



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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SMILE! DENTAL CARE IS GOOD FOR YOUR MOOD

Question: I have a great pair of dentures, so why should I go to the dentist?

Answer: It may surprise readers that even people who have no teeth, or who wear dentures, need to see the dentist on a regular basis. Dental visits are extremely important if you have chronic conditions such as arthritis and diabetes, because complications may appear in the mouth. A dental exam looks for oral cancer, infection and gum disease that may occur in people with or without teeth. Dentists are the first line of defense for diseases of the mouth and can make crucial referrals to an ear, nose and throat specialist, oral surgeon, or periodontist.

The American Dental Association's OralLongevity™ Initiative suggests adults who wear dentures get regular dental checkups to make sure the dentures are clean and gums are intact. Adults who have a heart condition may need to take antibiotics prior to a dental exam to guard against infection, so if you haven't been to see the dentist in a while, check with your primary doctor for advice on necessary precautions.

Your mood may not be the first reason you think of

to go to the dentist, but consider the social benefits of good oral health: smiling, eating and talking. When you have discomfort or feel displeased with your teeth, you don't want to do any of those things. If you have missing or broken teeth, you may feel self-conscious about your smile. If eating or drinking is painful because of tooth or gum pain, you may stop eating or drinking enough to keep yourself healthy. When you think about all the reasons you want a clean, healthy mouth—whether you have your natural teeth, a few gaps or gorgeous dentures—you owe it to yourself to have a thorough dental exam regularly.

For help finding a dentist, help with affordable dental care, or other consumer information, contact the American Dental Association at www.ada.org or (312) 440-2500.

The Will Rogers Motion Picture Pioneers Assistance Fund has a free brochure, "Healthy Teeth and Gums." You may request a copy by calling (888) 994-3863, ext. 2370, or by visiting www.wrpioneers.org.

Sources: American Dental Association, www.ADA.org, and National Institute of Dental and Craniofacial Research, www.nidcr.nih.gov.

JOKE OF THE MONTH

You know you're getting old when your idea of an early-bird dinner is lunch!

— Milton Berle's Private Joke File

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 does 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

CREDIT FREEZE: A COOL IDEA OR CHILLS DOWN YOUR SPINE?



Checking your credit report is becoming an increasingly important task, along with getting an annual physical and paying taxes. The proliferation of credit offers,

plus online banking and shopping, puts us all at risk for identity theft and ruined credit. To stay safe, learn to balance prevention and correction.

Prevention: You are entitled to one free copy of your credit report each year from each of the three credit bureaus—Equifax, Experian and TransUnion—by phone or at www.annualcreditreport.com. Review your reports carefully. Make sure you can identify every account listed and confirm the biographical information they have about you. Each credit bureau has a mechanism for reporting errors you find on their reports. Make sure to shred—either by hand or shredder—any credit offers you get in the mail, as well as anything with your banking or personal identifying information on it. Credit thieves can use just your

name, address and date of birth to conduct fraudulent activity. If you bank online, close your browser after logging off your bank or credit card Web site.

Correction: If you find or suspect fraud (i.e., your wallet is stolen or you want to be extra vigilant), you can contact the credit bureaus to put a “fraud alert” on your account. This will make it more difficult to open an account in your name by making credit issuers work harder to identify you prior to issuing credit. Notifying one credit bureau is supposed to automatically flip to the other two. It doesn’t always work because identity thieves are becoming more sophisticated. The next step is a “credit freeze” that prevents any account from being opened in your name. Only you can enact or cancel the freeze. The credit bureaus charge a fee (from \$2 to \$15) to start and stop a freeze as a preventive measure. If you can prove you have been a victim of identity theft (with a police report), the charge may be waived. Consumers Union, publisher of *Consumer Reports*, has credit freeze information at www.financialprivacynow.org.

Sources: “Fraud Alert vs. Credit Freeze,” Kimberly Lankford, *Kiplinger*, www.kiplinger.com.

NEW ADDITIONS TO THE MPPAF’S NATIONAL RESOURCE DIRECTORY

National Institute of Mental Health (NIMH), www.nimh.nih.gov, (866) 615-6464

NIMH, an institute of the US government, specializes in mental health research. Its Web site offers information regarding mental health disorders, clinical trials and research programs.

National Alliance on Mental Illness (NAMI), www.nami.org, (800) 950-6264

This national non-profit is dedicated to improving the lives of individuals and families affected by mental illness. Its Web site provides information about mental illnesses, treatments and support programs.



QUOTE OF THE MONTH

“ I never met a man
I didn’t like. ”

— Will Rogers

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