

## MONTHLY WORKSHOPS

Ladue Chapel—Fireside Room

2:00 to 4:00 pm

unless otherwise noted

### March 8

Bob Lee, St Louis County Workforce will speak about the "50 Plus Job Search."

Time: 3:00 to 5:00 pm

### April 12

Lila Shepley of Home Sweet Home will conduct a workshop on "Declutter and Downsize: How the Professionals Do It."

### May 10

Suzanne Lagomarcino will talk about her 109 day trip around the world with Semester at Sea.

### September 13

Basic Technology for Women. Speaker to be announced.

### October 13

Annual Women of Worth dinner at the Missouri Athletic Club.

### November 15

To be announced.

### December 13

## OTHER DATES/EVENTS

### March 1

Nominations open for 2011 Women of Worth; forms available on-line at owlstlouis.com or call 314-989-0977.

### March 10 - 27

See OWL member Sally Eaton as Miss Daisy in the Dramatic License Theatre production of *Driving Miss Daisy* at Chesterfield Mall. See page 5 for more information.

### October

Financial Education Series

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# OWL Newsletter

February 2011



## A LETTER FROM OUR PRESIDENT

Dear OWL members and friends,

Gateway Chapter of OWL finished 2010 with one of the most delightful Women of Worth award dinners we've ever had. Who will ever forget the gracious acceptance speech made by our Lifetime Achievement Award recipient, Lucy Lopata? What a truly grand lady she is! We can state with certainty that we are very good at planning and carrying out our annual awards fundraiser that recognizes midlife and older women who have distinguished themselves in their professions and in their communities.

"What else are we good at?" we asked ourselves. In January we started the process of redefining the parameters of our current advocacy efforts on behalf of midlife and older women. Several of us met at the OWL office to discuss where we might have the most impact. We chose to focus our efforts in these three areas:

- Healthcare
- Preserving Social Security & Medicare
- Employment for older women

How can we, OWL's members, get the word out to women in the St. Louis region?

- We can find out what issues are pressing and pending.
- We can write about important issues in our newsletter and for other groups with similar interests.

(Continued on page 3)

TRIBUTES, GIFTS  
MEMORIALS

**2010 Women of Worth**

**Linda Riekes**

Fox Family Foundation  
Edwin & Lenore Pepper

**Dory Potts**

Jo Ellen Rubenstein

**Hillary Friedman**

Fox Family Foundation  
Edwin & Lenore Pepper

**Judy Zafft**

Fox Family Foundation  
Edwin & Lenore Pepper

**Lesley Levin**

Edwin & Lenore Pepper  
Gerald & Felice Joyce  
Jerry Livingston  
Kay Levin  
Linda Blasi  
Linda Sandmel  
Louise Mass  
Sophia Kent  
Alan & Sharon Weissman

**Sheri Sherman**

Fox Family Foundation  
Edwin & Lenore Pepper

**2010 Lifetime Achievement**

**Lucy Lopata**

Simon Foundation  
Fox Family Foundation  
Edwin & Lenore Pepper

**Gifts**

Sandra Merritt  
Barbara Washington  
Rev. Gloria Weber

## NATIONAL OWL ADVOCACY

### SOCIAL SECURITY MATTERS

The National OWL organization received a significant multi-year grant from the NASI, the National Academy of Social Insurance. As a result they were able to create a website called "Social Security Matters." In addition they are recruiting partner organizations, developing an advocacy toolkit, and creating a Social Security Task Force comprised of OWL board members. Also, be on the lookout for the National OWL blog on Social Security to be posted on the Huffington Post website with social media contacts on Facebook and Twitter.

All of the above indicate the importance of the Social Security program, how changes to this vital program can make a huge difference to the lives of many women. OWL is disappointed that Social Security is on the agenda for the National Commission on Fiscal Responsibility and Reform. It believes that Social Security is NOT contributing to the deficit facing the nation and any reform should adhere to the specific principals below:

- 1.) Maintain and strengthen Social Security's progressive structure. No benefit cuts for low and moderate income workers.
- 2.) Increase the cap on wages to improve the Social Security's funding base.
- 3.) Maintain cost of living adjustments to provide income solvency for beneficiaries who rely on Social Security as their sole source of income.
- 4.) Establish a minimum benefit that takes into account part-time work.
- 5.) Maintain the current retirement age.

OWL understands that a large deficit can decrease the quality of life for all Americans, and supports rational approaches to addressing the deficit that do not include cuts to Social Security.

Gateway OWL will be watching to see the effects of the National OWL program and will keep our members informed about pending changes to Social Security so they can make their opinions known to their legislators.

