



motion picture
pioneers
assistance
fund

SOCIAL SERVICES CORNER

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ASK THE SOCIAL WORKER: SENIOR MOVE MANAGERS

Question: I have decided to move to a retirement home near my daughter. I have lived in my four bedroom house for over 30 years. I have more things than I can take with me and I don't know where to begin.

Answer: Moving to a new and smaller home is certainly a big task, but fortunately professional senior move managers can make it easier and less stressful. Consider hiring a senior move manager company that is a member of the National Association of Senior Move Managers (NASMM), a non-profit, trade association dedicated to assisting seniors and their families with the physical and emotional demands of home modification or relocation.

All members of the NASMM must carry liability insurance and directly provide at least four of the following services:

- Customized floor plans
- Sorting services
- Move planning and move management oversight

- Arranging shipments and storage
- Professional packing services
- Unpacking and setting up the new home
- Disposal of remaining items

To find local senior move manager companies, visit the NASMM Web site at nasmm.com or call 877-606-2766.

Above all, don't be discouraged! For more than 30 years you have maintained a home and developed skills that will help you get through this and move. I suggest you read "Don't Toss My Memories in the Trash," by Vickie Dellaquila, a certified professional organizer, member of NASMM, and a member of the National Study Group on Chronic Disorganization.

Sources: "Don't Toss My Memories in the Trash," by Vickie Dellaquila

Visit our Web site at wrpioneers.org to view our "Life Planning Series, Getting Started," that includes 42 articles to help you plan for a secure and comfortable future. The articles are free to read and print whenever and as often as you like. Members without Web access may call our Social Services Department at 888.994.3863, ext. 2370.

JOKE OF THE MONTH

"A boiled egg in the morning is hard to beat."

— *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.

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MEDICARE OPEN ENROLLMENT: NOVEMBER 15 – DECEMBER 31, 2009

Are you ready for Medicare's open enrollment? This is your opportunity to compare and switch plans so come January 1, 2010, you will have the best plan for the best price. Medicare plans and prices can change from year to year, so review your coverage; otherwise, you may not be able to change plans until next year's open enrollment.

Start watching your mail for timely



and important information about your health and prescription plans. Carefully read notices from your current plan, letters from Medicare and the "Medicare & You 2010" handbook that may have already arrived in your mail. If possible, use the online tools at medicare.gov or call them directly at (800) 633-4227 to compare plans and costs.

NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

VolunteerMatch.org, (415) 241-6872

In 1998 "VolunteerMatch.org" was launched as a national online nonprofit to promote volunteer service. Today, this Web site gives people the ability to search for volunteer opportunities in their local communities and to contact the organization they want to join. The Web site also offers helpful information about volunteering and a newsletter.

Getinvolved.gov, (800) 424-8867

This Web site, created by the Corporation for National and Community Services, an office of the Federal government, encourages Americans of all ages and backgrounds to meet community needs through volunteer service. Senior Corps, AmeriCorps, and Learn and Service America provide thousands of volunteer opportunities with many nonprofit organizations throughout the U.S. A user-friendly search engine at this Web site makes getting involved easy.

ChildCareAware.org, (800) 424-2246

ChildCareAware is a program of the National Association of Child Care Resource & Referral Agencies. Its Web site is designed to help families learn about high-quality child care and to find local child care resources and referral agencies. It also offers information about careers in child care and useful resources to established childcare providers. Its toll-free hotline is staffed by trained child care consumer education specialists.



QUOTE OF THE MONTH

“ We are all here for a spell; get all the good laughs you can. ”

— Will Rogers

QUESTIONS OR COMMENTS?

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