

January 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.



HAPPY NEW YEAR AT THE OWL CAFÉ

GRAB YOUR CUP OF COFFEE, TEA, OR A SMOOTHIE
usOWLS - 2020 Vision: A Fresh Chance for a
"Roaring, Raring to go Twenties!"

We shall remain on the lookout with "updates," fresh links to what you might need, more resources, monthly insights and ideas. We are hoping that in 2020 you never lose your *sense of humor*, nor need for laughter as you encounter the *absurd* and overcome obstacles and prejudice.

Here we go again as OWLS with a new acronym to ponder added to others: **OWLS 2020**= All people with **Optimism, Wisdom, Longevity** -

"staying alive!" This applies to all readers without prejudice about the number of years it takes to envision that goal.

Our "gig" is celebrating our mutual longevity as all-age members of the usOWLS.com network, as a vital part Michele Jackman Enterprises and Adventures, focused on facilitating "Transitions and a Healthier Attitudes" for the actively working, the retired, and any person or organization seeking a better path for communication effectiveness.

LET'S FOCUS ON THREE ZONES FOR A 2020 "VISION QUEST" A GREAT NEW PLAN OF ACTION AND LONGEVITY

One Centenarian's (104) response when I led him through this exercise using HINDSIGHT 2019: *"Well," says he with a big grin, "I did not die and thought I would. But I didn't plan to which is why I didn't. I was just too busy finishing projects."*

Our first move, **HARVEST HINDSIGHT** you have about 2019— list or share what was learned for the better? What life changing moments did you have? New habits? Keep it positive. These are not "resolutions" to be better, but actions "to be" for a healthier, wealthier you. Then, based on this **HINDSIGHT** thinking, **PLANT FORESIGHT** and make a list of what you want and don't want to experience in the coming days.

Two songs in the Musical/Movie *Frozen* were highlighted at the Parade of Roses theme of HOPE on New Year's Day: *"Let it go!"* and *"For the First time for Forever!"* The titles say it all and most children can sing every lyric. What about us? Last line—"for the first time, nothing is in my way" . . . so there is always another move. Our handicapped warriors are the evidence.

NEXT, DIRECT YOUR FORESIGHT WITH FRESH DESIRED OUTCOMES.

GAIN INSIGHT about 2020 with clear and helpful vision about the *power to choose what is most enjoyable and enhancing*, like time in a garden, genealogy projects, taking up music again, clutter busting, or more time with children, yours or those teens without Elders to guide them.

GREAT NEWS!

Technology in league with medicine is now promoting the stuff of *longevity* and not just "anti-aging" products. Reactivate your 2020 GUMPTION to replace GULLIBLE, and chose actions that lead to continued engagement, simplicity, least cost, more acceptance of self.

- How can we move into "longevity" thinking as opposed to - "aging," a term that promotes stereotypes?
- How can we put more harmony in all we do and with whom?
- Who should we add to our circle as we lose many dear family and friends, leaving us feeling abandoned or repressed at times?

Life is a difficult adventure to navigate, threatening us with more invasion into privacy, costly scams, and uncontrollable pressures. Every group I meet desires a healthier, simpler life with happier moments to spend, serve, laugh, and savor with others.

FIRST LET'S USE HINDSIGHT - PUT THE BRAKES ON THE USUAL WOULD, SHOULD, COULDs and promises don't intend to keep.

The first twenty years of this Century has seen the greatest changes in our connection to one another all ways: technological, medical, financial, and political just as the first 20 years was a Century ago and also after 1900. Let's keep them **ROARING 20'S** this time with more insight put to work for extra fun and real longevity!

Technological advances are focused on keeping us working, driving, aging-in-place. We are part of a society in a new array of communication methods, with many more options to stay energized and avoid isolation and depression. We are using our *collective intelligence* to break down usual communication barriers between generations. We can stay in charge so we can still **STOP non-harmonious** activities with a smile in our voice!



Got HINDSIGHT?

Most people ignore the message in their tricky right mirror: *Objects in the mirror are closer than they appear. It is science and true in life. Different "mirrors" distort our perceptions at all ages. Mirrors warn us to trust, but pay attention to what we see.*

"The hardest part of life is between 10 and 70." (Actress Helen Hays) Whoopee! I am beyond that now.
After 70 you check the right mirrors of life and use new approaches.

- What is coming closer that you need to address from this three-stage assessment?
- What does hindsight gained through your decades of life suggest are your best moves?
- What one future goal do you wish to gift yourself with foresight?

- What insights do you have now to move with delight into 2020 and leave behind doubt?

**HINDSIGHT HELPS US KNOW WHAT WE CAN DO
AND MUST DO TO STAY ACTIVE, WELL, AND ALERT.**



HINDSIGHT is also a batch of new research and lessons learned. For example, we know 200 Viruses can cause a common cold (*Prevention Magazine* 12/2019). Our response in FORESIGHT/INSIGHT may be a readjustment of food choices, personal hygiene and care in our environment when being in crowds or around young children. According to other research, restful activities like projects, music, games, singing, poetry, laughter, and enjoyable activities are also still preventive, maybe even more so than drugs that battle symptoms and cannot cure!



