

August 2023 Newsletter

A Note from Our Executive Director

Dear Friends,

If you are reading this, you are growing older. That's a good thing!

And while we are all aging throughout our lifespans, after a certain point (if we are fortunate to live long enough) women and gender-expansive people enter a stage of life that is significantly different than what came before.



Typically, when we are “young old,” we go through menopause, become more assertive, gain life wisdom, and start to have new health problems. We may face decisions about retirement, become empty-nesters, and have new caregiving obligations as our parents and partners also age. At the same time, we are treated differently than when we were younger: while we may be relieved to deal with less sexual harassment, we now face ageism in its many-tentacled ugliness. Especially as we transition from “young old” to “middle old” and “old old,” we experience firsthand the low value that society places on its elders: we are treated as if invisible, and often, especially if we are multiply marginalized on the basis of things like disability, sexuality, and/or race, denied autonomy in areas from healthcare to finances to housing. We face challenges that are financial, physical, social, and psychological.

Yet, we are still the same people we've always been, through all the different ages of our lives. We love, we dream, we struggle, we grieve our losses. We have relationships and are sexual, although often very differently than in earlier years.

Our Bodies Ourselves Today is here for you through all of it. Naturally, we believe that women's and gender-expansive people's aging should be honored, embraced, supported, and celebrated. We also provide tools to combat ageism and empower older women and gender-expansive people to love and embrace their changing bodies and sexualities. Last but not least, we offer critical perspectives on sexist ageism as well as opportunities to work for change that empowers us at all ages.

In this issue of the Newsletter, we highlight a discussion of feminist aging and wealth; an introduction to our amazing Chair of the Growing Older expert panel, Dr. Mindy Fried; a personal interview with a geriatric social

worker; and an Our Bodies Ourselves Today interview with feminist foremother Robin Morgan at the Women's Media Center. Please check out what's on offer in our Growing Older section, and let us know your thoughts. We're so glad you're here and aging with us.

Onward!

Amy Agigian

Featured Resource

Do Feminists Need to Build Wealth?

Is it necessary for women to accumulate savings, net worth, and wealth, both to care for ourselves and our families as we age and to change the patriarchal culture we are fighting? Or, as intersectional feminists, do we need to consider larger factors including the nature of capitalism?

Can we do both at the same time? Author and entrepreneur Kelly Diels explores what it means to build wealth as a feminist. We'd love to hear your thoughts!



[Read More About Building Wealth as a Feminist](#)

Featured Content Expert



Meet Mindy Fried, MSW, PhD

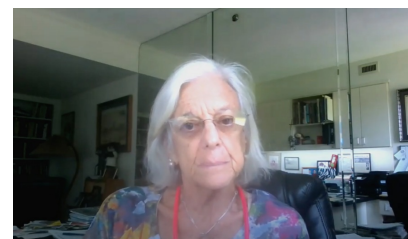
Mindy Fried is the Chair of our Growing Older content expert panel and an applied sociologist with over 25 years of experience conducting rigorous qualitative research studies. As Co-Principal of **Arbor Consulting Partners**, Mindy works collaboratively with nonprofit organizations and foundations. She has taught sociology courses on aging, sex/gender, feminist theory and more. Her published books include *Caring for Red: A Daughter's Memoir* (2016) and *Taking Time: Parental Leave Policy and Corporate Culture* (1998). She is also the creator and co-producer of *The Shape of Care*, a podcast about caregiving. Mindy earned her Masters and Doctoral degrees from Brandeis University; and a Masters in Social Work from Syracuse University.

[Learn More About Mindy](#)

Featured Personal Story

Aging and My Role as a Geriatric Social Worker

Judy shares how her geriatric social work has influenced the way she sees her own aging process. Working with others as they aged help shape the decisions that Judy



makes and how she relates to others, such as her daughter and granddaughter.

[Watch This Story](#)

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Our Bodies Ourselves Today in the News

WMC Live #393: Our Bodies Ourselves. (Original Airdate: 12/4/2022)

Robin devotes the episode to the 50th anniversary of the feminist classic *Our Bodies Ourselves*—updated and digital! Guests: members of the Boston Women's Health Collective Amy Agigian, Diana Namumbeja Abwoye, Judy Norsigian, and Marta Pagán-Ortiz.

ourbodiesourselves.org

WOMEN'S MEDIA CENTER LIVE WITH ROBIN MORGAN

OBOS Today on Women's Media Center Live!

Robyn Morgan hosts an hour-long discussion about the past and future of Our Bodies Ourselves, with Amy Agigian, Executive Director

of Our Bodies Ourselves Today, and three members of the Our Bodies Ourselves Board of Directors: Judy Norsigian, Diana Namumbeja Abwoye, and Marta Pagán-Ortiz.

[Listen to the Discussion](#)

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