

# Personal Safety Nets® e-Newsletter

Where We're Going From Here

Winter 2016

*Dear PSN Readers:*

*Ten years ago we wrote a book on teamwork and started the work of Personal Safety Nets. Our goal was to help replace the myth that we come into and leave this world alone, with awareness that we are all in this world together. We are born into and need community throughout our lives. Moreover, we can increase our awareness and learn skills, with and for others - so that we enjoy our communities - throughout our lives.*

*We established a non-profit that offered classes and shared information on ways to intentionally create a personal safety net made up of people, outside resources, and plans to strengthen life.*

*The goal has always been to convey the knowledge that readying for the future, using and enjoying a community of people in good times and in hard times, brings pleasure, security and control.*

*There were always the questions of whether the idea of this social business would be sustainable. Our "elevator speech" can't be conveyed in 30 seconds, it takes a large staff to pass on PSN information and a large marketing effort to bring the idea of offering seminars and workshops to the inner circles of organizations and businesses.*

*We tried every which way to move forward. Over the past seven years we've offered hundreds of seminars to thousands of people - in all forms of work, life and business. Recently we've talked to other nonprofits to learn their best practices. This led us to offer to become part of another existing organization. This effort almost worked.*

*Our passion to continue the PSN work was there, but the time and staff commitments of both entities made it impossible.*

*Many non-profits and businesses find themselves swimming in a sea of unpaid bills, demanding creditors, frustrated and anxious staff, and desperate clients - this has never been our case. Ours has been a problem of how can we get the PSN information out to more - through some process other than our own time.*

*Where to go from here? Two directions: 1) We've re-developed our website so that good friends as well as new-comers could visit the site and conduct a self-directed search; 2) We're offering*

an extended seminar for those in other walks of life and organizations who may want to teach or help others to discover the need and uses of a personal safety net.

## A Magical (Non-Mystery) Tour

When it comes to PSN, our goal has always been to help you get moving on your own; to make THE discovery that joining together is better than tackling life alone. As Judy said recently: "The goal has always been to **convey the knowledge** that readying for the future, using and enjoying a community of people in good times and in hard times, brings pleasure, security and control."

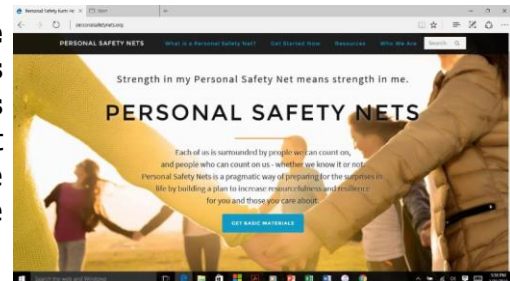


But our offers to convey information, direction and help both on-line and through seminars, left some searchers wanting more. Some wanted to see more of our materials, some wanted steps to directly follow, and some wanted more explanation and background regarding personal safety nets.

So we researched and tackled these issues- tinkered, consulted others, tinkered some more, tested and now - we're sure - while we can't make a horse drink, we CAN provide the water!



**What we offer now is a website which helps people take continuous adventures to find (quickly or slowly) ways to know and help themselves.** It's about getting yourself started on building community we all need and/or want - at whatever time of life we search.

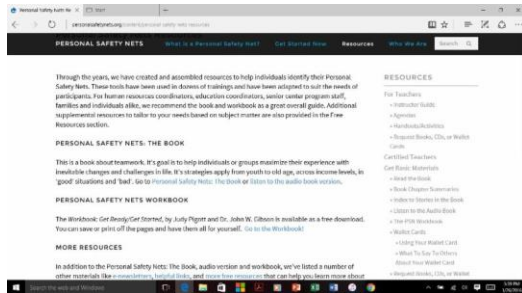


**NOW OUR NEW WEBSITE IS LIVE!** It is completed and up and running. So what new and what does it offer?? First of all, the new **home page** is simple and gives you clear choices and options.

If you need a basic understanding or a review of a PSN, you can click the **"What is a Personal Safety Net"** section and **investigate and gather all the background you need know** - charts, documents, discussions and interactive tools.



If you already know the PSN basics, you can **click** the **"Get Started Now"** section **directly to start your own evaluation and building processes** - again, with charts, documents, discussions and interactive tools.



If you need specific help, or want to just read some of our materials, or find personal help you for you or your group), you can **click** the **"Resources"** section. **This is one of our most extensive and thorough sections.** Here you'll gain information and a list of **PSN Certified Teachers**, along with what they have to offer you and your group and how to reach them.

In this Resources section you'll also find copies of all the **materials** we provide to certified teachers - in case you'd like to read them yourself.

Additionally, this section provides opportunities to **listen to, or read the PSN book** *Personal Safety Net: Getting Ready for Life's Inevitable Changes and Challenges* by Dr. John W. Gibson and Judy Pigott, as well as the accompanying workbook - completely free of charge. And if you need copies of the very helpful PSN **"Wallet Card"** you'll find ways to order them for yourself and your group (along with helpful instructions and use ideas).



**To make your tour easier, we've also added:**

- **a guide on the right side of each page** which will help you navigate faster and get to where you're going inside of each topic - it serves as a table of contents in clear view, at all times;



- **a search engine that is specific to the PSN site - located in the top boarder and visible on every page.** So if you're stuck or not sure what you're looking for anywhere on the site, you can type in a word or phrase and pop up some helpful answers;
- **a new PSN topic (under the Resources section) called "Recent Posts"** - here you can find the latest information or materials that we've added to the site. Nothing will escape your vision!



- **a complete layout of the The Eight Pillars of Resilience, the information, thinking and rationale behind the need for and building of a personal safety net.** Here you'll see all our helpful downloads that provide tips on supporting and building your own pillars.

What we've tried to do is put all our cards (information) on the table for you to see whenever you need to - over and over again, when you wish.

**We've tried to take a formerly "static" information site and change it to an interactive, self-directed site - with you as the boss.**



From here, we hope, whenever a change or challenge occurs in your life, or in the life of someone you love, **you'll consider the PSN site a place to help you ease your mind, give you ideas and thoughts, and direct your efforts.** We hope you'll also visit the site simply to gain knowledge - for who knows where *your* Magical Mystery Tour will take you.

***We wish you the best of adventures!***



#### **THINKING OF MOVING OR RETIRING?**

See how your community stacks up as a good place to live. You can search by town address, or zip code.

#### **MAKE SKINNY FRIENDS**

A new study in the *New England Journal of Medicine* found that if one person packs on the pounds, his or her close friends are more likely to gain weight too. They found that the dynamic works in reverse as well!

#### **A MEDITERRANEAN DIET WORKS - WHAT IS IT?**

You don't have to know too much about the diet - but overwhelming research, as reported in *JAMA Internal Medicine* and others say **you'll have a sharper brain and a healthier body for a longer time if you add these items to your eating habits: Olive oil, green teas, leafy greens, beets, tomatoes, avocados, walnuts, cumin, fish, blueberries, grapes, coffee and dark chocolate.**

#### **CARING FOR AN AGED FAMILY MEMBER?**

Don't know where to start and what's available? Look at [n4a.org](http://n4a.org) - a government-funded agency with 623 offices - that will help you connect to specific programs such as respite care, support groups, education and training and emergency assistance.