



Personal Safety Nets® e-Newsletter



Go With a Purpose This Summer

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Reclaim Your Dream!

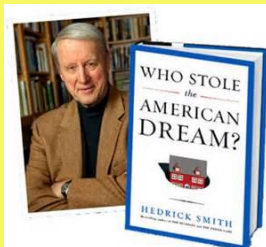
Letters & Stories

Seen & Heard

RECLAIM YOUR DREAM!

Hedrick Smith bestselling author and Pulitzer Prize-winning reporter, is coming to ArtsWest on July 21, 2014.

As a reporter Smith won a Pulitzer for his international reporting from Russia from 1971-1974. His prime-time specials for PBS have won several awards for examining systematic problems in modern America and offering insightful, prescriptive solutions.



Now you'll can hear him speak (and even have dinner with him) when ArtsWest hosts him Monday evening, July 21st, 2014 for an eye-opening account that reveals how, over the past four decades, the American Dream has been dismantled and we became two Americas.

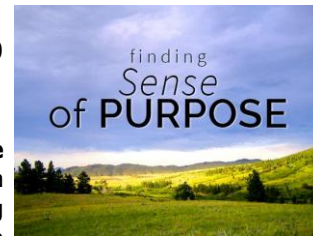
Don't miss Hedrick Smith as he speaks about the need to put the "we" back into civic wellness.

LETTERS & STORIES



The Real Secret of Long Life

Having a sense of purpose adds years to your life - and the benefit is realized throughout adulthood. That's the conclusion of a long-term study that tracked the physical and mental health of more than 6,100 Americans aged 20 to 75.



The study suggests that **purpose itself drives longevity**. "Finding a direction for life, and setting overarching goals for what you want to achieve can help **you actually live longer, regardless of when you find your purpose.**" Carleton University psychology professor Patrick Hill worked on the study. You can read more here.

A Prescription for Nature

Green space - or the "Great Outdoors" is actually good for human health. Hundreds of research studies have documented the positive effect of green space on health outcomes:

in Copenhagen research revealed that **living a short distance from a garden or park has been linked to less stress and a lower body mass index**; in the US, research documented that **children with ADHD were more able to focus** in a natural setting than in either a built outdoor environment or an indoor one; and other research revealed that children in low-income households **lowered their risk for asthma** by living near areas with higher tree density. Research is underway looking at "nature exposure" as a critical piece of data collected at the start of every medical encounter.



This growing body of research has lead Dr. Daphne Miller, MD, (founder of WholefamilyMD) to dole out a "strange"



**This came to us from
Cat Sullivan,
Board member of
[POWER](#).**

**Their mission states they are:
"Advocating for a world with
a strong social safety net,
where children and
caregiving are valued, and
the devastation of poverty is
eradicated."**

"Judy and friends, thank you for a great article in the May edition:

[Where's the Money Go?](#) It is great to get some real numbers and insight as to what this means.

"One of the things perhaps this article left out about giving is about the amount of TIME low income people give to their causes. **Many might say that "time is money" but few ever consider the value of this hard work that is freely given.** Veterans with injuries, giving their time to their veteran's services at the hospital, to clinics, to driving other vets to appointments, to tending to homeless issues. Harried moms with full time McJobs who have families and many demand will still be working at their causes from food co-ops, school committees for their kids, and giving of their precious time to organizations like our [POWER](#) office. They go to their legislators for the issues that affect them without anyone giving them so much as gas to get there.

POWER' staffing, as many 501c(3)'s must do, runs entirely on unpaid labor and hundreds of hours are given each month to its work with legislators, policy makers, all performed intelligently and with deep insight by very low income people who need this assistance themselves. This all take precious time!

prescription to many of her San Francisco patients. On the form it simply says:

Drug: Exercise in Glen Canyon Park

Dose: 45 minutes of walking or running

Directions: Monday, Wednesday, Friday, and Saturday - 7:00

Refill: Unlimited

Dr. Miller even scolds those in the medical field. "The fact that about 50% of doctors and nurses are overweight and 40% never exercise suggests we have no more familiarity with nature than the rest of the population. . . I can't think of any health-promoting activity that's more worthy of our time." She says her **"nature prescriptions" are a wonderful way to start the conversation about health and exercise - and if your doctor hasn't talked to you about this idea, start the conversation yourself.**



Black Women Cycling?

When Veronica Davis' daughter pointed with surprise to black women riding bikes in DC, her mother was inspired to create the tongue-in-cheek



Twitterhashtag #BlackWomenBike. Author, [Ellee Thalheimer](#), shares the story of how this generated a movement. In fact, the reaction was immense. Riders were drawn to a central forum for black women cyclists. **This led to the formation of Black Women**

Bike DC and grew from three founding members in 2011 to over 1200 women.

