

# Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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## NEVER TOO LATE TO SAVE

**Q: I make a decent income but I don't think I am saving enough. What can I do?**

**A:** If you are saving anything, you are way ahead of most Americans. Good for you!

There are several theories about why Americans have lost the habit of saving money for college, retirement, and/or emergencies. Whatever the reason, you can help reverse this trend by getting your individual savings back on track.

### Start here:

- 1) What is your monthly income?
- 2) What are your monthly expenses?
- 3) Where does your discretionary income go?
- 4) Do you have assets you can convert to savings?
- 5) Can you identify a savings goal?
- 6) Do you have somewhere to put saved money?

### Let's take these one by one:

- 1) No matter your income, you can save. From \$1000/month, save \$5.00. Then \$10.00, etc.
- 2) Look at what can be trimmed. Are you throwing out uneaten food or leftovers every week? That means you can trim grocery or dining costs.
- 3) Instead of paying for magazine subscriptions, share with a friend or neighbor or use your public library. Split an entree with your dinner date instead of taking half home and paying for twice what you need. Skip bottled water. America's tap water is among the world's cleanest and safest. Every time you fork over money for an impulse purchase, ask yourself if you

could save that money instead. Think of it like a game.

- 4) If you are holding on to something because it might be valuable someday, research the value and get an expert opinion if you truly have an appreciating asset. If the feedback is the item is probably at maximum value or there is a chance it will lose value, see if you can sell it. Convert items to cash and put that cash away.
- 5) Have a rainy day fund. A few hundred dollars stashed can give you peace of mind. Perhaps you need new tires for safer driving, or want a new car.
- 6) Banks still offer savings accounts for small savers, as do credit unions. There's always the ol' coffee can! Just make sure to leave it alone once deposited.

Call our social workers to receive a free budget sheet to track expenses.

### Find ways to save here:

<http://www.forbes.com/sites/rent/2015/10/01/how-to-save-money-even-when-it-feels-impossible/#42c05e783109>

### and here:

<http://money.usnews.com/investing/slideshows/10-out-of-the-box-ways-to-save-money>

### Sources:

"Why Don't Americans Save More Money?"

by Derek Thompson 4/19/15 in The Atlantic:

<http://www.theatlantic.com/business/archive/2016/04/why-dont-americans-save-money/478929/>

## JOKE OF THE MONTH

*"A rancher couldn't figure out why his pony never whinnied or neighed. He took it to a vet who figured out the problem. It was a little horse."*

## WILL CALL

*Do you or someone you know need our assistance? Call toll-free (888) 994-3863 or [wrpioneers.org](http://wrpioneers.org)*





## EXERCISE IS A MIRACLE CURE

It doesn't matter what it is, moving your body every day is your key to health. It's good for COPD, heart disease, diabetes, depression, arthritis, and back pain, to name a few.

"Of all the things we as physicians can recommend for health, few provide as much benefit as physical activity."

- Dr. Aaron E. Carroll in The Upshot, NY Times Online, 6/20/16.

As with introducing any new healthful activity, start slowly. Don't pay to join a gym or run a marathon. First, identify what physical activities you already do every day. Look for opportunities right there at home. Do you have space to move around? Do you have a yard? Does your apartment building or neighborhood have facilities you can use safely?

Let your doctor know you will be pursuing an exercise regimen and follow any recommendations he or she might have. Do a few minutes each day and slowly increase your routine. Important daily step: Congratulate yourself each time you move!

The goal is to progress to 30 minutes, each day, of moderate physical activity.

Ideally, you want to try and elevate your heart rate to 70-80% of maximum beats per minute, for most people that is a heart rate of 110-140 beats per minute. Moderate activity can be walking or vacuuming, or dancing in addition what you might consider "exercise," like cycling or swimming. You can check your heart rate by placing two fingers (not the thumb) on your carotid artery. Find the soft spot just under your jaw between your jawbone and chin on either side. Count for 15 seconds and multiply by 4.

We know it may feel daunting to embark on an exercise routine when you have not been very physically active, but you have to start somewhere. Why not let our social work team at the Pioneers Assistance Fund help? We can send you our brochure and brainstorm with you on ways to get moving. Think of walking over to the phone and dialing our number (888) 994-3863 as the first physical activities in your new daily exercise plan. Let us be the first to congratulate you on your healthy decision.

**Sources:**

[http://www.nytimes.com/2016/06/21/upshot/why-you-should-exercise-no-not-to-lose-weight.html?\\_r=0](http://www.nytimes.com/2016/06/21/upshot/why-you-should-exercise-no-not-to-lose-weight.html?_r=0)



### QUOTE OF THE MONTH

*Live in such a way that you would not be ashamed to sell your parrot to the town gossip. - Will Rogers*

