



Personal Safety Nets® e-Newsletter



Celebrating 5 Years - Chapter 1

January 2011, Issue 36

In This Issue

[FREE Brown-Bag Talks](#)

[e-Newsletter Library](#)

[Five Years Later](#)

[Understanding Safety Nets](#)

[Hot Off the Press](#)

[Always Trading for Stories](#)

[Join Us On Facebook](#)

Letters . . . We Get Letters



Dear Safety Nets Team:

Life has taken a different turn this past 9 months. Since being diagnosed with MS, there are things that I cannot do. Hence I've created a "to do list party." I supply the food and invite friends and family who might help me with things that I cannot do. Some are such simple things, and I have the best of intention of trying to get them done, but I truly need a team of others to accomplish my goals.

- Jane

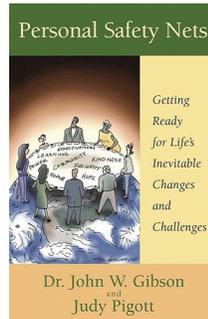
What I love about Jane's letter is the tone she takes. **She evidently sees enlisting support as reasonable and positive. How right she is!**

We all need to be seen (and this includes being seen in our vulnerabilities as well as cloaked with our strengths), **to be heard** (each able to speak from our hearts as well as our heads), **and to be of value to others** (each contributing what we can,

Five Years Later!

Five years ago John Gibson and I wrote a book (*Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges*). We envisioned this as a useful guide to helping create a more connected, community-minded world than the one we saw around us. We saw people, young and old, wealthy and poor in spirit, healthy and infirm, crossing many continua, using our book as a guide to working together as effective teams. **Our vision was of a world that was more joyous and caring ... and in this book we laid out a process for getting started, organizing, maintaining, and ending teams of all sorts.**

Based on research, and validated through illustrative stories, **we wrote about how creating a network of support BEFORE there is any crisis is a key component to resiliency and resourcefulness.** We gave a framework, and practical steps to increase security and community, to replace the fear and isolation found so frequently and pervasively in our society.



disconnectedness.

Now, *five years later*, with no other text similar to what we wrote - nothing holistic and open to generalized application - **our goal remains to work with others to create a large network of individuals and organizations to spread the word that this is doable, and desirable.** We feel we've provided a template for reshaping our current climate of distrust, dichotomy, and

With all this in mind, our e-Newsletters this year will examine, dissect, and add to the individual ideas, thoughts and specific chapters that are the focus of our book and workbook.

If you have a question anytime during the year - a point of clarification, a situation that needs attention, a story to tell, or a question to ask, please send it our way. We'd love to help you -which may help us all - and yes, we always offer prizes when you participate!

In the Beginning

Knowing you have plans, systems, and people who will "cover your back" is what we call a *personal safety net*.



So, using Chapter 1, *Understanding Personal Safety Nets* from our book, along with some information from our workbook (*Get Ready/Get Started*), let's see if we can further everyone's understanding.

Creating a safety net is emotional protection from life's endless

what we want, and what we are able, to do to help others).



Additionally, I love that **Jane recognizes the importance of breaking bread and eating together.** She supplies food - she doesn't say whether she does the actual cooking, or whether she arranges for the provision of food - as a way of recognizing and valuing the presence of others in her life.

In fact, in creating a team, and in participating in it, each person is enriched even as they offer help.

This cycle of participation through the Care Team Jane has created, then widens, the Personal Safety Nets of all involved. It's a win-win-win situation.

Thank you, Jane, for telling your story!

Brown-Bag Lunch Talks

You've told us **you want to find out what a personal safety net is and what it has to do with your life.** So, in celebration of our 5th Anniversary, **we offer you the first of many upcoming events** - a way to light a your fire during this winter season - a series of **FREE brown-bag discussions.**



We're partnering with our friends at the beautiful Gallery and Events Space, **ALKI ARTS**, to present Personal Safety Nets in a very personal, relaxed and

disruptions. It involves ordering your affairs, taking stock, building community and enhancing life. How do you do this? You build teams to help you get things done, face situations, conquer circumstances and improve your plans of action. You get organized.

For example, instead of facing a disease with fear and trepidation, **seek to put together a "care-share team" that can supplement your own time and needs - providing both help to get tasks completed, and emotional support.** If you face the task of planning a wedding or great event, instead of "hitting the wall" of too much to do, you can put together a helping group of friends and experts who can not only help put the tasks in order, but also help with the tasks or help find those who can help.

