

July 2019

OWL Café

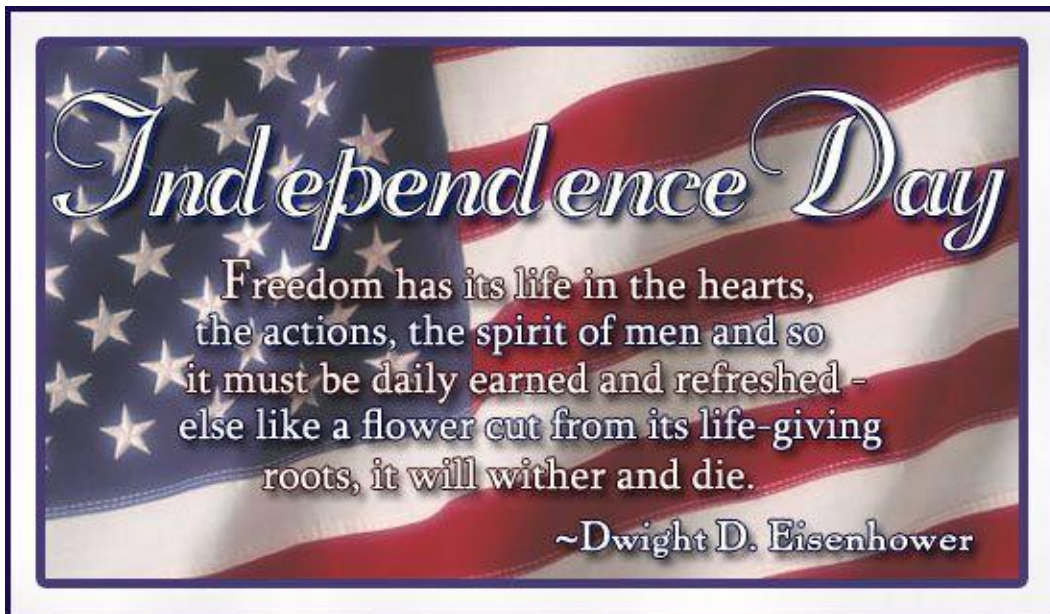
Optimism,
Wisdom,
and **L**aughter

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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.



**THE CHALLENGE: GIVEN THE GOLDEN YEARS,
HAVE ENOUGH GOLD TO SUPPORT IT?**

Welcome to the OWL Café for July—recent research says 3 cups of caffeine before 1PM are good for you, and help you remain an energized “bunny.” Carrot juice helps, too. In this issue we define real dependence-interdependence balancing, look at low cost travel, and yes, independence and senior hair. Independence comes with being on our *best* behavior as well being slow to outrage so we don’t age!

A few years back in one of the *unpublished works* I am writing, I created a [7-Day Plan](#) for our own life plan after leaving the robotic rituals of the workplace, and once we have choices about schedules and pressures. That work is about living with *real independence* and various activities rather than habitual acts can result in “self-realization,” lots of new memories, or a final spiritual connection with our God that this nation honors on the 4th.

If you are retired or staging a comeback, focusing one one’s sustained “independence” becomes an overarching goal. The question: **How can I be more, or remain independent?** For some it means we don’t care any longer about fashion, foods, politics, but please vote! We love our own mind now and it still evolves rather than slipping as others portray us. *Stay on the Lookout for what is best for you and do that!*

However, our concept of independence, a vital part of progressive maturing (aka older) is actually a myth in many ways. In fact, we live in a matrix of support to give us internal “freedoms”. Our garbage still gets picked up, our toilets work flushing away things with great efficiency and a promise not to be back. Our medical care provides panaceas for symptoms we face so we can keep on moving and having *bucket list* moments. Our founders envisioned an *independence* that led to life, liberty, the “pursuit of happiness,” here as in few places in the world.

How independent are we now? We are totally dependent on technology that keeps our cars running, lights on, charges our phones or alerts, gives us water clean enough to drink, air that does not harbor toxins or allergens, and many other safeguards like refrigeration that we simply take as given until THEY shut our power off for repairs. If disabled, those moments make us vulnerable if we need electricity and light to stay safe or healthy. We have seen with wildfires, and bad weather how isolated living can harm us and ruin our independence, even take our life.

