



Personal Safety Nets® e-Newsletter



January 2013

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**Two Experiences
You Won't Want to
Miss!!**



Saturday, February 16
10 a.m. to 4 p.m.

**Women's Half Day
Retreat:**

***Listening for Inner and
Outer Resources***

"We live in a culture where it is not okay to ask for help. We may wait for a crisis to create the circle of friends and resources that we need. This retreat is designed to empower women to understand those barriers, and to take charge of the steps in creating circles of support. We invite you to give yourself time to slow down and look inward, while discovering resources and tools for personal security."

A Longer Life

Can you really add extra years to your life? Would you want to? And under what conditions? With current life expectancy in the USA for men at 76 and for women at 81, would you like to add an extra 12 years?



Author Dan Buettner assumes that you would. He did world-wide research, and found that **the keys to adding years to your life centers on lifestyle and environment.** A few years ago he led a scientific expedition to **the Greek island of Ikarian**

to investigate what had become common knowledge - **one in three residents there reached the age of 90.** This led to Buettner's idea that the earth has a few "**Blue Zones**" - places where an extraordinary high proportion of natives live past 90.

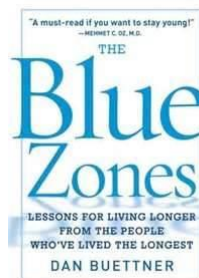
Buettner also found that Ikarians suffered 20 percent fewer cases of cancer than American and have about half our rate of heart disease and one-ninth our rate of diabetes.



And as Buettner said in an AARP magazine article in 2009, "Most astonishing of all: among the Ikarians over 90 whom the team studied . . . **there was virtually no Alzheimer's disease or other dementia.**"

(In the USA more than 40% of people over 90 suffer some form of these ailments).

While Buettner cannot guarantee that living like an Ikarian will help you live significantly longer, he did come up with **likely contributors to Ikarian longevity** (which he published in *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*, National Geographic, 2008) - ideas that you may want to consider:



- Eat a diet rich in whole grains, fruits, vegetables, olive oil, and fish.
- Drizzle olive oil on food after cooking, before eating.
- Eat sourdough bread.
- Try Greek honey: studies show antibacterial, anticancer and anti-inflammatory properties - local honey doesn't.





So join Trudy James and Judy Pigott on Saturday, February 16, 2013 from 10 a.m. to 4 p.m. at Our Lady of Guadalupe Parish Hall at 7000 35th Ave SW in West Seattle for a half day retreat for women only - *Listening for Inner and Outer Resources*. It's your chance to learn and discuss issues with two women who live and teach the art of living fully in the midst of life's changes and challenges. **The retreat features a delicious homemade lunch and costs just \$65.00 (partial scholarships assistance is available). For more information or to register - call Trudy James at 206-985-0400 or John Bauman at 206-935-0358 x. 110.**



Saturday, March 16
10 a.m. to noon
**Personal Safety Net
Break-out Session:
*It's Not About Money***



Join **Judy Pigott** in our new Seattle **Childhaven** location as she explores how your

- Graze on greens.
- Sip herbal teas.
- Nap 30-minutes daily.
- Walk where you are going and add hills.
- Grow your own garden (or use local farmer's markets).
- Phone a friend.
- Get religion: services are linked to longer life spans.
 - Throw out your watch: reduce stress.



In the years since publishing this research, Buettner has found the same habits in **four other Blue Zones: Sardinia, Italy; Nicoya Peninsula, Costa Rica; Loma Linda, California; and Okinawa, Japan.** In his new updated: *The Blue Zones: 9 Lessons for Living*

Longer, **Buettner synthesizes the lessons that people in these Blue Zones have in common and follow. Improved and elongated lives occurred in all:**

1. **Move naturally:** don't do marathons or pump iron, walking is good.
2. **Know your purpose:** have a reason for waking up in the morning.
3. **Kick back:** find ways to shed stress - praying, napping or going to happy hour - relax.
4. **Eat less:** stop eating when you are 80% full.
5. **Eat less meat:** Beans are the key.
6. **Drink in moderation:** one to two glasses a day are normal in these places.
7. **Have faith:** it doesn't matter what, but attendance does.
8. **Power of Love:** put families first.
9. **Stay social:** build a social network that supports healthy behaviors.

You'll want to read more details on what Buettner now calls his **Power9®** or "Reverse Engineering Longevity" to learn more concerning what these Blue Zones have in common. **If you do want to live longer and healthier, add in a Personal Safety Nets' bias toward getting friends, family or colleagues to implement changes with you.** Your success rate will soar, and your friends will be likely to live longer too.



Did You See This One . . .

According to the latest findings by the **Pew Research Center**, 81% of U.S. adults use the internet. 59% of adults say they have looked online for health information in the past year. **35% of U.S. adults say they have gone online specifically to try to figure out what medical condition they or someone else might have.**



When respondents were asked about the last time they

security depends on MUCH MORE THAN **MONEY**. In fact, security is only about 12% dependent on finances. So, come delve into this and leave more safe, secure, and focused on what does better than **MONEY!**

Cost is just \$10, and you can register by calling 206-799-3447 or by going here. This workshop is open to all but seating is limited. Those who register in advance will receive **free parking** in our covered, underground parking lot.

Letters, We Get Letters . . .



"Your presentation was propitious, as my companion fell backwards off a chair trying to change a light bulb this week. He was on the floor 45 minutes before he could get up, as he was alone.

Among many things I learned from your great presentation, I learned it's okay to ask for help. I've since asked my neighbors to be aware of any calls for help on the nights I'm at school.

There is that trite phrase: "Prior proper planning prevents piss poor performance." We have your emergency cards now tucked in our wallets and are better prepared for what comes next."

-Dolores

had a serious health issue and where they turned for help, either online or offline:

- 70% of U.S. adults got information, care, or support from a doctor or other health care professional.
- 60% got information or support from friends and family.
- 24% got information or support from others who have the same health condition.



It's clear that the internet provides a set of resources to which people turn, as part of expanding their knowledge. It's also clear that this is only one place that provides help. **Personal Safety Nets is all about building a network to help you through challenges and changes, and thinking through where you'd turn AHEAD of having any specific need.**



With that in mind, start today to get knowledgeable, experienced and professional resources: healthcare professionals who will share information, websites that have good reputations, friends who understand your health "style" and support healthy outcomes, family history, places in your community

that have support groups ... think broadly.

This will provide the basis for creating a plan when you encounter, as you certainly will, some challenge or crisis. Then reaching out to family, friends and the internet sites will be a great way to build and supplement the support and knowledge you'll need to move forward.

Drawing from all parts of a safety net - financial, spiritual, medical, physical health, intellectual, etc. - is a reasoned method to ensuring optimum balance can be restored, enhance, and maintained.

Want More Good Reading?

If you're fairly new to the Personal Safety Nets® newsletter and interested in seeing "back editions" - it's simple - **click here** and you'll have access to our entire **Newsletter Library** - and every edition we've produced.



Approximately ten times a year we pull together interesting research, stories, tips, answers to questions, upcoming events, Cool Free Downloads and more. If you're not a subscriber, **click here** and you'll get all future issues sent directly to you.