



motion picture
pioneers
assistance
fund

SOCIAL SERVICES CORNER

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EASY RX FOR THE AGING BRAIN

Question: I am concerned about losing my memory as I get older. I have heard that eating blueberries and ginkgo herbs will help. Any other suggestions?

Answer: If only there were a food or a magic pill that could prevent dementia and age-related memory loss. It's a very Western concept to think there is something you can acquire or buy to preserve your memory, and maybe someday there will be. However, there are things you can do that are free, do not require a prescription, and can occur quite naturally to help keep your brain agile and healthy in later years.

First, exercise. In our December 2012 issue of this newsletter we explained the findings of a Scottish study about exercise and how the older brain is better preserved and actually strengthened by physical exercise (which is free and has many other benefits to your body and your mood!).

Second, socialize. Humans are social creatures. Social connections engage the brain in ways that solitary activities do not. Socializing helps work those parts of the brain that you need when you interact in

conversation, such as short-term memory, tracking a topic, and finding the right words.

Combine them! Exercise with a friend, take a class at your local senior center, start a neighborhood walking group, or join a gym. If you don't have access to any of these options, share your individual exercise experiences online through a chat room or website such as WebMD Fitness and Exercise Community.

Finally, eat healthy. Blueberries are a great source of vitamin C, manganese (which plays an important role in bone development and in converting proteins, carbs, and fats into energy!), and fiber. The jury is still out on herbal supplements here in America, but cultures and communities all over the world still use them and swear by their healing properties. Just remember that moderation is the key. If you can remember that, you are already working that brain!

Source: "Blueberry Nutrition," www.blueberrycouncil.org.

JOKE OF THE MONTH

"A football fan is a guy who'll yell at the quarterback for not spotting an open receiver forty-five yards away, then head for the parking lot and not be able to find his own car."

—*The Friars Club Encyclopedia of Jokes*, H. Aaron Cohl

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.



A PENNY SAVED COULD COME IN HANDY: FINANCIAL PLANNING



The concept of retirement is relatively new. Many people around the world continue working until the day they become sick or die. But here in the US, we spent the latter part of the 20th century developing a stage of life called “retirement.” This concept is the basis of a new body of knowledge and an industry for financial planning and saving for retirement.

FOR YOUNG EARNERS – In your 20s or 30s, put money away for your future. Participate in tax-deferred retirement savings accounts. These may be offered at work—401k or 403b—or you can open an individual account through any large brokerage firm (such as Vanguard or Oppenheimer). You should be growing your financial literacy to understand how to avoid future pitfalls.

FOR MIDDLE AGE EARNERS – Start thinking about retirement early enough to put longer-term financial plans in place. Meet with a financial planner to identify goals and direct adequate resources for retirement while still working. Most consumer advocates recommend using a fee-only financial planner to avoid a broker who

Sources: www.igrad.com/Money and www.nolo.com

earns commissions on your investments. It may be hard to admit, but these are the years you want to explore drafting a will or trust to protect your family if something happens to you now and to start planning for future needs related to your care as you age.

FOR OLDER EARNERS – Still working; good for you! Time to check the accessibility of your retirement funds. Investigate any penalties or fees associated with taking out your retirement funds. Revisit your will or trust. www.nolo.com offers free forms and consumer-oriented information for seniors.

Regardless of your age, financial planning includes having another person know what and where your assets are. Work with your financial institution to set up a beneficiary of your accounts. You can add a co-signer to your accounts and assign a financial power of attorney. Check with the secretary of state or attorney general’s office in your state for forms and information.

Retirement comes sooner than you think! The WRMPF Assistance Fund website contains some helpful brochures and web links. For a free “Five Wishes” brochure, call (818) 755-2370.

NEW ADDITIONS TO THE MPPAF’S NATIONAL RESOURCE DIRECTORY

MEND Foundation, www.mendfoundation.org, (866) 559-5114

The MEND Foundation’s mission is to inspire children, families, and adults to lead fitter, healthier, and happier lives. Their free 10-week programs are provided in collaboration with the YMCA and other community partners. The MEND website provides details about its programs.

Foundation for Wellness Education (FWE), www.foundationforwellnesseducation.org

The FEW educates the public about wellness and the impact of individuals’ health on their communities. Volunteer doctors share their knowledge by providing free educational workshops via civic groups and organizations, churches, businesses, and schools.

QUOTE OF THE MONTH

“No man can be condemned for owning a dog. As long as he’s got a dog he’s got a friend, and the poorer he gets the better friend he has.”

—Will Rogers



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