

April 2020

OWL Café

Optimism,
Wisdom,
and Laughter

usOWLS.com

Project of [Michele Jackman Enterprises
and Adventures](#)



The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.



Photo by Paloma Longo, age 12

***Last month we told you there are 200 viruses out
there aiming at us.***

Even more contagious #201, COVID-19.

OUR THEME: PROMOTING IMMUNITY TO COVID-19 WITH OUR "SENSE OF HUMOR-2020" defined as seeing the bigger, more optimistic picture, and let's act wisely. My own young grandson warned me about the historic "wine flu." Sounds right.

It's April Fool's Day again! The hoax this time is to be afraid of germs! We have ways to respond and do wise things now with our intelligence and optimism. This is serious stuff which is why a "sense of humor" is crucial to boost immunity, and keep things positive and in proportion.

We still have connections and options. This pandemic is being dealt with intelligently by preparing for enough beds, providing equipment, and personnel to handle a mass society. This is what I call a "whoopee response" to a serious heart-stopping moment of WOE's. Like the wars before, we have mobilized as much as possible in non-partisan ways to prevent loss of life for elders, most vulnerable target for this virus.

Our message to you this month: Don't be a fool or act foolishly financially, medically, or spiritually. Use all your own "good sense," experience, and best stress management techniques that work for you—this is simply a "grinding halt" to what we usually do, and there can be *creativity* in chaos. There are some new rituals and discoveries as we "social distance" from harm. But we can connect even more often in new ways using technology for our social and intellectual needs. We can stay "in touch!"

Reminder: We also offer lots of resources in our OWL links to cheer you on, and for various issues you may be facing.



TIME TO YELL "APRIL FOOL" as a society and bend the curve of affliction and avoid any *hoaxes or scams* (check with local law enforcement) that exist to make things worse.

One message is that we OWLs will die from this virus as the most "vulnerable". Maybe, maybe not, depending on what else we are also fighting and how. The word is *compromised*, not "doomed". In Italy, where my family originates, the average age at death was in the mid-80's plus and very ill. Keep in mind, others, even older people have survived.

BUT BE VIGILANT: Let's be vigilant as a *real owl* and remain skeptical of some advice others offer. Thank God we immediately chose to rebuild, build up our health system first as we tackled this pandemic and literally stopped the clock on all activities.

Rather than fear, let's be on the lookout for "hoaxes" and new criminal scams with intelligent physical, mental, and spiritual responses. Let's just stick to science and experts dealing with this in a non-partisan way. **GOOD**

NEWS: Taxes deadlines extended, loans extended, new service options are created, and others get a boost.

TIME to drive out fear and act wisely. Have faith in our Country, its resourcefulness, resilience, and its determination to bend the curve of affliction and recover!

Decide to cope!



DO NOT BECOME A VICTIM OF RATIONED CARE BASED ON THE LACK OF RESOURCES IN YOUR COMMUNITY OR ATTITUDES ABOUT AGE AND HEALTH STATUS

Your life could be measured by what it costs to keep you alive. The UK uses a cost assessment scoring of your wellness levels called "QUALITY-ADJUSTED LIFE YEARS" (QALY measure) alongside with the availability of beds and pressures.

*"**RATIONING** of health care is deemed necessary, unavoidable (really), and ethically complex with regard to levels where health care is rationed, and the transparency of rationing are important structural considerations in creating a sustainable health care system." (Wikipedia)*

One article, published in 2009 suggests, "**Why we must ration healthcare?**" You can find these articles under the label of "medical rationing," a widespread practice in socialized medical systems across the world where medical resources are inadequate for demand or costly. This is a dangerous philosophy solely based on AGE, and not fitness overall. At its extreme, this could mean our new **genocide**, based on **numeric age only**.

Called the **Quality Adjusted Life Years (QALY)** to make it sound rational, this index used in European socialized medical systems, where medical decisions are based on YEARS left to predictable death and cost — a serious subjective decision, a sentence to "hospice only" care. Rational, yes, and also dangerous as an assumption.

PREVENTION



TIME TO TAKE YOUR HEALTH MANAGEMENT INTO YOUR OWN HANDS: Reduce health risks and increase quality of your own life years! We can still say "APRIL FOOLS" when others think we are finished.

Follow those practices which will mitigate your assessed risk levels to the greatest extent possible. Boost that "Quality of Adjusted Life Years" score you might get. Many bad habits are reversible and now we cannot laugh them off!

Resource: **Check out Dr. John Puma at drjohnlapuma.com on ways to mitigate your own risk, which includes a "sense of humor" as a booster.**

He mentions three well-documented non-food sources of IMMUNITY besides the usual advice about vital minerals nuts, veggies, and vitamins. Other ways to counter chronic inflammation:

1. **Walking through a forest or green area, if one is near, for two hours;**
2. **Green oasis or park-like setting**, with the sound of water, fresh air, and calming images all around you like watching kids from a safe distance;
3. **Just choose a window or scene within your own environment** that leads to stimulation, vitality, a calming view, and hopeful thinking. Add reading, art, or music and a beverage.

Bottom line: Keep on moving mentally, physically, and with a strong spirit!



TIME TO MAKE EACH MOMENT, AND MOMENT TO MOMENT MORE FUN THAN IT IS SUPPOSED TO BE!

TIME TO KEEP OUR SENSE OF HUMOR ACTIVE, FUN AND

APPROPRIATE: You have photo memories that can activate a coping smile. Laugh while washing hands to boost your lung capacity. Sing the Happy Birthday song 2X. Sing your favorite—mine is “Singing in the Rain” and it is raining where I sit. Create some invisible bubbles of laughter as you build lung health—there is online **LAUGHTER YOGA** as well! Better yet, blow bubbles, (grandpa is in the back) great as a breathing exercise for lung health.



**TIME'S NOT UP! WORKING ON LONGEVITY IS STILL
THE BEST RESPONSE
NO ONE WILL GET OUT OF LIFE ALIVE.
BUT IF ONE STAYS ACTIVE, ENGAGED, ALIVE
THERE IS A CHANCE to prolong a quality of life...**

As the late Norman Cousins taught us all, there are healing properties in smiling, laughter and mental joy in times of illness that help or heal when deemed we are unable to be cured. Read online the [Anatomy of Illness](#) to see how he dealt with his own *rationed* care when told he was doomed. Funny movies are available that will lead to nostalgia, a great *drug* with its immunity boosting powers. Check out the movies on our [OWL list](#) and remember them now.

TIME TO MAKE YOUR OWN MENTAL SANITIZER, AS WELL AS HAND SANITIZER

Kill any *germs* of fear, pessimism and negativity with April showers of hopeful action with the joy and energy of coping and conquering this pandemic.

Here is the favorite Biblical suggestion of evangelist Pat Robertson who just celebrated age 90, and still directs so much worldwide charitable work: his OWL mantra:

***Isaiah 46:4 Even to your old age and gray hairs...
I will sustain you. (NIV)***

Let's make this April a season of healthy responses without pranks, or scams and with more cheering ON. Yes, please still give a hoot!

More on creating your own May pole next issue.



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