

June 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.



IS JUNE BUSTED? NO...LOTS TO DO AND REDO!

There is a song from the musical *Carousel* that announces, "June is busting out all over..." It was written in 1956 in anticipation of a great summer ahead, the recovery from two wars which led to the transformation of all aspects of American culture and return to commercial activities. It was a time of post-war recovery and innovation led by all age folks, including the *silent generation* and *boomers* growing up and increasingly speaking out then and now. The question posed in this song by Cole Porter, "Will summer ever come with all its glorious moments?"

YES! There are some real BENEFITS and lessons learned from the COVID-19 models and madness we are sharing. Americans, despite ugly politics, rose up

with oneness and *community spirit* as usual, and found ways to cope, endure, and rise to the occasion. We chose *innovation* in the way services and needs are delivered. In this we will **bust other threats to mental health, frustrations with Robocalls, reckless drivers, and other horrors** like moments of depression, overeating or drinking, and incessant *password/tech time* demands increasingly costing us precious time.



IS THIS COVID-19 REALLY “COVERT” AGEISM BACK IN FULL FORCE?

**People over 90 and 100 have survived it! It depended on
WHERE you were, more than age.**

Now we are erroneously attaching labor role status to a NUMBER once again! It should be our wisdom and desire to contribute, alongside our health status that should measure our actual value not our age. Public health and public wealth must partner again, re-engaging us, not warehousing us!

Example phone message to a friend: *We didn't invite you to that social because you are "vulnerable" now! We are supposed to say—"Oh, thank you?" Or should we feel guilty if we say, "Listen, I am coming, vulnerable or not, and at 6 feet unmasked!" We live in "interesting times" of disengagement.*

When teaching a course on Organizational Psychology at UCSB back in the 1980's, the principle I warned those young and ambitious entrepreneurs was, *"Nonhuman systems become incredibly inhuman, and ultimately inhumane"*.

This new germ-war is very subtle and maybe even stems from good intentions: *to protect and save us, but what about quality of life?*

DO not keep a safe distance if that means being retired, “tucked away”, and isolated against your will.

THE WORST CASE impacted our usual inspirational SUMMER plans, many of our important OWL rituals are dashed or dampened. This means *uncertainty* about travel, courses, family gatherings, Shakespeare festival treks, and less time to pursue special projects in other locales. There

are post-COVID positives like increased personal organization, finishing things, writing, reading more, but we were already working from home. Plus, considering hair care “non-essential” “unmasked us as *vulnerable greys*”.

What is **CERTAIN NOW** is that we can fight back and adapt with a greater intention to stay well and productive and boost NET MIRTH – the healing source of energy after laughing, surviving, and enduring both positive and challenging events with a sense of humor. Over my garden entry it says in Italian: *Live well, Hope for Love, and Laugh often.*



FIGHTING BACK AND RECOVERY OF OUR STATUS: THE CURVE IS FLATTENED!

**LET'S WRITE A NEW INDIVIDUAL CHAPTER:
"HOW I SPENT MY SUMMER DESPITE COVID-19"**

Let us bust all obstacles to our recovery with *certainty*: staying employed, volunteering, pursuing special projects once again, being involved in community life again, masked or unmasked, and using our talents and interests for all the purposes creating greater longevity. #1 - Keep laughing at all that COVID-19 humor and this new technology of ZOOMING with friends and family.

**We are life/wise mentors for all other generations.
Still choose LIFE!**





OPTIMISM IS NOT DEAD BUT SEEMS SERIOUSLY WOUNDED WHEN I SPEAK WITH OTHER OWLS

IN FEBRUARY 2020, 20% OF PEOPLE OVER 65 OR 10.6 MILLION PEOPLE WERE WORKING or looking for work, representing a 57-year high of engagement. Healthy and highly educated, we do not fit the re-emerging old stereotype promoted by our public health professionals that we are the most *vulnerable group and to avoid exposing us?* Should we really continue to isolate, shelter in place, avoid contact with friends and neighbors? We, like all other workers, rely on 401(K)s, a stronger return economy, and being part of it.

THE GOAL FOR WORKING OWLS IS HOW TO RECOVER IN JOBS, OR REBUILD ONE'S BUSINESS, AND PROSPER ONCE AGAIN IN RETIREMENT MODES. However, believing that age defines the most vulnerable breaks all the rules for our *longevity* equation. That includes need for social interaction, volunteering gigs, Non-profit Board involvements, and just working for the love of it. For retirees, this mean a continuation of time on special projects, organizing stuff that outlives us, home improvements, writing, reading and adding back friend encounters.

We also need to return to the usual norm of travel, music events, artistic events, conferences, and other stimulating social engagement. We are for the most part working or healthy OWLS still contributing, still in our prime personally and professionally!

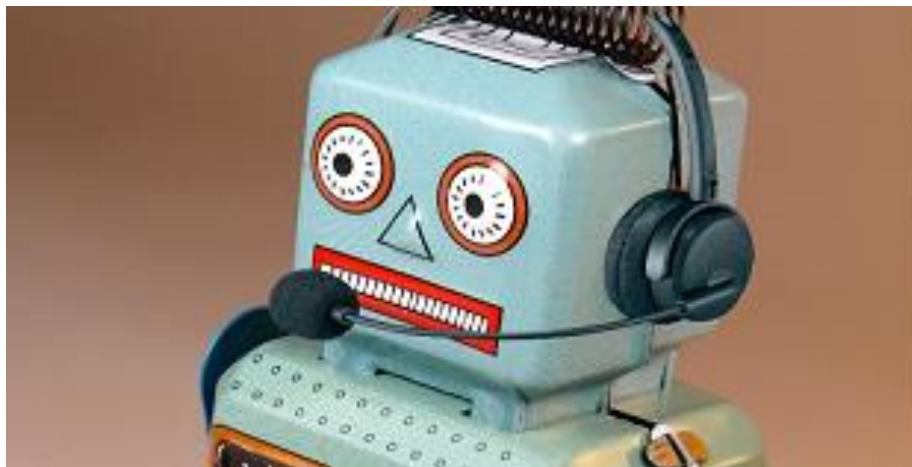


NO OWL LEFT INSIDE! STAY A KID AND EXPLORE NATURE!

