

[Visit usOWLs.com](http://usOWLs.com)

December 2013

Forward this e-newsletter to three of your friends.

usOWLs.com *LookOut*

The Holiday Spirit

May the Yule Tide season bring you new energy and

resilience - In recent weeks, I have been asked what to give an older person when they are actually getting rid of things? Giving and getting are two-way expressions of on-going love, being ready to receive, and helping others receive *moments of joy*. Don't get rid of that. I can recall the joys of unwrapping the ornaments, watching bubble lights, and eating special treats. It was never about getting material things I wanted. I had to give myself those things and love was at the top of the list.

Invest in stories - Turns out that the greatest gift you can give to someone young or old is **HISTORY**. Start talking about real keepsakes and pass stories forward. The headline on 12/15 in the Wall Street Journal Sunday reads: "*Home for the holidays, Ask Mom to*

tell you a story." According to Allianz Life Insurance, Co., 86% of baby boomers and 74% of Owls 72 or older believe family history is the most important legacy to be received. Believe or not, *transfer of wealth* finishes last, as we long for more positive moments, loving hugs, and more laughs while sharing our common life stories. Owls sharing their conquest of struggles and stories of resilience, and of fun is good as gold by the ounce.

Yes, let's keep making life a HOOT and give depressing memories the BOOT! Go sit on Santa's lap if you can imagine doing that, and ask to be learning more, connecting more, worried less, and laughing at these stressors and pressures fed to us in a daily overdose of depressing TV stories, political mud, and endless ads! Keep asking for peace in our thinking and love in our hearts.

Stress is a Gift. You are still alive if you have it! Give any ageless OWL the "fun stress" of getting out of old habits and isolation. Take an Owl out to a music event, coffee, a glass of fine wine, and help them feel young again. Exchange negative memories for *stories of resilience against all odds*.

Holiday Rule: Take them OUT if they are always in, and **bring them INTO your lives** if they are alone most of the time. No relatives you want to see? Reach out to an older or younger new friend.





Other gift ideas for the 9th-11th *decaders* are practical acts:

- Complete a project for them and with them.
- Take them shopping or to a free event.
- Literally get them *brighter* lights and improve their vision and space. Constant low lights leads to depression as does the invisible flickering of TV's.
- Help them clear out, clean, replace the old with "better things."
- Bring loving children into their space or young people to sing or dance.

Find out what the seniors in your lives REALLY need to make spirits light. Help them organize and scan photos. Give them electronic photos programs that stream new and familiar scenes of ongoing family life.

Keep yourself moving: Says one women in mid-90's as she maneuvered her three wheel walker, *"I gotta keep moving or they will think I am dead. I am already buried here . . . and no one may remember who I WAS, but gotta keep moving and meeting new people. Gotta stay who I AM. That's the fun!"*

What other gifts can we give to those older OWLs in increasing decades? Work on legacy documents like trusts, wills, and prevent future conflicts about "stuff." Help them give them now, or recycle them to others for extra cash!

The holidays can be a time of positive action and energy, or depression. Your choice. As a child once pointed out when hearing someone was BLUE, *"Tell them to use yellow or purple . . . it is in the box, too."*

At any age, the story of your life isn't over yet. Make the last chapters the best.

Michele Jackman MSW, MA - Chief Executive Officer and Marketing Director - **usOWLs**

{ The usOWL Minute }

Holiday Sharing . . .

- [Sugar Plum Fairy by P.Tchaikovsky on Glass Harp](#)
- [Little Drummer Boy sung by Pentatonix](#)

usOWLs Says - Unforgotten Memories Shared



When you open a present and receive the unsuspected, it is a thrill and makes the Christmas season wonderful.

Under the tree last year was a beautifully wrapped gift from a friend I have known since high school. Since we had never exchanged gifts I was taken by surprise when the gift arrived by mail. Telling myself that I had to wait until Christmas Eve to open the gift, I spent a couple of weeks pondering on its content.

Finally, Christmas Eve arrived and I was drawn to the gift for the first opening. When I opened the gift I saw a manuscript written by a school mate from kindergarten together with old pictures of my youth collected by my high school friend.

The manuscript was written about growing up with several families, mine included, with reference to our years from ages 3 through 18. What a delight to read about the past and to be able to recall the incidents described. It was wonderful and magical as well. The photos corresponded with the manuscript. I was in awe.

When Christmas was over I shared the manuscript and photos with relatives and friends, and we all agreed that they, the manuscripts and photos, were one of the best Christmas presents we had never received.

The gift represents the best of the gifts, the caring for the past and the present, not requiring gifts that are new and expensive, but rather gifts that can be cherished for years to come. The gifts were reflection of a time long gone, but still in our hearts. I thank my friend for the wonderful present.

Patricia Brem, MBA, MA - Chief Operations Officer - **usOWLs**

usOWLs.com - Reinvented

Change is good!

usOWLs is celebrating the beginning of its second year by launching the updated

usOWLs.com website in January.

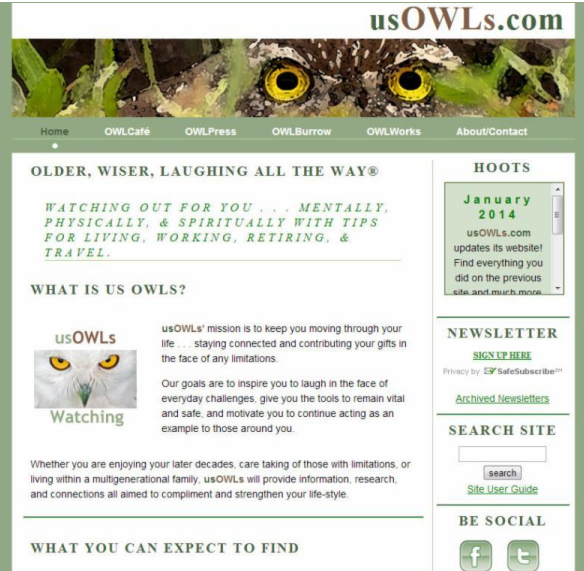
The information you rely on now will still be available, but in a different format. Check out the new categories:

- **OWLCafe** - The staff has done the research for you! Find hundreds of links to good websites about living, learning, and staying healthy.
- **OWLPress** - Lots of great reading material will be located in this section meant to motivate, inspire, and teach.
- **OWLBurrow** - Let's Go Shopping! usOWLs is sparing no expense in finding good deals for you. We are walking the cyber malls in search of products to enhance your life.
- **OWLWorks** - usOWLs is building a library of seminars, webinars, and Power Point Presentations for you to use while at your computer or to take along to share with others.

Lou Thompson - Director of Creative Technology - usOWLs

Coming in January

Converting depressing thoughts without drugs!
Resolutions



Are you puzzled about something?
Michele Jackman, helping you put the pieces together!



Michele Jackman just wants us to get the most out of living.

She has helped thousands of people be better at their jobs and their personal relationships while openly confronting issues and conflicts with a positive sense of humor.



Visit [Michele Jackman Enterprises & Adventures](#)

usOWLs.com is looking out for you . . . spiritually, mentally, and physically . . . with tips for living, working, retiring, and traveling. We hope you'll join us on the ride!

Sincerely,

Michele Jackman
Chief Executive Officer and Marketing Director

Patricia Brem
Chief Operations Officer

Lou Thompson
Director of Creative Technology

[Visit usOWLs.com](#)

Tell three of your friends about [usOWLs.com](#)

