



usOWLs.com:

LookOut

Take a Stand

March is a time to *make your voice heard*, and believe in yourself as someone older, wiser, and hopefully laughing with confidence at challenges ahead.



March is most associated with St. Patrick's Day, Women's History Month, and all kinds of shifts and transformations as winter recedes, leaving behind new opportunities for growth, play, and change. One of my favorite songs with poetic lyrics is the Brazilian *Waters of March*, capturing the pre-Spring experience. Stephen Jepson (73) demonstrates acting on life *by standing more rather than sitting life out* in a Youtube on PLAY. His advice is to learn to play again, and create your own *playground of activities and memory enhancing strategies* related to fitness without a gym and costly outfits and equipment. **Check it out! "Never, ever, leave the playground of your mind or your body."**

Stand up to health practitioners who limit your options and try to convince you to take more costly drugs. This is the easiest way to lose both wealth and health!

For one of my sisters, who has experienced terrible medical care these last two months, it is *standing up to her doctors* and saying **NO** to more prescription drugs following a stroke which was probably drug induced! Or for my mother-in-law who in her late 80's was taking \$1,500 a month in drugs before she died from a drug overdose error. Or when my other sister died from conditions created by all the drugs given to offset her other conditions. More and more trips to specialists usually result in more drugs and more escalating side effects necessitating more drugs. With their spirits dulled, we are literally drugging and warehousing our seniors. We need to create new health models for caring for OWLS to keep them alert and pain free without excess chemicals.

Take a stand at your Workplace and Kill Myths!

We also need to stand up to employers who avoid seeing the value of senior workers, those who may only need flexibility. Often, OWLS are left out of training programs, stereotyped, and not considered for job promotions. While everyone can cite an example of "older dogs not learning new tricks," this stereotype does not hold for all OWLS. In fact, old dogs consulted sooner at the front-end of decisions can help with flaws and solutions. See it as advanced *perception*, not negativity. It is well documented that senior workers over 60 have the least absenteeism, are better problem solvers, and save their employers lots of money. *OWL workers also are the best mentors and coaches to the mid-level employees.* While it is true that older workers have vision, hearing, and other physical needs, any actual accommodation will pay off with increased productivity, creativity, and even greater efficiency.

Take a stand on your personal wealth and longevity! What if you will live to be 100? My granddaughter's answer in a second grade assignment was: I would find more time to PLAY!

Start needing less. Get rid of expenses, as soon as you can. As one who is now facing a partial retirement lifestyle I can see I will be poor if I live to be 90 unless I decide what poor really is. We now have to think about community living options, about smarter use of the wealth we have, and taking control of our work lives again. We need to calculate our financial plans with tax realities, and help each other avoid poverty while prolonging our prosperity. **We need to plan for 100 and start playing more!**

If you only live in your head, you get headaches.
If you just live in your heart, you could get beat up.
If you have gut feelings, listen to them because otherwise your gut grows.
If you stay afoot of changes, you will remain hands on.

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

{ The usOWL Minute }

100 Best Health Foods for Seniors

Health and eating right is a lifelong goal that becomes increasingly important in our later years. While each senior has different nutritional needs and unique health conditions that affect what they are and are not able to eat, we've put together a rough guideline of 100 of the best health foods for seniors. Always consult your doctor and/or nutritionist before switching diets, as not all of these foods may be right for your body.

Discover what those working on obtaining a nursing degree in geriatric health are learning.

usOWLs - Always Look before You Leap!

I am often asked about upgrading current software such as Microsoft Office. More importantly, should one upgrade existing software or use the new subscription plan with an annual charge which includes Cloud-based storage?



If you like to keep all of your documents and applications on your computer, upgrading is for you. However, if you prefer the most current iteration of an application with features such as data storage capability, then the subscription model might suit your needs. By paying an annual fee for software, such as Microsoft Office365, for about \$100, you can enjoy the benefits of the latest available Office products, and use the Cloud storage, as well. This is very beneficial should you be away from home and need particular documents and/or files. One feature of Microsoft Office 365 I particularly like is the ability to use Microsoft Office on my iMac without having to either use VM software to use the full Microsoft Office for Windows or by

purchasing Microsoft Office for Mac.

In conclusion, if you rarely update to the latest software available, do not care about where your files are saved, and regularly backup your computer then you would probably not benefit from using a subscription model; otherwise, a subscription service might be just the thing you need without paying for upgrades.

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

usOWLs.com - Website

"Ageism is discrimination or unfair treatment based on a person's age. It can impact on someone's confidence, job prospects, financial situation and quality of life. It can also include the way that older people are represented in the media, which can have a wider impact on the public's attitudes."



At [usOWLs.com](#) we are helping you **TAKE A STAND** against ageism by providing interesting websites that discuss what ageism is, how it affects people, and how we can initiate change in how our culture addresses aging.

[Come by to read more about what this means to you.](#)

"Even though aging is hard-wired into our DNA we persist in thinking of aging as if it was a technical problem." Dr. Bill Thomas, an international authority on geriatric medicine and eldercare from upstate New York.

Lou Thompson - Director of Creative Technology - **usOWLs**

Coming in April

Put Some SPRING in Your Life!
Growing More than Flowers



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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.



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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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