

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR OVER 60 YEARS.

ASK A PIONEER

Q1 MY WIFE'S CHIROPRACTOR RECOMMENDED SHE PLAY "BRAIN GAMES" TO INCREASE HER MEMORY AND MENTAL SHARPNESS. I DON'T THINK THAT WILL MAKE A DIFFERENCE. WHO'S RIGHT?

A1 Research shows that, as we age, encouraging the brain to learn, adapt, and grow is where we want to focus. Much like our bodies, gently stretching—reaching—for new horizons (or in this case things to hold our interest) is key. If you find brain games or puzzles fun, then sure, do them—because you enjoy them.

Here's a few tips:

Challenge your mind. Do new activities you enjoy.

Stay physically active. Studies suggest dementia risk might be lower with exercise.

Stay socially engaged. Having to remember names and keep up with conversation is good for the brain.

Get plenty of rest; learn to relax. Both help cognition.

Follow a heart-healthy diet. Fruits, veggies, lean meat, whole grains, olive oil, for example.

Lower your risk factors. Talk to you doctor about your physical and emotional well-being.

—From the Cleveland Clinic's 6 Pillars of Brain Health

Q2 AFTER HURRICANE HARVEY AND HURRICANE IRMA, I FOUND IT DIFFICULT TO STOP WATCHING THE NEWS—BUT THAT MADE ME FEEL MORE HELPLESS. WHAT CAN I DO?

A2 Like the disaster itself, the magnitude of news, while difficult to ignore, can lead to feeling overwhelmed and helpless. Getting involved on a local level with efforts that will benefit the disaster victims is an excellent way to take part in focusing on a solution. Getting involved can help combat helplessness. Call our social workers (888-994-3863 x 4) for a list of places in your area to donate your time.

— INDUSTRY QUOTE: —

“WHAT I LOVE MOST ABOUT THE PIONEERS ASSISTANCE FUND IS THAT WE PAY IT FORWARD BY HELPING THOSE LESS FORTUNATE. THIS IS ESPECIALLY IMPORTANT NOW FOR OUR FELLOW INDUSTRY MEMBERS IN TEXAS. WE ARE HERE TO HELP.”

— CHUCK VIANE

HEALTHY TRAILS TO YOU

Mindfulness means bringing your attention to where you are in the present moment despite what is happening around you. Doing this can make you more effective in handling the stress of the outside world. It may seem counterintuitive, but mindfulness as such can lead to awareness of what you can control and what you can't. Taking action on what you do have control over (usually something that might seem commonplace, like making a healthier food choice or attending a yoga class instead of mindlessly watching television) can conversely lead to a sense of calm. Why? Because you've taken charge of what you can in that moment.

WILL SPIRATIONAL

WORRYING IS LIKE
PAYING ON A DEBT THAT
MAY NEVER COME DUE.

-WILL ROGERS

BUCK UP BUCKAROOS

In light of Hurricane Harvey and Hurricane Irma, and as we are beginning to witness the extent of damage they caused, this is a good time to review your car, rental, or home insurance to see what exactly is covered during and after a natural disaster. The first step is finding your policy and reading it-or ask your agent to review it with you. Ensuring you have coverage in the event your home or property is damaged is one aspect; making sure the coverage is ample is another.

YOUR MONTHLY COWPOKE JOKE

This fellow was climbing a tree when suddenly he slipped. He grabbed a branch and was hanging there. After an hour or so passed, he was feeling exhausted. He looked up to the heavens and cried out: "God, help me, please, help me."

Suddenly the clouds parted and a deep voice resounded, "Let Go!"

The guy paused and looked up at heaven once more, and said: "Is there anyone else up there?"

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