



Personal Safety Nets® e-Newsletter



Chapter 4: Putting a Team Together

April 2011, Issue 39

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J.E.S., an early advocate of Personal Safety Nets wrote:

"Judy, as a reserved New Englander I normally wouldn't have done this outreach. But **having been inspired by you and your book, how could I not?"**

*We thought J.E.S.'s approach was inspiring enough to pass on, so here's how she had started out - letting friends, colleagues and neighbors know what was going on. **She set the stage, though at the beginning there was only one specific request and a general ask for support:***

"My 91-year old dad is critically ill in the hospital with multiple serious issues. One sister is with him, the other is flying in from London. It is very serious. Here at home, my husband will be holding down the fort..."

Putting a Team Together - First Steps

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.
~Margaret Meade

Once you have put together your own supportive personal safety network (see story below), organized what you might need and want in your life, and asked to be part of this network, **a time will come to look at reaching out to form a team to help with some change or challenge that comes up for you or someone you want to help.**



Sometimes you or those in need of help are cooperative and capable of enlisting aid from others. Sometimes, though you or they need someone else to take a lead role in organizing this team or network. A spouse, child, sibling or friend can step in to serve as leader whether asked, appointed or hired. At this time, **asking for help is the first step.**



The next two steps are to set ground rules (such as: keeping information from the meeting confidential, not using personal money, honoring limits, time, endings, and being respectful) **and to set a working vision** to reach clear and sustainable solutions. **(Read Dan & Corie's Values - a Cool Free Download).**

Step four is to create a plan of care or assistance, and to break down this plan into a list of manageable tasks which need to be prioritized to match available skills, information, and individuals. **(Read Megan's Story - a Cool Free Download).**



Encourage people to start small by taking on only one or two tasks to begin, and then expand their role as is comfortable to build on success, and help avoid burnout. Don't let anyone promise too much!

To help your team get organized, you can try various websites like lotsahelpinghands.com, wiggio.com, caringbridge.com, whocanhelp.com, or

"I have a quote on our whiteboard from my dad, from his 90th birthday, when we asked him his advice on living a long life. He said, 'Be Hopeful'...Now it's my time to try."

Later, J.E.S. followed up with "I am back in Seattle. What a grueling and exhausting experience. My dad is now on 'comfort' care. It is so hard to say goodbye. My daughter came up for a day and it was wonderful to have her there. My two sisters are still there. Will let you know when he passes. I appreciate all your warm thoughts. **The support meant a lot to me as I reflected** on the long plane trips back and forth. Thanks for being my 'personal safety net.'"

J.E.S. - You inspire us too!

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We also received this lovely note this month following a lunchtime presentation to the PRIDE Foundation staff:

"I loved your presentation. And, I am glad to tell you that everyone in the room was kind of giddy about it after you left. Many, many thanks."



Jeff Hedgepeth
Grants Program Director
Pride Foundation

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We received this note from our friend, Sonia, who wants to remind us that being on a team is an honor. Sonia also provides a great lead-in to this month's article on organization your

use an old-fashioned calendar or letter. The important thing is that each person knows what is going on and how important their task is to the whole. The group should **plan for what will happen if** someone can't or doesn't handle a scheduled task: someone will need to cancel or won't come through - at least one time. It is important to know when tasks are being done, by whom, and who is the back up.

Before you have a change or challenge where you would want a team to support you, think about and honestly answer these questions for yourself: what do you like to do for others; what do you do well; when are you generally available; are you likely to be a good leader for your own team, or for someone else's; and can you take care of yourself by setting limits to what you say "yes" and "no" to?

With answers in hand, you're on your way to success!



You - Ready Next Time.

A year from now you may wish you had started today.