Working in teams, no matter their size (so long as they are appropriate for the tasks at hand) brings success. Research shows (and we share it with you as a variety of [Cool Free Downloads](#)) that [running](#) and [exercising](#) with others will help you stick to your exercise plan. Likewise, eating or dieting with others will help you improve your nutrition and keep the pounds off. Just creating or being part of a [group of friends](#) will make your life more happy and your tasks more successful. Even finding a group to [share jokes](#) can improve your attitude and help you from feeling run down!



When a team comes together in an organized way to meet any need, then no one feels the burden of shouldering all the care (or needs) alone.

- The particular circumstance will determine who will be most supportive, the best networker, the most creative, or most dependable. Be as objective as possible in thinking through, in advance, who or what would be truly helpful.
- The care-share team's goal (or any team) is to create an environment in which team members can perform at their best and complement each other's efforts.
- Participation is typically voluntary with each person offering his or her own unique gifts. Teams can be long-term or for a short period, or to help create a specific solution.
- Your personal safety net can (and should) be made up a variety of teams (they can be also be businesses and organizations): ones who help or guide you: personally, financially, materially, familial, spiritually, and professionally.



The point is, facing the world alone isn't necessary and just doesn't work!

Read along next month when we'll look at Chapter 2: Thinking it Through as well as the sections called Knowledge and Power in the workbook.

Hot Off The Press . . .

[Washington Women's Foundation](#), which engages women in the power of collective giving, is welcoming members to an informative workshop on Personal Safety Nets presented by WWF member and author Judy Pigott! Non-members (who may also be interested in WWF membership in the future) are also cordially invited.



The workshop will present a conceptual and pragmatic approach to life and to creating community in a holistic way, enhancing your knowledge of how to take logical steps towards success, resiliency and community by looking at the people, plans and papers that, together, create a net that supports healthy and proactive living.

friendly atmosphere. We're getting out of the office and giving you a chance to come at your lunch hour and learn a great deal more about replacing fear and isolation with security and connection.

There are four sessions - and you can come to one, two, or all four. Each will have a different focus, while they'll also build new knowledge throughout the series.

This introductory series will be absolutely FREE! You can bring your own lunch, a beverage, or just come as you are. We'll bring the handouts and information and together we'll provide the skills and some guidance on creative ways to fulfill our fundamental human need to build and maintain strong networks of support and creativity in our personal, community, and work places.



**Tuesdays,
February 8th & 22nd /
March 8th & 22nd
11:30 am - 1:00 pm**
ALKI ARTS, West Seattle, WA
2820 Alki Avenue
West Seattle, 206-432-9936

[Register on line](#)
or call 206-659-0665
Space is limited!



Newsletter

[Read past editions of the PSN e-Newsletter](#)

Read past editions of the

Space is very limited, so sign up today and join us February 10th! More [information](#) & [registration](#).

Cool Free Downloads



We've updated our most visited website -

Cool Free Downloads - by adding both a specific search engine and a listing of all the Downloads by date. We hope this will make your searching quicker and easier.

When you search **Cool Free Downloads** (CFD's) you'll find information and our take on a wide variety of subjects and needs - from planning to send your child to college, to planning for a new roommate, to getting prepared for retirement, to how to eat better with friends.

Our goal with CFD's is to make you think, help you plan, get you on the way to team-building, provide you with new and unique information, assist you with solving problems, and simply make you smile.



Free 2011 Calendars!

ALWAYS TRADING FOR YOUR STORIES.

Having gone through "something," what would you do differently? What advance planning would have helped you? Who or what do you wish you'd included? You survived. What did you learn? You can [email](#) us your question or story, or simply

share it [directly](#) to our website.

Write us your Personal Safety Net story (what worked, what didn't, or what you tried), or ask us a question that we answer in our e-Newsletter, and **we'll trade you. This month we're thanking Jane for sharing.**

Each month we have great new prizes for those who participate! This month we're offering the wonderful **Voices of Global Youth book, "Many Voices from One Heart,"** as well as unique 2011 calendars for your stories.

News and More - Join Us

Each week the number of visitors to our [Facebook](#) page continues to grow. We appreciate the number of "friends" we have, and the numbers who "like" us.

Both our [blog](#), and our [Facebook](#) page offer you the opportunity to gain up-to-the minute news on PSN content, ideas, and issues that affect PSNs for everyone.

