



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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REINVENTING YOURSELF IN RETIREMENT

Question: I retired last year at the age of 65. I am single and a lot of my friends are still working. I often feel restless, bored and a little useless. I don't really have a hobby, except TV, movies or reading. Any suggestions?

Answer: Adjustment to retirement is a relatively new phenomenon among American seniors. With advances in health, people are living way past retirement age and, as you have quite bravely articulated, need something to do!

For many American adults, particularly men, their work defined them as individuals, so when work is over, they express feeling lost or lacking purpose. But fear not! If you haven't had the time or desire to develop other interests over the years, there is ample opportunity to find activities that are a great match for you and are fulfilling and fun.

Your state Department of Education is a good place to start. Check out the Web sites of your local community colleges and school districts, as well as the multitude of online learning opportunities. If you want to remain involved in your trade, try contacting your professional organization, if there is one, to offer your expertise as a mentor or trainer.

And there are always hundreds of organizations that would love to have your help as a volunteer. From

literacy to food banks to pet care, nonprofit organizations thrive on the generosity of volunteers. Check out www.charityguide.org or call (847) 393-3370 to find a volunteer organization that needs you.

Contact your local police or sheriff's department to see if there are community service opportunities in your area. Learn how seniors can volunteer with the federal government at www.nationalservice.gov or by calling (202) 606-5000. Or look closer to home. For example, if someone you know has diabetes, contact the American Diabetes Association to see how you can help. Lifelong learning is important during retirement in order to continue growing and contributing.

Finally, do not sit home and stew about it. Remain active! Take frequent walks, go to the gym, do something to keep your body and mind active and to keep depression at bay. Stay in touch with friends and relatives. And keep an open mind. You never know when the overwhelming desire to try something new will strike, and you want to be ready!

Source: AARP; www.aarp.org, (888) OUR-AARP

JOKE OF THE MONTH

Moe: This hearing aid I bought is the most expensive one on the market. It cost \$2,500.

Joe: What kind is it? **Moe:** Half-past four.

— *A Joke a Day Keeps the Doctor Away* by Bob Phillips

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 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.



FPO

IMAGINE IF YOU COULDN'T READ THIS



Millions of adults can't read. Some because they never learned, and some because they've lost the ability. Adult illiteracy statistics in the United States and abroad are staggering. It's not just that these adults cannot read a newspaper. They can't read a job

application, safety materials or directions to a doctor's office. Nonliterate adults may have never learned to read because of undiagnosed or untreated learning disabilities, a life of poverty or dropping out of school. Volunteers are needed in every city and state to help adults learn to read. Please contact ProLiteracy at (888) 528-2224 or www.proliteracy.org to find out how to volunteer.

Some adults who were once able to read face new challenges as they age, such as the following issues:

Cognitive: Adults who have trouble concentrating to the degree that they cannot follow the instructions

on their prescription drugs might be suffering from dementia (if it comes on gradually), delirium (if it develops suddenly) or even depression.

Vision: Diseases of the eye and age-related factors can cause decline in visual function, making reading difficult or in some cases impossible. However, large-print books and magazines, and audiobooks, are generally available at no extra cost from local libraries and organizations for the blind and visually impaired.

Lack of access to material: Most public libraries have a program or service that can ship reading material to those who cannot get to the library. Contact the National Library Service at (888) NLS-READ or visit www.loc.gov/nls for help.

Reading is truly the gift you give yourself. It's free, travels well and can take you anywhere you want to go, even to worlds that exist only in your imagination.

Source: www.suite101.com: Top Six Blind Reading Resources: *RFB&D*, *NLS*, and *APH Spell Literacy for Visually Impaired Students* by Andrew Leibs

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

www.reversemortgage.org

This Web site is provided by the National Reverse Mortgage Lenders Association (NRMLA), a trade association for lenders and investors involved in the reverse mortgage business. Find information about reverse mortgages, a calculator to estimate available reverse mortgage funds and a lender locator option.

www.reverse.org

Glenworth Financial Home Equity Access, Inc., supports this Web site. Information about the Home Equity Conversion Mortgage (HECM), a reverse mortgage that is insured by the federal government, can be found at this site as well as tools to determine eligibility for a reverse mortgage and calculate reverse mortgage fees.



QUOTE OF THE MONTH

“ Great artists say that the most beautiful thing in the world is a baby. Well, the next is an old lady, for every wrinkle is a picture. ”

— Will Rogers

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