

May 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.



**Hello—Boomers, new Zoomers of all ages,
Crooners-to-be (singing a new future)
with NO COVID19 losses please!**

There are lots of metaphors that accompany this tree—clearly it could represent a family tree with branches of aunts, uncles, and new branches always at risk. And it represents survival and resilience over time. This Tree in

South Carolina planted over 400 years old saw FOUR WORLD PANDEMICS every 100 years— 1620, 1720, 1820, 1920, 2020 with many lesser outbreaks, and other threatening events.

Good News: As I am editing this, a woman 84 that I know also survived COVID-19 and it was considered a miracle. This challenges the generalization that this is an "old person" disease and we OWLS are the most vulnerable. That really depends on health status. *Panic and anxiety are best controlled from within and not outside us.*

We are facing daily grief and loss as this progresses: Shock, anger, denial, rationalizing, and depressions before ACCEPTANCE of a refreshed attempt to same goals.

WE DO NOT HAVE TO SURVIVE HUNDREDS OF YEARS OF PANDEMIC, JUST THIS ONE!

Maybe our lives were already "stay-at-home" projects, but nothing can shelter us from anxiety, irrationality, disinformation, frustration, outrage, and new levels of assessing personal losses and insights gained. In some ways, our whole generation is being *socially distanced* against our will and we must resist.



FIVE THINGS STAND OUT FOR OWL SURVIVAL:

1. Maintaining **Connections** with other people, but with more caution.
2. Storytelling and working on projects which tell your real story.
3. Believing you can still prosper, maybe in different adaptive ways working or volunteering.
4. Lifestyle adjustments that keep you healthier, avoiding any bad choices that add to already vulnerable conditions.
5. An activated **sense of humor to counter absurdity**, nonsense, and assaults on our intelligence and emotions

COPING HUMOR examples: "If you have one glass of wine in each hand, you won't touch your face." Cartoons expose absurdity best. One shows a

bomb shelter loaded with toilet paper and sanitizer and someone asks, "Did anyone bring food?"

Q: HOW CAN WE STILL MAKE THIS THE "BEST YEAR EVER" FOR US OWLS?

- Launch a new approach to your business or life's activities. It is time to really test our ingenuity.
- Stay engaged and *challenge new irrational ageist thinking*; and offer alternatives and proof it is NOT wise. Everyone still needs "outlets," a chance to meet friends.

ADAPT, ADAPT, ADAPT . . . Maybe new ways are better ways:

We may no longer need handshakes and need not accept poor hygiene in a society facing new threats. We DO want a QUALITY of life, not just old habits, or a quantity of stuff.

TECHNOLOGY HAS COME TO THE RESCUE.

A computer tool "**Zooming**" **ALLOWS US TO CONTINUE CONNECTING.** Many of us are already interacting, meeting on serious matters, and sustaining our businesses to a degree. There are new ways and new opportunities to share our services and *wisdom* emerging. You can also "Zoom" with your phone in a group or family event. Educational TV has lots wonderful **armchair travel and education**, as well. AND, one can schedule "Zoom" book club meeting, dinner party or cocktail hour", like you are physically present and you don't have to fear a DUI.

There are lots of other physical activities so long as we *social distance* on walks, resume outdoor visits with small groups of friends. Just getting into fresh air and a new location helps.

**NOW IN FULL *BATTLE GEAR*, MASK, AND SANITIZER,
WE CAN BE READY**



OUR BEST WEAPON IS STILL "A GOOD SENSE AND HUMOR"

Note: This is **NOT** to discount or disrespect any danger for at-risk owls with lots of pre-existing illnesses or sadness over lost life of others. But some of us (businesses and health professionals) are thrown out of the marketplace solely based on age.

Time to tell an absurd “pandemic” story as we recover and are amused rather than terrified!

Here is one besides homemade masks with noses exposed or poorly fitting makeshift bandannas.

I am at Costco on a very cold day with hundreds of Costco oldies, attending allocated special hours for old birds (7am-9am), when we actually could get lethal pneumonia (54 degrees outside). All with different quality masks. Many have walkers/wheelchairs replaced with carts in a line, all move slowly through a labyrinth to the entrance. It is a long walk and wait.

I am in casual clothing choice, with a 3M green mask left over from annual fires and purple latex gloves. A white-haired angel in front, with an unsuppressed need to chat, loudly whispers to me “You know, there are white/or skin colored gloves at Smart and Final that would match your outfit better, and are well stocked. Decided it was not Smart to be “special” and that was Final.

Time to check out all the online adaptive humor pieces arriving as music or comedy on humor sites. I am still smiling, laughing with deep breaths, and *making sure* the good ones go “viral.” Just Google to get to healthy giggles, and to lighten up your mood and reduce fear.

THE BEST ADVICE IS STILL THE SAME OLD ADVICE ON COPING: Keep promoting your own fun activities, interests and projects you have always hoped to have time to do, as well as health practices. Avoid obsessing about toilet paper, paper towels and the latest pandemic mass hysteria.



**MAY IS STILL ONE OF MY FAVORITE OWL MONTHS:
CELEBRATE EVERYTHING STILL GOING WELL AND
SUPPORTING YOUR LONGEVITY!**

The month of May symbolizes the beginning of a renewed memory of events usually celebrated and deferred:

1. Liberation from old thinking and expectations leading to more independence,
2. Planting new seeds and one's Maypole for new ideas
3. Gratitude and respect for Mothers and nurturing (May 10) ,
4. Recognition of our unified Armed Forces Day, including a new "Space Force" (May 16)
5. Demonstrating deep respect for those who gave their lives for freedom: Memorial Day (May 25)

**THERE IS NO REASON TO NOT CELEBRATE
HISTORIC RITUALS IN NEW WAYS**



HERE IS AN IDEA. MAYPOLE EXERCISE:

Take a piece of paper or draw this electronically. Make a line that is the POLE- the pole is your own purpose and strength - NEXT, create a of list ribbons of STEPS you need to take to get there. Finally, add at the end of each ribbon you make and label friends, family, other people who will help including and local agencies who will support your pole planning. Review it with others, round and round with 360 feedback . . . then go for it! **There is a lot of 2020 left for us.**



**FINALLY, OUR OWL MISSION -
LET'S OVERCOME CONSTRAINTS ON OWL FREEDOMS**

A relevant quote of Winston Churchill tells us, "If you are going through HELL, keep on going!"

- We need to fight against any new stereotypes and focus on "abundance" thinking rather than debilitating "poverty consciousness."
- We need to TRAVEL with added vigilance as there is more reckless driving on many roads. *What would you expect with everyone in a mask in public, and no one else around?*
- We need to **protect ourselves from new phone and SCAMS** related to this pandemic. Remain cautious when buying things online.
- DO investigate governmental/non- profit agencies in your local area if a small business or if you have any need. Forgive yourself for any dumb things you encumbered you cannot afford now.

Promote total Longevity as a Country!



**NEXT MONTH: ATTACK OF THE ROBOCALL PEOPLE
AND MANY NEW TRICKS OF TRADE!**



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There is follow-up coaching included.

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