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usOWLs.com LookOut

Spring Forward-Time to Start Growing Again

To all OWLs in our invisible parliament—Here is our OWL eye opener for April...time to start growing again.

What seeds have you planted recently? Are you planting for a *re-purposing*, in the face of whatever realities you need to face? This is the month for both literal gardens and emotional ones. Plant some seeds for fresher thinking about your leisure options, your health choices, and your own opportunities at work. Also, plant some herbs, which we know are amazing medicinals for any worries and stress you are facing.

Start by being who you are, doing more and more of what matters to you, especially if still employed. You can start phasing in your "real" life that will soon overtake your work life employed and dependent on others. Maybe you will even be the leader of your own entrepreneurial works by 80 or 90 like so many using the new currency of shared energy and bartered time. There are always enough WOE's in the world to attach to and wallow in, but Spring is a fresh chance to lighten up your life literally and spiritually. Springing forward in time is about tending the *garden of our minds* with the right colors. Create and discover new fragrances of life. Plant a new idea of what you CAN do, could actually do now, then do it and TELL us about it so we can share it.



I watched, on a Science TV series on PBS, a story about an older gent who makes wooden wheels for really old cars. One notices not just the science of how he has invented doing it, but his joy in this simple focus—he is a *jack of one trade* now. As a Jackman of too many trades, I can relate to this. If I ask myself what ONE thing would bring me the most joy—I hesitate to answer as a blur of activities I do not enjoy flashes by—and then usOWLs

emerges as the platform for serving others in their quest and supporting them. While I question my new found Cyber Social Work, I know I feel the best when reaching out to promote a life of resilience and bounce, hyphenated with motivating humor. This feels right, even if I do not know where it will end up.

Ask yourself, *what can I do about my talents now?* Weed the gardens of clutter and

distractions first: clearing up things, clearing out unusable things, shredding stuff blocking you counts. Then, start your own lifelong experiments with living, learning, and connecting with all ages in creative ways, not just with routine connections with others. Meet an ageless 3 new people a week, and learn about them. Feel the surge *an interesting other* can provide. Be around positive people of all ages.

Resilience is about the cooler, clear *streams of thinking* within us and our choice not to let little things interfere with the big things we desire in our lives. Have a good laugh at how these things attempt to waste your time and derail us. Fight its effects on your energy. Coping is a fine art as we progress. When hoping wanes, coping takes on very challenge! Every day now, I read several stories of how really older folks are moving beyond their fears of poverty, medical fears and challenges.

Our *OWL mission* should be cheering on the discouraged younger generations. Our mission to younger workers is to prove that life has 10 decades to offer them to change things, so they can see beyond current predicaments and obstacles, and find ways to move and connect with us. Our lives in the "common" or community are not just about volunteer activities, but our rich lives trading talent for action, service, inventions, and remarkable accomplishments. Then we only have to guide them, like "owls," through their impatience to get there, and assist them as mentors, and partners.

Is your thumb getting green yet?—In our work, this means "Go for it!" If you have not planted the seeds yet in a spring-forward garden, do it, and keep it manageable and weeded.

Read Michele's poem below in *National Poetry Month* article.

Michele Jackman MSW, MA – Chief Executive Officer and Marketing Director– usOWls

{ The usOWL Minute }

usOWls thinks this is incredible news and wants you to know about the possibilities.

One of the world's top physicians, Dr. Eric Topol, has a prescription that could improve your family's health and make medical care cheaper. The cardiologist claims that the key is the smartphone. Topol has become the foremost expert in the exploding field of wireless medicine.

[Take a look at the video.](#) It's over 9 minutes long and worth every second. [Dr. Topol's Wikipedia page](#) . . . and he's written a [small library of books](#).

usOWls Says Don't Stagnate

Growing Things is the theme of this month's newsletter and follows my article of last month - learning.

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 who 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 household where people interact from the smallest baby to the eldest grandparent or great grandparent. No matter what age what 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; and do not become stagnate because life then becomes neither valuable nor necessary.

[Have some fun with these questions.](#)

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



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[FoxBusiness-Five Things Your Junk Mail Says about You](#) (Get passed the advertisement)

[Trusted ID Catalog Choice -Free service to opt out of catalogs, coupons, credit card offers, phone books, circulars and more.](#)

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[Reclaim Your Mailbox-The average adult receives 41 pounds of junk mail each year.](#)

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Lou Thompson - Director of Creative Technology - usOWLS



National Poetry Month

Five simple aromas

Will lift us from stressful comas,
and help us pause with commas like these delicious thoughts:

- Erase woeful fears with lavender in linens and towels,
- Rub basil on your chest and dream,
- Recall some moments with jasmine, add a smile to your prayers,
- Add bergamot in bitter citrus to help you feel safe,
- And let some chamomile tea sooth your tummy, and bless your skin,

But finally, and hopefully take time to
smell the flowers and pass more restful hours.

Michele Jackman

usOWLS.com

wants to inspire everyone to write a "poem" or get their thoughts on paper based upon experiences of the day. To help you get started, go to Poets.org.

Coming in May

- **Moms and Other Women**
- **Senior Month**



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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