2011 WOW awards. I hope many of you are putting the date on your calendars and planning to join us for a night of giving very deserving women their due.

We have been attracting some interesting new members this year. We are hoping that more women will join us and that all of you will let us know what OWL can do to meet your needs. We invite you to become active in advocating for mid-life and older women in our community. I would love to hear your thoughts and suggestions. Please call me at 314-727-0239 or 314-795-5721. Let's keep OWL strong and vibrant!



OWL NEWSLETTER E-MAIL OPTION

We have not received sufficient response to provide an email option for the newsletter. However, we are still interested in providing this option and have begun a list of people who would like to receive their newsletter via email. Please seriously consider this option as we will be able to save a lot of money on printing and postage. The ability to use color and not having to limit the number of articles and photos are other advantages of email newsletters. If are able to receive your newsletter via email please send your email address to:

v1014@sbcglobal.net. Please use the following subject line with your email: **OWL NEWSLETTER EMAIL.**

Welcome to our new newsletter sponsor: *St. Luke's Hospital*. They will be regular contributors to our newsletter and, we're sure, provide relevant and important information for all of us.



It has happened to so many of us: we laugh or sneeze and our bladder leaks a little. Although rarely talked about, bladder control problems – also known as urinary incontinence – are more common than you might think. Urinary incontinence and other pelvic health issues affect up to one-quarter of American women.

Despite the stigma often associated with the term, urinary incontinence, it is actually any unexpected leaking of urine that is bothersome. Many women suffer in silence because they're embarrassed – too embarrassed even to tell their doctor. They also may not realize it can be treated or incorrectly assume urine leakage is a normal part of aging. It is not something you have to just live with. Approximately 80 percent of those suffering from urinary incontinence can be cured or at least have their symptoms improved.

Many things can contribute to urinary incontinence, from lifestyle and diet habits such as smoking and caffeine intake or medications, to more life-changing causes such as the stress of pregnancy and childbirth on pelvic floor muscles or hormonal changes of menopause.

Fortunately, most bladder control issues can be effectively treated. An important first step is talking with your doctor about your symptoms and concerns. Half of all women have never talked to their doctor about care, management or treatment of pelvic health conditions. Confiding in your doctor can help determine the type of incontinence or pelvic health issue you are experiencing, and identify possible causes and treatment options.

One of the most common types of incontinence, stress incontinence (caused when pressure is exerted by laughing, sneezing or heavy lifting), responds especially well to conservative treatment like exercise and physical therapy because it is

Bladder Control Issues Are No Laughing Matter

By Mary Pfenning, RN, MSN, St. Luke's Hospital



frequently caused by weakened pelvic floor muscles. This network of muscles and ligaments in the pelvis that supports the bladder, rectum, urethra and uterus, can often be strengthened through targeted exercises and behavioral changes or physical therapy with a trained pelvic floor therapist.

Other types of incontinence or pelvic problems not resolved with lifestyle modifications, exercise or therapy, may be treated with medication or minimally-invasive surgical or

non-surgical treatments. The good news is that there are many effective treatments and you do not have to live with this embarrassing and often life-limiting problem.

St. Luke's Hospital offers a number of services and resources for the treatment of pelvic health issues and incontinence.

Pelvic Health Nurse Navigator: 314-205-6654

Pelvic Floor Therapy Program: 314-205-6185

Total Control fitness and educational pelvic health program: 314-542-4848

St. Luke's Physician Referral Service: 314-205-6060

www.stlukes-stl.com

Mary Pfenning, RN, MSN, is the Spirit of Women Coordinator and a community health outreach nurse at St. Luke's Hospital. She can be reached at 314-205-6654 or spiritofwomen@stlukes-stl.com.

Sidebar

A Common Problem: bladder control issues

- 1 in 3 new moms experience chronic loss of bladder control six months after childbirth
- 30-50% of childbearing women over age 40 develop a chronic, out-of-control bladder
- Nearly 20% of women over age 75 experience daily incontinence
- Women typically "cope" 6 ½ years with symptoms of incontinence before getting a diagnosis

Profile - OWL Member MARIE DAVIS

Marie Davis began her career as the Assistant Director of the Creative Department for Gardner Advertising but retired after two years to become a stay-at-home mom. In addition to titles of room mother, scout leader, and cookie captain, Marie became president of the United Methodist's Women's Club for the State of Missouri, president of the Muscular Dystrophy Association's St. Louis Chapter Board, and served as host of the Miss Universe Pageant representing both the Mayor of the City of St. Louis and the County Executive of St. Louis County.

When Marie went back to work she chose to start her own business where her entrepreneurial spirit and vision took her into marketing and advertising, telephone answering services, business consulting, and educational training. In 1988-1990 she helped Katie Muchnick take the Small Business Monthly publication from an "informational piece" to a newspaper that captured awards and accolades.

As an adjunct professor for the University of Missouri, the St. Louis Community College, and the Missouri Extension Program Marie inspired students and encouraged and mentored the founders of the Bedroom Store and St. Patrick's Center. Her time spent on non-profit boards, Combined Health Appeal, Muscular Dystrophy Assn, and Support Dogs, Inc., resulted in a career change when she

became Executive Director for Support Dogs International and took the organization's annual income from \$50,000 to \$500,000, led a group to South Africa where they helped secure a government act

modeled after the American's with Disabilities Act, and served as chair of the President's Council on Employment's annual conference which was held in St. Louis.



