



# Personal Safety Nets Newsletter®

Community: Giving and Getting

October 2009, Issue 22

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## Making A Good Neighborhood Great!



In this month's (*Home: The Street You Live On*) Michael Tomlinson writes that though he knew he had helped his neighbor several times over a couple of years, he was surprised when the man next door said he was "about the best neighbor I've ever had." Michael said, "I've done no great things. But I have simply noticed the people around me and been moved to reach out and make myself available I case they need me." And this is terrific!

**Good neighbors needn't do big or burdensome things to be GREAT neighbors - but they can take some simple steps to make theirs a GREAT neighborhood by being active and taking some important steps:**

**1.** Create a roster of each house or apartment on your block or street. Include address, names of adults, children, animals; phone

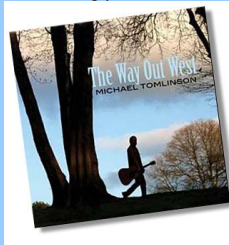
## Letters, We Get Letters Dear Safety Nets Team,

**Q:** Last week at a Chamber function someone asked, "I'm not familiar with Personal Safety Nets®, do you do outreach or sponsor events?"

**A:** What a very timely question! **Personal Safety Nets® is proud to announce its sponsorship of Michael Tomlinson - A Concert to Celebrate the Healing Arts Community, on November 20th, 2009.**



**HERE'S THE DETAILS:** Singer, songwriter, and great story-teller, Michael Tomlinson, will perform at **Seattle's Town Hall, November 20, 2009 at 8:00pm**. Tomlinson, accompanied by a group of wonderful studio musicians, will perform songs from his latest CD, *The Way Out West*, as well as songs from throughout his 10 CD career. Tickets, \$25 for general admission, are available from [Brown Paper Tickets](#) or by calling 1-800-838-3006. **\*Exclusive "Golden Circle" reserved seat tickets (\$50 in the front two rows) are available for a limited time only by calling Personal Safety Nets at 206-659-0665.**



To begin the evening, and to set a welcoming tone, doors will open an hour before the show (at 7:00pm) for a pre-concert reception.

Members of Personal Safety Nets® will be on hand, along with other health care professionals, to display our information and greet attendees.

We want you to be there too! **Please join us by purchasing one of the limited number of display tables so that you too can reach out to this wonderful audience and let them know about your organization and services.** Space is limited - so please call *Personal Safety Nets®* directly.

With Michael Tomlinson's concert in mind, we've asked him to write a guest article. We think you'll enjoy his take on community "Home: The Street You Live On" You can also get to know his music better by listen to a free audio download of his song "[Seattle Skies](#)" which he's made available exclusively on-line to our Personal Safety Nets family.

You can also gain more concert information, listen to music and learn more at [Michael Tomlinson](#)

& email and make sure every household has a copy. Hand deliver to those who don't "do" email.

**2.** Have an initial meeting to see if you can appoint a leader or co-leaders, and then schedule to meet once or twice a year, to address issues if there are any, and, just as importantly, to get to know each other better over shared food.

**3.** Set up a system to let each other know if help is needed by or for a neighbor, or if you're going to be out of town, and who to call if a problem arises.

**4.** Make use of neighborhood resources (community or local papers, posting areas and blogs) as ways to stay informed & connected.

**5.** Use your systems to ward off possible trouble: when unsavory "solicitors" approach one end of a block, House #1 can use the list to notify those living farther along and possibly phone the police.

**6.** See if your local government has a "block watch" program." In Seattle, you can sign up with [block watch](#). In these programs a police officer is available to come out to help you get organized.

**7.** Be part of the annual national Neighbors' Night Out. In [Seattle](#) full details can be found on the link.

**8.** Consider holding a block-wide event: garage sale or possibly a holiday party.

**9.** Connect with the Department of Neighborhoods for ideas, for matching funds for local projects, for support of new idea. [Seattle's ideas](#).

*We'd love to hear ideas and programs from your community that have helped create a safety net to help increase its connectedness and security.*

**Send us other ideas for creating a strong, supportive neighborhood and we'll share your ideas with our readers.**

**"Cool Free Downloads" - More Reasons to Visit PersonalSafetyNets.com**

## Home: The Street You Live On



A couple of years back, one of my neighbors, a man I liked but didn't know very well, told me he wanted to give me something. He brought me a bottle of wine and a bag of plums from the tree in his yard. He'd never been to my house, though he lived next door. But I'd been to his yard quite a few times, helping him move firewood, once showing him how to glaze a window. **The thing he said that so surprised me was, "I just wanted you to know that you're about the best neighbor I've ever had."**

