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March 2013

Forward this e-newsletter to three of your friends.

usOWLs.com LookOut

March is the Month to Revitalized

It's March already? This month, and beyond STAND Up for what you believe, stand out in a crowd with your confidence, and don't stand for any stereotypes about how old you are, look, or are getting. On the light side, it is Big Bird's Birthday (20th) Barbie's (9th), Dr. Seuss' Birthday (2nd). It is also National Women's History month. Start making it with your own refreshed story.

In fact it is March *madness month* where you go on an adventure, redecorate, and have lots of parties with friends you have not seen all winter or for years? Change some routines and create a redefined, forward march to some vision. March is the time to stop the things tying you down, and get out there again doing things you want to do. Replace the old days, and current daze, with



usOwlWorks days—one a month to start. We will be starting our first webinar next month to assist you with the Colors of Your Humor (one of my best seminars) for *April I am no Fool's Day*.

In Ireland, for St. Patrick, everyone goes green. Find your inner-good leprechaun and create some meaningful mischief. Get connected to your own "IREish" (mad as hell about something) and do something about it. If you are a "sandwich-owl," cheering on both kids and parents, throw a family party, but tell them you are not inviting any current drama. Construct a fun family event of benefit to either the oldest or youngest. Conquer any *leprechaun's* mischief making you feel, act, or look old. Do something about the things you cannot stand to face. Take charge of your physical and mental clutter, conquer ONE fear, and do something worthwhile (one little thing) that also keeps you connected and learning more. If retired and floundering with too many options, you can

also visit iparticipate.org for volunteer opportunities.

Still at work like most OWLs? Show 'em a surge at work and stay productive. Show some excitement, toot your own horn about coping and resilience. Told to me by one Owl, "When I went in to retire for the umpteenth time at 86, I turned around and walked out with a new project." Stop any stereotyping about your age or performance. OWLS over 50 are the most productive, are the savviest, and use the least sick time.

Don't let your doctor bully you into aging. You don't need a zillion pills per month. **March into Life** harnessing your own life force and STAY there. Get 2nd opinions before you lose control of your health.

If you love children—go on an OWL—watch with a phone/camera. Help at a school, read with or tutor a child, become a "grantie" (grandma—aunt). Many children have spent NO time with older people, even are afraid of us. Hang out at a playground after school and stay on OWL—watch for parents and children.

March is the month for a revitalized garden, when seeds you planted, or weeds checking you out come for a visit. Make it a colorful month where your life bursts into color.

If you believe in second or more chances for people, reach out to others in need. Visit and adopt a Veteran and their family.

If you are starting a new career or business—start advertising and spreading the word about the services you offer. Take an upcoming usOwlWorks course to boost your business.

At the first meeting of the Santa Barbara Owl Parliament on the eve of Valentine's Day, we learned people want to do something more, excavate their old life, find the lost passions, rekindle interests and increase their learning.

Finally, if you love to dance, organize a prom for your friends.

As the budding of spring approaches, make March a re-birthing for you. Refresh your space, rethink your life purpose, set multi-career goals, and renew your vows to yourself, on behalf of yourself. **Give your life the biggest hoot ever!**

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



The usOWL Minute



usOWLs found a great website we think you'll enjoy. LifeHack.org is a blog . . . don't go away yet! It's organized into these 7 categories (examples included):

- Communication – You teach people how to treat you
- Lifestyle – How to Clean Your Headlights with Toothpaste
- Money – When in doubt, don't buy stuff
- Productivity – Whenever You Mistype a Word, Delete It
- Technology – The Best Strategy for Creating Easy-to-Remember Passwords
- Work – Do You Control Too Many Things?
- Relationships Guide – Ways to better relationships

The only problem we have with this site is the placement of all those ads . . . here, there, and everywhere. But it's worth wading through them to get to the fun and interesting topics.

usOWLS is

Taking a Stand on Educating the Over-55 Crowd

As I was reading an article by Karsten Strauss entitled, "The Next Generation Cane – Happy Birthday, Grandpa!" (Forbes, February 26, 2013), I was struck that it somewhat dovetailed into our **"Take a Stand"** theme of the month.

He talks about how important technology is to workplace and social life, "but it can also have a dramatic effect on the lives of non-mainstream consumers, like the disabled and the very old." I think it also has a dramatic effect on the over 55 crowd who are faced with emailing their children and grandchildren, as well as communicating with banks, investment accounts, social security, Medicare, and a plethora of other day-to-day activities.



Our **Owls** need to be trained not only on how to use the myriad of technological equipment and software available, but also need to know where to go to get instruction and/or education to use them. usOWLS likes www.lynda.com, and there are numerous other educational and instructional sites on the Internet. However, we, as the over 55 crowd, need to "Take a Stand" and tell these educational/training sites that some of their instructional modules need to be addressed to specific learners such as the over 55 crowd, many of those who are soon retiring and will undoubtedly be thrust into a world of technology that prior to retirement had been a rather small part of their entire life.

Today, business is conducted through the Internet including companies from utilities to the corner grocery to customer service. Most automated phone attendants tell users that for faster service "go to our website." Therefore, we need to **Take a Stand** and let educational providers know what usOWLS need to educate ourselves in this technological world.

For your amusement, below is list of "Texting Codes for Oldies!" making its way through

the Internet:

- * ATD– At the Doctor's
- * BFF – Best Friends Funeral
- * BTW– Bring the Wheelchair
- * CBM– Covered by Medicare
- * CUATSC– See You at the Senior Center
- * FWIW – Forgot Where I Was
- * GGPBL– Gotta Go, Pacemaker Battery Low
- * GHA – Got Heartburn Again
- * LOL– Living on Lipitor
- * WAITT – Who Am I Talking To?

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

Is your brain engaged?



lumosity

Here's a terrific website that will give you brain strength to tackle what life throws at you everyday. Lumosity.com

usOWLs.com wants you to visit the [learning pages](#) of its website to get more useful links to places to help you stay engaged.

How's Your Driving?

Be safer on the road! Read from the AAA Foundation website . . .

"The AAA Foundation for Traffic Safety has partnered with Posit Science to bring you DriveSharp – a software program that is clinically proven to help drivers see more, react faster, and cut crash risk by up to 50%. (There is a charge for this software.)



"Our brains begin to slow down just slightly beginning around age 30. Over time, it begins to take the brain longer to process information and also makes it harder to ignore distractions. These changes can hinder driving safety. Reacting to a situation while driving involves three steps: sensing, deciding, and acting. Even if your brain is just a few milliseconds slower at taking these steps, it can mean the difference between reacting in time to avoid a car crash."

At this website you can measure your risk for having an accident while driving. At the end of the test, you'll be given a score and the opportunity to purchase DriveSharp for \$49.

[Check out the website here.](#)

Lou Thompson – Director of Creative Technology – usOWLs

Coming in April

- **Growing Things** not necessarily in your garden



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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