

**usOWLs.com LookOut****It's about Being a PERSON Not an AGE**

In July we focus on independence and the pursuit of being happier with what faculties we still have and want to sustain!

Our motto and official trademark at [usOWLs.com](http://usOWLs.com) is that we ARE older, ARE wiser, and laughing all the way at what we have to face while facing it together! This month's item is about our fall programs and my sister's fall. Read on.

In the fall, **OWLWorks** will launch its "all age" vision, educational programs, and dialogues.

We see the need, now more than ever, to have broad-band programs, not just for the elderly trying to map out paths with personal "limitations," but to ensure the realignment of each of 11 decades with one another for mutual benefit and happiness. In the future, we will be featuring products and services that CAN keep us independent.

As CEO of this entity in its toddler stages, I am reminded of what Robert Louis Stevenson suggested, "**There is no duty undertaken than the duty to be happier.**" July, starting with the 4th and fireworks, is about liberating ourselves from myths and stereotypes, and the dehumanization that can occur if we consent to becoming a any kind of demographically or statistically defined person. Consenting to this may deprive us of jobs, new ventures, family support as caregivers, and



autonomy as care-needers. Ironically, while there are more programs offering services, the landscape becomes more confusing as we decide how to age successfully—from youth to being a centenarian. Worse, the attitudes of "trained" gerontologists may actually be

reinforcing the stereotypes that we all hope to defy. Finally, technology may be working against us and creating severe isolation rather than connection.

**We need to prevent the mental torture of losing independence and privacy** as one faces stereotypes in each of our decades. My vision includes young people being foster friends in the same way older folks can be more gen pals in really innovative sub-communities. We all could be mentors and generational "crossing guards" for one another every day as we all seek to be happier where we are.

**More important, we need to liberate ourselves from beliefs about "limitations" and learn how to cope.** As local cartoonist/philosopher/OWL Ashleigh Brilliant offered recently in a Pot Shot™, "Various pains come with aging, as if getting older were not pain enough."

**Several weeks ago, my older sister fell and broke her hip landing her into the daily realities of physical limitations.** As a former Social Worker, the incident returned me to my first career in the "skilled nursing and rehabilitation" environment. My sister was lucky to have a physician who would replace her hip (not just pin it) despite other medical constraints she has at HER age. **I was also there to fight for her as a PERSON and not an AGE.** The doctor (also mature) faced the Medicare maze head-on with cyclopean oversight, over-coming roadblocks, and won. The unlucky part for a very private independent person is living for a couple of months in Skilled Nursing where everyone is regimented and every act controlled.

She is in a great park-like facility. My sister is 77 has roommates who are 102 and 91. All are vibrant in different ways affirming my theory about 11 decades which are largely undefined for people over 80 with only physical limits. Being co-located with those of severe mental limitations is only more frustrating for them and for the staff trying to pass time with them.

What I am noticing from age one on is that we incrementally seek more independence, freedom, and **we become more unique (and feisty) not less!** Every Centenarian I have met is totally their own person often with humorous idiosyncrasies and demands. One woman, insists on cloth napkins at meals. These are not old people, but humans fighting to be valued and more independent than others think they can be. Sound familiar? It's been my life's struggle at work and in all relationships. We need to define the new interdependent ways we can help each other be happier.

**For me, it has been an eye opening couple of months of advocacy, up close and personal.**

There is definitely a need for the **OWLWorks** to provide fun and inspiring guidance for all decades and to confront the challenges they bring. Stay with us, tell others, and remain tuned in!

## { The **usOWL** Minute }

Are you a **CAREGIVER**? Many children of older parents have faced or are assisting with the challenges of aging. Our challenges come from being in a place we haven't been before - as individuals and a society. The strides made in the medical and health technologies allow us to live longer, and are out-pacing our experience to make sure that the everyday quality of life is maintained.

**usOWLs** recently found an article by Jeff Anderson that will give caregivers the helping hand they need to keep up with day-to-day care. He reports that "More than 50 million Americans care for an aging or disabled loved one a year according to a study by National Alliance for Caregiving and Evercare."

Anderson's article [The 7 Best \(and Worst\) Apps for Caregivers](#) says that "more than 44 million health-related apps were downloaded in 2012, so it should come as no surprise that apps for caregivers are a fast growing market." **usOWLs** thinks you'll be interested in this article.

### **usOWLs** Offers Cheap Travel

One of the best things about retirement is the freedom to travel. One may say that freedom to travel is contingent upon having the funds to do so. But, in this age of technology, **travel can be had at any price**, all it takes is an idea and desire. There are a myriad of avenues available to help experience both real and virtual travel.



Packing Not Required

There are any number of good travel shows on television, even if you only have basic cable, both superficial and in-depth that are a delight to the viewer. For computers, tablets, and smart phones there are apps available that make travel easy, and which are available for touring the world without moving from a chair.

We Googled "[virtual travel apps](#)" and came up hundreds of links to sites that will give you ideas, costs (many are free), and directions for use. **Google earth** is a must have app that lets you type in a place and takes you to that location. Once there, drag the little orange guy icon to any place on the screen to zero in on the street view. So, sit back and go to the app stores for whatever device you have, and download an adventure.

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



## Food, Recipes, & More

**How Artificial Sweeteners Work** - Many dieters use artificial sweeteners as a way to cut sugar without eliminating all things sweet. But did you know that some artificial sweeteners have almost as many calories as sugar? Find out how artificial sweeteners work.

[EDIBLE INNOVATIONS @ HowStuffWorks](#)

**Looking for a romantic restaurant or maybe a great Italian restaurant? -**

How about the best restaurants to take the family? Our Diners' Choice lists are the most reliable way to find the best restaurants in your area. After all, they are based upon hundreds of thousands of feedback forms submitted by diners who booked and honored their reservations through [OpenTable.com](#)

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**How many calories do adults over 50 need?**

Use the following as a guideline:

A woman over 50 who is:

Not physically active needs about 1600 calories a day

Somewhat physically active needs about 1800 calories a day

Very active needs about 2000 calories a day

A man over 50 who is:

Not physically active needs about 2000 calories a day

Somewhat physically active needs about 2200-2400 calories a day

Very active needs about 2400-2800 calories a day

*Source: National Institute of Aging*

At [usOWLS.com](#) you'll find more about eating well.

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

**usOWLS**

## Coming in August

**Vacations**



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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usOWLs | 26732 Via Colina | Valencia | CA | 91381