

# HEARTLAND

Older Women's League



[www.HeartlandOWL.org](http://www.HeartlandOWL.org)

## Newsletter – July 2005

### July 16, 2005 Meeting

**TIME:** 10:00 A.M.



**PLACE:** Village Presbyterian Church  
6641 Mission Road  
Prairie Village, KS

**PROGRAM:** 10:30 AM TO 12:30 PM

### “CARING CONVERSATIONS”.

A discussion of social rituals that help loved ones plan for the end of life.

**PLEASE PLAN ON ARRIVING ON TIME FOR THE MEETING**

We have Judy Bellome from the Center for Practical Bioethics (formerly the Midwest Bioethics Center) who will speak to us. We also have a workbook for each participant so we will be able to follow along with our speaker. It includes questionnaires on Personal / Relationships, Spiritual / Religious Values, Healthcare Decisions, Career and Work Decisions, Legal Documents and Financial Matters. The book also includes an Advance Directive / Durable Power of Attorney for Healthcare Decisions.

### PROGRAM CALENDAR

**July 16** – Judy Bellome, R. N., will speak in her capacity as volunteer for the Center for Practical Bioethics. The program is titled “Caring Conversations: Making your wishes known for end-of-life care.” It deals with Advance Directives, a hot topic with the recent court battles over Terry Schiavo. The workbook called “Caring Conversations” will be presented.

**August 20** –Yvonne Jameson, Development Director for Unicorn Theatre, will present the OWL program in August. She has served as Development Director for the Unicorn Theatre since 2000. Jameson earned her Bachelor of Arts degree in Political Science from the University of Nebraska and her Master of Liberal Arts degree at Baker University.

### REFRESHMENTS

|              |   |
|--------------|---|
| July 16      | Peggy Fish                                  |
| August 20    | Marjorie Reese                              |
| September 17 | Liz Gordon                                  |
| October 15   | Barb Hildner                                |
| November 19  | Maybe You?                                  |
| December     | Holiday Party<br>Details to be known later. |

### BEAUTIFUL WORDS (GEORGE CARLIN)

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

From **The OWL REPORT**  
June 24, 2005

Dear OWL Chapter Leaders (*this means everyone in this chapter*),

I am doing a documentary for the opening celebration of OWL National Convention to be held in Sacramento October 6 - 9, 2005. The theme is OWL at 25 Informed, Involved, Empowered. The documentary (approx. 10 minutes) will tell the history of the organization and its accomplishments through the voices of women who are and have been its grassroots strength. The documentary will highlight OWL's major issues Economic Security, Health, Housing, and Care Giving. As you know these issues have been the focus of grassroots advocates to improve the status and quality of mid-life and older women.

Even though the organization had its roots in California, chapters quickly expanded in other states. I have interviewed OWL members in California, Oregon and Washington states. I need your help. What does your chapter feel is important in OWL's history?

When I reviewed our history, I observed that there have been many visuals, videos, photos and audio created. Do you have a videographer with camera in your chapter or person at large who would interview several OWL members who are your role models and strong advocates? Please review the suggested questions below. Hoot it up! I am also trying to locate original source material like the Newsweek cover story 1990, "The Daughter's Track" or article in MS Magazine, 1987 or any of the live interviews on C-Span, CBS and ABC over the years as well as current activities.

Questions:

1. What was your motivation to join OWL?
2. How would you describe your experience?
3. Did you know Tish Sommers and Laurie Shields? Do you have a favorite story about either of them?

4. What do you value most about your participation in OWL?

5. OWL is 25 years old, what has been its most important accomplishment for your community?

6. What would you say to younger women to encourage them to join OWL?

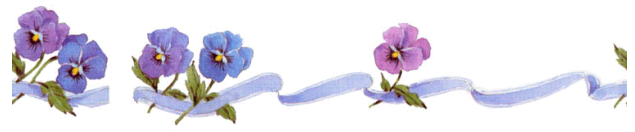
7. What additional remarks would you like to communicate?

I plan to continue to videotape the convention highlights and will re-edit and expand the opening documentary so that a longer version may be a useful tool for increasing our membership.

