



motion picture  
pioneers  
assistance  
fund

# SOCIAL SERVICES CORNER

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## ASK THE SOCIAL WORKER: SHOULD I MAKE A WILL ONLINE?

**Question:** Since I've had a baby, I've found more ways to procrastinate about making a will. I've been planning on buying will software, but haven't gotten around to ordering it. Can I make a will online? How is this different than going to a lawyer for a will? Is it safe? Can I assign a guardian for my child in case anything happens to me?

**Answer:** Yes, most people with moderate estates can make a will online. In some ways, making a will online is very similar to estate planning with the help of a lawyer. For example, with Nolo's online will, you answer interview questions tailored to your situation, get answers to your legal concerns, and in the end receive a legal document tailored to the laws of your state — just like you would with a lawyer. Your main task will then be to sign the document and have it witnessed. Of course, an online will costs a lot less and takes much less time than going to a lawyer, and you don't have to leave your home or office to do it.

Is it safe to make a will without a lawyer? Yes. Making a will rarely involves complicated legal rules, and most people with simple estates won't need a lawyer to make a will. (To learn more about basic wills, view "The Simple Will: No Frills, No Fuss, No Anxiety" at [www.nolo.com](http://www.nolo.com).)

However, there are certainly some situations that warrant hiring a lawyer. When you make your will online with Nolo, if a situation arises in which you may benefit from the advice of a lawyer or other expert, the program will let you know. (For more information, see "Making a Will: Are Lawyers Optional?" at [www.nolo.com](http://www.nolo.com).)

Is your information safe when you make a will online? With Nolo, absolutely. We give security issues the highest priority and take every precaution to ensure the security of our website. (Read Nolo's security statement at [www.nolo.com](http://www.nolo.com).)

Can you assign a guardian for your child in your will? Yes, a will is the right place to name someone to care for your children if you are unable to.

To make your will right now, in about a half an hour, try out Nolo's online will at [www.nolo.com](http://www.nolo.com). And there's no need to pay until you're ready to print.

— *Nolo Wills & Estate Planning Center*



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## JOKE OF THE MONTH

**"A backward poet writes inverse."**

— *Jolly Jokes for Older Folks Age*

– *Enhanced 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 e-mail [info@wrmail.org](mailto:info@wrmail.org).

## CONTRIBUTORS

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## GO TO SLEEP PEACEFULLY WITH THESE TIPS



A good night's sleep is vital to good health: Without it, fatigue and loss of concentration can lead to accidents. Some experts say lack of sleep may contribute

to health problems, such as heart disease, diabetes and obesity. To get your 40 winks, follow this advice:

- Keep a regular schedule. Going to bed and getting up at roughly the same time every day makes falling asleep easier. Establish a bedtime routine that prepares you for slumber.
- Exercise. Regular aerobic exercise reduces stress and helps your body relax when it needs to. Exercise at least 4–5 hours before bedtime for the best effects.
- Limit your eating and drinking before getting into your PJs. Watch your intake of stimulants like caffeine or nicotine, both of which can keep you

awake. Alcohol may knock you out, but it disrupts the body's normal sleep patterns.

- Don't force it. If you don't feel yourself dropping off after 15-20 minutes, don't lie there worrying. Get up, go to another room, read or listen to gentle music until you feel drowsy. Some experts advise against watching TV right before sleep, but you may find it easier to relax if you watch something that's not too stimulating.
- Keep your bedroom comfortable. Create a dark, cool environment for sleeping. Make sure your mattress and pillow aren't causing problems. If you work at home, don't locate your office in the bedroom, which may cause an after-hour distraction.
- Limit daytime naps. If you really can't keep your eyes open during the day, take a quick nap of 30 minutes or so, but don't sleep for hours. Long naps can interfere with your ability to sleep at night.

## NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

### **The Lymphatic Research Foundation (LRF): [lymphaticresearch.org](http://lymphaticresearch.org), (516) 625-9675**

The mission of this national nonprofit foundation is to advance research of the lymphatic system and to find the cause of and cure for lymphatic diseases, lymphedema and related disorders. Its Web site provides information regarding the lymphatic system, clinical trials, the LRF newsletter and fundraising events.

### **The National Lymphedema Network (NLN): [lymphnet.org](http://lymphnet.org), (510) 208-3200**

This internationally recognized nonprofit organization provides education and guidance to lymphedema patients, health care professionals and anyone at risk or affected by lymphedema. Its Web site offers educational materials, a search tool to locate local health care professionals, treatment centers, training programs, supplies and support groups.



### QUOTE OF THE MONTH

“Everything is funny as long as it happens to somebody else.”

— Will Rogers

### QUESTIONS OR COMMENTS?

Call Karen Wiener, Manager of Social Services at (888) 994-3863, ext. 2390, or write to [karen@wrmail.org](mailto:karen@wrmail.org).