



**motion picture
pioneers
assistance
fund**

SOCIAL SERVICES CORNER

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ASK THE SOCIAL WORKER: WHEN CAN I TOSS MY TAX RECORDS?

Question: My file cabinet is bursting at its seams because I have receipts and records from the last ten years! I need to toss all old records but the essentials. How long are you required to maintain personal records in the event of an audit? I was told three years. Is this correct?

Answer: Most people find it annoying to hang onto reams of paper over the years in case of an audit or tax question. But there is something frightening about throwing these old records away.

What to do? Three years is the minimum period of time to hold records after you file a tax return. Six years is even better because, in certain cases, the

IRS has that long to audit you.

And, for some types of records — primarily long-held assets like real estate or stocks — the records should be kept from the date of acquisition until three or six years after the date of disposition of the item, which could mean a decade or longer.

— *Nolo Wills & Estate Planning Center*



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AARP Tax-Aide Web Site

The AARP offers Tax-Aide, a free, volunteer-run tax assistance and preparation service. It is available to taxpayers with low and moderate incomes and gives special attention to people age 60 and older.

Trained in cooperation with the Internal Revenue Service, volunteers help more than 2.6 million taxpayers file federal, state and local tax returns each year. The program is offered nationwide in senior centers, libraries, community centers and other convenient locations.

Volunteers are trained to assist with filing the 1040 Form and standard schedules, including Schedules A and B. Taxpayers with complex tax returns are advised to seek paid tax assistance. Electronic filing (e-filing) is offered at most sites, with no charge to the taxpayer. E-filing ensures more accurate tax returns and faster processing of tax refunds.

Tax-Aide also allows taxpayers to pose questions online, year-round, 24 hours a day, seven days a week, from the comfort of home. To learn more, visit www.aarp.org/taxaide. — *www.aarp.org*

JOKE OF THE MONTH

“When the first dentists’ banquet was held, the meal cost \$100 a plate ... \$50 for the upper and \$50 for the lower.”

— *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 e-mail info@wrmail.org.

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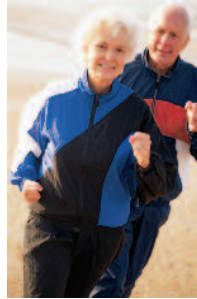
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STICK TO YOUR FITNESS RESOLUTIONS

It's a week into the New Year, and you've already broken your exercise resolution by only going to the gym once. Don't be too hard on yourself, but don't give up either. Try again, and this time consider the following tips:

- Be realistic. If you're trying to lose weight, set your sights on losing no more than a pound or two a week. Don't try to lose it all in a month. Also, know that you're human and prone to setbacks. Don't let a failure to stick to a plan derail you from picking up and trying again.
- Be specific. Don't just say you'll exercise more. Instead, commit to walking 30 minutes during your



lunch break at least three days a week. Whenever possible, take the stairs or park your car further from your destination; it's free exercise, and every little bit helps.

- Find a buddy. It's almost always easier to get any goal accomplished if you have a partner who's trying to accomplish the same thing.
- Log your progress. Writing down how much you've walked in the past week gives you a sense of accomplishment — and the encouragement to keep going. Also, it helps you to spot any trouble spots before they impede your overall progress.

Your exercise routine sets the stage for good health. Get your workout off to a good start with a light snack to provide you with the energy and hydration your body needs. Consider these options:

- One ounce of salted pretzels
- A medium-sized banana
- Raisins (50 or so)
- One cup of whole-grain cereal
- Six ounces of low-sodium vegetable juice

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

National Career Development Association (NCDA): ncda.org, (866) 367-6232

This association promotes career development by providing services to professional career counselors and to the public. Their Web site includes many online resources to help job seekers find job banks, job search advice, career information, educational opportunities and more. It also offers a search tool to locate career counselors who are members of NCDA.

Jamminjobs.com

This Web site is a national on-line career center. Job seekers may post their resume, search for open positions within a number of occupational categories and contact potential employers. The Web site also provides information and resources to help job seekers and employers meet their employment needs.



QUOTE OF THE MONTH

“ I have always noticed that people will never laugh at anything that is not based on truth. ”

— Will Rogers

QUESTIONS OR COMMENTS?

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