Please contact me with any technical questions or other inquiries about this project.

Shirley Harlan, OWL Member At Large  
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909 882 4057

email: [VLDY@aol.com](mailto:VLDY@aol.com)



### **As I've Matured**

I've learned that artificial intelligence is no match for natural stupidity.

I've learned that you shouldn't compare yourself to others – they are more screwed up than you think.

I've learned that we are responsible for what we do unless we're celebrities.

I've learned that whatever hits the fan will not be evenly distributed.

I've learned that there is a fine line between genius and insanity.

I've learned that it takes years to build up trust, and it only takes suspicion, not proof, to destroy it.

I've learned not to sweat the petty things. I've learned that age is a very high price to pay for maturity.

## **JUNE MEETING**

We met at the home of Sharon Lockhart on June 18 for an auction and a potluck picnic on her patio. The food was excellent and we had fun while raising \$236.50 from the auction.

## **OWL PROGRAM FOR JULY**

Judy Bellome, R.N., will present our program on July 16. The topic is “Caring Conversations: Making Your Wishes Known for End-of-Life Care.” Judy has indicated the program will run between 1½ to 2 hours, so please plan to arrive by the 10:30 start time.

In her capacity as a volunteer for the Center for Practical Bioethics (formerly Midwest Bioethics), she frequently talks to groups about the very relevant issue of Advance Directives. All who attend the July meeting will receive a copy of the “Caring Conversations” workbook, which will guide us through the process of learning how to make our end-of-life wishes known to those we care about.

In addition to her volunteer activities, Judy works as the Director of Wellness for Southview Homecare. With locations in Kansas City, Kansas, St. Joseph, Missouri and Louisburg, Kansas, Southview serves over 30 counties in Kansas and Missouri. Since 1984, the agency has provided numerous services such as home health aides; physical, occupational and speech therapy; medical social services; and skilled nursing.

For many people, the end of life is a call to complete unfinished business. It offers a time and opportunity to reexamine the relationships, events, values, and tasks that re most important to us--the people and 'things' with whom and for whom we have lived our lives, and in whose care we are most likely to experience our final days. Preparing for this time is difficult because decisions have to be made. The workbook provides a series of questions to help you think about your future, make decisions, and communicate them to your loved ones and those whom you will choose to act for you if you cannot speak for yourself.

## **OWL SPEAKER FOR AUGUST**

Yvonne Jameson has served as Development Director for the Unicorn Theatre since 2000. From 1991 until 1997, she served as the Kansas City Symphony's public relations / advertising manager and from 1997 until 2000 as audience development manager. She was public relations manager for H&R Block, Inc. from 1987 to 1991.

Jameson also serves as marketing chair on the Summerfest Chamber Music Board of Directors. She has served as president of the board of directors for the Kansas City Chorale and, as a UMKC Community Fellow, spent a year working with the Conservatory of Music on marketing and audience retention programs. Jameson earned her Bachelor of Arts degree in Political Science from the University of Nebraska and her Master of Liberal Arts degree at Baker University.



### **Good Housekeeping Tip:**

Always keep several get well cards on the mantel ... so if unexpected guests arrive, they will think you've been sick and unable to clean.

**OWL's** sole mission is to address the special needs and concerns of women as they age.

**OWL** meets the third Saturday of the month at Village Presbyterian Church except for the months of April, June and December when there are special luncheons planned.

### **2005 Officers of Heartland OWL**

Co-Presidents: Liz Gordon  
Gordon Elliott  
owl@HeartlandOWL.org

Co-Presidents-Elect

Secretary Carol Ready

Treasurer Ruth Shisler

Program chair Sara Pedram

Newsletter Editors:

Even months: Doris Griffith  
doriander@aol.com

Odd months: Peggy Fish  
peggyafish@hotmail.com

Yes – I want to join OWL and add my voice to this national grassroots organization.

*OWL is a 501(c)3 nonprofit organization and is tax deductible to the extent allowed under law.*

|             |          |
|-------------|----------|
| National    | \$ 25    |
| Local       | \$ 10    |
| Donations   | \$ _____ |
| Grand Total | \$ _____ |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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