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October 2013

Forward this e-newsletter to three of your friends.

**usOWLs.com LookOut**

What are you carving up for yourself this month?

Put a SMILE on that Pumpkin and light yourself up! Unmask and show who you really are!

**Is life a set of Tricks of Treats? This could be a very important LIFE question this 2013.**

**The trick very day for me is to stay older and wiser rather than acting older in the wrong ways.**

In my view, we OWLS need to go to the "party" every moment while presenting ourselves as we WANT to be, not what we think we are, or have been told we are. The trick everyday is to unmask and debunk. At all ages we face stereotypes. Remember when we were too young? Are we really too old for childhood costumes and new customs? October is about falling myths not just falling leaves, whose time is past.



**The TREAT is that you will feel like a "new leaf" . . .** Time to get rid of goblins and ghosts that still haunt you . . .time to treat yourself to something wonderful. The trick is to engage all ages head on and without regard to age so you can conspire and concoct a better brew for living and working.**Turn over a new leaf now.** The monks who made illuminated books called their pages "leaves" and painted them with the resilience of gold giving old words a new look.

**What's one more candle? It's just more light for the darker days of fall.** Say NO to perceptions of things daunting or haunting, NO matter how physically limited you may feel at times. As a Centenarian reminded me: *Rejoice in the knowledge of things you are still doing.* Laughing at absurdity is one of them that won't end. I move slower now than when I was 8. However, now I actually see more, appreciate what I see, and learn from everyday without letting others control my choices.

**Find new TRICKS to share and Treat yourself in 2014-**Use your *tricks of the trade* in new ways. One of my favorite films was a film with Walter Matthau and Elaine May: **A New Leaf**-helping every generation succeed at their ideal goal. Check out the buds on the tree of life now: Young people making millions with their ideas before 21 with products needed by society. Every generation is challenged to make a life now, not just a living. We can all be the *ageless OWLs giving a real hoot about ourselves, and new older or younger friends.*

**The TRICK:** I can re-create the creativity, boldness, and determination to follow my inspirations with



glee. My fear of failure is gone because it is so unimportant . . . it happens. What still grows within me is not the number of days or years, but the growing things I can laugh about with glee rather than fretting!

**Say Boo rather than Boo-hoo? And Go for it! Knock. Knock.**

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

## { The usOWL Minute }

**us OWLs wants you to think about this: What are the costs of self-diagnosing?**

"Guess what? People are more likely to diagnose themselves with a rare illness than other people with the same symptoms. And that's no minor misstep: It can lead to anxiety, stress, unnecessary (and costly) visits to the doctor, and possibly even stress-induced illnesses." [Love to Self-Diagnose? Bad Idea, Study Says, July 30, 2012 by Theresa Tamkins](#)

Reader's Digest has some good sense to share. [5 Dangers in Trying to Diagnose Yourself](#). No matter what web site you're using, remember that self-diagnosis is a bad idea. It's not as easy as it may seem and could lead you to incorrect conclusions.

### **usOWLs Says – Put Yourself Out There!**

Fall has always been a favorite season. The hot summer is gone and the cool days and nights have arrived. It is a good time to relax, reassess, and think about the balance of the year, including the joys of the coming holiday season.



It is said that the holiday season ahead, beginning with Halloween is a hectic, stressful season, with gifts to buy, parties to attend, and for some t

he dread of solitude. But this season is not about buying, partying and feeling sorry for oneself, it is a time of sharing, giving and spending time with others.

Those of us who are alone can volunteer to help those in need such as food pantries, help serve meals for Thanksgiving and Christmas, purchase gifts for children, aid in helping our veterans. There are so many ways in which to

help others, so it is incumbent upon those of us who are able to help others less fortunate and not wallow in our misery of loneliness and self pity because the holiday season is one of joy for all. Put yourself out there!

**Patricia Brem, MBA, MA** - Chief Operations Officer - [usOWLs](#)

## Need Some Humor in Your Life!

At the [usOWLs.com](#) website, you will find a section dedicated to links to other websites that will keep you in stitches!

The [OWL Cafe](#) is just the place to sit down with a cup of java and have a good laugh. Check out our links to humor, quotes, and more.

**Lou Thompson** - Director of Creative Technology - [usOWLs](#)

## Coming in November

Being Thankful ~ Watching Out for You . . . Mentally,  
Physically, & Spiritually!

Preparing for the Holidays



[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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