



Personal Safety Nets® e-Newsletter



America's Changing Face

November 2014, Issue 74

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LETTERS & STORIES



"My mom just went in to surgery today and on Tuesday I was very overwhelmed and it triggered me emotionally. I went to lunch with a friend and got back to the office and got your Personal Safety Nets **email**. I texted my two best friends, asked for their help and by the evening had a new care plan that put me at ease. I use your reminder of leaning on our networks and asking for help often, the timing couldn't have been better for me. And it has gotten so much easier to ask for help, knowing that it is really important self-care."

*Best to you,
Kim W.*

Congratulations, Kim!

You are a model "PSN-er"! Reaching out, letting trusted people know what's going on, asking for and accepting help - all really good steps. Next time you may be able to plan ahead so your team is ready to be even more helpful.

Let us know -- your PSN Team

10 Apps for Seniors

The Ever Changing Face of America



As demographic changes take place in the world, we wondered how this might affect people's Personal Safety Nets (PSNs). Two piece of recent research from our friends a **Pew Research** caught our eye. Both present new and interesting challenges

to individuals and families or communities seeking to build or enhance their personal safety networks.

Dads At Home with the Kids:

The number of fathers who are at home with their children for any reason has nearly doubled since 1989. It reached its highest point: 2.2 million, in 2010, just after the official end of the 2007 recession. Since that time the number has fallen slightly, driven mainly by declines in unemployment.



Dads self-report feeling isolated, having difficulty connecting with a wider range of others who understand their questions, concerns and needs.

While most stay-at-home parents are still mothers, **fathers represent a growing share of all at-home parents - And yet, at 16%** of parents staying home with children, primary care dad is hardly alone. Interestingly, while roughly a quarter of these stay-at-home fathers (23%) report that they are home mainly because they cannot find a job. **Nearly as many (21%) say the main reason they are home is that they want care for their home or family.** This represents a fourfold increase from 1989, when only 5% of stay-at-home fathers said they were home primarily to care for family.



(and the rest of us, too)



Our friends at **Sound Options** have come up with some very good and handy information - and they're allowing us to share it with you. This list of "apps" caught our attention - these are great ways to gain valuable information and keep your network strong. Thank you, Sound Options!



AARP App Suite

Get News, member benefits, magazine & bulletin at your fingertips.



Skype

Connect face to face with family using this instant video call app.



NPR

Get NPR as a magazine & get all their news & series.



Epicurious

Get recipes ideas for using ingredients you have, nutrition info & more.



The Weather Channel

Plan for the day, wherever you are.

iTunes U



Love to learn? Enjoy free courses from a variety of educational institutions.



Pillboxie

A rise in the number of stay-at-home fathers is occurring side by side with another important parenting **trend** of the past half century: a rising share of fathers who don't live with their children at all. **About 16% of fathers with young children live apart from all of their children.**



As is the case among mothers, stay-at-home fathers are **less** well-off financially and have lower educational attainment than their working counterparts. **At-home fathers are twice as likely to lack a high school diploma as working fathers (22% vs. 10%). And almost half (47%) of stay-at-home fathers are living in poverty, compared with 8% of working fathers.**



Finally, **stay-at-home fathers also tend to be older than stay-at-home mothers.** Just 24% of stay-at-home dads are less than 35 years of age, but 42% of stay-at-home mothers are. And stay-at-home fathers are twice as likely to be 45 years or older (43% are, compared with 21% of stay-at-

home mothers).

Record Share of Americans Have Never Married:

After decades of declining marriage rates and changes in family structure, **the share of American adults who have never been married is at an historic high.** In 2012, one-in-five adults ages 25 and older (about 42 million people) had never been married. Men are more likely than women to have never been married (23% vs. 17% in 2012). And this gender gap has widened since 1960.



The dramatic rise in the share of never-married adults and the emerging gender gap are related to a variety of **factors. Adults are marrying later in life, and the shares of adults cohabiting and raising children outside of marriage have increased significantly.**



The median age at first marriage is now 27 for women and 29 for men, up from 20 for women and 23 for men in 1960. About a quarter (24%) of never-married young adults ages 25 to 34 are living with a partner.

Manage medications with visual cues & alarm reminders.



TED Talks

Listen to riveting talks by remarkable people sharing ideas.



Luminosity

Online "brain training" helps keep the mind active with fun games and puzzles.



Heartwise Blood Pressure Tracker

Quickly tracks & records your blood

pressure,

resting heart rate & weight.

