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January 2014

Forward this e-newsletter to three of your friends.

## usOWLs.com Gets Facelift!

WOW! Take a look at the rejuvenated site. All topics are now grouped by category:

- [OWLCafe](#) - be inspired, get help, stay well, learn, make decisions, cook, go to the movies, take a trip, do more . . .
- [OWLPress](#) - books & articles written by usOWLs staff & others
- [OWLBurrow](#) - unique items for yourself, your home, others
- [OWLWorks](#) - seminars, trainings, talks, and informal get-togethers

The team is working to get information, training, product reviews, and more to you ASAP!

## usOWLs.com: *LookOut*

### *What's ONE more candle?*

Please stay with us and SEE that 2014 will be a great year of information and stuff you **really** can use. Last month, I said I would discuss "depression," a *side effect* of the drugging of seniors. That topic was **too** depressing, and you already know a lot about overdosing seniors. Younger medical folks just need **more education** about what they are doing. I'm thinking Medicare Part D may have been the worst initiative we ever enacted, encouraging more drug usage instead of healthful alternative approaches.

**On 2014 Resolutions:** I go the other way, I avoid them. They are filled with guilt and sound too much like legislation-making laws I will probably break after a few days.

It is not just a New Year, but **Happy Birthday Edythe Kirchmaier-106th**. [Check out this link to the Ellen DeGeneres show.](#) (Video after the commercial.)



Edythe on Ellen DeGeneres Show

Yes, she is still working and driving to *Direct Relief International*. Some people are so impressed that she has a new car. Most of the people have the reaction, "*She shouldn't be driving.*"

Hey, Edythe is so responsible she would be sure to apply for a burning permit if they required it for 106 candles on a cake. Her secret is no secret. "Stay positive, no matter what!" In my own life. I never thought, even imagined 30 more years to find those missing things, have time to the good works I intend to do, and keep on learning about the world and myself. I need to plan optimistically and financially for 30 years ahead!

Life is about "Gas and Brake" as Edythe would tell you. Her mode is keep on going, then take a break to reflect, reset, and refresh attitudes. Edythe knows this first hand. I never thought about driving at 106, and maybe I'll be flying, if you get my drift. But Edith celebrates the clear anecdotal proof that it is "*not over until it's over,*" and she still keeps a "time card" at her work to prove it.



**What about Driving for Seniors?** Bet you also didn't know I am a volunteer on the *Cal Highway Safety Commission: Area 9* which is about safer driving conditions for seniors, signage, and now possible "Silver Alerts" if seniors go missing. REQUEST: Please send me your ideas on this topic so I can represent your views. Take a *Senior Driving* course and get your insurance reduced, too.

Maybe that is my message as I enter a less frenetic, hopefully less difficult 2014. The thought came to me recently (in a George Burns mode): *Hey, don't just do something, SIT there. Well that is something I don't do*

*so often, so I did, and I looked around, and like God taught me, saw it was all GOOD. I just needed a little loving attention in all areas of my life, including getting my personal "license for life" renewed to deal with any "other stuff."*

**What's my point?** Forget promises you won't keep and any guilt. Discover the things that gave you the most joy and keep on doing it, and keep it to three. For me that would be #1. Family and Grandkids; #2. speaking to all on topics needing more dialogue; and #3. Sitting and seeing what I can do now; that is NOT depressing, just challenging and fun.

**Thanks Edythe! You are one of our treasured mentors at the OwlWorks.**

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



# The usOWL Minute



## Top Resolution for Any Year

Always on the short list of New Year's Resolutions is Weight Loss. Slimming down makes sense, but how you do it sometimes makes no sense.

U.S. Senator Claire McCaskill (Missouri) is encouraging consumers to use an online tool on her website that allows individuals to report scams and fraud they encounter in advertising and sales. The "Submit Your Scam" button at [www.McCaskill.senate.gov](http://www.McCaskill.senate.gov) you submit personal stories and tips to help crack down on scams and protect consumers.

[WebMD](#) has put together a list of ten painless ways to reduce.

[Calculate your Basal Metabolic Rate \(BMR\)](#) to get a baseline of calories burned during levels of activity and inactivity.

## usOWLs Asks - Can You Stick to It?

My first comment of the year was: WHAT RESOLUTION? For years, I hadn't made a resolution that became a reality. So, many years ago I decided to forego the annual ritual and admit to myself that resolutions are made, but never met (at least not by me). I've resolved to save money, diet, exercise, and do other activities that, when made, expect my full attention and are never met because they are so encompassing that no sane person is able to comply.



Instead, I have tried to live my life as a whole, not as mini starts and stops. I have vowed to exercise more and try to exercise every day, but am happy at a couple times a week. I've try to diet by eating healthy and try to invest for the long run which lead to a more stable life (or at least the perception of stability). Since no one is perfect, why traumatize oneself with resolutions that are usually fleeting?

Resolutions made **only** on the first day of the year often end in failure because they require **significant** change to one's current life style. I know that resolutions are important; however, they should not be made on a specific day, month or year, but when a situation calls for a specific change in one's life.

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

usOWLs.com - Welcome to 2014

- LOVE - Whoopee
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**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*

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