

August 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.



Sending you a new Raptor to get to know . . .

While I was struggling to choose content for this newsletter, I was lucky to “get a sign”—a White Eagle—rare and impressive as an owl can be, flew above my car and remarkably close—an amazing sight. It is symbolic, according to many native cultures and mystics, with positive themes: Optimism (yes), prosperity, spiritual connection with the divine, fresh opportunities. *It also advises that one must change course* according to one tribe. I believe it to be a sign of “changing my course” in dealing with COVID culture changes in my own life.

Is this possible? Month 5 of 2020 with no real relief from the pandemic for us OWLS and **Optimals** (term I offered last month). I even find it harder to face the end of my own old onsite business model as a speaker, facilitator, trainer. Do I even have the energy amidst all this woe surrounding all ages to add more technology? Well, yes. New opportunities do not always show up in fun ways and technology gives us connection to continued wisdom.

I have the gift of another year alive and well! I am also "chronologically" enhanced this month and will launch hopeful and creative courses of action if I want to continue to work and have my birthday wishes come true?



This month we will be adding a new opportunity to connect with usOWLS!

We can now have ZOOM capability which will allow us to offer a FREE, FUN Café dialogue and will invite others to present topics of interest to you while we share a beverage from our own sites.

If you are interested in joining us—we plan a 3rd Wednesday @ 10 AM encounter each month, starting in August. Let us know if you will join, so we can include you. You will then be notified by email with a zoom access code or phone option. Contact me at michele@mjackman.com to join or to call in to listen.

We will present a theme, some guests, and a chance to ask or send questions. I will be able to share ideas on OWL Adventures and future resources in ongoing newsletters and training programs through OWLWorks.

This is one way we are “changing course,” still offering courses, and staying current!



**Forget COVID: Time to watch out for those
home-based injuries**

There are three new cases of serious falls I learned about this month and I read an injured psychologist's article on his own "lesson learned" as an "Optimal".

The lesson: **We cannot do what we should no longer be doing!**

His message: Get outside help and connect with people who provide the business you need.

It is best not to become a *fall risk*. We do get stubborn as we mature, thinking we can climb ladders, do heavy lifting, and still do things we "used" to do. Some of you out there are fully capable, but that can change quickly—especially if you live alone. Think safety and check equipment at home. Another friend had an old ladder collapse and broke both hands. We have limited health care now, so it is up to us to be more careful.

The worst case: A friend tried to capture a shot of the recent comet sighting while standing on a stool on a porch with no railing (being repaired).

Fortunately, that friend was not killed and did not get the photo either. My prayers are for her survival from several broken ribs, and vertebrae, and other psychic injuries as well for this long journey back.

Others I know fell painting their own ceilings, doing their own construction work, and the one ended up covered in paint. Another blinded by their masked with fogged glasses tripped over a concrete parking block with serious hip injuries.



Tired of Worrying, Coping, Struggling to deal with family isolation?

There are excuses we need to counter for these "end-of -life prisoners" simply based on age.

It is time to get creative! A woman was told she could not visit her husband in a rehabilitation center, so took a job there as kitchen staff and got to see him every day, monitor his recovery, getting paid to visit, watch what he is eating.

Another regularly brings the grand-kids into the nursing home courtyard and insists on an outdoor visit and a song from kids from a safe distance. Kids also have phones now and grandparent conversations are really important to them.

We are missing basic contact, weddings, births, memorials, church services unless technology can bridge the gap safely and humanely. We can still have these events safely and should following guidelines. Isolation is much more dangerous for recovery from any condition.



Finally, Stay on the LOOKOUT!

On July 16, IRS released their 2020 "list" of tax related scams, with a new emphasis on COVID virus tax relief and loss of economic payments. Visit the site to see the usual cautions about phishing expeditions, demanding, and threatening calls to non-English speaking people (e.g. messages in Chinese), fake charities requesting funds, and all kinds of other not so obvious scams. Visit IRS ["Dirty Dozen Scams" at IRS.gov](#) and the 2020 list.



**Adapting to a "Change of Course" with our MINDsight:
As an Optimist, we still must admit the glass is half**

empty these days, our response should remain on the positive side each week:

- On Monday, there were constantly people trying to separate us by AGE, race, sex, region, or creed and lots of stressful news about life and the pandemic.
- On Tuesday, we remained active with groups, we decided to stay involved with co-workers or friends regardless of these categories and despite them. We sought time with younger friends and family—did fun things—used technology to assist without dominating our time.
- On Monday we discovered there were few usual and inspiring outlets: concerts, art shows, dining places, church service to attend this week, etc.
- On Tuesday we decided to get our masks on and meet with folks in open space, fresh air, and have a “poetry sharing” group, make something for the home-bound, deliver things. Just adapt for a safe the distance.

On Monday we emailed the latest appropriate jokes and personal stories, nostalgic photos and felt alone and deprived.

On Tuesday, we laughed most of the day at how silly it is to be too serious and feel trapped, and we reconnected with others, while also doing what we ENJOY best!

See you at the Café?

If you would like to attend the August 17 [café](#) event, please follow the directions below to add Zoom to your computer. If you are already using Zoom, you need to do nothing.

How to download Zoom on your PC

1. Open your computer's internet browser and navigate to the Zoom website at [Zoom.us](#).
2. Scroll down to the bottom of the page and click "Download" in the web page's footer.
3. On the Download Center page, click "Download" under the "Zoom Client for Meetings" section.
4. The Zoom app will then begin downloading.



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