

February 2020

# OWL Café

Optimism,  
Wisdom,  
and Laughter

[usOWLs.com](http://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.



## **usOWLs.com – Over 10 YEARS now! RISING TO OCCASIONS in 2020**

**YES! WELCOME BACK TO THE OWL CAFÉ** where we **LOVE** assisting you with **LINKS** we have researched, **WISDOM** from conversations last month, **CURRENT WARNINGS**, and some **FRESH IDEAS** to consider for your Longevity as an **OWL!**". At the OWL Café, we hope you **LOVE** our space and always feel served. Here, at our Café you don't have to wait to be seated, you can get a menu of services to acquire with "easy to digest" *food for thought and action*.

### **OUR TEAM:**

Lou makes sure the table is ready and adds what we offer as "links" on the menu. Patti keeps us current on **TECHNOLOGY** for seniors, tries new stuff and reports back (e.g. iWatch), Dana our legal advisor keeps us posted on senior issues related to Wills and Trusts, and I do the *song and dance* tapping to

wisdom gained from my daily life and my own "**Mindsight**" perhaps of benefit to you.

**OUR 2020 VISION:** We hope to create a **SPACE** where you can enter and withdraw from the chaos and misinformation of the world. We have to sort and discard at all ages. Here, we can offer perspective and a quick read that will educate or inspire that "molecule" that is you. We want you to bond with us and have more "positive emotional fortitude" (PEF) every moment with us, giving an "aha," "interesting," or "um?" Looking for your feedback to us. (See feedback below)  
**Bet you didn't know...there was a time as a child when I wanted to be everything.**

**HINDSIGHT:** As a young child, and after Cowgirl dreams, I wanted to be an Astronomer, Psychiatrist, even Alchemist and finally healing healer. Ultimately, I integrated all those fleeting interests into studying Chemistry, ending with a Political Science philosophy degree, then Social Work and Rehabilitation masters. I added another master's integrating career called Human Relations Management and Organizational Development. All that wisdom and passion turned into simple "foresight" – just to be a decent ME with emerging and new passions at work. I wanted to help others get the "lead out of the gold" and for decades have done just that. Hopefully, that is what we are doing with our "**Mindsight**" series this year on LONGEVITY with one long journey staying alive, and with molecules bonded to create more, not less of self. That "number" we often loathe gets bigger not smaller. Like long underwear, it keeps you warm and kind, preserves thick skin, and helps you survive.



**THIS 2020 VISION YEAR**  
**"TAKE YOUR PASSION AND MAKE IT HAPPEN"**  
**Metaphor for fruits of labor and health in the garden!**



A "passion flower" is not just intriguing and beautiful. It comes from many seeds in a fruit "soft to firm," with an incredible animation in a breeze, and a remarkable aroma! *In 1700s, Missionaries in Brazil used it for educational purposes, as the "flower of the five wounds of Christ."*

According to the Internet, Passion fruit is full of Longevity boosting Vitamin C, Iron, and some important B's for immunity boosting and providing anti-inflammatory effects.

Not just a juice! It also increases red blood cells and is believed to regulate thyroid activity, as well as reducing symptoms of asthma in a four-week study by the National Institute of Health. Just looking at it is intriguing.

I was given a 2020 spiral calendar with the simple and bold words on the cover against pure white space: KIND HEART, FIERCE MIND! This is a good summary of a "roaring" 2020 **MINDSIGHT** plan that is helping me "harmonize" all the moves I chose in my day my day journey. This simple move creates less stress, better thinking and the best choices in a decision. Makes me more open to purposeful change—not less. Forget about "remembering" for a while and focus on doing different things differently. Expose yourself to something older than you—new—different at least once a week. That is a major source of Longevity, as well as all diets.



## **CURRENT UPDATES:** **AARP Report January/February 2020**

**DANGER: They are out to get us!**

RECENT LONGEVITY MEDICAL RESEARCH SUPPORTS  
"WE CAN WORK FOREVER . . . BUT?"

According to piles of medical research, often contradictory (oh well), when our Longevity is boosted by a clear passion or purpose, our depression fades, and we are less vulnerable to a scary bath of diseases and 200 plus viruses. We want to keep more candles burning for you and see more of your wishes attained. The last years can be the best years of our life with more good works and loss of memory about how difficult, and even terrifying it was to get here.

According to a *Time* magazine report (Feb. issue) on Mental Health at work, 75% of GenZers report leaving a job for mental health reasons. What used to be a taboo topic for our generation is now openly discussed and there are clubs? For millennials, it is the fast growing incidence of rampant anxiety, and depression and they are comfortable discussing it openly, and calling in sick! Seems the pressure for a 24/7 attitude is causing serious anxiety and real illnesses, as well as increasing suicide. This "silent crisis" is assumed to be a \$1 Trillion cost in a global economy.

For over ten years, we have advocated against the stereotype that aging workers are not good workers. A current "AARP Special Report" issue of AARP magazine focuses and reveals the prejudice against us OWLs even worse than before. On the cover are different people, of all colors with hand-written signs:

- Passed over for a promotion 'being near' retirement
- Targeted in my 50's and forced out
- Isolated and no longer invited
- Berated and told getting more opportunities was a "Waste of Time"
- Insulted and pressured to leave with subtle torture
- Treated like I was senile

These are real "Dilbert" moments reflecting the broken covenant of career-long gratitude and security, and great life and learning experiences. Are we day laborers now? Or are our organizations becoming mental institutions? To even get a job in these stressful places you will have to insist on one-to-one inquiries and networking as people over 50 are not getting interviews or even chances demonstrate their mental fitness in part-time grand-parenting for these younger folks!

