

Personal Safety Nets® e-Newsletter

Community - The Beatles Were Right!

January 2010, Issue 25

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Letters, We Get Letters. . .

Dear Safety Nets Team,

Q: I am the managing web editor of YES! Magazine. . . I took the opportunity to look around your site. There are a couple of articles and checklists that would fit the YES! angle well, and I was wondering if you could give us permission to report those on our website?

Lilja Otto

A: We're very happy to extend our permission to reprint from our Newsletter or directly from our Cool Free Download section of our website. Our **Newsletters** and our **Cool Free Downloads** sections were developed with the goal of providing information that was "cool" and "useful." Disseminating this information in a variety of ways is cool to us! And we couldn't be more pleased about again aligning with YES!



The Beatles Were Right!

In the quest for better health, people turn to doctors, self-help books, herbal supplements and a plethora of other traditional and non-traditional ideas. But **we may be overlooking one of the most powerful weapons that could help us fight illness and depression, speed recovery, slow aging and prolong life: our friends and the groups surrounding us!**

Researchers are paying more and more attention to the importance of friendship and social networks in overall health:

- * **A 10-year Australian study found that older people with a circle of friends beyond just relatives and children were 22% less likely to die during the study period than those without a network of friends.**
- * **Last year, Harvard researchers reported that strong social ties could promote brain health as we age.**
- * **A 2007 study showed an increase of nearly 60% in the risk for obesity among people whose friends gained weight.**



"In general, the role of friendship in our lives isn't terribly appreciated," said Rebecca G. Adams, a professor of sociology at the University of North Carolina, Greensboro. **"Friendship has a bigger impact on our psychological well-being than family relationships."**



Researchers recently studied 34 students at the University of Virginia, taking them to the base of a steep hill and fitting them with a weighted backpack. They were then asked to estimate the steepness of the hill. Some participants stood next to friends during the exercise, while others were alone. The students who stood with friends gave lower estimates of the steepness of the hill, and the longer the friends had known each other, the less steep the hill appeared. "People with stronger friendship networks feel there is someone they can turn to," said Karen A. Roberto, director of the center for gerontology at Virginia Tech. **"The constant message of these studies is that friends make your life better."**

Sometimes its not only having friends that increases our wellness but also doing things in groups. Scientists at the University of Oxford recently studied endorphin production in a group of rowers, both

While we want all our readers to get started building awareness of their need for Personal Safety Nets, our everyday goals include **challenging your thinking, helping you plan, providing you with new and unique information, helping assist you with solving problems, and simply making you smile.** If more readers can improve their safety nets (social, financial, community, or otherwise) and come to this information through us, or through others, we are very happy.

We are ready and willing to provide permission to those who may want to use our stories or downloads. Because of the rules of copyright, we ask that you ask our permission and provide credit for use before publishing.



To all our readers, remember: You need not have Personal Safety Net expertise or knowledge to enjoy a Download - our aim is to help you cover the bases of life's challenges and changes. And finally, in our Newsletter we usually feature stories or ideas from readers like you. We love to hear your experiences with enlisting help creating a care team or a broader personal safety net - so keep those questions and stories coming our way. Thanks!

YOU CAN HAVE IT ALL IN ONE DAY!

"Pulling It All Together" - Our most popular, highly interactive - presented all IN ONE DAY!

when they exercised alone and when they trained together as a team. Results showed sportsmen have a significantly higher tolerance to pain after exercising in a group than they did after exercising alone - suggesting that **group workouts led to a greater production of feel good endorphins.** "These results and previous research has shown synchronized physical activities such as activities like dancing, laughing, making music and many religious activities increase happiness and promote bonding," said Professor Robin Dunbar of Oxford University.

