

Personal Safety Nets® News

Is Your Family Ready to Help You When the Scorpions are Out?

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Find a class on building your own Personal Safety Net

Dear Linda,

This fall we've had too much information coming our way.

- The Election
- The Economy
- The War
- Our own Struggles- seen and unseen

Life can feel overwhelming and scary at times. This month we share a story from a family that figured out how to deal with a truly scary situation for one of their kids.

SCORPION-FREE ZONE

Tom and Kathy took their kids, Joey (15), Katie (13) and Tommy (10) on vacation to the Grand Canyon. The family hiked to the bottom of the canyon to *Phantom Ranch* where they planned to enjoy park ranger talks and sleeping under the stars; no cabins for this group!

On the first night, under those shining stars, they listened to Ranger Becky talk about the canyon. It was great -- until she came to the part about **SCORPIONS!** Tom said "at once, my daughter Katie was ablaze with questions:

- How many scorpions are there?
- How do they find food?
- Where, exactly, are they?
- How often are people stung?
- What happens to you if you get stung? ... clearly she was scared!"

Ranger Becky handed out infrared lights, and the assembled guests went out to find **LOTS of SCORPIONS!** And Tom's daughter, Katie, was more definite that she would NOT, could NOT sleep out.

Well, the family talked and came up with an ingenious plan that allowed them all to sleep under the stars after all. They created **A SCORPION- FREE ZONE!** The two boys & parents arranged their sleeping bags in a square, with sister in the middle. The space inside their square was deemed a

SCORPION-FREE ZONE -- a term that is now **used whenever one of the family can call the others for help when they are stumped or scared.**

In the face of too much information it's important to stay focused on your Safety Net®

THINK AHEAD

Tip: Think ahead of time about whom you'll turn to if you are stumped or scared. Let them know you value and count on them. If there's **too much information in front of you or there are too many demands** coming your way, it's just like having too many scorpions. **So create your own Scorpion-Free Zone.** Then, when that time does come - because it will:

- **Call** upon your Personal Safety Net of people
- **Identify** the issue as clearly as possible
- **Use the power of Collective IQ** to come up with possibilities
- Acknowledge, use, and **appreciate** the skills of each member
- Keep **reaching out** to each other

And **create** your own Scorpion-Free Zone!

Anna W from Seattle asks:

Q: My husband is now homebound with early onset dementia. He sits in front of the TV all day, watching one news show after another, and ends up afraid to go out. How can I help him?

A: Your hubby's not unusual. When most of what comes into his mind is fearful, it's no wonder that he gets scared.

Can you call on other family members, his friends, and his church community, for instance, to think about ways to enlarge his world?

- Get him involved in a project that turns the TV off.
- Offer a subscription to YES! magazine, favorite activity or hobby.
- Employ the Parental control option with your TV to limit the shows that can be watched.
- Get him a membership with Netflix or a different service that will deliver uplifting videos to him at home.

If Anna's approach widens her husband's view, and he begins to think of positive ways people can interact with each other; he'll be more inclined to go out.

UPCOMING EVENTS OPEN TO THE PUBLIC

You'll find all our upcoming events on our Website. You'll note that Judy is leading a short, affordable event next Saturday, Nov. 15th.

AAUW - Bringing Order to Your Life

Join Judy as she shares solid advice, tips and proven research on organizing your life. Nov. 15th, 9:30-12, \$15 includes breakfast, open to the public.

Bringing Order Into Your Life

Join Judy for a 3-session 2009 program at the UW Women's Center. Starts Jan. 13, 20 & 27, 2009 Open to the public, \$60 (+ \$40 materials fee paid to instructor). Register by phone, 206-685-1090

Contact us to schedule your own event or presentation.

QUICK LINKS

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Although the newspapers, on-line news and evening news are full of worries and fears, there is a way to find calm in the chaos. Turn off the TV, call upon the people in your Personal Safety Net and [go forth in your community.](#)

Judy, John, Linda and Nate
Personal Safety Nets