

MONTHLY WORKSHOPS

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

September 13

Bob Lee from St. Louis County Workforce Development will conduct a workshop on Entrepreneurship.

Time: Refreshments 2:30

Program 3:00 to 4:30

November 15

St. Luke's Hospital presentation on Stress Management. Speaker: Lauri Chappell, RN, MSN

December 13

OWL holiday luncheon and fashion show at the Gatesworth. Call 314-989-9077 for reservations; cost \$30

Mark your calendar and save the dates.

OTHER DATES/EVENTS

Additional information will be provided as event dates approach.

October 13

Women of Worth dinner and awards at the Missouri Athletic Club. Business dress. Call 314-989-0977 for reservations; cost \$69.

October 6 through Nov 3

Financial Education Series. Call 314-989-0977 or 636-970-3000 for enrollment information.

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OWL Newsletter

September 2011



Agnes Wilcox



Alice Ludmer



Barbara Fraser



Camille Herman



Cheryl Roberts Oliver



Diane Gallant



Judith Gall
Lifetime Achievement



Older Women's League

*Photos by Gerry Love
Design by Intaglio Creative*



Jan Hess



Jane Roodman Weiss



Judi Scissors



Mary Schnare Stodden



Susan Block



Vivian Zwick

WHY WOMEN OF WORTH? WHY OWL?

First let us congratulate 13 outstanding women who have demonstrated measurable commitment and outstanding service to our community. By attending the 21st WOW Awards Dinner on Thursday, October 13, 2011 at the Missouri Athletic Club, you salute the accomplishments of these extraordinary women who truly represent OWL - the Voice of Mid-life and Older Women.

The WOW class of 2011 honorees includes: Mary Schnare Stodden, Judi Scissors, Agnes Wilcox, Camille Herman, Susan S. Block, Jan Hess, Jane Roodman Weiss, Alice Ludmer, Cheryl Roberts Oliver, Vivian Zwick, Barbara Fraser and Diane Gallant. The Lifetime Achievement Award will be presented to Judith Gall. (You can pay tribute to them in the 2011 program by contacting OWL)

"There was an especially bountiful group of high achieving women offered for consideration this year. The Judges reviewed well-written nominations and we thank those who nominated them," said OWL President Ernie Edelman.

As Co-chair of the event I am excited to share the dais with Honorary co-chairs Debbie Monterrey, co-host of KMOX Radio Total Information AM and Thelma Cook, former director of Corporate Affairs for Anheuser-Busch, Inc., now a community volunteer. The event would not be complete without an outstanding speaker. This year we chose Barbara Washington, Vice-President of Public Relations and Special Events for Mathews-Dickey Boys' & Girls Club. A special thank you goes to our WOW committee for planning another event of achievement: Ernie Edelman and Marie Davis, Co-Chairs, Barb McQuitty, ED, Sally Eaton, Arlen Chaleff, Marge Polcyn, Bea Renna, Maryann Sexton, and Fran Sisson.

FROM THE EXECUTIVE DIRECTOR'S DESK

I don't know where the summer has gone. It was unusually hot this year, and not many typical summer outdoor activities took place. Inside, however, it has been very busy. Most summers are more slow-paced, but for some reason, this one has been filled with activity. We have been hard at work on the Women of Worth event that is coming up on October 13. The Women of Worth, WOW's, as we call them, have been chosen by the judges, and the WOW committee has had the pleasure of meeting the honorees at the orientation meeting. We look forward to the evening of October 13 at the Missouri Athletic Club when you will all have the opportunity to become acquainted with this special group of women. Their wonderful achievements will astound you, as they did us. St. Louis is such a lucky community to have so many women who are generous with their time and talents.

We are also gearing up for the Financial Education Series, a five-week class that also takes place in October. OWL, along with University of Missouri Extension and a collaboration of other women's organizations, sponsors this series each year. Women who enroll in these classes have the opportunity to learn about all

facets of finance and money management. So often women have found themselves single again through widowhood or divorce with no knowledge of insurance, saving, budgeting and credit. These classes are just the ticket for becoming empowered financially. For more information about enrolling, call 314-989-0977 or 636-970-3000.



