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February 2014

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Check out great items for sale at our new [usOWLS Zazzle Store](#).

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## Cooking up Love with "Chef" Michele

(Taking the letter "i" out of the word Chief leaves Chef)

I LOVE to cook and creating menus for food and life! Ask anyone who knows me, and you will learn I am always trying to feed people great food or great information. And so, in February please eat to your ***heart's content the good flavors that fresh thinking can bring and put your heart into everything you attempt to do***. Literally, more and more older people are growing their food or participating in community small space gardens for fresh food, due to the increasing cost of produce, and food that is no longer flavorful or fresh. Life is like that too, and we need to "grow fresh, stay fresh, refresh our thinking" in the face of all kinds of impediments.

According to both history and science there are five perceptions and different shaped molecules of taste on our tongue we call **flavor**. Since ancient times these are 5: **sweet, sour, salty, bitter, and savory**, each a unique set of chemicals shaped as a molecule. Too much of the

last one gives us that headache if overused just as a life gets overloaded. (It's glutamate - or MSG - found in the ocean.) On our tongue: sweet is a *round molecule*, salty *triangular*, bitter *oblong*, and the other two a subtle and unique different shape, as well. Certain drugs can take away our perceptions leaving everything bitter, sour, tasteless.

**Kent & Karen's Condo Garden  
Lettuce & Broccoli**

**And so, consider making things more "savory" with new FLAVORS of LOVE this Valentine's day** when you are cooking up a life and promoting as life gets more painful or complicated.

**HOT!**-You are never too old for this one. I guess this means not to "look so old." Put yourself together with the colors of veggies-don't act like a vegetable. Project that you are still involved in your own life with

great attitudes and balance. Treat others to **usOWLs** official apparel and gifts you can find on [zazzle.com](http://zazzle.com) and send a message of love. **If you are "hot" you are still cooking!**

**Bitter**-Let go of those ideas and feelings holding you back. Chefs say that one should always combine **bitter with sweet or salty**. We actually say an experience is *bitter-sweet*, and mean that positives can convert negatives into "better."

**Salty**-We say of people who are grounded, acting in positive natural ways-**S/he is a salt of the earth!**

**Sour**-Being a **sour puss** gives us seniors a bad name and it can start as early as our fifties, getting worse each decade. **Don't be a stereotyped OWL and make this your only flavor. Add some sweet or salt!**

**Sweet**-I can recall not liking being called "sweet." This week I took valentine balloons to a nursing home for people who have little contact with anyone except clinical people all day, and who endlessly watch TV ads mostly with negative drug warnings. (By the way, these are the drugs many are taking).

"How sweet you are," a 91-year-old woman beamed, telling me stories about making Valentines during hard times. Nothing wrong with that label.

**Spicy-Watch-out, if at work!** Ask yourself, *how can I put more spice in my life?* Put more spice in one's life through, song, dance, laughter and fun. Ever heard of laughter yoga? Check it out online or find a group. There are thousands worldwide.

**Savor Life as an Organic OWL.** Make some new memories for yourself in adventures that refresh you! That's what I learned from survivors of the holocaust, financial meltdowns, the horrors of serious illness, loss of loved ones, and other horrible disasters.

**Now is the time to change all that physically, as well as metaphorically.** Visit our "Zazzle Shop" and give someone a gift or apparel that reflects our mission and add sweetness to our days.

**"usOWLs- Organic to the end!"**

**[Google Search for Community Gardens](#)**  
**[Google Search for Laughter Yoga](#)**

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





# The usOWL Minute



## 25 Hottest Urban Legends

Snopes.com compiles the 25 urban legends currently circulating most widely, as determined by frequency of access, user searches, reader e-mail, and media coverage.

If you'd like to receive automatic notification of additions to this site, please sign up for our update mailing list. We send out update mailings every week.

## usOWLS - Gullible's Travels through Technology

February is the month of love and the theme of this month's newsletter. While some people are dreaming of heart-shaped candy, flowers, and presents, others are thinking of ways to love you out of your money. Often it is a easy task to telephone, email or solicit door-to-door to trick you out of your assets. I often wonder why this is. Why do we get more gullible as we age?

I have come to the conclusion that because the world is moving faster and faster with the evolution of technology, it is hard for anyone, regardless of age, to grasp what is true and what is not. We just can't retain all the new information and many of us don't know how to keep up.

Telemarketers selling services and products call us every day and sometimes several times every day. And, we just might need the products and services, but how can we make a good decision to buy when the sellers are pressing us to make the deal? We are often gullible enough to believe the seller has our best interest in mind.

Here is a way for us to protect ourselves from unwanted solicitations: Everyone needs to register their telephone numbers, both land line and cellular, with the **National Do Not Call Registry**. We can register by phone or internet. See <https://www.donotcall.gov/> for more information.

We are gullible when we received telephone calls or emails asking for money for relatives stranded in various countries in the world. These are cons and referred to as "phishing". They can also come from scammers pretending to represent your bank or credit card company. They will often ask for personal information including passwords, pin numbers, and usernames. The rule is to not give any information to someone who is contacting you. **Say to them "take me off your list," hang up, and call your bank or credit card company directly to report the call or email.**

The bottom line is that we should stop and think before accepting offers that request information or money. **Giving the information can lead to a not too happy ending.**



**Be careful who you give your information to.**

Don't be gullible, love yourself by keeping your money and information safe with you. Check before acting!

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



## usOWLS.com - Website

Here at **usOWLS.com** we want to help you be safe in your home. Winter is the perfect time to take a look around the house to make sure your preventative maintenance is up-to-date.

When you change your clocks, change your batteries in all smoke and carbon monoxide detectors.

Change the filter in the heating/cooling system.

Remove old paint cans and pesticides you know you haven't used in the past year. Make sure you recycle these items properly by calling the local recycle company.

On rainy days or when the snow is too deep to shovel, choose a cupboard and clean it out. Toss anything you don't use or want to keep. Be sure to shred all documents that have your personal information included.

- Take a look at the cans in the pantry. Check the dates and toss anything

that is outdated.

Be sure to share with those less fortunate by taking unused clothing and household items to the local thrift shop.

You can find many useful website links at **usOWLS.com**. Check out the **Wellness** section in the OWLCafe.

**Lou Thompson** - Director of Creative Technology

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