

August 2019

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.



HAPPY BIRTHDAY TO ME AGAIN!

Goal: Making this my healthiest, most fun and productive year ever!

Things to report:

- Killing the Myths of Aging! As I have said, I am now *chronologically enhanced*!
 - New Research on High Density Cholesterol and my own NET MIRTHSM Assessment! HDL is an important number to boost!
 - Preview: Creating YOUR "OWL Driving Style"SM for more HDL
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KILLING MYTHS...
BIRTHDAYS ARE THE RIGHT TIME TO DO IT!
Let's call them Truth Days?

I always wanted to meet "anonymous" as s/he appears to be the wisest person most of the time. The one that inspires me this year is simple and relevant:

"I thought getting older would take a lot longer!
21ST CENTURY MYTHS WE OWLS ARE KILLING!

- **We are too old to go back to school or pursue new interest and hobbies – NOPE!**
- **We are not "frail" nor disabled well into late 80's, and even older,** thanks to active work and fitness habits we have adopted and personal strength training.
- **Memory loss is a fear and not a reality if we keep active,** and have lots of fun activities with others. In fact, over 85% of us do not suffer it at any dangerous level.
- **We are Technophobes?** Hey, we started the "technology" revolution and can control likes and dislikes now, and we do! We use the internet for all kinds of *mental enhancements* from research to mental sharpening games; we simply avoid the addiction to social networks younger people cannot live without and use it sparingly and wisely.
- **We are not FUTURISTS? Wait!** We are counting on a FUTURE to get stuff done! We see technology and artificial intelligence of the future giving us more opportunities to continue driving, reducing our physical limitations, and making us better self-managing consumers of drugs and the medical/dental world.



FINALLY, A BIT OF BIRTHDAY HISTORY:

The origin and symbolism of Birthdays goes back to Egyptian, Greek, Roman, Christian times, and in our time an important ritual.

We find lots of evidence of celebration of birthdays with candles marking each year, along with *smoke propelled* wishes. Greeks created the round cake which symbolized the moon. Greeks believed the Goddess Artemis would carry the wish to the Gods fueled by the smoke of annual candles. Now, we worry that increases our carbon footprint. Oh, well. And what about blowing germs on the cake? Some place the candles on another dish for blowing now as they increase in number.

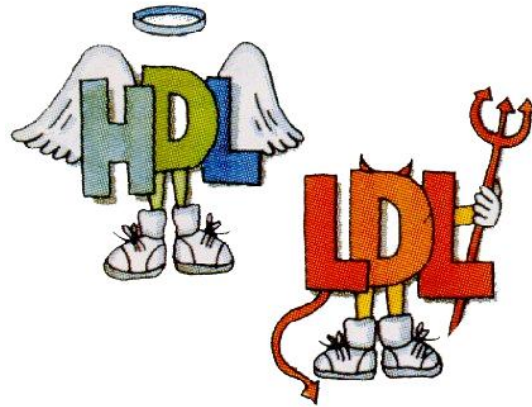
INTERESTING QUESTION:

Who remembers making birthday wishes and what they were?

I have decades of them now, and some years cheating, I just wished secretly for more wishes. I cannot recall what they were. I had to wait years for some wishes to come true and as I matured, *I learned that I had to take some responsibility like sharing them with others to make things happen*, even wishes like: get a bike, meet more good friends, travel the world, and my overall constant wishes for a better world.



Birthday OWL Rule: Age is the price you pay for maturity, increasing the ability to see beauty with gratitude. Aging wisely gives us a longing to have good moments go on and on, having have more of them conquer our worst moments, with a sense of healthy humor.



BOOSTING HDL with YOUR NET MIRTH: More laughter please!

High Density Cholesterol (HDL) offsets the Lower Density Lipids (LDL < 200 mg/dl) responsible for all kinds of heart maladies and many diseases. Like age, and everything controllable, it is a number to watch, and one has to live a life of positive attitudes, right actions and a real sense of *humor and patience* to sustain a higher number (>60mg/dl score). Research by several institutions have reaffirmed what Norman Cousins proved in the 1980's with his malady and responses in the work Anatomy of an Illness, and later in Biology of HOPE! (emphasizing that giving people time-based diagnosis actually becomes a self- fulfilling prophecy and a predictable death warrant). It is a known fact now that laughter reduces levels of inflammation in the body, as do positive attitudes when faced with very negative life events we encounter. As a gift to ourselves, we can create healthier habits and lots of healthy, heart loving HDL activities to replace our old activities we can no longer do. This is why we developed our 7-Day OWL Rituals list with lots of options you can review. Youth is not an age or number—but HDL is a real number to keep on creating!

HOW TO BOOST HDL?

THESE ACTIONS LEAD TO ACTUAL CHEMICAL CHANGES IN YOUR NEURO-CHEMISTRY AND RESULT IN YOUR HIGHER "NETMIRTH"SM!

- #1 by research—Laughter, Laughter Yoga (online) , and just laughter with friends, children, or by watching your favorite funny movies boosts it (smiling more works too);
- Singing, and most musical activities like dancing at home, ZumbaSM with others, and just plain walking 20 minutes and enjoying sights and sounds;
- Countering anger, envy, and other impatience to reduce cortisol (stress) levels;
- Home based projects that produce a sense of joy and pride in skills (gardening, cooking, writing);
- Construction and home improvement: My former hairdresser Emma

painted her own house in her mid- 90's, and tended her own facility improvements of her salon, and fruit gardens.

- A NEW **OWL Driving Style** to replace old assumptions, habits, and new skills to reduce stressful driving.



ADOPT a new OWLWorks DRIVING STYLE! SM

Finally, as we complete, and update the OWLWorks Driving book to complement all those others officially produced, we are ready to launch our seminar and book for year 2020 hindsight and new habits. Our goal in publishing this compliment to the seminar is to help you in these ways:

Stop all those Daily Close Calls! (It is getting riskier to drive at any age)

- **Keep Your License** Despite Your Age
- **Stay Insured** at a reasonable rate
- **Stay ALIVE**, despite the *crash-risk statistics* for our generations

Most important, avoid fearing those tests to be taken, or proof of driving ability you may need after surgery or accidents you didn't even cause. Prove you can still drive with our information, resources and guidance for a *new style of driving requiring new habits. These are* fully compatible with DMV, AARP, and AAA and other programs for senior/mature drivers.

Next Month: Are You Prepared for Frequent Power Outages?



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