



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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SAFETY WHEN YOU'RE HOME ALONE

Question: I am a young, single industry worker. While other children were learning to walk, I learned to use a wheelchair. I get around amazingly well, but since I live alone, could you suggest helpful safety tips should I fall at home or need emergency medical care?

Answer: Independence is our right as adults, but most adults who live alone ignore the risks. Since you have a unique perspective on independence, you also have the foresight to plan for things that could happen to anyone but pose particular risks to someone in a wheelchair. Home safety comes down to two things: prevention and intervention.

Prevention includes a thorough environmental review of your home. Look for risks such as loose rugs, wet or uneven surfaces, poor lighting, cords, and clutter. Intervention involves knowing what to do in case prevention fails. Accidents happen, so it's important to know how to get out or get help. Plan your evacuation route for emergencies. Know your neighbors and make sure they know you and any special needs you have. You might choose to wear a personal emergency device such as a pendant or a watch that calls for help with the press of a button. The National Safety Council offers a free tip sheet for home safety

at www.nsc.org or by calling (800) 621-7615. Your local city or county government often has resources available as well.

For industry members, the Motion Picture Pioneers Assistance Fund offers two excellent resources for any adult living alone:

- 1) A bright red "Emergency Medical Information" plastic envelope with a magnet on the back so you can keep it on the fridge (where emergency personnel go to look for these things). In the envelope, you can keep a list of your medications, allergies, doctors' names and other pertinent health information. If you have to leave the house in an emergency, you can grab the envelope and go.
- 2) A Philips Lifeline discount coupon for free activation when you subscribe to this personal emergency response system. Call (888) 994-3863, ext. 2370, to request a free "Emergency Medical Information" envelope and a Philips Lifeline activation coupon.

Source: Centers for Disease Control, "Preventing Falls: What Works," A CDC Compendium of Effective Community-based Interventions from Around the World, 2008.

JOKE OF THE MONTH

How many pessimists does it take to change a light bulb?

Never mind. Nobody would get the joke anyway.

— *A Prairie Home Companion Pretty Good Joke Book*

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

Go Green!

Receive *Social Services Corner* by email.

Call (888) 994-3863, ext. 2370, or email info@wrmail.org.

Do you or someone you know need our assistance? Call toll-free (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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MUSIC THERAPY — AS OLD AS HUMANITY



Have you ever noticed how difficult it is to be in a bad mood and sing at the same time? We may say that music lifts our spirits or soothes the savage beast. In fact, there is a significant body of research on the healing power of music. For people with cognitive loss, music can stimulate the memory and concentration centers of the brain. For people who are anxious, music can relieve stress. For those who suffer from depression, music can improve mood. According to the American Cancer Society, “Researchers have found that music therapy, when used with anti-nausea drugs for patients receiving high-dose chemotherapy, can help ease nausea and vomiting. A number of clinical trials have shown the benefit of music therapy for short-term pain, including pain from cancer.”

Music therapists must have a bachelor’s degree and earn professional music therapy credentials (MT-BC,

RMT, CMT, ACMT). Music therapists work as part of a team with nurses, doctors and sometimes social workers to treat the whole person who suffers from a severe and debilitating illness.

Music therapy is covered by Medicare under certain conditions. It must be ordered by a physician for the specific treatment of a debilitating illness, and it must be part of a therapeutic activities program in a licensed mental health program called a Partial Hospitalization Program (PHP). A PHP is an alternative to hospitalization for patients not needing 24-hour supervision but still needing a high degree of therapeutic support.

The American Music Therapy Association is lobbying to broaden Medicare’s, Medicaid’s and private health insurers’ reimbursement provisions, so that adults and children with illnesses, both mental and physical, can benefit from this unique and effective treatment.

Sources: American Music Therapy Association, www.musictherapy.org; Centers for Medicare & Medicaid Services, www.cms.gov; American Cancer Society, www.cancer.org.

NEW ADDITIONS TO THE MPPAF’S NATIONAL RESOURCE DIRECTORY

Chronic Disease Fund: www.cdfund.org, (877) 968-7233

The Chronic Disease Fund (CDF) is a nonprofit charity that helps underinsured patients with chronic disease, cancers or life-altering conditions obtain the medications they need. Income qualification guidelines apply. CDF does not receive government assistance.

National Institute of Dental and Craniofacial Research: www.nidcr.nih.gov, (866) 232-4528

The National Institute of Dental and Craniofacial Research is a research institution that provides free articles and publications about dental diseases, preventive care and low-income dental care. Dental schools and dental hygiene schools that may have low-cost clinics can be located on its Web site.



QUOTE OF THE MONTH

“People talk peace, but men give their life’s work to war. It won’t stop till there is as much brains and scientific study put to aid peace as there is to promote war.”

— Will Rogers

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