I could not have been more touched or astonished by what he said. It actually caught me off guard and I almost cried at his words of gratitude. The two or three small things I'd done for him over a period of a couple of years had meant so much to him that this man, probably in his mid-forties, considered me his best neighbor ever. **At the same time that I was so deeply moved by what he said, I was a little sad that my small deeds had seemed to him to be the most generous gestures anyone had ever made toward him.**

I was living in a part of Seattle that I didn't like a lot. I'd recently been forced to move when the house I'd rented for fifteen years was put on the market for sale. I'd had to find something quickly; affordable and which would allow me to bring my little pooch, Bungee. Where I had lived, the block had thrown a going away party for me, to my great surprise, **and I left there feeling a little sorry for myself, no longer allowed to live on the street I'd loved for so long, or among the neighbors I'd been somewhat adopted by.**

My new neighborhood had no sidewalks - which to me is a must for visiting and neighborly interaction. There are so many interesting and friendly conversations you can have with people walking down the sidewalk and I was disheartened that I would not have those in my new home. **But I found a different kind of neighborliness on that street.** There was a woman in her 80s who lived across from me. I offered her help many, many times before something finally occurred that caused her to accept my offers. Washington State wanted her to change her license tags. Not just the tabs, but to exchange her old metal tags for new ones. I cannot tell you how happy it made me to go out and crouch down by her bumpers and crank off the old rusty bolts and install her shiny new tags with the image of Mt. Rainier on them. My own mother lived in Texas and I remember thinking, "I hope someone does this for my mom."

Once again in my life, that good ol' Seattle real estate machine roared and my house was sold, this time with two weeks' notice. I was moving again, but this time I felt better about it. **I was moving back to my old neighborhood and to what felt like a powerful, symbolic change toward something greater in my life.** (Which did come true.) But what I found from my neighbors when I left, the three closest to me, the neighbors on each side and the elderly lady across the street, was that each of them let me know in their own ways that I was "just about the best neighbor they'd ever had."

I'm telling you this not to make some great claims about myself. **I've done no great things. But I have simply noticed the people around me and been moved to reach out and make myself available in case they need me.** When I was reading the Personal Safety Net website, moved first by the magnificent Rumi poem in their mission statement, I saw a section that said, "No one is an island." And just those simple words brought back these memories of my life in Seattle neighborhoods and **how much satisfaction I have received by reaching out to my neighbors and connecting with them in some way.** Whether it is a short talk about the weather or a chuckle as



you lift together to carry a heavy piece of furniture into the garage, **I like feeling a part of my community and I treasure feeling valued and loved by that community.** No matter where you are, your community is very much your family. I'm very pleased to find out about Personal Safety Nets and that there is an organization whose great vision is exactly that.

written by Michael Tomlinson

Our busy-bees have been hard at work again this month, adding useful information to our Cool Free Downloads section. **Go to our website and click on "Cool Free Downloads" for articles, information and helpful hints to help you with a variety of challenges and to make your life more interesting.** We are always adding new Downloads, so check back regularly.

**Here are some of this month's additions:**

**[6 Steps for Keeping Balanced:](#)** Organize your work and yourself when you're the care-giver.

**[What To Do When An Aging Relative Resists Help:](#)** My do some people resist help and what you can do to prevent this from happening.

**[Getting Your Winter Survival Kit Ready:](#)** Who knows what winter will bring! FEMA outlines 12 easy essential things we should all have close by.

**[Stay Away From Resume Mistakes:](#)** Your resume is still your most important job search tool - so here's 10 mistakes to avoid.

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## Gift Certificates

**Whether it's a birthday or anniversary, a holiday treat or sharing great times, a gift certificate is a wonderful way to show your feelings and appreciation.** We offer certificates that provide two specific types of gifts. Choose the one you want to give, and we'll do the rest. **Gift certificates can be ordered by calling us at 206-659-0665.**



A certificate, personalized from you, comes in a colorful envelope, perfect for mailing or hand delivery. Included in the price of this certificate is the book (or audio book - your choice!), workbook, handling, shipping & applicable taxes - a \$60 value. Our special price is \$50.00.



A certificate for a Multi-Session Class of choice, personalized with the receiver's and your names, comes in a colorful envelope, perfect for mailing or hand delivery. Included in the price of this certificate is the book, workbook, plus the series of classes with the Personal Safety Nets staff. Our special price is \$75.00.



With celebrations around the corner, we've created a "holiday certificate" to give to your favorite boss, relative or friend. Now is the perfect time to place your order - giving us plenty of time to send the certificate directly to you or your recipient. Remember, you can also order books, workbooks, and audio books directly from our web site.