

July 2020

OWL Café

Optimism,
Wisdom,
and **L**aughter

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.



Get the Window cleaners out alongside sanitizers!

Let us create a clean summer "window" made up of a renewed self-confidence, sustained income, reduced pressures, more patience with change, and the discovery of opportunities for adventure. These could take us to effortless short-term agility, flexibility in expectations, and best thinking about the present.

For us OWLS it is not a "reopen" event but being open to new opportunities on the horizon with renewed optimism on what is *optimal* given our added wisdom! It also means no more "putting off" what we really want to do, be,

and have. Just had a conversation yesterday about what to call ourselves to fight the new health-based forces creating a replay of “ageism” labels, keeping us harnessed to stereotypes. Besides OWLS, hard to decipher, we are the “**2020 Optimals**” as our café asserts—doing what’s right with what’s left. That is the essence of LONGEVITY—our 2020 theme. Asked, how old are you? Say with a smile, “*I am an Optimal-ageless, doing my best at what’s right to do, and _____ (state your own assertion).*” Then name a focus.

In the future issues, Grab your coffee or beverage hang out at the Owl Café, staying alert and active. There will be new opportunities to connect with you now in real time.

In this issue we will focus on **Work from Home, New Tools** (*to connect us*), ideas and the ongoing activities we need for longevity and for staying alive on the road. **If you are reading this, you have survived this amazing already historic and challenging event** (a pandemic like no other).

Owls tell us through email, they have not missed a beat—making masks for others, sharing food, humor, and supplies, driving others less able in short *get-aways*, having a weekly garage neighborhood *quarantine* drink hour, doing neighbor check-ins on those who live alone, even golfing without any competition and winning! There are also some on our team still *hardy*—power-washing their homes, painting, redecorating, making junk disappear, unmasking writing projects, even helping grandkids keep a sense of humor and avoid the incessant dire news with cyber hugs.

Stay resilient and cope well after endless COVID bombardment of fear, financial loss or actual loss of friends, so painful. Do something positive in their memory with your memory of what you have to offer. I used to believe “God gives you only what you can handle.” Wondering if that is a lie at times. No question, for many this has been a horrible experience accompanied with loss of jobs, less church support, fun outings, entertainment, eateries, and lost businesses that were our social harbors for rest, reunions, or refreshment.

Q: Are you ready to take a stand for the next one? It is stocking up on toilet paper, paper towels? Or is it taking stock on our own attitudes, and conduct during increasingly *enforced* changes in society? Probably both. The more exhausted I become from things that did not happen, or might still happen, the more I know I must liberate myself, enjoy my leftover self-managing life, and seek new outlets for my 4th of July annual energy surge?



THE NEW GIGS ARE FORMING AHEAD...FOR ALL AGES

For our most resilient, COVID -19 became Code for get a new gig—many of us made masks—showed our creativity with new activities, as well. Reorganized, restored our homes, finished projects.

We did learn to “social-distance” in alternative ways to offset loss of one-to-one time with others, our work, volunteer activities at sites we love, meetings with others on Boards by a new technology open to us and free! We invented different safe and still-distant family events, games, riddles with grandkids.

Working from HOME - a valued gig now - with all the down sides COVID-19 created it is an emerging opportunity for OWLs or *Optimals*. Pets are still a potential problem often being more demanding than people. With a greater acknowledgement of having staff work at home, and with proof there is a rise in productivity at less cost, and giving more freedom to choose hours, projects, and tasks. Older workers are the best at this with less distraction from children and other pressures. Your old employer has ideas on what may not be getting done, and you are now a less expensive alternative while adding to your income without travel and other costs. Go online and google *Work from Home options* ([AARP](#), [Retired Brains](#)) for a new business or contact the Chamber of Commerce and offer your services in networks. There is a place where your skills and talent can be utilized on your own terms. New careering . . . Yes, act your age!



