

# Personal Safety Nets® News

Hope strengthens Personal Safety Nets

## IN THIS ISSUE

**Pet gives reason for living**

**Q&A: How to shift the balance**

**Tip: Wallet Cards Improve Safety**

**Start the New Year off right with joining one of our classes**

**Dear Linda,**

In 2009, we're focusing on our values, starting with **Hope**. The eight Safety Net core values are:

- hope, kindness,
- security, community,
- humor, power,
- learning, and effectiveness.

With major political shifts in our nation, polls say we're a people riding a wave of hope. **Hope** is, as we say in our workbook, the cornerstone of strength.

**With hope come the ability to have a vision of how things may be, to plan, to take action toward that anticipated state, and to enlist support.** Hope is usually called upon in difficult times and sustains our belief in the possibility of a better tomorrow. Personal, political, and community safety nets will support us as we hold visions and take actions.

## New Pet Gives Reason for Living

Kevin writes: **My mother's health has been precarious.** Her kidney function is extremely poor, and we are trying to decide what to do. As an instructor, a large part of my non-school day is spent with caregiving responsibilities of one kind or another ... **I'm glad to do it, but I do feel my life energy being sucked out of me** sometimes.

I really see the value in living from day to day. I'm trying to create a "scorpion-free zone" (see December 2008 issue) around her so that my mother doesn't have to worry about anything. She and our 'new' dog really get along ... the dog is truly a gift. He has changed the dynamic of the house and given my mother a reason to live.

**Q&A: I really have no other life. The bulk of care giving -- cleaning, cooking, financial management, medical/dental/vision transports and consultations, physical exercise, recreation, you name it -- I do it. When one looks at the big picture, it can be quite overwhelming. How can I shift this balance?**

**A: Congratulations Kevin! You've already started - first by adding a dog to your mother's life and your own, and secondly by writing to ask for help. Here are four ideas you can try:**

1. Find a person or care share team with whom you can talk out your worries and brainstorm alternatives.
2. Make time to do this regularly. You'll need support.
3. Talk to the H.R. person at work, if this is safe, or consult Senior Services. Both are possible sources of supplemental help and good ideas.
4. Expect resistance from both your mother and yourself as you make changes in your Mom's care. Shifting the balance will require change on both your parts.
5. Listen to your intuition. Is your approach working? If you burn out, then no one is better off.

**Tip: Start your year off right by getting Personal Safety Nets "In Case of Emergency" wallet cards for yourself and those you count on to support you. Available from our office.**

1. Ask three people to be your first emergency contacts.
2. Tell them about how to reach one another - they are a team.
3. Write their names & phone numbers inside on the card.
4. Carry the card with you in your wallet or pocket.
5. Give each of them cards, with your name as one contact for them.

## Seattle Events - Open to the Public

Ready to make a difference in your life? Join us at one of our upcoming classes and learn how to weave your own Personal Safety Net, and why it's important. Full details available on our website

### **Bringing Order Into Your Life**

Join Judy for a 3-session, January 2009, program at the UW Women's Center.

Open to the public, \$60 (+ \$40 materials fee paid to instructor)

### **Putting It All Together: The Essential Personal Safety Net**

Join John as he shows how to intentionally create a safety net. Held at the Auburn Center, two classes January 21 & 28, 2009, 1:00-3:00 PM

Open to the public, Member fee \$39, Non-Member fee \$65,

### **Stronger Together**

Judy and John will discuss how & why it's important to weave a Personal Safety Net®, and why this matters to you, regardless of age, income, or circumstance. Held at Plymouth Housing Group, January 26, 2009, 6:00-8:00 PM

### **Bring Order to Your Life**

Judy will lead an interactive and personal 3-week class held at the Senior Center in West Seattle. Open to all ages, from 18-88 invited. Feb. 3, 10, 17, 2009 6:00-8:00 PM, \$50 includes both the book and companion workbook.

### **15th Annual NW Parenting and Family Education Conference**

Join Judy as she presents a workshop on why families should prepare for the unexpected. This event is ideal for parent educators and family life specialists who work with new parents, newly single parents, immigrants, adoptive and foster parents along with homeless and elder care issues. Held at Edmonds Community College, March 25-27, 2009.

## Holiday Sale Extended!

**Holiday Trio** - \$35 for Book, Workbook & Wallet cards  
(and we'll pay for the shipping!)

**Hard covers** - \$20 tax incl + S & H  
(regular price \$29.95 save 33%!)

**Companion Workbook** - \$10 tax incl + S & H  
(new this fall, half price when ordered with book)

**Wallet Cards** A big gift for a little price! - \$5 tax incl + S & H  
(pack contains 4 cards - one for you and 3 to give out to members of your Personal Safety Net.)

Tuck these nifty cards into your wallet and those of your Personal Safety Nets® team members. Complete them with the names and contact information for the 3 people you rely on in your Personal Safety Net. In an emergency, the people you've listed will be the first to be called. Even if your cell phone is missing.

#### QUICK LINKS

[Table of Contents](#)

[Order the book](#)

[In The News](#)

[Join Our Mailing List!](#)

As one reader, Dee, writes: "This year, more than in many in the recent past, we need to drive down streets lined with happiness, enter homes warmed with hope, be with people trusting in and working for a better, more peace-filled, just and terror-free tomorrow."

**The Safety Net Team,  
Judy, John, Linda and Nate**

Personal Safety Nets