

THE ADVOCATE

Maria Shriver

THE JOURNALIST AND
FORMER FIRST LADY OF
CALIFORNIA BELIEVES
IN GIVING BACK, SPEAKING
OUT, AND STANDING UP
FOR GOODNESS.

PHOTOGRAPHS BY
Lorenzo Agius



*To celebrate 20 years
of O, each month
we're spotlighting
remarkable people who
are changing the way
we look at our world.*

Cardigan, O,
The Oprah
Magazine
Collection for
Talbots, \$129.
Top, Talbots,
\$79.50. Jeans,
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Clothing
available at
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Cardigan, O,
The Oprah
Magazine
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Talbots,
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ADVOCACY IS IN Maria Shriver's DNA.

"I was raised by people who were architects of change, and they expected the same of their children," says Shriver, the daughter of Sargent Shriver, founding director of the Peace Corps, and Eunice Kennedy Shriver, creator of Special Olympics. "Their philosophy was that you're here to be of service." Shriver has carried that legacy forward: as a champion of people with intellectual and developmental disabilities through her work with Special Olympics and Best Buddies International, which offers job and socializing opportunities; as first lady of California, establishing what would become the organization A Woman's Nation, focusing on economic empowerment, social justice, and health; and as a journalist and storyteller.

Her reportorial curiosity served her well when she began her biggest mission to date: raising awareness of Alzheimer's disease. "I met so many women with Alzheimer's, and I kept telling doctors, 'I think this is more prevalent in women,'" says Shriver, who dove into the data to create *The Shriver Report: A Woman's Nation Takes on Alzheimer's*. The report backed up her observation—two-thirds of sufferers are female. Now, as founder of the nonprofit Women's Alzheimer's Movement and the head of California's task force on Alzheimer's research, she's leading the charge to find out why. Shriver aims to be not only an architect of change but a purveyor of hope through her weekly newsletter, the *Sunday Paper*, featuring inspirational stories intended to "rise above the noise" of a clamorous 24-hour news cycle: "I think oftentimes the media focuses on the scandalous, the rageful. I'm trying to show light at the end of the tunnel."

THE O QUIZ

Twenty questions with Maria Shriver.

1. What's most important for your mental health?

Taking walks, my meditation practice, and surrounding myself with people who love me.

2. What do you think about on long drives or flights?

I try to quiet myself and reflect. On planes, I often write my essays for the *Sunday Paper*.

3. Cats or dogs?

Dogs. (Hi, Maverick and Champ!)

4. Who's your hero?

Number one is my mom. She raised five kids, was married for over half a century, and changed the world for those with intellectual disabilities. I really admire my grandmother and many other women in my family. I've also looked up to Mother Teresa, Eleanor Roosevelt, Anne Morrow Lindbergh, Sister Joan Chittister, Betty Ford, my friend Charlotte Shultz, and numerous other women from different walks of life.

5. What's your guilty pleasure?

Popcorn. Also chips and guac—and ice cream cones!

6. What is the physical challenge that scares you most?

Alzheimer's.

And losing my independence.

7. If you could send a note to yourself in 2030, what would it say?

Your kids are all healthy and happy. You did a good job. You can rest.

8. What's your favorite place on earth?

My home.

9. What should be required reading for every human?

Gift from the Sea by Anne Morrow Lindbergh.

10. Fill in the blank: _____ is underrated.

Contentment.

11. What's one thing you were wrong about?

I've been wrong about many things!

12. When in your life have you needed courage?

When have I not?

13. What movie could you watch on an endless loop?

Wedding Crashers, *Knocked Up*, *Step Brothers*, *It's Complicated*...and lots more.

14. What historical event would you most like to have witnessed?

The resurrection.

15. What is your most prized possession?

My blanket from

when I was a little girl and my letters from my children.

16. What places or adventures are still on your bucket list?

I'd love to visit the Maldives.

17. What ignites your sense of injustice?

Our criminal justice system, domestic violence, racial and economic inequality, the lack of support for the millions of caregivers in our country—so many things, I can't pick one.

18. How do you define soul mate?

Someone you meet who immediately feels like home.

19. What's the greatest gift we can give each other?

Showing our love. Making time for someone is an act of love. So is calling them to check in, making room at your table, inviting someone in. These are all acts of seeing another human being and letting them know you care.

20. What's the greatest gift we can give ourselves?

To love and believe in ourselves.

Wearing Is Caring

Five years ago, *O, The Oprah Magazine* partnered with Talbots to create a capsule collection and give a portion of net proceeds to Dress for Success, which empowers women entering the workforce. Because giving back is always in style, we've continued the collaboration every year since. For 2020, we're celebrating women helping women, with activist Maria Shriver and five other changemakers showing off the latest pieces.

