

# Personal Safety Nets® News

June 2008 - Serve Father's Day with a twist of Imagination!

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**Dear Linda,**

It's almost summertime. Kids and teachers will be out of school. Summer internships and jobs will begin. Memories of what past summers have meant to each of us will fill our imaginations. Bring your imagination to your Dad on Father's Day, and spark your own imagination by joining one of our classes open to the public. Imagination is what this issue is about.

## LEAP INTO THE SUMMER YOU'VE IMAGINED!

We are best at doing what we can imagine. If we can't imagine it, we're stopped before we even start.

Lean back for a moment as you read this and think about what your summer, or summer for your child, might be:

- **Who might be part of this season?**
- **Where do I hope to spend this summer?**
- **What I'd like summertime to hold for my child?**
- **What has my child said he/she hopes will happen?**
- **How will I remember this summer?**

As your thoughts move forward you may move from "I can't imagine" to "I see where I could be" to "Imagine That!" Then you can start thinking about how to create the summer you've imagined, enlisting your Personal Safety Nets® networks.

**Q. How can I help my Dad expand his safety net?**

**A. Don't be afraid to approach the subject. Be sure to express your appreciation and re-affirm his strengths.**

**Tips** for helping your father develop a strong, secure, diverse personal safety net:

1. **Value his wisdom.** Remember that he's the one who raised you! He

- can do almost anything... *except*, maybe, ask for directions.
2. **It's OK to seek help from others**, other men do. Talk about what other men do that he can learn from.
  3. **Discuss how his workplace knowledge and skills** can be applied to social connections, interpersonal situations and personal challenges.
  4. **Encourage him to take time for himself and reach out to others**. One way to do this is to sign-up to be a good neighbor at **Family Network**. Helping others helps us.
  5. **Ask your Dad for specific things you can do** and specific ways you can help. Keep the conversation going!

While Tyler's wife, Cynthia, was in a coma, he noticed that their social life was falling apart. He decided to take action. He used his engineering skills and tools, including faxes, emails, computer calendar, floral shops, and local take-out food places to maintain and even strengthen their ties to their family and friends. He called upon his safety net for ideas and support.

## UPCOMING CLASSES BEGINNING IN JUNE

Join us in either of these lively and informative 6-session classes to sharpen your skills and set in place your own *Personal Safety Net*.

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

**We'll look at what's in place, what isn't, and where to put the details of our lives. Come with your questions, leave with a notebook just for you.**

A class held on the 3rd Wednesday of the month at the Senior Center of West Seattle, 10-11 AM. June 18/July 16/Aug 20/Sept 17/Oct 15/Nov 19, 2008. Open to the public. \$40 registration includes both the book and companion workbook. Scholarships available.

### **Getting to the Life You Meant to Have!**

**As important as reckoning with death and mortality has always been, most Americans today avoid the subject until they can't.** We'll edge up to the subject by looking at our personal and professional safety nets. By the end of the 6 sessions, we'll each end up with a personal plan designed just for us.

Life Long Learning Program, University of Washington Women's Center, Cunningham Hall, Seattle WA.

6-8 PM, July 16/23/30, August 6/13/20, 2008. Please register by phone with the Women's Center: 206-685-1090. Open to the public. \$160 includes both the book and companion workbook.

## QUICK LINKS

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One way to start the conversation with any man in your life is to hand him a copy of **Personal Safety Nets** and the *newly released* companion workbook **Personal Safety Nets Workbook: Get**

**Order the book**

**Useful links and resource  
list**

[Join Our Mailing List!](#)

**Ready / Get Started.** We have purposely included lots of illustrative stories about men.

*Want to make it even more special with an autographed copy for Dad? Call our office for a personal inscription and we'll take care of all the rest!*

**Happy Father's Day from those of us here at  
Personal Safety Nets Brainquarters!**

Judy, John, and Linda

Personal Safety Nets