

Personal Safety Nets® e-Newsletter

Change & Opportunity in the Air

June 2015, Issue 78

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Spice Up & Flavor Your Life

Replacing salt and sugar at mealtime with nutrient-dense spices not only adds flavor but can also increase mental focus, reduce muscle pain, and rev up your metabolism.

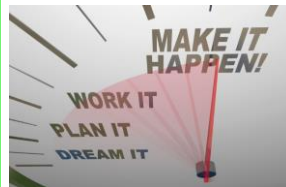


Here's a sampling:

Ginger: use it fresh as a tea or add a chopped

An Updated PSN: Let Us Explain

Have you noticed? There hasn't been a Personal Safety Nets newsletter published in the past three months. Why not?



Personal Safety Nets has been very busy behind the scenes.

We are practicing what we propose to you - evolving through internal and external evaluations. We've sought out answers to the question: "How can we better reach out and serve you."

What has emerged is a new structure - focused on a new website - which you'll soon be seeing - inviting you

to electronically interact with our materials and curricula. We want to help move your personal safety net building at the speed you want - letting you d.i.y. while we provide support and assessment. Soon you'll be able to interact with modules that bring forth PSN ideas and help you increase your skills.



In order to make this happen **we'll also be providing train-the-trainer workshops (see dates in the story below)** which will enable individuals and organizations to use the Personal Safety Net materials for themselves or teach the concepts within their own organization or to others.

The work of Personal Safety Nets isn't done! We're all part of a world-wide move to increase connection and compassion.

tablespoon to stir-fries to reduce muscle pain after exercise.

Thyme: Add a couple of teaspoons of dried thyme to soups and stews to help protect against food-borne bacteria and to lower blood pressure

Turmeric: A teaspoon of this dried powder in soups or curries can reduce inflammation and prevent Alzheimer's.

Cinnamon: Help control blood sugar and reduce triglycerides by adding a teaspoon to oatmeal, hot cocoa, and barbecue sauce.

Rosemary: Sprinkle a tablespoon of fresh rosemary (or a teaspoon of dried) on roasted potatoes and grilled meats to boost your mental focus.

Protect Them & You
Believe it or not, when a loved one dies . . . scammers come out to play!

Here are some useful tips from Sid Kirschheimer, author of *Scam-Proof Your Life:*

You can help the work spread and grow. Remember, there are people receiving this newsletter on all 7 continents because of you! And you can continue to help - **by reaching out to at least 2 others to speak about your experiences with PSN:**

spread the word



- The power of having and using a "Wallet Card". (What's is this? Come to the training or see upcoming newsletters.)
- How you've improved your ability to ask for and receive help.
- What you gleaned from the book (or CD), *Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges* that's helped you understand the effectiveness of teamwork.
- How a training session or workshop impacted your life.
- Sharing the new website and giving us feedback!

Keep reading through the next few newsletters - more will emerge - and feedback and questions are always welcome.

In Peace - Judy

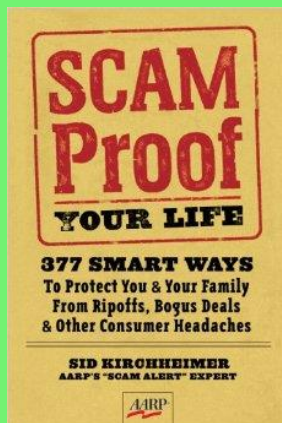
You can always reach us at: info@personalsafetynets.org or by mail at 4701 SW Admiral Way #126, Seattle, WA 98116

BECOME A PERSONAL SAFETY NETS TRAINER!

Our book, Personal Safety Nets: Getting Ready for Life's Inevitable Changes and Challenges is read and used internationally - now in seven continents! And as the Personal Safety Nets ideas spread, we're fielded more and more **requests from many of you asking to use our ideas and materials within your own organizations.**



We've heard you and to meet your needs, Judy



* As hard as it is - ask for at least 10 copies of the death certificate and immediately send official copies by certified mail to the 3 main credit reporting bureaus & request a "deceased alert" be placed on the credit report.

* Mail copies as soon as possible to banks, insurers and other financial firms requesting account closure.

* Report the death to the Social Security Administration and the IRS (and the DMV if needed).

* In obituaries, don't include deceased's birthday, place of birth, last address or job.

Pigott will be offering a 2-PART in-depth train-the-trainer series.



This is our parting gift to you! The **two-part** workshop is free and will enable you to not only move your own personal safety net forward, but also work with others in your family, community and organization to assist them with learning how to create and use a personal safety net. Those who successfully complete both sessions will receive a certification to completion from PSN (plus a special gift)!

Here are the dates for the train-the-trainer sessions - Choose 1 from each!

SECTION I:

**Thursday, September 10th - 6-9 pm, (or)
Wednesday, September 16th - 9 am to noon.**

SECTION II:

**Thursday, October 22nd - 6-9 pm, (or)
Wednesday, October 28th - 9 am to noon.**

To register for one of the Section I and one of the Section II sessions, simply email your name, phone number, email and which dates you plan to attend to info@personalsafetynets.org. Space is limited, so register early to save your place.

Note: organizations can send more than one person to these workshops.