OWL is also one of the organizations sponsoring the 2011 St. Louis Jewish Book Fair running November 6 through 16. We are excited to be part of this event which will feature some wonderful authors and Alan Arkin as the opening night keynote speaker.

The above activities plus our monthly programs will provide us with a full calendar this fall. Do check out the Coming Events Calendar in this issue for program information. We will end the year with a holiday meeting at the Gatesworth at One McKnight Place. You are all invited to join us at this meeting on December 13 to round out the year with a fabulous luncheon and fashion show.

Barbara McQuitty

Executive Director Gateway OWL

TRIBUTES, GIFTS MEMORIALS

Gifts

Fran Cohen
Gloria Gordon
Gloria Weber
Fran Weintraub

Tributes

To Fran Sisson
From Janet Monsey

To Dora Edelman in honor of
her 102nd birthday
From Carole Zatlín

WELCOME TO OUR NEW OWL MEMBERS

Linda Wheatley
Nanora Sweet

OWL ADVOCACY

In May of every year, national OWL launches a "Mother's Day Campaign". No, it's not an effort to remind us to send flowers to our mothers. OWL's annual campaign highlights an issue of special concern to midlife and older women and brings it to the attention of Congress and the public. The emphasis is on how the chosen issue affects the lives of the 74 million women over the age of 40.

The focus of this year's Mother's Day report, not surprisingly, was the recent Patient Protection and Affordable Care Act passed by Congress. OWL's Board President, Margaret Huyck, Ph.D., points out in the report's introduction that universal, affordable and high-quality health care has been a top priority since OWL's formation in 1980. I, for one, remember OWL's slogan from the mid-1980's: "Health Care is a Right, not a Privilege".

The conclusion of the 2011 Mother's Day Report states, "while the Affordable Care Act is not the single-payer system OWL believes is the best approach to achieving universal... health care, the ACA does make significant steps toward covering the majority of Americans. Many provisions of the ACA will also make a dramatic difference in the lives of midlife and older women..."



A Guide for Exercising Through the Years

By Dawn DuBois

MHS, Exercise Physiologist

St. Luke's Hospital

There is no one secret to staying healthy and active throughout life. But the many benefits of exercise provide a good case for keeping up with it through the decades – not only when it comes to fighting disease but also in helping maintain your quality of life. Of course, the type and amount of exercise you need changes through the decades. So it's important that you also change your exercise habits and routines to reflect your body's physiological changes and your exercise goals and lifestyle.

You lose lean body mass (muscle) as you age, beginning in your mid 20s. This, in turn, affects your metabolism. The lower your lean body mass, the fewer calories you need to sustain your body. So exercise remains important to keep the weight off, but also for so many other reasons.

Women in their 20s often do a lot of cardiovascular exercise. That type of exercise burns many calories, which is typically the goal for women at that stage in life. As you move into mid-life and beyond, you definitely still need that cardiovascular component, but it shouldn't be as big a piece of your overall exercise plan and you may want to scale back the intensity.

Choose exercises that are easier on your joints like walking, swimming, water aerobics, a stationary bike or an elliptical trainer. To help determine the pace and intensity, use the "talk test" – you should be able to carry on a light conversation, count to 10 or sing a little while exercising.

In addition to cardiovascular exercise, it is really important to add two to three days a week of strength training, as well as some flexibility and balance exercises daily. Several studies have shown that you can build muscular strength even into your 90s, so it truly is never too late.

After menopause, the body loses estrogen, which causes the muscles to lose strength. Muscle loss can affect many things including posture, which has an impact on your balance and ability to do what we call activities of

daily living. For example, with decreased muscle, posture and balance, basic activities such as getting groceries out of the car or opening a jar become harder to do. It has a spiraling effect that can really impact quality of life through the years.

