



Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR NEARLY 80 YEARS.

ASK A PIONEER

Q1 THE OLDER I GET THE MORE LIFE SEEMS TO THROW AT ME. HOW CAN I BECOME MORE RESILIENT IN THE FACE OF LOSS - OF FRIENDS, OF EMPLOYMENT, OF THINGS I CARE ABOUT?

A1 You're right. Change is the "the new normal" at any age. Getting older means we've had more experiences that can change. Resilience - the capacity to recover quickly from difficulty - keeps us going. We need to fine tune ways to move with the changes, and thrive in the process. Sometimes we let go, sometimes we fight the tough fight, and other times wait for the next step. As the pre-Socratic Greek philosopher Heraclitus said, "Change is the only constant in life." When emotions spring up, talk to someone - friend, spouse, therapist. This builds resiliency by releasing tension instead of bottling it up. Expect the unexpected. You may be surprised at the good it brings.

Q2 AFTER READING ALL LAST MONTH ABOUT NEW YEAR RESOLUTIONS, I FEEL MORE DISCOURAGED THAN ENCOURAGED! HOW CAN I MAKE CHANGES WITHOUT BEING OVERWHELMED?

A2 Instead of thinking solely about achieving goals by a certain date, give yourself some breathing room. Consider what you'd like to be doing—and ask yourself how you'd (really) like to spend your time. Health issues aside (for those, your family doctor should be consulted) there are no rules for how to explore your life in the New Year. Moderation is one key to happiness and so is living an authentic life. Focus on yourself. This removes the pressure to perform and makes room for you to discover more about yourself—in the New Year and beyond.

If you have a question you would like answered in one of our next newsletters, please email or call: info@wrmail.org or 888-994-3863 ext. 4.

— INDUSTRY QUOTE: —

“THANKS SO MUCH FOR HELPING US OUT WHEN WE NEEDED IT. WITHOUT WILL ROGERS, WE WOULD NOT HAVE A ROOF OVER OUR HEADS.”

—THEATRE EMPLOYEE



HEALTHY TRAILS TO YOU

HEALTH TIP: REDUCE AGES IN YOUR DIET TO LIVE BETTER

Much has been written about advanced glycation end products, or AGEs. They form when sugar attaches to protein and some fats in the body; some occur naturally but most come through food. Unfortunately, they contribute to chronic disease and less-than-optimal aging. **Dr. Vlassara's AGE-Less Diet** explains how to minimize the risks with some simple changes to how we eat. Some low-AGE foods she recommends to stock the cupboard or fridge with:

- Eggs, beans, lentils
- Raw nuts and seeds, avocados, extra-virgin olive oil
- Fruits, veggies
- Boiled or steamed grains
- Milk, yogurt

WILLSPIRATIONAL

THE WORST THING THAT HAPPENS TO YOU MAY BE THE BEST THING FOR YOU IF YOU DON'T LET IT GET THE BEST OF YOU.

-WILL ROGERS

BUCK UP BUCKAROOS

What can you learn about yourself through money? Plenty!

Track your spending for a month. Record purchases to the penny, how you felt before, during and after, and why you spent the money (needed for home? kids' school? etc.). Use your phone or a little notepad. Keep it short. The immediate goal is not necessarily to change anything yet but to learn about ... yourself.

This month, become a student of yourself and, in particular, your spending habits. Don't judge, just notice (and record).

Check back in March for how to use this personal money data to your benefit.

YOUR MONTHLY COWPOKE JOKE

So these two penguins are standing on an iceberg. One penguin says to the other:

You look like you're wearing a tuxedo.

The other penguin replies:

Who says I'm not?

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