~Karen Lamb



increase the likelihood of a

In previous e-newsletters we've introduced the Personal Safety Net concept and its role in your life. **PSN is about creating a system or network, personally or professionally, to support you during times of need.** It is about putting in place a plan to provide an arrow reminding you of where you intend to go. Whether this is a positive or negative situation, asking for appropriate help will

The easiest and most simple approach to understanding a PSN is to **use the wallet card (a Cool Free Download)**. If you take the card and fold it in half

you'll see that the front directs a reader "in case of emergency" to "look inside". It bears the internationally acknowledged emblem **signifying to first responders that this is serious stuff**. On the backside the card gives a place for you to write your name and contact information.

Inside the card are spaces for you to write the names and contact info for the three (that's right: THREE)

people who you authorize to speak on your behalf if you cannot speak for yourself. On my card I've added my allergies, and information on my insurance and on my primary care provider.

Now, **the important part** - and this is why this card is more useful even than the ICE (In Case of Emergency) numbers you may have in your phone - is that you **communicate with these three people.**

Is it OK with them to have their names listed? Don't surprise them!



team.

"Just wanted to let you know I forwarded your newsletter to a good friend whose 55 year old wife is suffering from early onset Alzheimer's (she was diagnosed about 3 years ago). **He is learning to ask for help** as she is more affected by the disease, and I think your newsletter is a good reminder that he should count on the community around him; **we all want to help and just need his guidance in how to do that.**"

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Send us **your Personal Safety Net story** (what worked, what didn't, or what you've tried), **or simply ask us a question or drop us a line.** We have great rewards for ALL who participate.



This month we offer you a choice of: tickets to ArtsWest's production of Pulitzer Prize-winning author Donald Margulies' "Shipwrecked," or a copy of the Voices of Global Youth book, "Many Voices from One Heart," or our Personal Safety Nets audio book.

Join Us!

Our blog,



and our Facebook page

facebook

offer you the opportunity to gain up-to-the minute news on PSN content, ideas, and issues that affect us all.

Are they aware of the other team members and how to contact them?

Have you given them legal authority to do what you ask?

Do they have access to the information they'll need?

Filling out and carrying the wallet card will give anyone who comes to your aid an arrow pointing to the plan you have in place. It will also prompt you to think about other plans for less serious things that will inevitably come up. **For more printed cards for you, your family or your company, simply drop us a line or call 206-799-3447.**

Ed. note: The next issue of our e-newsletter will arrive in your email in JUNE. See you then!

Seminars: Build Your Safety Net

Our next two sessions of our FREE four-part "Living Into Life," seminars will teach you how to build your own personal safety net. Learn to get over the fear of asking for help and why "no" is not about YOU. It's not too late!

There are two more sessions, and you can attend one or both. Each will have a different focus, building new Personal Safety Net knowledge throughout the series.

Come join us at the beautiful **ALKI ARTS Gallery and Events Space.** We'll bring the handouts and information and together we'll provide the skills and guidance on creative ways to fulfill our fundamental human need to build and maintain strong networks of support and creativity in our personal, community, and work places.



ALKI ARTS
2820 Alki Avenue
West Seattle,
Tuesday evenings -
May 17th & 31st
7:00pm - 8:30pm
Register on line

You're Doing . . . What?

News & In the News

CELEBRATING OUR FIFTH ANNIVERSARY

Help us celebrate our fifth year as a social enterprise. Through June 2012 - all our work and products will be free, almost-free, or for some multiple of \$5.00. We'd love to talk with you, your group, or your company ... for any occasion.



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EDMONDS COMMUNITY COLLEGE HEALTH FAIR

Join us Friday, May 6th from 9:00 am - to 3:00 pm at the Triton Student Center in Brier Hall. Free and open to the public. Visit our booth, meet Judy Pigott, and learn a more about

Newsletter



Read Past Editions

scheduling a personal safety net event for your family or staff.

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EARLY NOTICE: SEMINAR AT OUR LADY OF GUADALUPE IN WEST SEATTLE

Sponsored by the OLG Seniors Group, Personal Safety Nets will hold an introductory workshop Wednesday, June 8th from 1:00 to 3:00 pm. The event is free and open to the public - look to our **website** in May for on-line registration