### WINTER SALAD RECIPE

#### Fennel & Apple Salad with Lemon-Shallot Dressing

|                        |                           |             |
|------------------------|---------------------------|-------------|
| 1/2 cup minced shallot | 1/4 cup fresh lemon juice | 2 tbs water |
| 2 tbs olive oil        | 2 tsp red wine vinegar    | 1 tsp sugar |
| 1/2 tsp salt           | 1/2 tsp black pepper      |             |

2 cups chopped Braeburn or Gala apple 2 cups thinly sliced fennel bulb

16 cups torn Boston lettuce

Combine first 8 ingredients in a small bowl, stirring with a whisk. Place apple, fennel, lettuce in large bowl, add dressing and toss. 8 Servings

*Cooking Light*, Oct 2001

If you have an unusual or favorite recipe you would like to share email it to:

v1014@sbcglobal.net with subject line: OWL Recipe

## OWL NEWSLETTER TO BE SENT BY E-MAIL

Starting with our next issue we are going to start emailing the OWL Newsletter. Newsletters will still be mailed to those who don't use email. But, please seriously consider the email 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.**

## THE IMPORTANCE OF CHARITABLE GIVING

As we enter the early months of 2011, there is a certainty that some non-profits will have to close their doors and others will struggle to provide the quality programs that make a difference in the lives of people in the community.

At OWL we are dedicated to advocate for legislation that impacts women. We inform our members and friends on what is happening in state and federal legislatures and how they can make their feelings and opinions known to those voting on the issues.

We also help women by sponsoring an annual Financial Education Series. In these classes women learn how to manage their personal finances, make good financial decisions, and plan for the future.

Our ongoing Divorce Support Group works with women who have found themselves facing divorce after a long term marriage. This group meets twice a month and has

helped countless women get through the divorce process and go on to lead happy, productive lives.

Last ,but not least, our annual Women of Worth event recognizes the enormous contribution women make in the St. Louis community.



Individual giving is the cornerstone of American philanthropy; 75% of total giving in the U.S. comes from individuals with foundations and corporations contributing no more than 10%. Your gift does make a difference! OWL operates on a very tight budget and makes the most of every dollar. You can be assured that any gift you give will be used to make our programs stronger and more informative. OWL, along with other non-profits, asks that you be gen-

erous to the organizations that are meaningful to you.

We wish all of you the best in 2011. Gifts to OWL can be sent to 2418 Northline Industrial Dr., Maryland Heights, MO 63043

*(Continued from page 1)*

- We can arrange for speakers on these topics at OWL's monthly meetings.
- We can promote contacting our legislators to urge them to support needed reforms and pending legislation.

Where is your passion? If you have an interest in helping OWL get the message out by becoming an advocate, let us know. We need you!

In this new year we will again be seeking amazing Women of Worth to recognize at the awards banquet in October. We will also keep you apprised of important events and legislation pending on healthcare, Social Security and Medicare, and job availability for older women.

Ernie Edelman, Gateway OWL President

## FINANCIAL INSECURITY? BUILD COMMUNITY!

Geri Redden, M.Ed.

Sometimes as we get older our financial picture changes for the worse. Perhaps our income is fixed but the cost of living isn't and we can no longer spend like we used to. If we are afraid about our financial situation, the first thing most of us do is keep it to ourselves. We may feel great shame about having less. But anyone who is in financial difficulty must do just the opposite. Let people who can help you know what's going on and ask for help. It is not shameful to be in financial need. In this present economy there are lots of people living in circumstances where they never thought they'd be.

There are many ways to handle financial problems. And, as you will see, most of them have to do with building community. What we cannot do alone, we can do together. Here are some ways out of a financial bind:

**Share your home:** These days many people are struggling. There are plenty of people who need to share expenses and would be happy to move into your home (or have you move into theirs) to reduce expenses. How do you find such people? Through your church or synagogue; through OASIS or other groups for older adults; tell friends what you need and see if they know anyone. Be sure to check out the person. Get, and check, both personal and financial references.

**Share your meals:** There are many others who would like to not eat alone every night. Eating with someone not only cuts your cost of food, but gives you something to look forward to. It gives you a reason to cook rather than just eating cereal or snacks.



**Sell your automobile:** You can save a lot of money on car expenses and still avoid using public transportation if you let people know you need rides. And if you offer a few dollars to people who give you rides, they'll be glad to pick you up again in the future.

**Contact agencies for help:** There are several agencies that are funded by public money and are designed to help older adults with their problems. Get on your computer and put "resources for older adults in St. Louis, Missouri." If you don't have a computer, or a grandchild willing to help you, go to your local library and they will look up resources for you. These agencies can help with rides, jobs and networking.

**Run a business out of your home:** It can keep you engaged with other people and building new friendships. If you are in good health, consider taking care of an infant a few days a week at, say, \$50 per day. Sit down and list all possible income opportunities and ask friends, agencies and any group to which you belong for input.

*Call or email me if I can help. 314.922.6299*

*Email: geriredden@sbcglobal.net*

### Corrections to November 2010 Newsletter

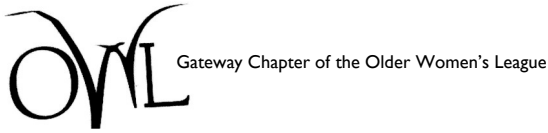
Our sincere apologies to persons whose names were misspelled in the last newsletter. We will be adding another person to proof newsletters to avoid this happening in the future.

Corrections to 2010 -Women of Worth Celebration article, page 1— Sheri Sherman, not Susie Sherman; Ethel Byndom, not Ethyle Byndom;

Linda Riekess, not Linda Reikes; Lesley Levin, not Linda Levin; Carol Daniel, not Carol Daniels

Correction to Sponsorships for WOW, page 3— Lucy Lopata's name was omitted.





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

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

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Marge Polcyn  
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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 \$\_\_\_\_\_.

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