Many women are intimidated by the idea of strength training, but they shouldn't be. Strength training should entail weight training that is not damaging to your joints. A good way to know what weight is appropriate for you: you should be able to do at least 10 repetitions of a weight training exercise where the last one to two are challenging and you feel your muscles getting fatigued. Also, it is normal to feel light muscle soreness and fatigue during or after exercise, but not joint pain.

Before beginning a strength-training program or any new exercise routine, it is always best to talk with your doctor first. And seek out professional guidance from a personal trainer or physical therapist so you learn the right way to strength train and avoid injury. It's never too late to make exercise a priority for your long-term health.

St. Luke's Hospital offers a number of personal training and exercise assistance programs:

Personal Exercise Prescription: fitness evaluation and individualized exercise prescription for people who intend to exercise independently

Personal Training: work one-on-one or in small groups with a personal trainer

Supervised Exercise Program: work out in a supervised environment with healthcare professionals present to answer questions and monitor vital signs and heart rate/rhythm

One-on-One Fitness Plus: similar to Supervised Exercise Program, but designed for individuals requiring more assistance with fitness equipment

For more information, call St. Luke's Therapy Services at 314-542-4800.



PROFILE - OWL MEMBER MARGE POLCYN

Marge Polcyn began her career in school public relations in 1966 at a suburban Pittsburgh school district. After moving to St. Louis in 1971, she helped start a public relations office at Notre Dame College in South County. In 1976 Marge moved to the St. Louis Public Schools where she helped steer the groundbreaking implementation of the Voluntary Desegregation Plan. In her 16 years with the St. Louis Schools, she chaired a committee for the district's Sesquicentennial Celebration, edited a history of the St. Louis Public Schools, and produced the full gamut of public relations. After retiring from her school district post, Marge worked as a public relations consultant and also served as adjunct Professor of Communications at Maryville University, St. Louis University, and Notre Dame College.



In 1995 Marge was named Executive Director of the St. Louis Press Club. After 10 years she again "retired," this time to volunteer her knowledge and expertise as a member of the National Federation of Press Women – Missouri Affiliate, the Missouri School Public Relations Association, Women in Communications, the Episcopal Church Women of the Diocese of Missouri, and fundraiser and president of

the Gateway Chapter of OWL from 2001-2005. Through the years of her service, Marge has been honored with the Mathews-Dickey Sheer Elegance Award, the Press Club Catfish Award, the 2005 Quest Award for excellence in communication from the Missouri Chapter of the National Federation of Press Women, a 2006 Woman of Worth Award from OWL, and gold and bronze medals from the St. Louis Senior Olympics.

Marge has noted several changes in the St. Louis Chapter of OWL in recent years. Not as many members are activists as during the period when women's rights were a predominant issue. Members from St. Louis used to attend more national and regional meetings. However, the organization does keep members aware of issues of importance and urges members to let their voices be heard by contacting their legislators by e-mail, phone and regular mail.

OWL has given Marge many fond memories of the dedicated members she has met and worked with. Especially pleasant memories are of the WOW dinners, daylong board retreats, traveling by bus with others to Women's Lobby Day in Jefferson City, putting together the Courageous Women in History skits, and performing as Mother Jones.

Contributed by Sally Eaton

WOMEN'S FINANCIAL EDUCATION SERIES

The Women's Financial Education Series will take place from 6:00 to 8:30 p.m. on October 6, 13, 20, and 27 and November 3. Enrollment is now open; sign up soon to reserve a space in the class. Enrollment is limited so that everyone will have an opportunity to ask questions and receive personal attention.

This series is for women who need a better understanding of all areas of finance. Whether you need a brush-up or have never handled insurance, budgeting or investments, the course will be both eye-opening and educational. The sessions cover:

- Getting Organized and Reaching Financial Goals
- Banking, Credit and Debt Management
- Estate Planning, Wills, Trusts
- Insurance
- Investing for Retirement

The speakers are staff members of University of Missouri Extension and local professionals and experts. The series is held at the World Trade Center Building, 121 South Meramec, Clayton, MO. The cost is \$49 per person, and a limited number of scholarships are available for those who need financial assistance. For more information or to enroll call 636-970-3000 or 314-989-0977 or e-mail us at owlstlouis@sbcglobal.net or visit the web site <http://extension.missouri.edu/eregion/wfes>.