I was appalled how many of organizations actually brag about the behavior of driving some people out solely based on age. One has to have a "fierce mind" and fight back.

---

## **REINVENT THE WHEEL: THE MINDSIGHT CYCLE<sup>SM</sup>**

### **BETTER THAN THAT THREE-WHEELER THAT GAVE US FIRST ADVENTURES**

Last month we described/prescribed (Rx) the "Cycle of Optimism", when put to work leading to LONGEVITY and replacing the concept of New Year's resolutions easily broken and the buzz, "anti-aging," a myth. It is also an educational five step process—moves both directions.



OWL's life means Listening for what's happening, looks around and back (hindsight), turns the page (foresight), listens to self (insight) then acts (choice) with clarity and focus. "**Mindsight**" is a difficult, sometimes painful, frightening journey to remain positive no matter what—as one leader says to staff, "You have to *make things work for us*," when we actually don't have much control. Consider examples of super-heroes and James Bond. How about real adventurer, Ernest Shackleton, who survived Antarctica for over two years stranded and coping positively?

---



## FEEDBACK FROM LAST MONTH . . .

Here is what we heard . . . and I have had to edit down some wonderful messages I will share in my forthcoming book, a decades long project, fitting now for this roaring 2020's **Highway to Whoopee! Overcoming Obstacles in your Journey of HOPE.**

*OWL Mary: MY **Mindsight** improves the more I smile and laugh! It's so true. It kept me from "reacting" and helped me respond. As in Gone with the Wind, "I don't have to deal with this now."*

*OWL RON: a wise and funny guy, responded immediately: At 80, I call my bundle of blessings (from God): Great Health and genes, a wonderful compatible spouse for 58 years with a fiercely independent spirit, beautiful accomplished grandchildren and great grand-children who shower us with unconditional love . . . staying balanced; parents who taught me to look for the half-full glass; to look for opportunity in adversity, a forgiving God, and unquenchable curiosity coupled with a spirit of adventure, a bucketful of gratitude, and a generous amount of good luck. Few have been so blessed.*

OWL STEW: (Retired Navy Captain) [Author of three books](#), coach, "Aging Gracefully": *I am not sure I will ever master the art of aging gracefully . . . but I am sure you will agree, it is better than the alternative. This is new philosophical territory, and I am winging it as I go . . . God has given you more time to go to places beyond our wildest dreams."* (Note: We will deal with that theme in March.) He adds, we have more freedom to pursue knowledge and experience of all kinds—rather than mind-numbing ideas in a course we had to endure to get acknowledged.

OWL DEB: A paraphrase: Foresight? I went skydiving! Insight: I got really nauseous, *BUT* it was amazing. (Falling is an instinctual fear with physical realities.) Mindsight: Better to be grounded at all times, and maybe not at 13,000 feet. An amazing experience though!

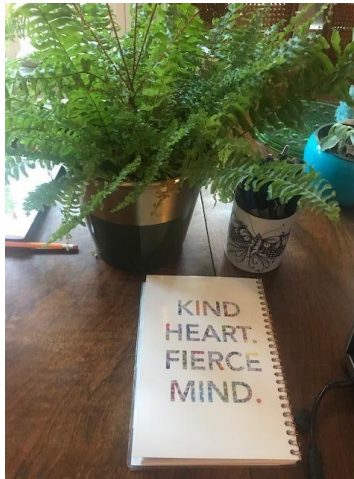


## **GET HINDSIGHT OUT OF THE WAY AND PROCEED THIS VALENTINE'S MONTH WITH MINDSIGHT**

A martyr, 3<sup>rd</sup> Century St. Valentine, cured "blindness," cancelled his "pity party," and became a saint. Never got chocolate and flowers! Put to death leaving a note to the girl he cured of blindness-and there we go-still a great story of the practice of LOVE.

My mentor, the late Leo Buscaglia, directs in his own musings in [Bus 9 to Paradise](#), "*Life is a paradise for those who love many things with a passion. One must stop doing what they know so well (that gives excess stress), and try new and sometimes frightening things.*" Buscaglia taught one of the first courses, LOVE 1A at USC while fighting a constant uphill battle to do it. He won many "Faculty of the Year Awards" for his courage. "Love is learned," he argued in his work, and confirms it is never too late to learn about it. His book, [Living, Loving, Learning](#) is a summary of his lectures and is still online.





#### **usOWLs and OWLWorks**

Projects of Michele Jackman Enterprises & Adventures

Follow usOWLs and OWLWorks on the updated website

[usOWLs.com](http://usOWLs.com)

#### **Consultants and Contributors**

Lou Thompson

Patricia Brem

Dana Longo

If you received this newsletter from a friend or colleague, please enter your email to join our mailing list

[Sign Up Here](#)



Looking Out for You  
Need a motivational speaker?  
How about a good laugh?

Tell your colleagues and friends and bring them along.  
There is follow-up coaching included.

Michele Jackman

Author | Speaker | Humorist | Trainer

**[Michele Jackman Enterprises & Adventures](#)**

Want to call? | 805.964.5668

**[How about emailing Michele?](#)**

[michele@mjackman.com](mailto:michele@mjackman.com)