

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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MINDING YOUR MEMORIAL

Q: A friend said she wants no one wearing black at her funeral. Is it realistic to direct one's own funeral?

A: Short Answer

Why not? You won't be there to know if anyone follows your direction, but why not try to make a memorial something meaningful to the deceased? Memorial Day each May asks Americans to pause and remember those who've died in service to the USA. There is even a law suggesting how to do that:

The "National Moment of Remembrance" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

<http://www.usmemorialday.org>

More In-Depth Look

Most mature adults have given some thought to their end-of-life wishes, but what about after life? We don't mean that in the metaphysical or spiritual sense, we mean it quite literally. Do you want to be buried or cremated? Do you want to donate your body to science? Perhaps you've already made some arrangements. How about a memorial service? Do you want mourners to make a donation in your name? Or wear bright pink to your graveside service? Maybe you want your

ashes (called cremains) scattered at sea, or at the mall, or made into jewelry.

Some Thoughts to Ponder on This Subject

The Federal Trade Commission offers a publication called Plan Your Own Funeral that helps you be a wise consumer of pre-arrangement plans, costs and options.

A group called Dying Matters has a booklet available called *My Funeral Wishes* that helps you guide your mourners on what music, photos, etc. you might want them to share.

Some people say they don't want any funeral service, but before you etch that in stone, think about what a memorial event would mean to those you leave behind. Don't deny your family a chance to grieve and to share memories. Through your mindful planning, you can guide them through a painful phase. That is a final gift that could prove invaluable.

Email our social workers for a free 5 Wishes Planning brochure:

ssdaccounts@wrmail.org

Sources:

<http://www.usmemorialday.org>

<http://www.dyingmatters.org/>

JOKE OF THE MONTH

"What do you call a nose with no body?"
"Nobody knows."

WILL CALL

Do you or someone you know need our assistance? Call toll-free (888) 994-3863 or wrpioneers.org





SUMMER VACATION ISN'T JUST FOR KIDS

Summer should be a fun time. Its light outside longer than it's dark. The weather is warm. It means ice cream, beach days and summer camp. To celebrate summer, we encourage you get out and do something fun each week. Research shows that when the adult brain is engaged, it is reinforcing cognitive abilities. Furthermore, when adults maintain social contacts, it helps keep depression at bay.

ROCK OUT

Outdoor concerts are offered at public parks and concert venues during summer months. Some are free. Bring a folding lawn chair or blanket. Check your local newspaper or parks department for schedules. Music is great for your brain and your mood. Bring a friend or make a friend. You might find yourself dancing in the aisle!

COOK OUT

If grilling is your thing, try a new rub or marinade (find one at foodnetwork.com) for your favorite meat. If meat doesn't appeal to you, learn to grill veggies or try grilled stone fruit for a sweet treat.

VEG OUT

Grow something in a pot or the yard. No space or knack for growing veggies? Try an herb garden. Herbs are easy to grow and enhance your cooking with easy fresh flavor.

READ

Join a book club with friends or check out your local library. Stuck at home? Find an online book club (www.onlinebookclub.org).

TRAVEL

Go see someone you haven't seen for a while, or go somewhere you've always wanted to visit. If you want to leave the travel hassles and costs at home, enjoy armchair travel by planning a trip you won't actually take. Browse travel websites or watch the Travel Channel and let your imagination fly.

GO TO SUMMER SCHOOL

Take a class at the local adult school or community college. Many classes are free for seniors.

GET A BEACH BOD

Exercise! Walk, stretch, join a gym, swim, dance, hike. Exercising outdoors gets you in touch with the outside world and with others. It's good for you all around. Remember your sunscreen and drink plenty of water!

Resources:

"Brain Games: Do They Really Work?"

By P. Murali Doraiswamy and Marc E. Agronin on April 28, 2009, available at:

<http://www.scientificamerican.com/article/brain-games-do-they-really/>.

Socializing key to 'successful aging:' Seniors who frequently socialized reported better health from CBC News Posted: Oct 17, 2012 at:

<http://www.cbc.ca/news/health/socializing-key-to-successful-aging-1.1260922>.

“ QUOTE OF THE MONTH

People's minds are changed through observation and not through argument.
- Will Rogers

