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July 2014

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usOWLs.com: **LookOut**

STOP the clock and read on...Are you managing your "cognitive reserves?"

After meeting this month, the usOWLs team has decided to link our work with **Michele Jackman Enterprises and Adventures** (mjackman.com) as **usOWLWorks**. We will be offering fun adventures and "**chronological enhancement**" to all ages as a way of practicing what we preach. Let us know if you would like to be included as a player and do review the new catalog at mjackman.com.

What does this mean to usOWLs followers? The usOWLs website now includes **usOWLWorks** - the active arm of all my efforts to provide seminars, offsites, and fun times that will foster healthier multigenerational interactions and more "**cognitive reserve**" power! I have spent a lot of time with folks in their 80's and mid to late 90's *experimenting* with my humor work. Fortunately, we moved my sister from a locked, depressing world to a wonderful *Board and Care* home setting she loves. A bit more expensive, it offers privacy, great grounds and space; and she is totally protected.

July ushers in ideas about more freedom to be who we are at all ages, and urges that we rise above WOES with a Whoopee! - *Whoo-hoo!* - attitude that builds what is now called our "**cognitive reserves**," which might be the new best treatment to banish future dementia besides exercise and fresh healthy food.

Alzheimer's 2014 Report: The ultimate loss of freedom revisited.

At a recent conference on Alzheimer's research it was no surprise to learn that **social involvement, sensory play, and loving supportive relationships prevent dementia diseases**. Remaining included, ACTIVE and creative were the keys to avoidance of this dreaded disease. The **lifetime risk** is limited to 1 in 6 for women in their 60's and 1 in 11 for men according to the 2014 report of the Alzheimer's



organization. *Therefore, prevention comes from building new social relationships with all generations, and hanging out with more men!*

According to this report we should be promoting "**cognitive reserves.**" We should be using our levity, laughter and sense of humor to build reserves. Research has always supported more **sensory play** through gardens, dancing, choirs, massage and laughter as critical **age-retardants**. The faster lifestyle, adding more stuff and chaos, and family dramas are current risk factors, especially for women it seems. Eating poorly is not as bad as dwelling on what's eating up *enthusiasm*. Worry is a plaque that cheers on whatever heredity has in store for you. So let's all boost our *cognitive reserves* or coping mechanisms and practice *self protection*. For my sister, she can still shred my old documents, sit at the beach with me, and experience the kids at the playground chasing gulls, their laughter, fights, and fits about leaving.

The new usOWLWorks focus:

Let's start using positive imagery and fresh dreaming to offset the media's nightmarish programming and bad news. **Anxiety and fear are definite contributors to cognitive depression.** Television commercial time exceeds content now. Most ads are all about diapers, sexual aids, drugs, lawsuits and side effects which could include more illness, depression or *death*. From being entertainment, TV has become a source of fear, stress, and outrage that confirms what the warnings about losing more of our *cognitive reserves*. **Now is the time to stop the boring mind crippling denial of fun things we used to love to do**, which includes some risky eating and a soothing drink of wine or "spirit" at times.

Stay tuned! The us OWLWorks is going to be offering strategies, programs and products that enhance the aging experience for each of the 11 decades. *usOWLWorks* thinking includes ways to prevent impoverishment, depression, and overall demise with safer practices. We will focus on sharing ideas, tools, and products to make one's *chronological enhancement* more fulfilling.

So give a hoot, put more play into your remaining July and beyond, and let us know how you do it! Please.

Michele Jackman MSW, MA - [Michele Jackman Enterprises & Adventures](#) - [usOWLs](#)