



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 supply 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.

- Jane

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

**WE'RE
ALL IN
THIS
TOGETHER**

Brown-Bag Lunch Talks



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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.

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

This introductory series will be absolutely FREE! You can bring your own lunch, a beverage, or just come as you are. We'll bring the handouts and information and 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 places.



**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!**



Newsletter

PSN e-Newsletter

Read
past
editions
of the

Cool Free Downloads

We've updated our most visited website -

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 Free Downloads** (CFD's) you'll find 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

roommate, to getting prepared for retirement, to how to eat better with friends.

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 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 "like" us.

