



Michele Jackman Enterprises & Adventures

Helping you put the pieces together

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usOWLS and OWLWorks



Projects of Michele Jackman Enterprises & Adventures

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usOWLS.com

DMV/CHP

Here are the recommendations in the works for the CSHP of California, where I participate on the Elder Driving initiatives with DMV/ CHP.

- 1) Expect better roadway designs that include elements friendly to elder road users (retrain designers);
- 2) Launch programs that clearly and simply explain how the aging process can affect driving, and help elders with issues make the transition comfortably to non-driving status with better public alternatives and

What are we doing about the "Elephants" in the Room?

This month's inspiration comes from a falling bookmark plus a fortune cookie message that reflect the many "elephants in the room" I am seeing. Maybe it is because we are sensing the growing loss of control in our life that impact all us elder Owls with elephants. *The bookmark came from the works of Frank Herbert, a prolific Sci-Fi visionary intent on stopping the "lies of government" in his mythical universe, who says this:*

"Without new experiences, something in inside of us sleeps. The sleeper in us must awaken." Funny because I always fall asleep while reading with this bookmark.



First Question: *How must YOU awaken to revitalize your own life and promote potential joy? Where are your elephants hanging out? Debt, illness, old grudges, inaction, passivity, deep fears of aging, the insanity of massive governance pretending to be representative and helpful?*

got elephants?

An "elephant in the room" - is defined as *that obvious thing, or feeling, or wrong ideas that keep us all in agreement that we will not notice it, speak of it, or do anything about it.* Elephants in the room-are the ultimate

programs;

3) Increase crossing times or decrease crossing distances, and add refuge islands on longer crossings;

4) Educate doctors, and patients on the impacts of prescription, and over counter drug combinations on driving capabilities;

5) Ensure better lighting through solar alternatives for energy, and keep roadways clean/ clear using workers or volunteer programs.

Send us your ideas or comments, as well to michele@mjackman.com

A.

Stay Smart!

Challenge your brain with games designed by neuroscientists to exercise memory and attention. Customize your personalized brain training program today. Luminosity.com

B.

How to Do Things

If you're like many people, you're always on the hunt for new and exciting ways to spend your free time. Learn about hobbies that might interest you: whether it's

source of our procrastination, poor relationships, and create personal inaction politically and socially. They are in our way! The good elephants are kept outside us, and in our consciousness teach us about traveling together for safety, loving support and staying civil.

The harmful "inside ones" distract us from sanity and right action, magnifying our fears of speaking out, or being "that voice of reason."

For us elder owls, there are many things going on; many elephants threatening to stampede and wreak havoc- medical ones, financial debt, too many demands, and too many scary political changes in our world. The thing to do is guide these elephants into the open and outside us and guide them with our experience and wisdom.

Here are my current OWLWorks elephants you can help me expose:

End of Life Issues: There is new legislation in California and movements around the world giving control back to individuals and their families so they CAN control the "medical industrial complex" intent on impoverishing folks, and often prolonging suffering of all kinds. (Watch the 60 Minutes on this topic in 2010 on your computer.) Having just gone through this, I just experienced most of the medical, financial, legal threats firsthand. **Get involved in this debate about final care and choices before you can't!**

Safer Roadways for Elders: On behalf of usOWLs, I participate in a statewide dialogue about creating a "Culture of enhanced Safety" for all ages at Traffic Safety Summits which included elder driving tips, stopping aggressive or distracted driving, bicycle safety, safe walking, visual impairments in highway construction, and my own favorite: poorly lit signs which cause confusion, panic, or just plain frustrated walking or driving experiences, accidents and death. An example of these elephants:

Why are plants grown in front of signs instead of further behind them so they do not block the information? Send

playing poker or making photo memory quilts, we have authoritative guides that will help you get started with your new hobby.

How to Do Things.com

C.

Spring is Coming

Grants are available through the U.S. Department of Agriculture (USDA). The Home Repair Loan and Grant Program provides money to senior homeowners over the age of 62. The maximum amount of grant money is \$7,500, and it must be used to make the home safer and more sanitary.

eHow can help get you started.

D.

How to be Adventerous

Don't ask yourself what the world needs; ask yourself what makes you come alive.

And then go and do that.

Because what the world needs is people who have come alive.

- Howard Thurman

30 sleeps.com

**Making Sense of Change
construction of positive
solutions and clearer
action**

me some of your "safe roadways" so I can represent your views.

Older Worker Rights: The third area is most critical in the employment arena as "forced retirements," exclusion or demotion of older workers in the workplace, and increased stereotypes about the capacity of older people to continue in their job increases with an aging population. Yes, older workers can be difficult because they see elephants stalling real action and call them out by name. Instead of dealing with the elephants, they get rid of the elder.

I tell organizations to schedule some "elephant hunting" meetings to make sure they can get work done right, right from the start.



What about that fortune cookie?

The future cookie was even more profound. ***"Every snowflake denies it was responsible for the avalanche."*** This means we have to stay involved and in control of what is happening around us and to us. Our "sense of humor" can guide those elephants out of the room. Start now. Use it more than outrage, an easy skill for an elder sensing the nonsense. With superior OWL vision: *Make it positive, keep it fun, help others see-when you call out elephants.*

In fact, this deliberate delay in seeing the truth can cause catastrophic results for all ages-a tsunami of growing stupidity destroying good thinking, and even life itself in

Michele Jackman just wants us to get the most out of living. She has helped thousands of people be better at their jobs and their personal relationships while openly confronting issues and conflicts with a positive sense of humor.

mjackman.com

Want to call? | 805.964.5668

Consultants and Contributors

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its wake. Laugh and then lead em!

Send me your thoughts by email and stay tuned in March - an elephant NEVER forgets!

Now, download Mancini's *Elephant Walk* theme song from the old film *Hatari*.

Whoopee over Woe!

- Michele

Thank you-Bing, creative commons for the images.

Looking Out for You

Need a motivational speaker?
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Michele Jackman

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