Lifelong learning is one of our OWL goals! Just add mask and disinfectant—and do not end up disenfranchised! We cannot remain imprisoned in our own homes with ZOOM or Skype interaction only. Grandparents need to issue hugs and be in-person advocates with winks. Schools, camps need to use us again, and they need to open again so parents can return to work. In April 2020, 67% of families had two parents working. Of families, 97% include one worker, and stay-at home Moms with lots of added work tasks now, and little support from grandparents and elders!

WORK ON “NET MIRTH”—the post-effects of smiling, laughing, enjoying humor alongside any worries or uncertainties. Laughing about toilet paper shortages, our pet’s adventures, humorous types of masks, a bench with a 6 ft gap in it. There were lots of wonderful and inspiring videos, with songs and poems to dull the fears of the UNCERTAINTY and boost NET MIRTH! Google *COVID-19 humor* even though the 100,000 families left in grief after a personal loss is still a serious matter and horrific result.

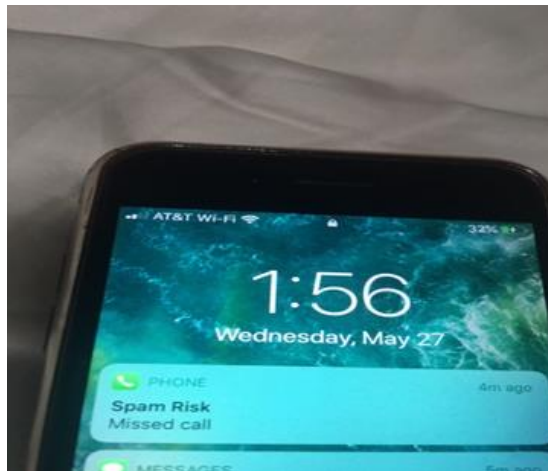
Look ahead. New Mindsight please! Make up your mind not to just be “vulnerable” (We all are). Rely on your emerging *strength of character* focused on fresh actions to overtake it with even more experience now.



ROBOCALLS COULD KILL, TOO? "WIN BACK YOUR PRIVACY AND SANITY"

Robocalls are computerized autodialer messages from a Robot! Most are illegal but some are not! There are emergency notifications and public service updates at times. Fact: Referring them to a DO NOT CALL list probably will not help. Reporting them to FTC will help them stop it. Watch several informative videos on the [FTC Website](#) that include this issue and also identity theft and other cyber crimes prevention.

Back in 2019, a whole issue of *Consumer Reports* (May 2019) focused on ROBOCALLS. A year later we are locked in our homes, fighting germs and criminal intrusions to trap us and trick us ONLINE. At that time, 57% of calls were Telemarketing (17%) and Scams (39%). That meant 1500 calls per second, and 3.9 billion calls in one month, and 47 trillion calls a year! Now, there are Mandarin Chinese Robocalls hounding people intent on scamming Chinese immigrants. My granddaughter gets them.



**AS I AM WRITING THIS SECTION, THIS POPPED UP ON MY
PHONE'S SCREEN! Oh my...**

**There are many new free and costly tools
through your phone company.**

There are many subscription services through your phone company: NOMOROBO will help you without giving out your contact information. Other products and apps to check: HiYa, YOUmail, Robokiller. Some are free and some will cost a nominal monthly fee, BUT want your contacts list. Read recent reviews first. The fine print can lock you into more advertising and sharing of data. "opt out" if offered.

**BECAUSE OF THE PANDEMIC, ROBO-BANDITS HAVE TIME
AND A CAPTIVE AUDIENCE NOW IN 2020!**

Payment warnings and alerts are legal, but pre-recorded calls from charities, police groups (not real) or political parties unless requested are NOT! Read the fine print when you agree to things.

HOW TO FIGHT BACK: Blocking just means they get new numbers!

When I went online to read the latest statistics. The first ad encountered was how to set Robocalls up and get phony local numbers. This is a business that needs to stop. Our privacy is at risk. **Best practice:** Tell everyone to leave a message. The real alerts or friends will be recorded. Do not trust any IRS, FBI, other law enforcement or bank calls. Care must be taken with websites, as well. There are phony ones now that look like the real deal.

Sadly, keep in mind these are often stay-at home types or the disabled who are not robots, but desperate to have income. So be kind if a real person calls. Don't scream at them or be vicious. Just say, "I am hanging up" now.



FINALLY, STOP "CLOSE CALLS" OF A DIFFERENT SORT

Anyone noticed? Fewer cars on the road, but more dangerous drivers and radical moves—reckless, speeding, aggressive, cutting off, running stop signs, all ages out of control and exercising their own vigilance. Reports are that accident rates and deaths due to DUI/Drug use, Hit and Run, and Pedestrian fatalities and injuries are on the increase! Are we surprised?

This summer we will start our program using ZOOM and other means to educate you about changing your driving style and staying alive in a post-pandemic world. Meet us in JULY at the Café!



usOWLs and OWLWorks

Projects of Michele Jackman Enterprises & Adventures

Follow usOWLs and OWLWorks on the updated website

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