



Refresh! Bringing the Generations Under One FLAG of HOPE

June is busting out all over for **usOWLS** as pioneers. It is also the month following Memorial Day, the next stop is Flag Day, June 14th, followed by July 4th. We have developed this newsletter in preparation for our webinars and programs of value to you. With growing equality of genders we can now focus on ensuring equality of opportunity and support for people in all decades from the first to the last. There are more active Centenarians in the news every day defying stereotypes.



Let's start with a subtle addition to flag meanings.

The white signifies purity and innocence (younger), and the red hardiness and valor (OWLs). The field of blue signifies vigilance, perseverance, and justice.

Well, that fits **usOWLS** as well. I want to suggest that as all-age owls of every generation, we have two real categories—younger and older—and these are the red and white stripes waving at us. We want the younger to be wiser and happier, and the older to be young and fresh in their thinking. The stars represent the "stars in our community" intent on staying younger despite how much older they are getting, and the young getting to make a difference in the world now. The secret is in human, one-to-one connectivity, not cyber illusions of connection. An OWL chapter should have all-age representation for an exploring and learning OWL team.

When I wrote *Star Teams, Key Players: Career Strategies for Women* in 1991, I was attempting to document the phenomenon of my own generation and its achievements in a country that supports men and women seeking dreams. I read that the pioneer in us is a dominant characteristic as Americans. But pioneers need a team of all-age support with various skills sets to get to our desired destination. Who is in yours? Through reverse mentoring you can use the web for communication and connection. The younger generations can benefit from our wisdom, our resilience, and support when things are a struggle for them.

I see the American flag flying to define us as pioneers defying age as the measure, and reaffirming that collective views and experiences of all generations is the answer to any call we have now. My findings still hold true for all-age competence. The five star qualities of a key player in 1991 were and still are:

A sense of mission or a passion very specific to you

A need for new experiences and the challenges they bring

An ability to stay focused on goals and results we are seeking and to be open to change our plans

An awareness that one needs others, and consensus and that we all need a support team at all ages

An underlying faith in the game and in oneself as a player. In this case we need to be personal advocates for each other.

Start talking to these younger people, and get younger yourself. Create a small OWL chapter and tell us what you are doing to prevent situations of any-age prejudice.

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

{ The usOWL Minute }

Council Bill Would Crack Down on Proliferation of Adult Day Care Centers - New York City officials said on Thursday that they would introduce legislation to crack down on Medicaid-supported senior day care centers that lure relatively healthy clients with enticements like free takeout food and even cash.

Joan Pastore, director of Amico, a city senior center in Dyker Heights, Brooklyn, said members of the center told her that they were not only signed up by new centers with enticements like \$100 in cash and \$50 for bringing a friend, but "coached on how to lie to qualify for home care."

[Read the whole article.](#) If you agree with **usOWLS** that this trend is not how we want to manage the care for our family, friends, or ourselves, consider exploring the adult day care center in your community. If you believe there are problems, share the New York City story with your elected officials.

usOWLs Special Days or Not?

It seems like every month we celebrate special days. Some are obvious, such as in May-Memorial Day, honoring those we had kept our Nation safe; and Mother's Day, honoring all mothers of the world. Now, is it June; and the big day is Father's Day, honoring fathers, as we do our mothers in May.

What most people do not know is that every month there are days set aside as special either by individual choice or enacted by Congress. Some examples of June special days are: National Yo-Yo Day, National Doughnut Day, Donald Duck Day, National Hollering Contest Day, National Splurge Day, Ice Cream Soda Day, and so forth. It is very amusing to look at what has been chosen as special and celebratory, but it also somehow degrades more important special days such as Memorial, Veterans, Mother's and Father's Day.

Greeting card companies like the multitude of special days because business is brisk. Maybe it is my age, but some things should stay special. We should celebrate and honor fathers and mothers, but leave nursing assistants or vegetables to honor themselves.



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

Good Foundations = Good Decisions



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- Finances
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Check out the state-by-state links for government supported senior/elder/aging pages. One of the many links is SeniorLiving.Org - A complete and unbiased resource for find senior living options and our articles can help seniors get the most out of their retirement. Just follow the 4-step approach to find the best senior care.

Another interesting and helpful link will take you to Benefits.gov - A partnership of many Federal agencies and organizations with a shared vision - to provide improved, personalized access to government benefit programs.

[Make good choices when considering insurance.](#) Learn how to avoid those deals too good to be true, and stay with highly rated insurance solutions. Check out stories on strategies which can help you

survive those extra decades you now have.

Lou Thompson - Director of Creative Technology -
usOWLs

Coming in July

Independence and Freedom



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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