



# Personal Safety Nets® e-Newsletter



Chapter 3: Asking & Organizing

March 2011, Issue 38

## In This Issue

Ask: Practice Makes Perfect!  
New Evening Workshops  
Celebrating 5 Years!

## Letters . . . We Get Letters



"Personal Safety Net hit close to home with my son and his family living in Japan. I spent all night trying to reach him and finally heard from him at 5am. Thankfully everyone is safe but it just reminds us how much it impacts us when something like that happens and you have no way to communicate."

- Paula Mangione

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"My son (Richard) was found unconscious and the medics called "Mom" on his cell phone. Which would have been a really good idea, except for the fact that I was in Washington, D.C. and Richard was in Seattle! We need to bring home the importance of being prepared for an emergency and having our PSN in place.

The first thing I do every time I move is go around, introduce

## Your Internal Muscles Need Practice Too

In prior e-newsletters we explained that creating a safety net is emotional protection from life's endless disruptions. It involves ordering your affairs, taking stock, building community and enhancing life. Hopefully you see that **creating a network of support BEFORE there is any crisis in your life (or that of those around you) is a key component to resiliency and resourcefulness.** As we've said before: facing the world alone isn't necessary and just doesn't work!



We may have stated the obvious when we said that you are a part of a life that is always changing, sometimes in unexpected or unwanted ways. You may also see that **planning or dealing with current or future challenges and changes will not be easily tackled alone**, and thus it's time to recognize, appreciate, and organize a network.

Hopefully you reviewed "Being Helped: What I Might Want and/or Need." (Workbook Appendix 21) so that you, and others, know what help you're likely to be willing to receive or likely to need before you ask for help in a particular issue. Now, let's move forward.

In chapter 3 of our book we address creating a network or care share team. **At some point this will require you to ask for help. We call this the "help appeal."** In a world of self-reliance, this is not easy for many. Tackling the same issue in Switzerland, where men are very private, self-reliant, and bad about communicating life problems, Dr. Albert Wettstein, director of Public Health, created sample letters and telephone-call scripts that instructed people on how to explain an illness to friends and relatives. In tests, Wettstein found that, **with scripts in hand, men found it much easier to ask for help.** Findings show that a similar approach can be equally well applied by women or by anyone when facing other life changes and challenges. Practice and planning make perfect!

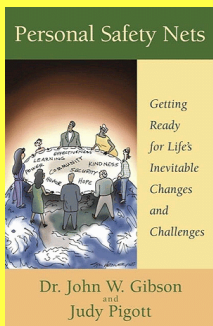


But how does one ask? The answer is - there is NO ONE WAY that's right for everyone! Some, with the courage and know how, simply get on the

myself to my neighbors and trade work and home contact information (phone, emails, etc.) Just in case one of our houses catches on fire, one of us spies someone climbing in through a side window or if one of us happens to have extra tickets to the ballet [yes, that happened once].

I'm happy to spread the concepts of community and Personal Safety Nets."

- Jo Scozzafava



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"I'm in need of more copies of your book! Are you wondering what happened to the ones I already had? I own the books for a while but then they are borrowed by someone who needs it more than I, never to be returned - like the book I owned for less than a day before a disabled woman (who cares for her disabled neighbor) whose dog I walk weekly scooped it up and called it her own."

- Shelly K. Robbins

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Write us your Personal Safety Net story (what worked, what didn't, or what you've tried), or simply ask us a question. We have great prizes for ALL who participate.

This month we offer you a choice of: tickets to ArtsWest's production of "Distracted," the Voices of Global Youth book, "Many Voices from One Heart," a unique 2011 calendar, or our Personal Safety Nets audio book.



meeting with Tom's friends; Mary and Sid reached out to their larger community by sending a letter to their entire church congregation.

It's not easy to ask for help. But learning how to ask for, accept, and offer support is an essential life skill. Practicing will help, and getting comfortable with relatively simple and small requests is a powerful step towards preparing yourself to ask in a life-changing event. Asking for help is a risk, but many of the best things in life come when we reach out and take some risks.



Let's get ready to practice our "asking" skills! Some simple homework will give you the practice that your "asking muscles" need. Work your way through three wonderful sections from pages 22 & 24 in our workbook - "Exercising your Asking Muscles," "Tips for asking for help," and "Ways to extend invitations." With a little knowledge and a little practice, you'll find yourself much more ready and able to start bringing your network or care team together. **If you think you'd like more help, come to one of our classes. This isn't easy!**

Next month - part 2 of

Asking - Knocking Down the Barriers that Stop Us from Asking for and/or Offering Help.

## A Series of Evening Workshops

After wonderful success with our February/March four-part brown bag lunch workshop series "Living Into Life," some of you called to ask if we could repeat the series but at a different time.

So we're offering our "Living Into Life" series again - this time on Tuesday evenings.



There are four sessions, and you can attend one, two, three or all four. Each will have a different focus, building new Personal Safety Net knowledge throughout the series.

Come join us at the beautiful ALKI ARTS Gallery and Events Space. 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. **Learn to replace fear and isolation with security and connection.**



ALKI ARTS  
2820 Alki Avenue

## Friend Us!

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.

**facebook**

Both our blog, and our Facebook page offer you the opportunity to gain up-to-the minute news on PSN content, ideas, and issues that affect PSNs for everyone.



Read all past editions of our e-Newsletters

West Seattle, 206-432-9936

**April 12th & 26th / May 17th & 31st**

**7:00pm - 8:30pm**

**Register on line or call 206-659-0665**

**Space is limited!**

## You're Doing . . . What?

News & In the News

### CELEBRATING OUR FIFTH ANNIVERSARY

Our Chief Executive Officer, Judy Pigott, has what some would call a strange and unique way of celebrating Personal Safety Nets® FIFTH YEAR in business - ***she's giving away the company's services and her books!***



Judy says, "2011 marks our Fifth year as a social enterprise. It's time to celebrate! For the next Fifteen months all our work and products will be free, almost-free, or for some multiple of \$5.00. This will be fun and will result in over 5,000 copies of our book being put into the hands of prepared people. I want people to come find out why this will matter to them!"

**If you have an idea for a workshop for your staff, let's talk!**

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### THE GUIDING LIGHTS WEEKEND

Join us March 25th from 3:00pm - 4:15pm as we present "How to Connect to Neighbors: A Community Safety Net" as part of the Guiding Lights Weekend, the nation's most creative

conference on life-long learning, community-building and the art of citizenship, sparking civic imagination and social change by bringing together leaders, catalysts, and innovators in creative ways to generate new solutions to collective challenges. **Our focus will be on helping neighbors build a strengthened**

**personal base from which to extend to community, starting with neighborhoods and eventually leading to modeling for broader groups.**