From an OWL perspective on *independence*, aging is a time to keep on working if we chose, learning, , feeding our view of “reality” with optimism, and laughing heartily each day at how seriously we take things—beyond our power to control. Influence yes, but control of outcomes in today’s noisy world makes decent outcomes according to our standards very challenging. Being an *independent thinker* is not as valued either with all the incessant screams of voices telling what to think. How to act our age?

In a spiritual sense, fostering independence means being “self-

sufficient” and a simpler self—or able to set up our own schedules and choices among several alternative actions and emotions about what is happening outside us. It is being allowed to think without worrying what others think about that. It is choices about what you believe and don’t believe. It is internal power that keeps us well and moving forward. Independence also means greater opportunities to help others with our talents, skills, unique knowledge and passion about things artistic, historic, and musical not just monetary.

Independence also means staying away people who are on a different and incompatible path, with alternate values that may wish harm. These people, sometimes called “negaholics” drain away independence by crossing our boundaries, and we need to “draw a line in the sand” at times.

In my case, independence means doing good works and moving past financial burdens—I want to simplify choices and life, and not obsess about the clutter, except interior clutter of thinking and worries. I cherish moments that provide real spiritual privacy of purpose. I want to have some daily fun and shun “fear.”

GOT INDEPENDENCE?

How about the latest example of the 103 year-old running in Senior

Olympics who started at 100? I did not even know there was such an event.

My hundred-yard dash these days involves getting to the John in time. You can check this activity out at Humana’s national senior games and National Senior Games Association ([NSGA.org](https://www.nsga.org)) where 13,000 competed, an increase in 2019 of 30%. There are over 100,000 spectators, in over 20 events in 33 states.

The **amazing** thing: She was running against others over 100 who qualified.

We too have centenarian friends in the arts, music (a composer), and in historic preservation of sites and our common story, not just their own.

Final point on this question: Is there anyone different than you? (despite

putting you in a number-based identity). **Yes, everyone! Enjoy it. Do one new thing to prove it.**



GO ON AN ADVENTURE: CHEAPER TRAVEL OPTIONS AS YOU SCAN YOUR "BUCKET LISTS"

I keep reading about lowering costs for senior vacations. [Airbnb.com](https://www.airbnb.com) is not your only creative choice these days. A number of sites have sprung up to provide lower cost accommodations in people's homes or in lodging with breakfast

included. **Of course, be wary and check for reviews**, add to your research, the [homeaway.com](https://www.homeaway.com), [affordabletravelclub.com](https://www.affordabletravelclub.com), the [freebirdclub.com](https://www.freebirdclub.com), and senior tours like [roadsscholar.org](https://www.roadsscholar.org). We would appreciate an email if you have a review to share. A lot of places require membership to support their programs. michele@mjackman.com. There are affordable cruises as well where you visit islands while staying on the boat—highly recommended.

For house sitting opportunities in special places, check out [nomador.com](https://www.nomador.com), [housecarers.com](https://www.housecarers.com), and [trustedhousesitters.com](https://www.trustedhousesitters.com). Sites in these categories charge membership fees like [homeexchange.com](https://www.homeexchange.com). Checking with a church in the area may also help you find accommodations or a room. And don't forget State Parks that have yurts and cabins, much cheaper, less risk, and very scenic for both our soles and souls.

FINALLY: HAIR TODAY—HAIR TOMORROW? LOTS OF INDEPENDENT OPTIONS



1940's & 50's?

FLAT WAVES AND CURLS FOR OLDER GIRLS! BOY'S TOO?

Finally, while I wasn't really looking, I discovered several articles on **senior/mature/older women's hair styling** for that independent *look and feel* you still seek that subtracts age. Usually involves color, but purists can also see words that go with 50 shades of gray—layers, longer, shorter, loose, tight, using language like bob's, pixies, curls, sweeps, and teased, etc. Is this really happening to us? I guess we should be glad we still have enough hair to mess with. There are lots of pictures of styles—and needs based upon your obsession with your neck face, sports you choose, desire for youth. Even surviving cancer brings lovely style options and scarves. You know what? This is what independence really is—Comb it, Color it or not. Just *Own IT* as long as it is still YOURS.



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Consultants and Contributors

Lou Thompson

Patricia Brem

Dana Longo

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