

# Personal Safety Nets® News

Finding your inner balance when the world is spinning

## IN THIS ISSUE

**Bruce finds supporting in the Big Apple**

**Tip: Tackle One Thing at a Time**

**Q.& A. With school starting how do I handle unexpected days off?**

**Hear John and Judy speak**

### Dear Linda,

In this time of global economic and political twists and turns, we're being called upon to cope with many fluctuations in both government and financial markets. And then there are the changes going on in our individual lives. ... It's good to think about finding our own personal balance. One tool we offer for doing this is our newly released Personal Safety Nets® workbook. Using it will help guide you in organizing all your resources: plans, finances, supportive organizations and people. Then when change comes, you'll be ready!

## Bruce finds support in the Big Apple

Bruce, who has been using Personal Safety Nets® tools since we met last year, wrote to us recently from his home in New York City.

"New York is a cold, hard and uncaring city, right? I live in a building with 19 floors and, perhaps, 300 apartments. Well, yesterday, I found a flier under my door. The flier said:

*Have you ever needed someone to water your plants, pick up your mail, or accompany you to or from a medical appointment? These are a few of the services residents in 372 CPW (where I live) will offer to help their neighbors. You can participate in this volunteer program by giving and/or receiving occasional assistance.*

*A 372 CPW **Resident Resource Directory** is in the works. On the other side of this letter is a list of suggested services. Please check any you might be able to provide on occasion and return to the front desk, addressed to KH, 18C.*

"When I read Personal Safety Nets®, **I realized that my Care-share network was not in New York.** The people that I love & care about are mostly on the West Coast. Now that I have received this flier, **I've realized that I can start giving care within my own building!** I am smiling!"

Now, with the myth of a "big cold city" busted, I sleep better at night. We all want and need community... plus it makes us happier!

### Tackle One Thing at a Time

There's a 100% chance that you will experience change and challenge in your life. Whether it's:

- Losing your home to foreclosure
- Unexpected job loss
- Relocating for a great new job
- National or local elections

To paraphrase the words of Sheldon Solomon, professor of psychology at Skidmore College:

"Stress is when the demands on an individual are greater than the resources. With time, education and outside help, this balance can always change."

Even when all is in chaos, you'll be **better able to remain calm and to experience better results if you've put effort into creating a plan, a Personal Safety Net, to guide your response.** Our Workbook: Get Ready / Get Started can help you by starting to put your plans in place. **Taking one step at a time will help.**

**Q: With school starting, cold & flu season has begun. I'm worried about days when the kids have a day off, or are sick. What do I do so I don't jeopardize my job?**

**A: You've already taken one positive step. You're thinking ahead about a foreseeable situation. Now is the time to reinforce your connections to neighbors, parents of classmates, and community organizations. Your problem is not a new one.**

1. **Brainstorm:** Identify who can take responsibility for several kids for one school holiday each.
2. **Find out:** Does the community center have a "school's out" program you can sign up for?
3. **Identify:** Is there a respite care facility nearby? (A place that accepts drop-in sick kids. Find out the rules and costs).
4. **Check:** Examine the wording on policies at school and work, and let each other know the exact details.
5. **Brainstorm:** Look for other ideas, and know you're not alone.

By planning ahead and having your *Personal School Safety Net* in place, you'll be better equipped to handle last minute surprises.

## Fall Events Open to the Public

Where can I learn more? How can I get started? If you're interested, but these dates don't work, contact us to schedule your own event or presentation.

Find out more on our website:

### Bring Order to Your Life

Judy is leading an interactive and personal three-month class for all ages. Held at the Senior Center of West Seattle. Classes remaining Nov. 1 & Dec. 4. Open to the public.

### Long Term Care Ethics

John Gibson's keynote speech on long term care ethics will detail some of the ethical complexities and suggest ways to navigate them while holding quality of care in mind. Washington State Residential Care Conference. October 14th.

### Communicating Across Multiple Generations

John Gibson will present some keys to understanding each generation's values and communication styles. October 29<sup>th</sup>.

### QUICK LINKS

[Table of Contents](#)

[Order the book or workbook](#)

[Useful links and resource list](#)

[Join Our Mailing List!](#)

The newspapers, television news and radio commentary are full of gloom and doom. How can we not become stressed, panicked and out of balance at a time like this? By taking stock of your situation, having your Personal Safety Net firmly in place and "tackling one thing at a time." We'll get through these tumultuous times together.

Creating a more caring and connected world is everyone's responsibility.

Judy, John and Linda

Personal Safety Nets® Team