She presently serves as a member of the Missouri Diabetes Prevention and Control Program, the United Way of Greater St.

Louis Women's Initiative, the Sports Commission, and the RCGA Small Business Council. As Executive Director of the Metro St. Louis/Greater Missouri Chapter of the Juvenile Diabetes Research Foundation she has raised over \$30 million for diabetes research, increased the number of families served by the outreach program from 15 to 2,700, and made the St. Louis JDRF outreach program and staffing environment national models. We are pleased that Marie is a co-chair of this year's Women of Worth event in October.

2011 WORKSHOP RECAP

- January: Geri Redden's presentation on Happy and Healthy Aging. Geri explained how exercise, rest and relaxation, nutrition, loving relationships, a life purpose, fun and laughter, and attitude all contribute to our health and happiness as we grow older.
- February: Dana Vouga of Vouga Elder Law, LLC presented eye-opening information about the difficulties than can occur if people do not properly take care of their legal and financial affairs as they grow older.
- March: Bob Lee from St. Louis County Workforce presented information on the "50 Plus Job Search."
- April: Lisa Shepley of Home Sweet Home conducted a workshop on Declutter and Downsize: How the Professionals Do It.
- May: Suzanne and Paul Lagomarcino gave a fascinating talk about their educational trip around the world with Semester at Sea.

OWL TO BE A CO-SPONSOR OF THE JEWISH BOOK FESTIVAL

The speaker schedule has not yet been finalized, but the always popular Jewish Book Festival is being held in 2011 on November 6 through 16. This is the 33rd year for this exciting event.

OWL will be one of over 50 community organizations co-sponsoring this event. We hope many of our OWL members and friends will have time to attend the festival and some of the author presentations.

Myla Goldberg, Cokie & Steve Roberts, Dr. Arthur Agatson from BJC, and Gilad Sharon, the son of Ariel Sharon are a few of the early author commitments. We are very pleased to be involved in this series and look forward to seeing many of you there this fall.



(Continued from page 1) National OWL Advocacy

lifetime income annuity. You receive a check every month till you die. It allows you to be sure you don't out-live your savings by even a single month.

Social Security offers something most annuities don't offer: inflation protection. Very few insurance companies offer any product like this. It offers another benefit as well: it's an annuity guaranteed by the federal government.

At one time many middle-class Americans were fortunate enough to retire with company pensions, which were supplements to savings and Social Security. This is not the case any longer. Pensions are scarce for most workers because many companies have abandoned them. Pensions have been replaced by 401(k) and 403(b) plans which depend on voluntary contributions from employees with some companies contributing a small portion of company funds. Many employees do not choose to contribute significantly to these plans.

If Social Security payments are scaled back, or worse, what would you do? It's a frightening prospect. How could you replace these payments that you rely on to pay your living expenses in retirement? Unfortunately, most people have not put aside adequate funds to replace Social Security income.

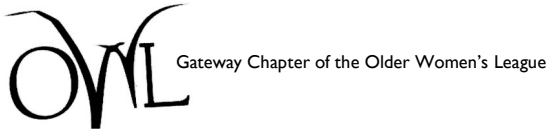
SUPPORT YOUR LOCAL OWL CHAPTER

The OWL organization has sponsored many programs to support midlife and older women in the metropolitan St. Louis area. From advocacy on legislative issues, divorce seminars and the financial education series OWL is looking out for women's needs.

Our organizational funding is dependent on gifts from friends and members, several small grants, half of the dues collected and one fundraiser each year in the fall, the Women of Worth event.

Please consider a gift to the OWL organization from time to time. It can be an outright gift in any amount that you can afford or a tribute or memorial. We welcome and appreciate any donation that you choose to give and promise that we will use it wisely to further the cause for women's issues.

OWL is a not-for-profit organization 501(c)3 and gifts are tax deductible.



2418 Northline Industrial Dr
Maryland Heights, MO 63043
Website: www.owlstlouis.com
Email: owlstlouis@sbcglobal.net
Phone: 314-989-0977

Nonprofit Org.
U.S. Postage
PAID
St. Louis, MO
Permit NO
4455

Return Service Requested

OWL's Mission: To address the special concerns of mid-life and older women through advocacy, education and empowerment.

Board Of Directors

Ernie Edelman, *President*
Alice Richter, *Treasurer*
Dinorah Bommarito
Arlen Chaleff
Sally Eaton
Maryann Sexton
Marge Polcyn
Cordie Reese
Bea Renna
Fran Sisson
Edna Dell Weinel

Barbara McQuitty, *Ex Officio*

Valerie Rovira, *Newsletter Editor*
Email input/comments to:
v1014@sbcglobal.net



is the only grassroots organization dedicated entirely
to addressing the concerns of mid-life and older women.

BECOME A MEMBER! MAIL THIS FORM TO:

OWL
2418 Northline Industrial Dr, Maryland Heights, MO 63043
Or email: owlstlouis@sbcglobal.net Or call: 314-989-0977

- Enclosed is \$45.00 for my local and national membership dues.
- Enclosed is an additional contribution of \$_____.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____