The Women's Financial Education Series is sponsored by OWL and the University of Missouri Extension and is supported by a collaboration of other women's organizations.

(Continued from page 1) **Why Woman of Worth? Why OWL?**

OWL, the only national grassroots organization totally dedicated to providing a voice for the 58 million American women mid-life and older has nearly 5,000 members in 70 chapters nationwide. Our programming and activities are:

- to provide mutual support and empower women through advocacy and education
- to better economic and social conditions for women
- to improve the status and image of mid-life and older women.

The Gateway Chapter of OWL was founded in 1985 and is a nonprofit 501(c)3 organization. We have been involved in legislative activities leading to the passage of COBRA, insurance payment for mammography, osteoporosis education and managed care reform legislation.

OWL is more relevant now than ever:

- Baby Boomers (those born between 1946 and 1964) are starting to turn 65 in 2011, and the number of older people will increase dramatically during the 2010–2030 period.
- The older population in 2030 is projected to be twice as large as in 2000, growing from 35 million to 71.5 million and representing nearly 20 percent of the total U.S. population.
- When the Baby Boomers move into the upper end of the old population there will an explosion of new services needed.
- U.S. Census Bureau projects that the population age 85 and over could grow from 5.3 million in 2006 to nearly 21 million by 2050
- To learn more about OWL go to www.owlstlouis.com.

As a member of the WOW Class of 2010, I was WOWed by the body of volunteerism represented by the women honored that night and look forward to presenting the Class of 2011. Call Barb McQuitty at (314) 989-0977 today to make your reservation (for you and a mentor or friend). Help us celebrate the Women of Worth 2011.

**Contributed by Marie Davis, Co-Chair 2011 WOW Committee
Executive Director, JDRF, WOW Class of 2010**

CHARITABLE GIVING

Most people give to organizations that help people they care about. It's important to be sure that the organizations you support use your money wisely and for the cause(s) that they state in their mission. The Gateway Voice of Midlife and Older Women mission is to address the special concerns of mid-life and older women through advocacy, education and empowerment.

On a daily basis we help educate our membership and friends on issues affecting the women. We suggest

that our members take action to protect their interests with regards to proposed legislation. It's amazing how an onslaught of e-mails, phone calls and mail can affect how legislators vote.

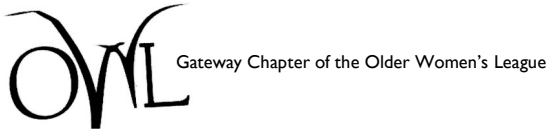
OWL also educates women through the Financial Education Series and our monthly programs and seminars. We hope that our devotion to these causes merits your support. OWL is a 501(c)3 organization, which means that your gifts are tax exempt. Thank you

(Continued from page 2) **OWL Advocacy**

The full Mother's Day Report is available online at www.owl-national.org, as are past years' reports. These reports are an example of OWL's advocacy for members and for all women. Currently, OWL is urging members to remind members of the Congressional super-committee on budget reform to protect Social Security and Medicare, in an ongoing effort for OWL in coalition with other advocacy groups.

On a more local level, the *Missouri Women's Network*, a coalition of groups and individuals working for equity for women, held their 24th annual Equality Day Brunch on Saturday, August 20. This event commemorates the anniversary of the passage of the 19th amendment in 1920, giving women the right to vote. The day's program was titled "Equality – A Promise to be Fulfilled" and the keynote speaker was Betty Dukes, the lead plaintiff in the recent Supreme Court case *Dukes v Wal-Mart*. In each of the past 24 years, the MO Women's Network has honored women who help move equality of women forward. Among honorees in past years were OWL members Winnie Lippman, Geri Redden, Janet Shipton, Carolyn Landry, Myrna Fichtenbaum and Anne Steele.

Contributed by Fran Sisson



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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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is the only grassroots organization dedicated entirely
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