READING, LEARNING, INVESTING TIME FOR YOU IS PREVENTIVE HEALTH

These last few months, with so much time on my hands, I saturated myself with *historic fiction*, when I ran out of non-work projects or was weary of them. These were famous lives, often literary ones. My daughter gave me a steady supply, sensing my pent up energies. In one, Love and Ruin, a story of Hemingway's "catlike" lives and his third wife, author Paula McClain, quotes a character, a fictional physician with a Hamlet-like view. A medical doctor, he holds up a skull and told her this bit of wisdom (hidden in a novel) about aging: "*These bones more than any other separate us . . . we can never really know each other . . .*" One cannot tell how old a skull is without science. When alive they are filled with the flow of our real soul, difficulties, and spirit at work. Skulls can be scary things to imagine but house some permanence of our presence.



Time to keep masking for health, and UNMASKING to peel back assumptions

BEWARE! The medical community tends to write us off with new prescriptions for remaining alive and many are not healthy at all. "Shelter"-- Avoid other people? Your grandkids and children—our greatest source of a second childhood! Dangerous: Living alone in isolation with only in-home projects. Waiting to leave the house? Soon you can even ZOOM with us as the Café becomes a real opportunity to chat about changes and share new recipes for living, loving what we do, and laughing with joy.



**Q: How can Optimals stay connected, learning,
and laughing for the new ways to live?**

I have let go of my fear of “dying young,” and now am thinking of how I want to look on ZOOM? (There are even facial filters to assist), but the good news is: I really care less about how I look, I don’t need shoes, I don’t have to travel to volunteer events, I can still remain connected and actively share my ideas and wisdom, and I can **WORK in new ways**. I can enjoy options that can supplement income without regard to age in part-time works. Or simply do my business from home, with even better focus and less difficult people to navigate around. Time to chat on **ZOOM! It’s free . . .** and simple with chatting heads and hearts sharing their strategies in cyber connection.

However, it is addictive. There is a danger of too much time online, so beware and include the outdoors, real one-to-ones, or other desirable time in physical space—walking, biking, visiting, swimming once more while getting that needed D3 nutrient and fresh air. Let’s Zoom and bloom!



UPDATE: STOPPING “CLOSE CALLS”

(our publication and seminars on hold)

KEEP YOUR LICENSE, STAY INSURED, AND STAY ALIVE!

Your new “driving strategy” is critical to survive these times! Good news: With less driving you may get a reduction on your insurance.

Ask about it. I did. Preview of some concepts . . .

Please note the "high five" this photo and STAY ALIVE! Driving can be as dangerous for us as COVID-19 was and still is!

1. **No frenzy about what you are to get done.** Leads to accidents in home and car. Think only of where you are and what is happening in around you;
2. **Avoid moments of frustration:** Do not drive if ill, upset, or simply depressed. This is a source of spontaneous road rage, even strokes. Drive to get away to a calm safe place that will inspire;
3. **Prevent distractions:** Avoid trying to multiple task or even put in order other stuff in your head, be careful about *unconscious* distractions: internal noise while listening to tapes, the upsetting news, or looking for stuff you just dropped or spilled while driving;
4. **CREATE more driving-distance** and just let the reckless proceed. Acknowledge that there are insane people lunging at you and stay away, and no evil looks either or other gestures;
5. **Find ways to look forward and enjoy your trip out** without undue fear or anxiety even though we have now added to your fears. OWLS (real and us) have superior vision and awareness of the things in the *dark space* and in this case, broad daylight. Observe. Stay Clear.

Irony: With fewer gridlock traffic jams, there have been more accidents in daytime and many fatalities/injuries. **Hit and Runs** are increased as some people thinking "survival as an individual" is the only thing that counts now, and there are fewer officers on the road to stop them. People are being broad-sided in broad daylight! **Driving now feels like a video game. Stealing cars of seniors is on the rise.** Be aware of people around you who might try to distract you, attack you at public places. **Be more vigilant since one cannot predict why people are driving, what is their state of mind (numbskulls), and how are you being placed at- risk?**



Finally, Behold . . . an Optimal's Skull—Nautilus shaped, knowing, and reflecting with wisdom and layers of experience to share in cool wrinkles of time. Stay well.

Next month, my birth month, Lions, Tigers, and new IONS...OH MY...looming and ZOOMing ahead.



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