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November 2013

Forward this e-newsletter to three of your friends.

usOWLs.com LookOut**Welcome Thanksgiving: We all made it another year!**

As I write this today, it is only 13 days to one of my favorite holidays in this year 2013. Thank goodness the turkey was chosen and not an OWL for that first feast.

Let 's listen to the message of the OWL and avoid the lack of wisdom the poor Turkey experiences with the limited capacity to save itself. In celebrating, we need to make sure we are *not putting too much on our plate, both literally and physically*, as we go forward. On the heels of celebrating our Veterans, we need to build our community of ageless, selfless owls sharing the harvest of our wisdom with acts of commitment and kindness.



Bet you didn't know that Sarah Joseph Hale, author of the song we all sing or play, "Mary Had Little Lamb, " convinced Lincoln it was a much needed holiday-which he proclaimed in 1863 as the last Thursday in November in the midst of endless war, just like today, and in that very dark time of division.

Thanksgiving has many legends and myths surrounding it, but clearly the theme is *to celebrate our survival with a feast from a harvest of the year's positive works*. For me, it will be an exciting and anticipated moment of light and laughter after coping with the new darkness of the fall season when we change our clocks, both inner and outer, and re-synchronize our habits. I am still adapting to all the darkness I see and feel with fresh insights and determination to light the way and lighten load, if I can.

In my new **OWLWorks** seminars, one of the first things we do is trace one of our hands to reveal the most important demands of life. For participants, it reminds them of the *turkey* they drew in Kindergarten. For international members of our community, it seems a wonderful expression of community where they are accepted as welcome guests to our table.

In tracing this hand or turkey diagram, I emphasize the four intentions of us humans and owls: *1. to get things done, 2. done right and well, 3. to get along in our diversity and uniqueness, and 4. to acknowledge our talents and wisdom. Most important is the fifth finger-make each moment more fun or positive*. Let's face a new winter of challenges with hopeful courses of action and with our laughter conquer any fear. Let's remain wise in the face of darkness with this high five attitude.

The bird gets bigger each year as I celebrate life with my grandchildren and friends with no place to go. I remember people missing from my table with a smile, as I share with people in need. This holiday is **STILL** about protecting the choice to believe and our beliefs about choice at all ages. Mostly, it is about reaching out and converting strangers to friends in ways that promote all our lives.

Here is my OWL advice-for always and not just in November:

With your **HEAD**, listen to what is really said that enlightens and does not depress or suppress.
With your **HEART**, listen to what is not said and needs to be said with love, and thanksgiving.
With your **HANDS**, do the things that create a healthier life and more pride; reach out to seniors alone this day in some way.

With your **BODY**-react with enthusiasm, be present with healthy laughter to regain balance.

With your **VOICE** share your wisdom, singing in any darkness you might face, so all of us can hear it as a song of patience and resilience.

Welcome Thanksgiving: We all made it another year!

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

{ The usOWL Minute }

When-Is.com - Need to know when a holiday lands on the calendar in 2019? Check this site for dates of religious and civil holidays around the world.

Best of History Web Sites - created by EdTechTeacher, is an award-winning portal that contains annotated links to over 1200 history web sites and activities.

EnlightenLists - A database, created for a website that publishes daily, on interesting and entertaining yet educational knowledge of the world around us.

usOWLs Says - iCloud Syncs Life!

As one ages, consistency seems to be more important in all aspects of life. I have found that consistency, especially in the technology area, is important to me.

As most of you know I am Apple biased. One of the reasons for this bias is the synchronization of Apps such as calendar, contacts, notes, reminders, Number and Pages, all of which can be synced and assessed through iCloud.

I no longer have to carry a datebook because I can see dates/appointments no matter where I am using my iMac, iPads and iPhone. When I have a meeting, I can carry my mini iPad and access all my documents through iCloud.

In keeping with my Apple consistency, I have a subscription to Macworld to keep up on all things Apple, including helpful hints for better utilization of products. In the November 2013 issue under "Help Desk" there was an interesting Q and A entitled "Five Reasons to Buy an iPad".



The question was written by a senior citizen whose family urged the person to buy an iPad. I refer all who have been thinking of purchasing an iPad to read the article and then decide if an iPad is for them, keeping also in mind why I recommend Apple products!

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

Are You Safe in Your Home?

When the time changes, it's my habit to change all the batteries in the smoke and carbon monoxide detectors in my home. Safe-thinking!

usOWLS has some pretty interesting links to sites that will help you create a safe home. Check out the [Home Safety page at](#)

usOWLS.com

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We also found this [Consumers Guide to Home Safety for Seniors](#) published by the Society of Certified Senior Advisors. It's free for you to print and take.

Lou Thompson - Director of Creative Technology -
usOWLS

Coming in December

Gifts that Truly Last



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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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