



motion picture
pioneers
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fund

SOCIAL SERVICES CORNER

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ASK THE SOCIAL WORKER: WRMPPF'S LIFE PLANNING SERIES

Question: I heard the Will Rogers Motion Picture Pioneers Foundation's Web site has information and helpful tips regarding retirement planning. I am 41 years old, so I guess I should get busy planning for my retirement. Is there any charge for the information? Do you have any helpful tips for a beginner?

Answer: I am pleased you heard about **Retirement Planning: Getting Started**, the newest addition to our Life Planning Series. You will be happy to know there is no charge to view this collection of online articles at our Web site, www.wrpioneers.org. You may also print the articles from our website as often as you like without any charge.

As you begin your retirement planning, you may find it helpful to explore and consider your personal goals for each of the six areas introduced in **Retirement Planning: Getting Started**:

- Estate Planning
- Financial Planning
- Insurance
- Social Security
- Staying Healthy & Enjoying Life
- Supportive Services & Housing

The short articles listed under each of these six

areas will give you a basic understanding of important retirement planning issues and the resources to help you begin planning. The articles are written by knowledgeable lawyers and are regularly revised to keep current with changes in the law. I think you will find the articles concise and easy to understand.

I suggest you request **The 4 Steps of Long Term Care Planning**, a free booklet that is also available through our Life Planning Series. This booklet focuses on long term care planning, but it offers a wide range of resources and strategies that can also be applied to retirement planning.

Setting aside time now to plan for a successful retirement is usually a challenge for people as young as you. Ask yourself each year when you complete your income tax return, what you did the past year to plan for your retirement. Always set goals for the coming year, even if it is just to explore and understand another aspect of retirement planning. Good Luck!

JOKE OF THE MONTH

He often broke into song because he couldn't find the key.

— Bob Phillips

Jolly Jokes for the Older Folks – Age Enhanced

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive the *Social Services Corner* by email.
Call 888.994.3863, ext. 2370, or e-mail info@wrmail.org.

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A CHERRY-PICKED PATH AWAY FROM PAIN

It is believed that cherries contain anti-inflammatory properties, and a new study of exercise-induced muscle pain may add credence to that.

Participants in the study were asked to drink a bottle of a cherry juice blend twice a day for three days before exercise and for four days after exercise — or to drink a placebo juice containing no cherries.

The 12-ounce cherry drink contained the liquid equivalent of 50 to 60 tart cherries. The participants then performed a type of muscle-damaging exercise — flexing and tensing one arm 20 times. Those drinking the placebo juice reported their muscle strength fell by 22 percent, while those drinking the cherry juice blend reported only a 4 percent loss. The average pain score for the placebo group was 3.2 and the pain continued through the next 48



hours; for those drinking cherry juice the score was 2.4 and their pain peaked within 24 hours. Researchers say this difference is significant.

Researchers from the University of Vermont, New York's Nicholas Institute of Sports Medicine and Athletic Trauma, and Cornell University undertook the study. The findings were originally published in

the *British Journal of Sports Medicine*.

Previous studies have found that cherries have the potential to ease the pain of arthritis and gout, and reduce risk factors for heart disease, diabetes, and certain cancers. Cherries also have been found to help regulate the body's natural sleep patterns, aid with jet lag, prevent memory loss, and delay the aging process, according to the Cherry Marketing Institute.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Center for Learning Disabilities: www.nclld.org, 888.575.7373

This is a national not-for-profit organization dedicated to promoting the success and dignity of individuals affected by learning disabilities. The Center links people with resources, promotes research, and advocates for their educational rights.

National Dissemination Center for Children: www.nichcy.org, 800.695.0285

This is a national not-for-profit organization that provides information to the nation on disabilities in children. This center provides links to programs, services, educational rights, responds to questions and much more.



QUOTE OF THE MONTH

“Popularity is the easiest thing in the world to gain and it is the hardest thing to hold.”

— Will Rogers

QUESTIONS OR COMMENTS?

Call Karen Wiener, Manager of Social Services at (888) 994-3863, ext. 2390, or write to karen@wrmail.org.