



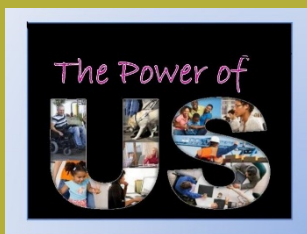
# Personal Safety Nets® e-Newsletter



The Future

Issue # 83

## Personal Safety Nets



Your family, friends, neighbors, and people of like mind all need to know about the "finds" you make in your daily life - those ideas, attempts and solutions that help you deal with the challenges and changes you (and we) face!

**What has worked for you?**

**[TELL US ALL!](#)**

By sharing your information - the growth of ideas and solutions - we come to know that we, together, are part of something bigger, something good, something growing . . . a community of caring!

## Goodbye 2016 - Hello to Your Future!

For many of us 2016 has been a year of hardships - change & challenges in our lives, loss of others, and the uncertainty of the future. With this in mind, let's **remember**

**that moving ahead takes knowing and believing that joining together is better than tackling life alone.**



While we thought the newsletter we sent out a few months ago was our last, we've received so many inquiries, questions and feedback, that **we just had to "reach out to YOU" one last time.**



additional newsletters will arrive.

First, you should know that our **[WEBSITE](#)** will remain "up" and functioning even though our organization has stopped day to day operations and no

**We're proud to leave you a unique and interactive [WEBSITE](#) as a lasting legacy to HELP**





We look forward to hearing and sharing your ideas.

Please keep [in touch](#)!!

### An Award Winner



After publishing our book, we received this award under the category of "Death and Dying". While we didn't intend for this to be the book's focus, the award highlighted that the steps and approaches that we outlined were pertinent to individuals and families facing them at the end of life. If you find this useful, please let us know.

**YOU take continuous adventures (not just reading, but INTERACTING!) to find ways to know and help yourself BUILD YOUR NETWORK.**

**We won't go through all the details here but here's a list of what you can find:**

- [What is a Personal Safety Net](#) - charts, documents, discussions and interactive tools.
- [Get Started Now](#) - start your own personal self-evaluation.
- [Resources](#) - where you'll find things like a list of PSN [Certified Teachers](#), along with how to reach them; copies of all the [materials](#) we provide to certified teachers - in case you'd like to read them yourself; an opportunity to listen to, or read the [PSN book](#) *Personal Safety Net: Getting Ready for Life's Inevitable Changes and Challenges*, as well as the accompanying workbook - completely free of charge; and copies of the very helpful PSN "[Wallet Card](#)" - along with ways to order them for yourself and your group (along with helpful instructions and use ideas).
- [Recent Posts](#) -  
where we'll continue to post info and materials.

**If you want to find something fast, use:**

- the guide on the right side of each page
- the [search engine](#) that is specific to the PSN site - located in the top boarder and visible on every page.

**And two interesting resources to tell you about:**

- [mealtrain.com](#) - organize meals for a friend after a birth, surgery or illness.

- <http://qol-x.org> - helps people around the world improve quality of life for themselves and those they care about.