A 2006 study of 3000 nurses with breast cancer found that women without close friends were four times as likely to die from the disease as women with 10 or more friends. **The proximity and the amount of contact with a friend wasn't associated with survival - just having friends was protective.**

Finally, a new survey on aging from the Pew Research Center tells us that as people age, their social networks shrink. But while having fewer social outlets may negatively influence health, **the intensity and emotional connection of the remaining relationships increases with age, which may help compensate for fewer social ties.**

Still, a friend of PSN commented, at age 97, when asked about her vibrant mental and emotional health, "I've found it's important to keep making younger friends." That's the attitude!

The moral of the research and our story: it's never too late to make new friends; it's always a good idea to get our friends involved in mutually beneficial activities; when you have a friend or friends, share as much as you can, as best as you can. The Beatles told us 40 years ago, "You get by with a little help from your friends."



Health, Happiness, Age & Exercise - Cool Free Downloads

It's pretty clear - **the research says that surrounding ourselves with friends and groups is beneficial to our health, our happiness and our outlook on the world.** We don't want to be sick, distressed, out of shape or old - and we're here at Personal Safety Nets to keep you on the road of your dreams and wishes.

By the time you finish this January edition and click over to our website, you'll find a variety of new, [Cool Free Downloads](#) that deal with these issues and provide great research, helpful tips, and some comic relief.

You'll surely want to check these out.

"How Old You Feel Depends on Your Age" - describes a recent survey that found most adults over 50 feel at least 10 years younger than their actual age, while one-third of those between 65-74 felt 10 to 19 years younger, and one-sixth of people over 75 and older felt





On **SATURDAY, FEBRUARY 20th from 10:00 a.m. - 3:00 p.m.**, in just these few hours, seize the opportunity to build and refine your own personal safety net: the people, plans and resources you need to have in place for life's challenges and changes. This class will move you forward with life's plans, family plans and work plans.

Course fee includes the book, *Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges*, accompanying workbook, *Get Ready/Get Started* and a personal notebook. Light snacks provided. \$75.

Advance registration required.

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20 years younger. And while we feel young, we also want to think young: On average, survey respondents said old age begins at 68. Those under 30 said old age begins at 60, but those over 65 said "not so fast" - old age begins at 75.

"Happiness & Health: Yours & those Around You" - refers to a new survey on aging by the Pew Research Center that finds, as expected, good health contributes to one's contentment, but goes on to find the reverse is also true - happiness leads to good health. Findings also lead scientists to suspect that expectations and the ability to adapt to changing life circumstances also influence happiness.

"Friends Make Your Life Better" - provides some of the research we used in our featured story, "The Beatles Were Right!" This download also focuses on the story of 11 childhood friends and their 40-year friendship and what that friendship meant to their health.

"Exercising with Friends #1"- Working with a Buddy speaks directly to the benefits of buddies as social support that encourages physical activity. With so many of us committed to more physical activity in the new year, this download provides supporting reasons why exercising with friends can more readily help you reach your goals.

"Exercising with Friends #2" - Benefits of Exercise explains the benefits of exercising - with an emphasis on senior citizens. Lists are provided for short term and long term physical and medical benefits of regular exercise. You'll see that getting busy with your physical commitments for the new year, also brings numerous non-physical benefits including: motivation, social interaction and commitment.

We Can Open Doors For You Our NEW Business Initiative -

You're a small business owner or operator - (salesman, financial planner, insurance adviser, banker, lawyer, doctor . . .) looking to connect in better ways to your prospective clients. Personal Safety Nets® will help you - by showing your audience the need for your services!

We'll open the door to more business for you. We open the minds of your clients, and get them thinking about all the corners of their Personal Safety Net - which include you and what you offer!



In a small intimate setting, your clients will hear from our founder and co-author of our book, Judy Pigott. Judy will present each person with a free, signed copy of her book and talk to them about their lives, and the corners of the safety net they'll build to deal with life's upcoming challenges and changes. Your

prospective clients will be able to ask questions and get direct answers from Judy - and all the while, **they'll be better prepared to see the need for your services. You'll strengthen your relationship with clients and get your foot in their doors for follow-up sales.**

If you're interested in talking about our One-on-One Business Initiative presentation, please call us today at 206-659-0665. It's never too early to get started!

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