**TURN THE PAGE ON LAST YEAR: FORESIGHT IS WHERE
HINDSIGHT TELLS US TO GO?**

FORESIGHT is creative *visualizing*, and relates to the skill and art of **ANTICIPATION**, being prepared for what could be ahead for us. Time to use talents and powers to influence events and situations with more confidence and more joy given our hindsight.

In 2020, WE BELIEVE OUR GUIDE AND SEMINARS FOR THE "MATURING" DRIVER WILL CHANGE YOUR "DRIVING STYLE"—with a set of new habits enhanced by technology. We attend CHP, National Highway Safety Conferences, AARP/AAA courses to assess changes in law and practice and promote DMV's Ombudsmen program protecting your rights. It will be launched in 2020 along with a seminar online.

ON A PERSONAL LEVEL: Make sure you don't allow any opinion or prejudice to keep you from a future desire. Eliminate and downsize negative judgments,

and avoid dwelling on past mistakes. As one acquaintance, Lita Silverstein titled her in her self-help book: **Cancel the Pity Party!** Forgive your *old self* and launch a new 2020 Version where you do bounce back from challenging events.

OWLs are a prime market now as we become THE FASTEST growing population world-wide. (2 Billion projected by 2050)

What do you see yourself doing, HAVING, feeling, thinking, being with 2020 Clarity?

All Generations need easy, safer ways to drive, better surgical outcomes, shorter recovery times, and fewer drugs with side effects that dull us.

Artificial Intelligence: Have you noticed everything made is supposedly "smarter than we are?" Seems we can all be "enabled again" through emerging technology, and not just disabled by age-related deterioration.

CONSIDER THIS: Many things we purchased a few decades ago are in our one-price CELL phone or in an attractive watch we can wear: cameras, libraries, music, courses, books, events to attend remotely, medical contacts, banking, accurate on-tap health checks. Great new products for caregivers. No need to feel alone either! Just watch out for cyber dating and other convincing scams intent on extortion.



The December issue of *Prevention Magazine* gave out awards for the greatest innovations for all age health. Included are items things still in development:

- **"Smart Pajamas" with alarms in fiber technology** that monitor breathing and other indicators for those with chronic illness, or sleep issues and can alert others? *"Hello, your pajamas just called . . ."*
- **A voice-assisted Medication dispenser/subscription** holds 28 pre-loaded doses and monitors if they were taken along with a video feed as

well to chat with a patient or parent while remaining at work. This is a Black and Decker product. Remember when they just made drills? Watch the movie *Robot and Frank* for a preview of the future.

- **What about those TV screen strapped to heads taking us everywhere?** Behavioral Virtual Reality (VR) stress reduction glasses are fun and work for all ages. Research attests to the value of Virtual Reality (VR) for sufferers of dementia to offset the depression, fear, and feelings of isolation.
- **New Technology in hospitals** will prevent noise and sleeplessness without those alarms about other people's condition and will enable restful healing.



FINALLY, YOUR INSIGHT: Use Some **OWL "WIZATUDE"** in 2020 after reading this!

Mine tells me the old message I was given, "Children should be seen and not heard," is "We need to be heard, and not seen. (changes are scary?)

Wrote Billy Graham, called God's Ambassador (1918-2018), when in his 90's and still preaching, "Growing OLD is the greatest surprise in my life!" He said he knew all about *life and death and was prepared*, but not about *growing old* and the simple changes needed. Then, he decided to just keep doing at what he could do best with modification as to how to do it, where to do it, and best ways to continue with emerging limitations. His book **Nearing Home: Life, Faith, Finishing Well** (2011), covers his wit and wisdom with a wish for us—to *use conscious insight to remain conscious*.

And so, in closing: In 2020 foster "good sense" in all areas to get to "sensibility" - **Sense of proportion, sense of duty, sense of personal history, sense of faith in self and HOPE!**

Next month is the Valentine's LOVE month. Tell us what you LOVE to do for greater Longevity.

Just for fun!

Bill Flanagan on the "OK, Boomer" controversy

"My friend, Faith Salie, stirred up a lot of trouble on last week's show with an essay about the phrase **"OK, Boomer,"** the Millennial Generation's way of waving away the opinions, instructions and interference of old people – people like me!

"I take no offense. We Baby Boomers are used to being condescended to."

[Read more . . .](#)

Now You Know . . . Where Your Cellphone Goes



Table Setting 101

- The first and basic rule to get you started is: Utensils are placed in the order of use; from the outside in.
- A second rule, with only a few exceptions, is: Forks go to the left of the plate, and knives and spoons go to the right. ...
- Finally, only set the **table** with utensils you will use.



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