Personal Safety Nets is Happening!

Personal Safety Nets® will be presenting the seminar: "Understanding and Using Your Personal Safety Net" for a variety of groups in the first quarter of the New Year, including the following. Click on the links for dates, times and locations:



We'll be working with the staff – who **advocate** for the right of individuals with intellectual and developmental disabilities to live, learn, work and play in the community, improving the quality of life for all of us.



This trend cuts across all major racial and ethnic groups but has been more pronounced among blacks. Fully 36% of blacks ages 25 and older had never been married in 2012, up from 9% in 1960. For whites and Hispanics, the share of never-married adults has roughly doubled over that same period. In 2012, 16% of whites and 26% of Hispanics had never been married.

Shifting public attitudes, hard economic times and changing demographic patterns all contribute to the rising share of never-married adults.



Today's young adults are slow to tie the knot, and a rising share may end up not getting married at all. **When today's young adults reach their mid-40's to mid-50's, a record high share (25%)**

is likely to have never been married.

And what about lesbian, gay, bisexual and transgender (LGBT) adults? Survey **findings** showed 3.5% of adults self-identified as gay, lesbian or bisexual, and **in households identified as LGBT, over 80% are cohabiting partners, while due to the fact that only 19 states recognize marriage between same-sex partners (as of this research), less than 16% are married partners.**



NEWS & UPDATES

Not All Gifts Are Gold - But They're All Golden -

As we said many **times: It's never too early or too late to give to others and many of us sure could enjoy "gifts" that we might not buy for ourselves.** Our friends at **Care Transitions** recently reminded us not only that the holidays are





We'll be at the new **Center for Healthy Living** in Lynnwood, WA, a one-stop-shop where services are offered to seniors and adults with disabilities, to

present to the greater community.



We'll be presenting at the **Redmond Senior Center**, dedicated to serving the recreational needs of adults age 50 or better. Older Adults from Redmond, and surrounding communities, are welcome to participate.



We'll be visiting with the volunteers at a number of King County locations to talk about how vital their services are and how important a personal safety net is to them and those they help.

See our December issue for more information on these and other presentations.

Remember:

If you're interested in having PSN work with your organization contact us.

not too far away, but there are a number of things you could give to others that would make a very positive difference. Here are just a few - many using skills you may have.

If you have others, **send us a note** and we'll include them in our December edition:

- Downsizing and de-cluttering services.
- A gift card for shop-at-home groceries.
- A home visit from a support team, such as Geek Squad, to help with computer, internet and other technical issues.
- Prepaid home security or personal medical alert system.
- A paid home appraisal for parents who may be considering a move in the next year.
- Annual maintenance checkup for home heating and/or cooling systems.
- Painting services.
- Gutter cleaning.
- Window cleaning.
- Screen repairs.
- Pre-paid cab fare or transportation to and from a special event.
- Pet grooming.
- Power washing services for deck, siding or sidewalks.
- Driveway repair

Previously, we've suggested ideas that **focus on time spent together. Experiences enrich you both** -- keep thinking, and Happy Holidays!

How Millennials Are Reshaping Charity And Online Giving -

In our May 2014 edition (*Where's the Money Go?*), we pointed to a variety of research on the charitable giving habits of Americas. What hadn't been quantified at the time, was **the giving habits of those of the millennium generation.** Now, however, that research is coming to light - and NPR's **Elise Hu** took a look. What she found is that **millennials are spending - and giving away their cash - a lot differently than previous generations, and that's changing the game for giving, and for the charities that depend on it.** Millennials want to both help and to receive benefit. They are looking at giving as investing, where a return on investment is part of the equation. Smart non-



Your Story Helps Others!

Tell us how you have (or haven't) dealt with a situation by building a network **for yourself or someone close to you**, or how you've gathering with others to solve problems.



Sharing is a wonderful thing and your story will certainly be a helpful learning tool for many others!

profits are paying attention. If you'd like, you can read her **entire piece.**)

Our culture is changing pretty dramatically," says Amy Webb, who **forecasts** digital trends for nonprofit and for-profit companies. "That sense of 'I need to give out of obligation' - I don't know that it's going to be around 20 years from now."

One piece of **advice** Webb gives on appealing to younger donors? **Don't even ask them to "donate,"** because

younger donors want to feel more invested in a cause. Choose a different word, with a different connotation: *investment*. And there's the tech part. Webb says any philanthropy without a smart digital platform - not just for donations but for empowering a community of givers - will be left behind.

