

Personal Safety Nets® e-Newsletter



Summer Odds & Ends & A Bit
of Humor

July/August 2010, Issue 31

In This Issue

Letters . . . We Get Letters

One of Our Favorite Stories

Odds & Ends

Letters . . .

We Get Letters

(and we love you for them!)

We are all integral parts of a Personal Safety Net; a support system we all need to understand as we move ahead - one that allows us to fulfill our dreams and deal with challenges that life sends us along the way. John & Judy's book was given quite a bit of credit for beautifully explaining this ongoing process in a letter from Brenda C.



After living as a nomad for over two years, on May 1, 2010 I moved into my own apartment. I was just telling a friend that I could not have made it through these past two years without my friends, many of whom I've known and remained connected to for over 30 years. These are the same friends who will be my safety net (and I theirs) as we move further ahead in life.

Funny . . . And True!

Humor is mankind's greatest blessing.
- Mark Twain

One of our favorite stories goes like this:



A sweet older lady telephoned University Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I can, what's the name and room number?"

The old lady in her weak voice said, "Kate Smith, Room 302."

The operator replied, "Let me place you on hold while I check with her nurse."

After a few minutes the operator returned to the phone and said, "Oh, I have good news, her nurse just told me that Kate is doing very well. Her blood pressure is fine; her blood work just came back as normal and her physician, Dr. Jones, has scheduled her to be discharged on Tuesday."

The old lady said, "Thank you. That's wonderful! I was so worried! God bless you!" The operator replied, "You're more than welcome. Is Kate your daughter?"

The grandmother said, "No, I'm Kate Smith in 302. No one tells me beans around here!

Funny, right?! While this might have happened 15 years ago, current HIPAA regulations would make it almost impossible today.

Still, here at Personal Safety Nets, we want to remind you that if there are people around you who you would like to be able to get in touch with you if you were unexpectedly in a hospital setting, you need to be sure to legally authorize their access. Whatever you decide, be sure to talk with the people involved, and to your doctor. **The best assurance of staying connected, regardless of age or reason, is communication and the power of having made and taken appropriate action on decisions.**



Little had I known when I left my long-term and well-loved job at Childhaven, where my decision would lead. What I did know was that it was time to take care of some personal and some family business: my father needed me, and the time had come to divest myself of my attachment to the life I'd known. I thought that sequential house sitting arrangements could provide me with time and space, and I was right. **I am so very blessed to have my friends and extended family here in Seattle.**



Looking back, if I could give advice to younger people, it would be to cultivate and sustain friendships for the long term. Having done so has helped me hugely. However, my parents did not do this and it made their lives very lonely and isolated. This lack made it difficult to temper the impact on the few of us in the family who could be available to help when they got ill.

While working through career and family issues, my friends, Deb & Keith, bless their hearts, housed me, adopting me into their family. Annie Laurie, another friend, kept me employed, even as I moved back and forth to the Midwest for family care giving. She nurtured me with her three cats, her Golden Retriever, and two granddaughters. Most of what I owned was housed at a storage unit that I visited so often the owners considered running hot & cold water into it so I could move in! No thank you, though I appreciated the sentiment!

This spring, with more

Summer Reading: Downloads

This summer edition covers July and August, but don't fret, we'll be back in September with another year of information, and stories to help you plan for, create and use a Personal Safety Net. In the meantime, we couldn't leave you without providing a few great downloads to help you along your way.



One of our areas of help revolves around the question, and initial problem and task of "asking" for help. It's tough for most of us. We don't say it's as easy task - but we can try to ease the pain.

1) It's important to know - first - when asking for help, a **"no" most frequently says something about the folks who are saying it rather than about the person who has asked for help.** Remember that - first and foremost! Unfortunately for many, asking for help translates into a mayday call for help that is not made at all, or only made when there is almost no other choice. But the good news is that you can [learn to ask for help](#) sooner and more appropriately. We've found an author that helps you see that it can be a fairly simple act. But first, you've got to [debunk some common cultural myths](#).

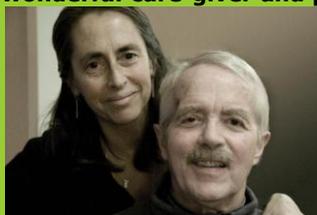
2) In her book *Mayday! Asking for Help in Times of Need* (Berrett-Koehler, 2007), M. Nora Klaver, a Chicago-based master coach, explains The Mayday! Process - **a seven-step approach to making sure your "askings" for help and assistance are transmitted with both strength and clarity, on target and complete - [we've taken the liberties to add a few steps!](#)**

Odds & Ends - News & Notes

A FREE SEMINAR FOR YOUR ORGANIZATION: We're scheduling our seminars and workshops for this fall and winter, and **we're looking for companies, organizations and non-profits who have never used our services before - specifically companies with at least a dozen employees who might be interested in "testing" our services at no cost at all!** It's our way of meeting new people, expanding our reach, testing new procedures and improving our information and format. **To find out more, or to see about scheduling, call Ben at our office (206-659-0665), or visit our website.**



WORDS OF WISDOM & INTEREST: Our friend, Judy Friesem, a wonderful care-giver and part of a personal safety net team, sent along some food for thought:



"I bow to generosity. I don't understand it, don't need to. I Believe. The more I can let it flow through me, through us, the richer we are. That be things, thanks, thoughts, even money. We act on any positive impulse that rises, resides in kindness. It

personal and financial stability, I readied myself for a move into my new space. I realized that I had experienced sharing and friendship taken to a whole new level. Many people were integral parts of my Personal Safety Net, the support system I needed to allow me to fulfill my dreams and deal with the challenges life had sent along the way. For each house sitting assignment, email, letter, card, long-distance call, coffee, breakfast, hello, goodbye, teary moment, laughter, photo and prayer I say a heartfelt thank you. **And so, the journey continues . . .**

Quick Links:

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comes back many times over."

"I balance only when I can stay in this moment: the past causes grief, the future anxiety. So here I perch, when I remember, right here, the 'sweet spot' of life. It's worth it."

"With expectations come more opportunities to be disappointed. I call it 'eagle-ing' when either one of us holds onto something so tightly we might drown with the weight of what we want."

NEW PLAY: Author and friend Lee Tannen, who wrote "**The Kindness of Laughter**" about being an important part of Lucille Ball's personal safety net in our [September 2009 e-Newsletter](#), has turned his 2001 memoir, "I Loved Lucy: My Friendship with Lucille Ball," into a two-actor play which will in the new season at the Laguna Beach Playhouse. **Tickets to "I Loved Lucy" (Oct. 5-31) are now on sale and we wish Lee and the play luck!**



WE'RE NOW ON FACEBOOK: First it was a blog, now it's a new social networking connection. While we continue to invite you to follow our ideas, articles, stories and experiences - written on our blog - now we offer you the opportunity to **be our "friend" by joining us on [Facebook](#).**

facebook

WE'RE TRADING FOR YOUR SAFETY NET STORIES: Write us your **Personal Safety Net story, or ask us a question that we answer in our e-Newsletter, and we'll trade you our Audio Book - a \$35.00 value, yours FREE.** Every story we receive is a help to another - so please continue to share. You and your story may serve as part of someone else's Personal Safety Net - providing valuable help, guidance, insight or experience. Please pass on your experience and observations. **You can email us your question or story, or simply share it directly to our website. Thanks for trading!**

SEE 'YA ALL IN SEPTEMBER - HAVE A WONDERFUL SUMMER AND KEEP SENDING US THOSE CARDS, LETTER, WISHES AND STORIES. WE APPRECIATE THEM ALL! *Judy & the Gang*

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