While this group enjoys their fair share of fun, **the mission is to build community and interest in cycling through education, advocacy and recreation.**

Along the way they've also assisted members with reaching goals: helping a diabetic woman prepare and finish a race. As Thalheimer notes, **"The Social aspect and community orientation seem to be the glue that binds the organization together."**



Cycling Safety: Protection as Part of Your PSN



At **POWER**, and other important charities, work is mostly done by the poor. We are extremely grateful for anyone that gives to us - and we especially appreciate those who give of their time, and their connections, as well as their donations. **Giving of time is very special to us because then we know that person is interested in us, even though they may not have the same issues or be affected by poverty.**

We know we have a great deal to teach. We can open the eyes of those who have little idea about the time consuming, back breaking work those in poverty must do to survive. **We just know that with the giving of time as well as financial support, even more can get done.**



Donated services are needed: especially things like legal aid, affordable car repair, grant writing, help with starting up small businesses in the home (and perhaps some people to network with), computer repair and software (teaching how to do these things as well). We appreciate donated space for meetings, classes, and retreats, and cooking classes. Especially we'd love healthy cooking on an almost impossible budget ~ food stamps allow \$1.19 per person per meal.

Other ideas are: food preservation information and equipment, locations for places to glean food such as someone's apple, pear or plum tree in their back yard, directions for freezing or smoking produce, teaching sewing, mending, hemming, alterations, or assistance with moving costs/equipment.

You may think you have

Most people think that if they have a serious head injury while riding a bike, their insurance will take care of it. Yes, but only to a point.



To cover this omission, in 2012 [Jay Paul](#), an insurance professional and avid bicycle enthusiast, started *Balance for Cyclists*, a unique insurance coverage that provides up to a \$250,000 benefit in lump sum payments in \$50,000 increments for cyclists who suffer accidents causing severe traumatic brain injury, death, or paralysis. Nothing like this had ever been done before - **there had been coverage for**

comas but this was coverage for traumatic brain injuries (TBI). Though his was a good idea, Paul had trouble selling the idea to insurance carriers and to state legislatures.

Now though, two years later, the insurance is available in 40 states!

[Balance for Cyclists](#) can be used towards anything that's needed, even before major insurance kicks in, once the injury is documented. Paul was given an award last July by *National Underwriter Life & Health Magazine* for his efforts on bicycling advocacy and giving back to the community.

Invest in Our Daughters: They not only run "like a girl," but study like one too

Girls are graduating from college in record numbers, outstripping boys with their successes. Natalie Kitroeff [reported](#) on this in a New York Times story on [recent research](#).



Parents of girls spend, on average, 25 percent more on education per year in a girl's lifetime than parents of boys. That's a striking reversal from the 1970's, when parents of girls

spent about 30 percent less. "I am still surprised by [our findings](#)," said Sabino Kornrich, a sociologist at Emory and an author of "Investing in Children: Changes in Parental Spending in Children 1972-2007," a recent [study](#) of government data on more than 33,000 families. "We really just thought spending would equalize," he said. Instead, Dr. Kornrich and his co-author, Frank Furstenberg of the University of Pennsylvania, found that after spending on girls caught up to boys in the 1990's, it surged ahead in the last decade.

Young women today are more likely to attend and complete college than boys, meaning more tuition dollars. But expectations of a bigger payoff may also play a part.

Apparently the young women are "studying like a girl", just as they "run like a girl, throw like a girl, fight like a girl" -- so, boys, now it's your turn to keep up!

A new social media campaign seeks to turn the often used



nothing to offer, but take a look at the skills you may have, there are needs to match.



Thanks again for this great article. **This is why creating personal safety nets is so important. We all need one another!"**

- Cat Sullivan

statement from a negative connotation of weakness to a positive statement of strength. This [on-line video](#) questions why the use of the term "like a girl" has come to mean weak or silly. #LikeAGirl seeks this redefinition. Take a look!

Parents' Independence: Purpose, Exercise, Networks

Our friend Patricia Throop at [Eldercare Consulting](#) reminds us that one **of the hardest things to face, for anyone, is the lack of independence.** We struggle with having to be dependent on our loved ones, never wanting to be a burden or appearing helpless. She has ideas to help maintain independence while providing reassurance to family and friends.

Consider: Incorporate regular social interactions. A variety of social engagements will provide entertainment and vitality for older adults. Consider Senior Centers, setting up a social calendar

with nearby friends, classes at a local college, or fitness groups at a nearby gym (or, better yet, outdoors). Not only are the benefits immense, but these also provide structure, purpose, and additional 'eyes' on your loved one to note any concerning issues.

