

OWL Café

Optimism, Wisdom, and Laughter

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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.



Well, “JUNE IS BUSTING OUT ALL OVER....”
How can it be Summer already?

Good News: Summer can bring lots of activity that can re-inspire and renew us. There is an old song from the post WWII musical “Carousel” (Rogers /Hammerstein, 1945) proclaiming June as the promise for wonderful summer events and the potential for personal rejuvenation:

*You can feel it in your heart
You can see it in the ground
You can hear it in the trees
You can smell it in the breeze
Look around, look around, look around.
Just because its June, June, June.*

This Musical which had a recent revival also includes the famous song, “You’ll Never Walk Alone.” In truth if we are wise, we Owls should probably never walk alone anyway given “fall risks” we face.

This song is also significant for us OWLS who need to do more walking, dancing, singing, and much less worrying. As it is literally lighter outside longer now, and if we did our Spring clutter reduction, we are ready to get outdoors more often, to get that sunshine Vitamin D moment, away from the incessant bad news we can do so little about. We need to get out that “bucket list” or fill it up again with more local and affordable or free events. We could create our own “genealogy camp” and research our past.

The latest research in the June issue of *Prevention Magazine* on fighting depression was that we need to embrace creative elements in our culture and all around us that are more

fulfilling. Quoting a new study in the *Journal of Psychiatry*, frequent trips to plays, museums, free concerts, church events, visiting historic sites. In truth, just enjoying our homes more with special projects or adventures in the garden can reduce the incidence of depression by 48%. Maybe the other 50% can come from educating ourselves and seeing the perks of retirement we are given to have new gigs, adventures, and the ability to reach out to others and volunteer.

My own future work will focus on those areas that create more independence for us, unleash creativity, and result in mental stimulation to support emotional, physical, and spiritual resilience. There are so many in-home educational opportunities other than depressing news, grudges, feelings of hopelessness or regrets. These can be toxic and aging.

I love watching old movies I missed, and Jerry and I are addicted Shakespeare types and will be attending various festivals again. The most fun is debunking his “Seven Ages of Man” speech from *As You Like It*, maybe still true of life stages, but occurring much later, now being childlike and having more fun is not being demented or “childish” . . . *sans teeth, sans hair, sans everything*. This is the stereotype we need to alter.



So, bust out of the doldrums from strange weather and challenging driving, and make it a June, June, June! Start on the 6th by celebrating those heroes of WWII, **the 75th Anniversary of D-Day**, when so many sacrificed their lives in the Allied Liberation of France. We, too, need to focus on Liberating ourselves a bit more to live as a whole person. There are perks to being older, wiser, and not taking life so seriously.

[Pete DuPré, a 96 year old WWII veteran,](#)
[played the National Anthem on his harmonica at USWNT Game](#)



**AS PROMISED LAST MONTH,
WE ALSO NEED TO REMAIN ON THE
“LOOKOUT” WHEN WE VENTURE OUT!**

**WE NOW NEED SAFER ROADS AND BETTER,
MORE VIGILANT DRIVERS!**

Older driver's share horror stories of daily close calls with “lawless” or distracted drivers. As a member of a DMV Sponsored Network protecting Senior Drivers, I attended the Strategic Planning Conference for 2020-2024 for Road Safety in California.

Senior drivers (over 65) are one of 14 “concern areas” and causes of fatalities and injury, and in 8th place as a concern suggesting retraining drivers and creating new restrictions along with better features in cars.

The Regional Conference collected our ideas on 20 countermeasures to risks that they propose for “safer road experiences” in terms of non-human elements of Engineering, Equipment on Cars, Enforcement issues, and Emergency Medical Services. I will be discussing all this in my Book on driving, now in final edits. Many suggestions involve better signage, “rumble strips” telling one they are on the shoulder, better median barriers more, use of roundabouts.

Here are a few startling facts until I publish my work on Driving for Seniors: Major causes are still DUI, and now interactions with Drugs, as well. Most surprising was that 43% of fatalities involve intersections, interchanges, and other roadway access not highways as the #1 cause. And, people still are not wearing seat belts on short trips accounting for 19% of fatalities. Senior driving remains in lowest cause categories by almost 10% in every category.

- Between 2008-2017, 31,919 people lost their lives, and 115,539 were seriously injured in collisions. The largest age of victims was between 15 and 34 representing half of all fatal or serious injury cases.
- The statewide statistic for senior drivers was 14% of fatalities, which most occurring not on highways, but in off-highway driving. We are still the safest drivers, even in 80's-90's, being more cautious and driving less.
- Aging Drivers accounted for 4,527 fatalities and 13,281 people were seriously injured. Age-related accidents are on the rise, particularly in urban areas.
- In that same 10-year period, 7,317 pedestrians were killed, and 17,000 were seriously injured. Pedestrian right-of-way violations, DUI, and Speeding were the causes, and people over 65 represent the largest group of fatalities. Actually, over 45 and 65+ are the most victimized.
- Bicycle riders 45-54 were the largest group of victims, many who might be following the law (no reflectors, helmets, or swerving).
- Finally, **Law Enforcement feels Distracted Driving** is a major underestimated cause use of social media, Drug abuse and accompanies excess speed or Alcohol/Drug abuse, and animals, although it is hard to know what actually distracted a driver who was in a fatal accident.

You can get the full report at <https://safety.fhwa.dot.gov/provencountermeasures>.

JUNE IS ALSO ABOUT GRADUATIONS



Many more OWLS are involved in completing their own education now that they have the time and can afford low cost programs. **Age is no longer a factor killing the myth that one is too old or too mentally challenged.**

We know new brain cells are possible if we remain active as interested learners. There are many online educational opportunities, as well, and Certifications for new part-time careers. Grand-parenting also becomes critical. I have two of three graduating; one to middle school, and the other to High School. Kids today need OWLS. Even without your own grand-kids –schools can use your help as mentors and tutors. Older adults and kids get along because we both have *arebellious* streak. I call us the *Gray Corps intent on cheering on those in need*. Not just

about hair, Life is not black and white.



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