

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.



HOLIDAY JOYS AHEAD!

What YOU need to ask from SANTA? (or everyone considering giving you a gift with your own “gift me” approach). This holiday season, as OWLS, we offer some ideas on free or simple technology you CAN use and acquire to enhance your life.

Time to gift yourself and start investing in physical things you really need and spirit boosting thinking that will also enhance your energy to keep on hooting, tooting, and acting. Tell family and friends to share the cost with you with your own “Santa’s List” with your own “Gogift me” attitude. Ask for cash gift cards instead or a device you find you need. Online Consumer reports can help you suggest.

At **UsOwls**, we are celebrating our first decade, having started in 2009. For our tenth anniversary “gift” for your use, we offer an additional acronym to guide you with a new theme.

In the year ahead, three options:

1. Be **O**ptimistic, while retaining as much independence as possible;
2. Be and act **W**iser with choices of behavior and attitudes, and
3. The new **L** in **OWL** code—we see it as a triad for being happier by: **L**iving more in the present, **L**earning more, **L**aughing all the way, sensing power and opportunity in every breath and hopeful course of action you can create.

Optimistic: Ernest Shackleton’s survival secret was his belief: “there is always another move.” Stranded in Antarctica, those 27 men were supposed to die and survived 2 years (1914-1916) with only optimistic thinking plus collective wisdom and creativity.

Wisdom: How can we boost our own survival and thriving in this technological world? How can our technology choices work for **US** instead of distressing us?

Everyone, all ages is saying they are increasingly frustrated with technology. For us OWLS robot calls at

all hours, passwords, scams, complex forms to fill out online, computers that crash or require lots of dollars to even get to the problem, and now at the top of list—distracting pop-up ads. The solution is not to run away from Technology and its additional costs, but to make clear and affordable choices. The mandate to embrace technology now is often required by doctors, creditors, and in every aspect of life to improve our potential for *quality of life*.



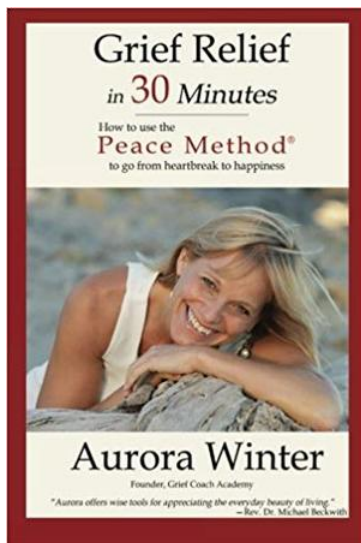
What are the real benefits of all this new technology for YOU and possible gifts to request?

AT&T published a summary and statistics on how our generation can benefit. [You can read it here](#) and I will summarize main points. While we are not happy about the cartoon images and stereotypes, this report is revealing changes in OWL use.

According to this research 91% of people age 65 or older use the internet every day with their phone. Also, 65% of those over 65 (but how much older?) are “somewhat comfortable” using electronics. This is good news but requires some analysis. Good news: More and more supportive devices are being made for over 80’s and Centenarian level folks with limited mobility, and for Caregiver support.

- **Share ride get there services are coming**—becoming the vehicles of the future—means less cost, less risk.
- **Virtual assistants**—I gave a Google home® to my daughter’s family and one can ask it any questions, or request music. Other devices can boost recall memory for you with less frustration or give you reminders on medications.
- **Staying connected with social media and making new connections:** You can get real time updates on medical situations of those you care about and share photos and stories of adventures. There is no age or special identity interfering with your message.
- **GPS Travel by phone, and free apps like GasBuddy® tell you where the least pump prices are nearby.** There is no good reason for us to get lost when going on an Adventure or day trip.
- **Safety Devices: Wearable tracking items will keep you clear on where you are and tell others as well.** These include safety features—Fall detection devices (necklace or watch) now in or out of home. Home security devices help you know who is at your door even if you are not home and you can shoo them away! Important if you live alone.
- **Alert programs** can be age-friendly and keep you posted on financial account break-ins.
- **Food and Grocery** shopping and delivery. Most stores are offering this now. Avoid parking lot anxiety.

While we are Increasingly concerned and vigilant about the consequences of “dependence” on tech tools for more convenience, we do see the value, and know how it can enhance your own inner gifts you want to share and wishes so you can spend more time living and less time worrying.



A gift to give yourself or others or on your Holiday list: Get the book, **Grief Relief in 30 Minutes**, by Aurora Winter, or view her free videos. (Great name for a person dealing with “winters of our discontent.”)

According to studies of the “cost” of grief, chronic stress from unresolved grief contributes to early aging, serious illness, and loss of the potential for happier moments. This prevents positive Whoopee! attitudes from forming into hopeful courses of action and resilience to offset woes.

This book will help you release Grief from all recent loss and disasters quickly through a tried and true process. The practices keep you from suffering more than needed as it undermines your happiness and health each day it lingers. Bust the myth that it will take years with this program. **It is believed that many widows spend 5-8 year dealing with grief—loss of partner or a job.** (Time, 2005) **Get free training at www.GriefCoachAcademy.com.**

Finally, **GIFT YOURSELF** a moment to reflect on the best defining moments of the holiday season, the smell of fresh trees, the people you shared it with, and only the positive memories they left in your heart. For me, it was pause, the singing, and gift of being in their “presence.”

Yes, a rising tide of hope lifts all spirits!

Thanks for staying in there with us. More wonderful opportunities coming in 2019 for our 10th Anniversary.

In addition to buying a tree, donate a grove at a very affordable price as a gift for NPS, or as a memory of someone. Gift ideas . . . Alivingtribute.org (this is where I donated a grove for one of our community people)



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?