

30 days later I had lost 9 lbs. Six months later I was 35 lbs lighter and I felt really good.

"For the last year I have been walking around some 25+ pounds lighter, my cholesterol is down to 154, and I can tell you I feel much better!

"So I am sitting here across the table from you, asking...What can I do to help?"

"I will be right here with you on the journey....walking the walk. I wish you all good success!"

Phyllis has shown the strength of a Personal Safety Net by enlisting the help of others, then offering to extend help to them too.

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Our Writers

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This edition starts off our new look and easier to read format. We look forward to your comments and will be asking for your stories in the upcoming months. Coming soon is a new and improved website.

**The Safety Net team,
Judy, John, Linda and Nate.**

Navigating Life, soft skills for kids.

[Read more at the Sue Mackey website.](#)

Steps to Creating a Strong Safety Net



1. Define what's going on - tell safe people & keep the information flowing
2. Ask for help - remember, we all need to give, so give others a chance to do so. Practice, practice, practice.
3. Be specific in your requests - it's easier for folks to help if they know what you need/want & can accept
4. Get organized - so all the "casseroles" don't come on Tuesdays
5. Don't take "no" personally - Really, it's more about the availability or limitations of others than about you!
6. Keep on giving to others - especially if you want to feel better, there's nothing like helping someone else.

Seattle Events - Open to the Public

Ready to make a difference in your life? Join us at one of our upcoming classes and learn how to weave your own Personal Safety Net, and why it's important. Classes are offered quarterly. Full details available on our website at [Events](#).

Bring Order to Your Life

Judy will lead an interactive and personal 3-week class held at the Senior Center in West Seattle. Open to all ages, from 18-88 invited. Feb. 3, 10, 17, 2009 6:00-8:00 PM, for registration and more details call 206-933-6577 ext. 1, \$50 includes both the book and companion workbook. This class is being offered again in the spring, in conjunction with South Seattle Community College. [Events](#)

15th Annual NW Parenting and Family Education Conference

Join Judy as she presents a workshop on why families should prepare for the unexpected. This event is ideal for parent educators and family life specialists who work with new parents, newly single parents, immigrants, adoptive and foster parents along with homeless and elder care issues. Held at Edmonds Community College, March 25-27, 2009. The exact location and time of her presentation is coming. [Events](#)

Sale extended through end of the month!

Holiday Trio - \$35 for Book, Workbook & Wallet cards
(and we'll pay for the shipping!)

Hard covers - \$20 tax incl + S & H
(regular price \$29.95 save 33%!)

Companion Workbook - \$10 tax incl + S & H
(new this fall, half price when ordered with book)

Wallet Cards A big gift for a little price! - \$5
(tax incl + S & H. Pack contains 4 cards - one for you and 3 to give out to members of your Personal Safety Net.)

Tuck these nifty cards into your wallet and those of your Personal Safety Nets® team members. Complete them with the names and contact information for the 3 people you rely on in your Personal Safety Net.

In an emergency, the people you've listed will be the first to be called -- even if your cell phone is missing.