PHOTOGRAPH BY
Lorenzo Agius

Maria Shriver
FOUNDER OF THE WOMEN'S
ALZHEIMER'S MOVEMENT
thewomensalzheimersmovement.com

As a journalist, as an activist, and as the former first lady of California, Maria Shriver has devoted herself to numerous issues, with a particular focus on women—including female poverty, education, and health. “We live in a time when we need to be advocates,” says Shriver, whose nonprofit, the Women’s Alzheimer’s Movement, is dedicated to finding out why women make up two-thirds of Alzheimer’s cases. “We have to use our voices. There’s not going to be someone else who fixes problems. That person is you.” Here, Shriver’s top four tips for making a difference.

- ▷ **Keep it personal.** “Sit with yourself and see if there is something happening in your family, with a friend, or that grabs your attention.”
- ▷ **Tap your talents.** “All organizations need help—in their accounting, marketing, writing—and you can be of service.”
- ▷ **Get the family involved.** “When we were young, my mother brought us to soup kitchens, we ‘adopted’ a family at Christmas, and she expected me to volunteer. Like I tell my kids, find the cause you’re passionate about and then go for it.”
- ▷ **Stay hopeful.** “There are more people doing good stuff and moving us forward than there are people sowing division. I surround myself with people who have faith.”

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Support System

Want to look good and do good? The *O, the Oprah Magazine* Collection for Talbots donates 30 percent of net proceeds to Dress for Success (dressforsuccess.org), an organization that has helped nearly one million women in more than 150 cities and 27 countries achieve economic independence by offering resources like training and development tools, networking opportunities, and interview prep. To date the collaboration has raised over \$6.9 million and helped roughly 140,000 women. “The partnership with Talbots and *O, The Oprah Magazine* has been an amazing five-year success story,” says Joi Gordon, CEO of Dress for Success Worldwide. “It has allowed us to further our global mission to help women reach their full potential.”

SELLING POINTS

You’ll find the *O, The Oprah Magazine* Collection for Talbots at talbots.com/omagazine and in Talbots stores nationwide. You can also give by dropping off new or nearly new work-appropriate clothing and accessories at a Talbots store, February 20–23.

CARDIS FOR A CAUSE

This year’s collection features five oh-so-versatile cardigans, and *O* creative director **Adam Glassman** tells you how to rock them all.



\$99.50

COZIED UP

I see this belted style as a comfy topper over a soft floral dress or with a tank and jeans. It’s also perfect to warm you up on a plane ride.



\$129

BOTTOM LINES

Thanks to some extra length (tush coverage!), this is a great piece for the office when paired with trousers, a dress, or a skirt. The blouson sleeve with bow detailing makes it feel special.



\$89.50

MAKING WAVES

Sure, it’s perfect with an LBD, but try buying a size smaller to wear in lieu of a blouse with a pencil skirt or jeans. Bonus: The wide black band at the bottom gives the illusion of a smaller waist.



\$159

(Sizes XS to XL)

LIMITED EDITION
ONLINE
EXCLUSIVE

FLORAL ARRANGEMENT

This is such a happy cardigan—with a silk front, it has a feminine and modern sporty feel. I love it over a white shirt or as a top under a blazer. You could also put it over a dress and button just the top button.

GYM BUDDY

I call this the coming-and-going cardigan. Wear it to the gym to cover your workout clothes; afterward, throw it over your outfit and head to lunch.



\$99.50

LIMITED EDITION
ONLINE
EXCLUSIVE

All cardigans available at talbots.com/omagazine.

WORDS TO GIVE BY

Like Maria Shriver, the women on these pages are changing lives for the better. As they show off the cardigans in the O, The Oprah Magazine Collection (available online and in Talbots stores February 18), they also offer some inspiration.

Maysoon Zayid

COMEDIAN, WRITER,
AND DISABILITY
ADVOCATE
maysoon.com

"Even if you don't have money, time, or the physical ability, there's always a way to give back. Sometimes it's amplifying something outside of yourself that you believe in. Sometimes it's telling your own stories about your challenges to empower others."

Denise Bidot

MODEL, BODY
POSITIVITY ACTIVIST,
AND TV PERSONALITY
denisebidot.com

"Start now. We have the tendency to overthink things, but even baby steps are steps."

Jamira Burley

ACTIVIST AND SOCIAL
IMPACT CONSULTANT
FOCUSING ON
EDUCATION AND
POLICY ISSUES IN
MARGINALIZED
COMMUNITIES
jamiraburley.com

"When you see something that makes your stomach turn, ask yourself what you can do to alleviate that pain, and show up authentically."

Kelly Sawyer Patricof and Norah Weinstein

COPRESIDENTS
OF BABY2BABY,
A NONPROFIT
THAT SUPPLIES
UNDERPRIVILEGED
CHILDREN WITH
DIAPERS, CLOTHING,
AND OTHER
NECESSITIES
baby2baby.org

"I think saying yes and seeking advice from incredible women has been a big part of our success."
—SAWYER PATRICOFF

"No donation is too small. If you give one pair of pajamas, you're still helping a baby who doesn't have warm clothing to sleep in. It all adds up, and people should recognize that any help can go a long way." —WEINSTEIN

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