

Personal Safety Nets® e-Newsletter



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Letters . . .



Dear Safety Nets Team:

Life has taken a different turn this past 9 months. Since being diagnosed with MS, there are things that I cannot do. Hence I've created a 'to do list party.' I s upply the food and invite friends and family who might help me with things that I cannot do. Some are such simple things, and I have the best of intention of trying to get them done, but I truly need a team of others to accomplish my goals.

- lane

What I love about Jane's letter is the tone she takes. She evidently sees enlisting support as reasonable and positive. How right she is!

We all need to be seen (and this includes being seen in our vulnerabilities as well as cloaked with our strengths), to be heard (each able to speak from our hearts as well as our heads), and to be of value to others (each contributing what we can,

Celebrating 5 Years - Chapter 1
January 2011, Issue 36

Five Years Later!

Five years ago John Gibson and I wrote a book (Personal Safety Nets: Getting Ready for Life's Inevitable Changes and

Challenges). We envisioned this as a useful guide to helping create a more connected, community-minded world than the one we saw around us. We saw people, young and old, wealthy and poor in spirit, healthy and infirm, crossing many continua, using our book as a guide to working together as effective teams. Our vision was of a world that was more joyous and caring ... and in this book we laid out a process for getting started, organizing, maintaining, and ending teams of all sorts.



Based on research, and validated through illustrative stories, we wrote about how creating a network

of support BEFORE there is any crisis is a key component to resiliency and resourcefulness.



We gave a framework, and practical steps to increase security and community, to replace the fear and isolation found so frequently and pervasively in our society.

Now, five years later, with no other text similar to what we wrote - nothing holistic and open to generalized application - **our**

goal remains to work with others to create a large network of individuals and organizations to spread the word that this is doable, and desirable. We feel we've provided a template for reshaping our current climate of distrust, dichotomy, and disconnectedness.

With all this in mind, our e-Newsletters this year will examine, dissect, and add to the individual ideas, thoughts and specific chapters that are the focus of our book and workbook.

If you have a question anytime during the year - a point of clarification, a situation that needs attention, a story to tell, or a question to ask, please send it our way. We'd love to help you -which may help us all - and yes, we always offer prizes when you participate!

In the BEGINNING . . .

Knowing you have plans, systems and people in place who will "cover you back" is what we call a personal safety net!

So, using Chapter 1: "Understanding Personal Safety Nets" from our book, along with some information from our Workbook (*Get Ready/Get Started*), let's see if we can further everyone's understanding.

A safety net is emotional protection from life's endless

what we want, and what we are able, to do to help others).



Additionally, I love that Jane recognizes the importance of breaking bread and eating together. She supplies food she doesn't say whether she does the actual cooking, or whether she arranges for the provision of food - as a way of recognizing and valuing the presence of others in her life.

In fact, in creating a team, and in participating in it, each person is enriched even as they offer help.

This cycle of participation through the Care Team Jane has created, then widens, the Personal Safety Nets of all involved. It's a win-win-win situation.

Thank you, Jane, for telling your story!

Brown-Bag Lunch Talks

You've told us you want to find out what a personal safety net is and what it has to do with your life. So, in celebration of our 5th Anniversary, we offer you the first of many upcoming events - a way to light a your fire during this winter season - a series of FREE brown-bag discussions.



We're partnering with our friends at the beautiful Gallery and Events Space, ALKI ARTS, to present Personal Safety Nets in a very personal, relaxed and disruptions. It involves ordering your affairs, taking stock, building community and enhancing life. How do you do this? You build teams to help you get things done, face situations, conquer circumstances and improve your plans of action. You get organized.

For example, instead of facing a disease with fear and trepidation, seek to put together a "care-share team" that can supplement your own time and needs - providing both help to get tasks completed, and emotional support. If you face the task of planning a wedding or great event, instead of "hitting the wall" of too much to do, you can put together a helping group of friends and experts who can not only help put the tasks in order, but also help with the tasks or help find those who can help.

Working in teams, no matter their size (so long as they are appropriate for the tasks at hand) brings success. Research shows (and we share it with you as a variety of Cool Free Downloads) that running and exercising with others will help you stick to your exercise plan. Likewise,

eating or dieting with others will help you improve your nutrition and keep the pounds off. Just creating or being part of a group of friends will make your life more happy and your tasks more successful. Even finding a group to share jokes can improve your attitude and help you from feeling run down!



When a team comes together in an organized way to meet any need, then no one feels the burden of shouldering all the care (or needs) alone.

- The particular circumstance will determine who will be most supportive, the best networker, the most creative, or most dependable. Be as objective as possible in thinking through, in advance, who or what would be truly helpful.
- The care-share team's goal (or any team) is to create an environment in which team members can perform at their best and complement each other's efforts.
- Participation is typically voluntary with each person offering his
 or her own unique gifts. Teams can be long-term or for a short
 period, or to help create a specific solution.
- Your personal safety net can (and should) be made up a variety
 of teams (they can be also be businesses and organizations):
 ones who help or guide you:

personally, financially, materially, familial, spiritually, and

professionally.

The point is, facing the world alone isn't necessary and just doesn't work!

Read along next month when we'll look at
Chapter 2: "Thinking it through" as well as the sections called Knowledge
and Power in the workbook.

We're friendly atmosphere. getting out of the office and giving you a chance to come at your lunch hour and learn a great deal more about replacing and connection.

There are four sessions - and you can come to one, two, or all four. Each will have a different focus, while they'll also build new knowledge throughout the series.

be absolutely FREE! You can better with friends. bring your own lunch, a you are. We'll bring the together we'll provide the skills and some 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



Tuesdays, February 8th & 22nd / March 8th & 22nd 11:30 am - 1:00 pm ALKI ARTS, West Seattle, WA 2820 Alki Avenue West Seattle, 206-432-9936

> **Register on line Space is limited!**



Read past editions of the

PSN e-Newsletter

Cool Free Downloads

We've updated our most visited website -

fear and isloation with security Cool Free Downloads - by adding both a specific search engine and a listing of all the Downloads by date.

> We hope this will make your searching quicker and easier.



When you search Cool <u>Downloads</u> (CFD's) you'll Free information and our take on a wide variety of subjects and needs - from planning to send your child to college, to planning for a new

This introductory series will roommate, to getting prepared for retirement, to how to eat

beverage, or just come as Our goal with CFD's is to make you think, help you plan, get you on the way to team-building, provide you with new and unique handouts and information and information, assist you with solving problems, and simply make y



Free 2011 Calendars!

ALWAYS TRADING FOR YOUR STORIES.

Having gone through "something," what would you do differently? What advance planning would have helped you? Who or what do you wish you'd included? You survived. What did you learn? You can email us your question or story, or simply

share it directly to our website.

Write us your Personal Safety Net story (what worked, what didn't, or what you tried), or ask us a question that we answer in our e-Newsletter, and we'll trade you. This month we're thanking Jane for sharing.

Each month we have great new prizes for those who participate! This month we're offering the wonderful Voices of Global Youth book, "Many Voices from One Heart," as well as unique 2011 calendars for your stories.

FACEBOOK

Each week the number of visitors to our Facebook page continues to grow.

We appreciate the number of "friends" we have, and the numbers who " us.

