

Personal Safety Nets® e-Newsletter



March Madness: A Legacy of Hope

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Letters, We Get Letters. . .

Dear Safety Nets Team,

Q: My parents have not maintained friendships nor made any new ones in the past ten or so years. Now they are



lonely and isolated. This has a huge impact on the few of us in the family who could be available to them ... if only they were nicer to be around. How do I balance my wanting to be there for my parents with wanting to avoid being in their presence? It all seems hopeless.
Brenda

A: Brenda, your question is actually not at all uncommon. **Here are inquiries and ideas to help bring hope back:**

- Is the way your parents are behaving and feeling a change from how you have experienced them in the past? If this is a

A Legacy of Hope

"To me, there are three things we all should do every day. We should do this every day of our lives. Number one is laugh. You should laugh every day. Number two is think. You should spend some time in thought. And number three is, you should have your emotions moved to tears, could be happiness or joy. But think about it. If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special."

- Jim Valvano

For sports fans, particularly college basketball fans as well as fans that simply root for anything involving their Alma Mater, March is a time of unlimited hope. **March is the time for the NCAA Men's Basketball Championship.**



For those not "in the know," this is a tournament featuring the best 64 college teams, playing elimination games until a crown is awarded to the most successful. It covers three weekends and actually culminates in April (but ignore that, it's another story).

College alums from those 64 included schools lose their minds during this time - hoping their school will make it "all the way." Fans of other, non-involved schools "jump on board" becoming fans of schools either in their home towns, or in their leagues, or wearing their favorite colors. **The ratings are high, the sports bars are filled, and the on-line and office betting pools attract millions of dollars. As the tournament begins, all 64 teams have a chance and HOPE is thick enough to cut with a knife.**



Besides great team basketball, this event gives rise to great stories of individual conquest, inspiration and hope. And maybe, the most famous story centers on Jim Valvano.

Jimmy V (his nickname) had a 19-year career as a basketball coach, including 10 years in charge at North Carolina State. **In 1983 Valvano's NC State team, the Wolfpack, won the NCAA Championship.** Winning itself was beyond hope: a team, which finished the season with a 26-10 record and an 8-6 record in its own ACC conference, playing in the tournament rounds far away from home, certainly didn't expect to go far. **In fact, the team won 7 of its last 9 games after trailing with a minute left in the game - earning them the nickname "Cardiac Pack."** In the tournament they defeated five opponents, including a final game 54-52 victory over Houston, the

change, then **you (alone or with other family members) might ask them whether they're aware that their negativity is making it difficult to be around them.** They might be clueless. So it could be worth a try.

- If this is a change, then you might see if you can have a doctor check them out for depression. The changes they are experiencing can be scary, and they could find relief. **Frequently the "difficult to be around" part of your question can be easily addressed in one of these two ways: awareness & addressing depression.** Indeed cranky folks, old or young, related to you or not, are hard to be around.

- If the other family members you mentioned are nearby consider getting them together to discuss how to support your parents. **Using a team approach will bring in new ideas & spread the load.** At the beginning it doesn't even matter whether or not anyone present can do any particular task. Just getting a list is what's needed.

- **Other steps, such as how to prioritize this list; how to get & stay organized; and how to anticipate & sidestep predictable stumbling blocks, are covered thoroughly in our book.**

number one seed in the country. The ending of the final game is one of the most famous in college basketball history, with a player's dunk at the buzzer off another player's miss.

The ending of that game is also memorable for the sight of Valvano, running around the court in celebration immediately after the game, looking for someone to grab onto to hug and celebrate with. The video of Valvano has become the staple of NCAA tournament coverage ever since - as an inspiration of hope, and the happiness hope, when fulfilled, can bring.



But Valvano's story didn't end there.

Valvano moved on to become a highly successful inspirational lecturer and television commentator. He was diagnosed with bone cancer in June 1992. In July, he found out that it had metastasized.



On March 3, 1993, shortly before his death, **while accepting the inaugural Arthur Ashe Courage and Humanitarian Award from ESPN, Valvano announced the creation of the "Jimmy V Foundation,"** an organization dedicated to providing hope and support through grants for early developmental and critical-stage medical research in the search for a cure for cancer. He announced that the foundation's motto would be "Don't give up. Don't ever give up." His [speech](#) has since inspired and provided hope for millions.

Jimmy V spent the last few weeks of his time recruiting friends and family to lead [The V Foundation](#). After putting together the leadership team, Jimmy V died on April 28, 1993, but his legacy of inspiration continues. **Since 1993, The V Foundation has raised more than \$90 million and awarded cancer research grants in 38 states and the District of Columbia.**

Downloads of Hope

Look to this day for it is life,
For yesterday is already a dream,
And tomorrow is only a vision.
But today, well lived, makes every yesterday
A dream of happiness and every tomorrow, a vision of hope.

- Sanskrit Proverb

Hope is the belief in a positive outcome related to events and

circumstance in one's life. It is a feeling that what is wanted can be had or that things will turn out for the best. **Hope lifts a person up;** it makes a person feel that he or she can do what needs to be done in the face of what may be near.



Below are synopses of a variety of new [Cool Free Downloads](#) that you'll find on our website. We're focusing on HOPE from a variety of viewpoints: developing it with and for your family, seeing it as the fire

- **Lastly, and most importantly, do YOU have the support you need to help you reach out to your parents?** Your friends, your colleagues, your faith community, your family - all can play a role in helping you be healthy and strong as you move into this role. You might not be able to make mom & dad happy or easy to be around, but if you can see the light at the end of the tunnel as the issue is addressed, you can meet the challenge with hope & courage.



that burns within, the goodness it represents, and some research on age and hope, and attitudes of health and hope. And as always, **we keep adding more downloads and information every few weeks, so keep checking back under our "ToolKit" section of the website. We'll also be blogging about hope and March Madness in the next few weeks, so blog along with us!**

Good luck, and keep asking questions.

WE'RE BLOGGING - JOIN US!

We're blogging to spread news, information and resources faster. Our blog provides stories, experiences and insights that reflect our everyday reading, traveling and work towards building more informed, connected and exciting personal safety nets.

What we're also seeking is information, comments, news and stories from YOU - and with our new blog, you can give us instant insight into your lives and the world around you.



It's easy to [BLOG](#) and post your ideas and comments. Please join us!

"10 Ways for Families to Foster Hope" - a simple set of items to help you and your family build skills. You can take one and make it the family activity for the week, or you can provide positive feedback every time your family hits on one of these methods. In an case, you'll be better for following along.

"Hope - The Inner Fire" - What are the attitudes and behaviors that have helped survivors? Two doctors provide us a description, along with a rationale for why hope is most important from a patient standpoint. Find out why there is no tonic as powerful as the expectation of something better tomorrow.

"What Good Is Hope?"- Follow a simple experiment and learn how to face your challenges: see challenges as overwhelming and you're likely to be defeated; attack them with a plan, support and hope, and you'll overcome.

"Giving Hope"- How do we help others to see and find hope? The research shows it's not all that hard if you have a plan and find a way to get involved. It's the essential story of having and being part of a Personal Safety Net.

"Does Age Affect Attitudes on Hope?" - Our Canadian friends in Alberta have been doing their research and have provided some telling answers to the question, "how do people of different ages view hope?"

"Attitudes on Health & Hope" - Continuing on with their research, the Hope Foundation tests if there is a link between health and hope. They found that people with differing degrees of health defined hope differently. This is interesting reading.

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

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!