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May 2014

Forward this e-newsletter to three of your friends.

usOWLs.com: LookOut

May is a month of many reflections on health, independent thinking, and living as life gets both more interesting and challenging with more daylight. Literally life can be a bowl of cherries!

May has been also a month of celebrations. It started with Cinco de Mayo in celebration of independence, blesses mothering in the middle, graduates all ages, and ends in a few days with a celebration of freedom and the sacrifices by our military who risk their independence, freedom, and futures for us. It is a chock full month for transitions to summer enjoyment of the fruits of our labors.



Q: The question of the month for neighbor OWL Karen H. and myself is...what did you used to do that you are not doing now? We were talking about "habits" *important and fulfilling* to us, and soul feeding. When I ask friends, I am getting long lists of deferred pleasures. We would like to know what you used to do that you are missing now? Better yet, start doing that again without the excuses of *being too busy, too old for that*, or simply forgetting how.

My used to do include playing the piano, regular massage, visits with dear friends. **How about you?** Check out the [Owl 7day Plan](#) in this website if you need reminding about what you used to love to do. Make these events your "summer school" program.

Update: In the health arena, the good news is that healthcare providers are now taking a serious look at how seniors, and caretakers looking after them have been losing control over final choices about care and medication. **I view my life as a nautilus shell always expanding and making more room for its history:** part of that effort is making sure your "five wishes" about end of life are known, and making sure you do not end up at the mercy of caregivers who may be without the power to honor them. While we cannot plan our birth, we can choose the way we die.

Got Your Wits? British Writer Eden Phillpotts said: *"the universe is full of magical things, patiently waiting for our wits to grow sharper."* British born in 1862, he wrote his last novel in 1959, just a bit short of celebrating 100 years of life's works. He was a devout and active preservationist for the storm flogged moors which inspired much of his writing.

In these turbulent times please tell us how you are YOU keeping your wits about you? For me, the legacy of Eden Phillpotts is a rallying cry of our work as pre-and post boomer OWLS- STAYING older, wiser, and hopefully laughing at proposed limitations in the face of storm flogged lives with all those unexpected events we need to address with children, family and friends. **We need to go looking for the magical things, and create more magic in the moment. As my papa used to say: Keep storms on the outside of the boat girls! "**

Maybe you used to laugh more and worry less as a summer goal. Face daily pain and issues with a smile that attempt to derail our health and spirit very seriously with a "not today thank you" attitude and hoot!

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

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The usOWL Minute

Older Americans Month

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The National Council on Aging wants you to know: The Administration for Community Living has named injury prevention as the theme of this year's Older Americans Month in May. As you mark the occasion in your community, please use and share our resources on falls prevention and make your voice heard on behalf of older adults. [Read more.](#)

usOWLS - Keep Moving Around!

We need to learn and grow from what technology has given us, i.e., internet classes, sites for maintaining and increasing brain power, and other valuable venues of acquiring knowledge. However, there are other ways of growing, these are found in our everyday lives and have nothing to do with the internet and its assets.

Some of us live in adult (55 and over) communities which provide organized activities such as classes and trips to various venues, and interaction with those of the same age. Others live in communities with all ages where people interact with each other not of the same age

and participate in activities that are enjoyed by all; older people learning from young and young learning from the wisdom of the old. This type of living is fulfilling the needs of all age groups. The child may not have a grandparent, but has a relationship with a senior member of the community that has become a substitute. The same relationship has been nurtured between others of various ages in the same community.



The other is the multi-generational households where people interact from the smallest baby to the eldest grandparent or great grandparent. No matter what age or situation, learning goes on with or without conscience effort.

Not everyone wants to or can live in the above situations, but what is important is the continual growing, enjoying of each other, and not stagnating as the years progress. Everyone, regardless of age, needs to continually grow and learn, because that is what life is all about. So look around, volunteer, join groups, take classes, become active in what you enjoy, but do not become stagnate because life then becomes neither valuable nor necessary.

Patricia Brem, MBA, MA - Chief Operations Officer - [usOWLS](#)

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Did we share about our Video Archives, yet? This is a fun, interesting, and entertaining few pages at

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Over time, we've collected videos and organized them into several categories: At Home Tips, Employment, Entertainment, Health, Scams, and Technology.



Do you how to **Shuck Corn - Clean Easy Ears Every Time?** How about learning **how to adjust your car mirrors?** Have fun watching **Facebook Manners and You.**

[Find the Video Archives here!](#)

Lou Thompson - Director of Creative Technology

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