



Michele Jackman Enterprises & Adventures

Helping you put the pieces together

January 2015

usOWLS and OWLWorks



*Projects of Michele Jackman
Enterprises & Adventures*

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Owl best moves...and new laws

LA Times list --1/1/15

A.

Looking Out!

Get a Carbon Monoxide detector for your home. This is now required in all community care facilities and residential care homes.

Old heaters and poor ventilation, especially in the winter, contribute to this risk, which can cause many of symptoms we attribute to aging.

B.

Good news: The State may

January 6th - Day of Epiphany and the 12th day of Christmas 2015

Happy New Year to All-Age Owls!

I am not going to kick off this newsletter with a dialogue about resolutions, always boring and broken midyear in my case, but by a question to you about the *epiphanies and gifts* guiding us that help us set current manageable and meaningful life goals.



*Photo taken by a stranger at the Reagan Library
in Simi Valley, California. Soul recharging fun
with grandkids and a wonderful place to visit.*

Traditional Italians know that January 6th is the day of Epiphany, the day the baby Jesus was visited by the Magi

block new admissions to residential care facilities that are in violation of critical rules. We kept moving Connie until we got her to the right place for care. Don't abandon loved ones or even friends to substandard care. There are always options and consider co-housing-the newest initiative. Isolation is also a problem in very private spaces with little socialization.

C.

Gardens:

Landlords may not prevent tenants from growing their own food and vegetables in portable containers.

D.

Food Quality improvements:

Pesticides and additives can impact seniors just like kids. And big chains like Costco, Whole Foods, Safeway are offering organic foods like cage free eggs at more affordable prices. Go fresher this year! Watch for those expiration dates when you are in a hurry.

Making Sense of Change construction of positive solutions and clearer action

bearing gifts, and it was the 12th day of Christmas in the Christian tradition. It also was defined later in literature as ***a sudden, intuitive perception, revelation, or insight into reality or an essential meaning of something, usually initiated by some simple, homely, or commonplace occurrence or experience.*** Source: dictionary.reference.com

So here are some of my insights and ideas at work in 2015!

Insight - I may never be old enough to know better, but I know what I know better when I know better. Now, that's healthy age acquisition and keeps me in control and laughing with aha's.

Best idea! If I make my current most important goal my password after adding some numbers to it, I WILL recall it easily and with less stress and fear of hackers. This is good techy advice that forces me to revisit my vision for 2015 frequently, probably daily without that stress.

I need to catch myself doing right things right away that are the right things to do! (whew)

I have lost focus on things really important to me. I will avoid getting sucked into urgent demanding things rather than important ones, for my sanity. I am spending too much time on time-consuming projects and activities at home like clearing out drawers, giving away old sizes, clearing out pantries. *While some of these things feel wonderfully liberating, what is better for attitude and my neurochemistry is organizing my pictures, writing some history and guidelines for my grandchildren and other generations seeking such guidance.*

Planning how I feel at the end of the day is more enlightening than planning lots of things to do. Reminder: The end of life can come at any time, and any age. I think lots of our stress is post-traumatic and distracting. I want to feel like I can leave any day and feel good about what I was able to accomplish, what I felt, and without any regrets about things I still thought I wanted or needed to do.

Finally, usowls.com and the OwlWorks are ready to move into the program areas we stated last month, plus one: a) sustaining our wealth through supportive working

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.

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environments and more opportunities; b) better Highway Safety for us all; c) lobbying for better, more humane "end of life" medical controls and protocols, while moving away from medical systems designed to impoverish us; d) NEW! Making sure currently serving military do not lose their combat pay, allowances, and tax breaks as they serve the new mission of *leadership only*. They are still in harms way. Just learned they have lost significant benefits. Send your views on this to the media, Congress, and the President if you hear of impacts like I have. Stay involved.

Final insight - it's time now, more than ever, to give several HOOTs with eyes wide open!

Looking Out for You

Need a motivational speaker?
How about a good laugh?

Michele Jackman

Author | Speaker | Humorist | Trainer

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