



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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DO I NEED A WILL IF I OWN ALMOST NOTHING?

Question: I'm a 30-year-old single woman and I don't have much to my name. I live in a rented apartment and have some meager savings. I have no children. Do I need to write a will?

Answer: If we were living 150 years ago, by now you would have not only written a will, but chosen a carved tombstone (preferably with an angel on top) and had your portrait done in miniature so that your mourners could wear it around their necks.

Now that fewer of us are going around with consumptive coughs, however, people tend not to think about the prospect of an early demise — and many go without a will. You too can choose that route, if you're happy with having your state's law dictate where your possessions would go. Most state laws give everything to the dearly departed's parents or other close relatives.


If, however, you want your pet iguana and your snow

globe collection to go to someone other than mom and dad, writing a will might be a good idea. Also think about the items you hoped mom and dad would never see — those journals from when you were 14 years old, for example. And your little pot of savings might make a nice gift to a close friend or charity.

Also, in your will, you can designate who will be your executor, the person with authority to make sure that all your possessions end up in the right hands.

If you decide not to write a will now, be sure to revisit the issue as your circumstances evolve. If you have children, accumulate more property, develop health problems, or just reach a later stage in life, your estate planning needs will change.

— *Nolo Wills & Estate Planning Center*

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Visit our Web site at www.wrpioneers.org to view our “Life Planning Series: Retirement Planning,” which includes 48 articles to help you plan for a secure and comfortable future. The articles are free to read and print whenever and as often as you like. Members without Web access may call our Social Services Department to request an article at (888) 994.3863, ext. 2370.

JOKE OF THE MONTH

My doctor recently told me that jogging would add years to my life. I think he was right. I feel ten years older already.

— *Milton Berle,*

“*Jolly Jokes for Older Folks,*” by Bob Philips

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.

Do you or someone you know need our assistance? Call toll-free at (888) 994-3863 or visit www.wrpioneers.org to find out more about our assistance programs.



The Motion Picture Pioneers Assistance Fund is a program of the Will Rogers Motion Picture Pioneers Foundation.



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SNACKS THAT DON'T UNDERMINE YOUR DIET



You're hungry, but you're trying to lose some weight and snacks are a bad idea. Right?

Actually, a healthy snack can support

your diet by making you less likely to binge at your next meal. Better yet, you don't have to limit yourself to endless snacks of carrots and rice cakes. Here are some ideas for satisfying, low-calorie hunger stoppers:

- Sliced bananas and fresh raspberries (1 cup)
- Air-popped popcorn (3 cups)
- Olives (5)
- Hummus (1/4 cup with 4 carrot sticks)
- Peanuts (2 tablespoons)

The Mayo Clinic's Web site has these suggestions for quick, healthy meals when you don't have time for anything elaborate:

- Toast half of a whole-wheat English muffin and top with a slice of Canadian bacon, a slice of tomato, and a slice of low-fat American cheese. Microwave until the cheese has melted.
- Spread half of a small cinnamon-raisin bagel with one tablespoon of part-skim ricotta cheese and top with a few thin slices of apple.
- Take one flour tortilla (6 inches) and sprinkle with two tablespoons of shredded low-fat cheddar or Monterey Jack cheese. Microwave until the cheese has melted and then cut the tortilla into wedges like a pie. Eat with salsa.

For more information about health and fitness, visit our Web site at www.wrpioneers.org.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Eye Institute (NEI): www.nei.nih.gov, (301) 496-5248

The National Eye Institute (NEI) is part of the federal government's National Institutes of Health. Its mission is to conduct and support research that leads to a better understanding of vision and eye disease that results in sight-saving treatments. Its Web site provides eye information, clinical trial facts, publications, and other resources.

Caring.com: www.caring.com

Caring.com is a for-profit informational Web site. It offers information and resources to help caregivers in the U.S. care for their aging parents and other loved ones. Among the topics available at the Web site are health, housing, home care, end of life issues, money and legal matters. Vendors providing elder care services can be located by zip code. Caring.com states their articles and content are not influenced by their advertisers.



QUOTE OF THE MONTH

“What constitutes a life well spent? Love and admiration from your fellow men is all that anyone can ask.”

— Will Rogers

To view our entire National Resource Directory, please visit www.wrpioneers.org.