



**motion picture
pioneers
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fund**

SOCIAL SERVICES CORNER

VOLUME 6, ISSUE 5

MAY 2011



FUNERAL PLANNING: A LAST LOVING ACT

Question: My aunt is receiving hospice care. I have agreed to handle her funeral arrangements. She has told me that she wants to be buried, but I don't know what to do first. Any advice is appreciated.

Answer: The great news is that you have already done the best thing first: you've told your aunt about her preferences. "Pre-arrangements," as they are called, are beneficial in many ways. Financially, you can plan for the costs associated with burial or cremation. Emotionally, you will not have to make decisions during your grieving process. Psychologically, the peace of mind that accompanies having one's affairs in order is desirable.

The first pre-arrangement to make is with the mortuary that will pick up the body of the deceased. Mortuary arrangements are the most pressing decisions because of health and safety rules. Also, mortuary costs can add up quickly, depending on location and other factors.

The next decisions involve working with a funeral home that will provide services for cremation, burial, donation to science, viewing, memorial service or scattering of cremated remains. The funeral business has its own vocabulary, so if you don't understand, ask! There are many factors that have different costs

and meanings. A full-service funeral home will help obtain copies of the death certificate. You will need these to advise the Social Security Administration, pension plans, banks and mortgage companies, as well as to claim death benefits or administer a trust or a will.

A licensed hospice agency can assist in making pre-arrangements. A key psychosocial benefit of hospice care is the assistance they give in the delicate transition from life to death.

So how do you ask your aunt what she wants? Try a caring, straightforward approach: "Please help me handle your funeral arrangements according to your wishes. I want to get it right." It's a loving act of kindness and dignity.

Guidance to planning a funeral is available from The Federal Trade Commission at www.ftc.gov and The Funeral Consumers Alliance at www.funerals.org or (802) 865-8300. The Will Rogers Motion Picture Pioneers Foundation's social workers are also available for confidential consultations at (888) 994-3863.

JOKE OF THE MONTH

After all, what is a pedestrian? He is a man who has two cars—one being driven by his wife, the other by one of his children.

— Robert Bradbury, *The Friars Club Encyclopedia of Jokes*

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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FPO

FIGHT FRAILTY WITH FITNESS



Have you ever heard the term “frail” elderly? Are all older adults frail? Is it inevitable? Frailty straddles the line between truth and stereotype for older adults. Well-meaning

doctors and family members may discourage older patients from seeking treatment, thinking they are too frail to undergo a procedure. Seniors may have engaged in daily activities that were once easy, but now may be too dangerous because they are older. The definition of frailty in seniors, an emerging topic in geriatrics, does generally include multiple systems including heart and lung function, thinning skin, weakened bones and brain health.

The National Institutes of Health (NIH) promotes “healthy aging.” Elders can stay fit and strong through healthy habits, such as exercise, eating right and getting routine health screenings (which are covered by Medicare), including mental health.

A major risk for older adults is falls. Frail elders are at risk for falls that may mean the difference between living in a nursing home or living independently. Visit www.nia.nih.gov or call (800) 222-2225 to request free, informative brochures and DVDs on this topic. AARP also has free resources on healthy aging and longevity at www.aarp.org/health or (888) 687-2277.

Managing chronic conditions is another important way to fend off frailty. For example, diabetes, depression and chronic pain are conditions that can be positively impacted by exercise. Even a light workout with a can of beans in each hand or a walk around the block goes a long way to staying fit and feeling good. Exercise also improves balance, which decreases the risk for falls. So put down this newsletter and stretch out those muscles!

Source: Walston, J., et al, “Research Agenda for Frailty in Older Adults: Toward a Better Understanding of Physiology and Etiology: Summary from the American Geriatrics Society/National Institute on Aging Research Conference on Frailty in Older Adults,” Journal of the American Geriatrics Society, 54:991–1001, 2006.

NEW ADDITIONS TO THE MPPAF’S NATIONAL RESOURCE DIRECTORY

American Association of Housecall & Mobile Veterinarians (AAHV), www.housecallvets.org

AAHV is a member organization of the American Veterinary Medical Association. Its Web site provides a tool for locating housecall and mobile veterinarians within the U.S.

National Pet Sitters International (PSI), www.petsit.com, (336) 983-9222

PSI is an international association for professional pet sitters and is supported by a professional certification program. Its Web site provides helpful tips for interviewing a pet sitter, traveling with a pet, how to care for a pet during a disaster, as well as a tool to locate professional pet sitters.



QUOTE OF THE MONTH

“There ain’t but one thing wrong with every one of us in the world, and that’s selfishness.”

— Will Rogers

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