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May 2013

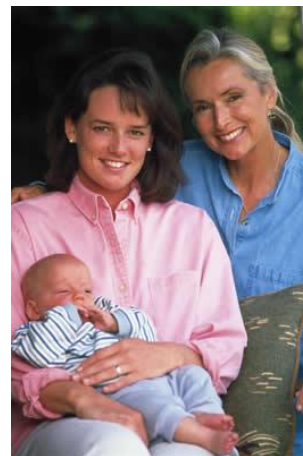
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usOWLs.com LookOut

Can it be May already?

This May:

- Option #1 PICK ONE STEREOTYPE about aging and defy it in your own life!
- Option #2 -Adopt a MOM or Daughter to share ideas, love with. If a guy, go out and share your knowledge with younger men, many who had no Fathers or Grandfathers to guide them. As you know Father's Day and Flag Day are next.



May includes days like "Mother's Day" which could be renamed mentoring day.

Mother's Day is an international phenomenon going back centuries before it was a commercial adventure in America. Ironically, it was invented by men, acknowledging how they arrived and thrived. It actually celebrates the "**contributions to society**" of Mothers and other women who mentor and support others in loving ways. **In OWL-terms May is a time for refreshing good memories and seeing oneself in bloom for new adventures.**

The definition of Muth'er in the dictionary is interesting. It is one who *guides, chides, and glides*. (Like an owl?) It also says:

Healer of wounds seen and unseen, someone who can be counted on to help when needed.

Let us heal or let go our own wounds first this month!

May is also the month celebrating liberation from tyranny in many other places around the world. May is the time to be SELF centered, which means focused, relaxed, and clear about what you will tolerate and won't as life progresses. It is also a time to be with an ageless group of owls who can assist you with support and laughter.

At usOWLS we think of it as a rebirth and refreshing of one's own life having survived a winter of challenges.

In usOWLS terms that means dusting off our gifts as *birth rights* and using them in a new spring for growth and focus. It means nurturing and birthing a new self, free of stereotypes, and moving beyond physical images of ourselves.



May is a time for OWLS to hoot, letting people know who and where we are, to reconnect with memories of the power of good mothers, and to harvest what we have been creating in our lives for a whole NEW season of light and accomplishments. Get out that bucket list of promises made to yourself! Pick one before summer and keep it!

My mother died shortly after my second birthday.

Many of my friends have less positive mothers. As a mother, I know mother-daughter tensions are predictable.

They did not get what I received from the many women who acted as mothers for me (who had lost their own children or were unable to birth. These women cheered me on, ultimately making me a strong and creative soul. It is not too late to find or be a good mother or be a **grand mom** to other generations. Their focus with me was always on what I **COULD** do with my life, and their message was to live every single minute whether oppressed or depressed. They were OWLS in every sense of this concept and they were ageless in their approach.

What seeds have you planted for this spring and summer? We are still out there flapping our wings, using our talons to stay connected in a world of increasing ageism and redirecting ageless energy sources into social connectedness.

Both Owlhood and Motherhood represent new life forces, endings of winter or loss, and a time to refresh the screens, clean the windows and views we have about our lives. **Get your OWL Chapter going and let us know what and how you are all doing.** Help us broadcast ways **usOWLS** are staying away from health care systems treating us as old, financial gimmicks going for our funds, and other scams pandering to our fears about living longer, being disconnected from others, or ending up poor.

Now, is the time to connect with what you want in your life, instead of buying gold. Get the lead out of your golden self in these gold mining years.

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

{ The usOWL Minute }

usOWLS found this interesting website. We know it's a retail site and we don't necessarily recommend you use it, but it looks like a great resource for you and your family.

"firstSTREET offers unique gifts and gift ideas for all occasions. Shop now for our best sellers and great gifts for dad, mom and the entire family."

What drew **usOWLS** to this site was an ad in a magazine for a touchscreen computer designed for

Seniors, not their grandchildren. [Take a look!](#)

usOWLs Passes It On

As we became older, I think we become more jaded about the world around us: News is often distressing, wars, murders, terrorist bombing, poor economy, etc. We rarely hear about the good things in life, how the majority of people are kind and helpful, not out to "get" whatever they can from you.

Recently, I have found out I needed a total knee replacement, have set an operation date. However, prior to the operation I have become somewhat disabled, often using a cane to get around. I am astounded how kind and helpful strangers are.

I go to the grocery store and the customer behind me offers to put up my groceries for me, a man noticing that I am having a hard time loading packages in my car, loads them for me. My neighbors fix a flat tire, take out the garbage for trash day. People opening doors, guiding me up stairs, and performing other kind acts toward me. As I look around me I am also observing more of kindness to others from others. My prior mounting skepticism of life has been alleviated.

What I thought about life getting harder and more violent is more than offset by my new awareness of my surroundings initiated by my knee problem. And, I would like to take this month's newsletter to honor the kindness of all people to Seniors, which occurs not only this month, but year long.



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

Interested in Public Policy and Inter-generational Teamwork?

Do you think these activities have merit?

- Improve the lives of children youth and older people through intergenerational collaboration, public policies, and programs for the enduring benefit for all
- Create a world that values and engages all generations
- Bring single-age focused groups together to build and support a common agenda while providing a unique voice in public debate
 - Honor, support, and engage all ages



usOWLs believes that these actions are worthy of discussion; especially in these times of push-shove between the generations. Our politicians advocate a significant difference between youth and older Americans. They are pitting social, economic, and age-based groups against one another. Let's put our foot down and SAY NO! Separating us from one another only leads to our weakness and their ability to control.

usOWLs has found an interesting website with a focus to keeping the generations engaged with one another. This non-profit organization's mission, values, and goals are those mentioned above.

GenerationsUnited.org works to ensure an intergenerational approach to public policy that impacts children, youth, and older adults.

"Generations United believes that public policy should meet the needs of all generations and that resources are more wisely used when they connect generations rather than separate them. We promote an intergenerational approach to framing public policies that impact children, youth and older adult issues."

At the website, you can read about the ongoing work of Generations United in collaboration with major funders. Sign up to receive policy e-alerts. Open all the web pages to get an idea about how you might become engaged.

Lou Thompson - Director of Creative Technology - usOWLs

Coming in June

- **Celebration - Father's Day**
- **Getting Ready for Summer**



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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