



# 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 MY COMPANY IS RESTRUCTURING AND I MAY BE WITHOUT WORK SOON. IT WOULD BE ONE THING IF I WAS 20, BUT I AM IN MIDDLE AGE AND THIS FEELS DIFFERENT THAN WHEN I WAS YOUNGER. ANY IDEAS?**

**A1** • Be proactive. Look for a new job while you are employed.

- Ask your boss about the likelihood and timing of layoffs
- Update your resume
- Sign up with a temp agency (or two)
- Network with others in the industry; you know the old saying “It’s who you know”
- Tell people you trust; they may know of opportunities
- Determine eligibility for unemployment pay and apply when appropriate
- If your company has a placement service, use it

While restructuring may not mean job loss for you, it may mean taking on different responsibilities that will expand your knowledge base—a good thing at every age.

**Q2 RECENTLY I WAS VISITING ANOTHER STATE AND I NOTICED MORE PEOPLE WERE TALKING TO ME. I USUALLY GET A LITTLE ANXIOUS WHEN TALKING TO NEW PEOPLE, BUT I FOUND MYSELF REALLY ENJOYING IT. I WANT TO BRING THIS IN MY LIFE WHERE I LIVE NOW. ANY IDEAS?**

**A2** When visiting a new place, we are naturally more curious, more open to our surroundings. In being more curious, we look around and, in doing so, are seen by others as being open and approachable.

Now that you’re back home, try to emulate that sense of curiosity as you make your way through your day. Make eye contact and smile. Ask questions and, instead of only being curious about your environment, be curious about the people you encounter on a daily basis. See how this changes your interactions for the (even) better.

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

### INDUSTRY QUOTE:

“

THE FOUNDATION GAVE ME THE RESOURCES I NEEDED TO HELP ME GET BACK ON MY FEET. MY CREDIT SCORE HAS GONE UP SIGNIFICANTLY, I HAVE TAKEN A SIZEABLE CHUNK OF DEBT AWAY, AND WAS APPROVED FOR A NEW CREDIT CARD TO CONTINUE RAISING MY CREDIT. I HONESTLY DO NOT KNOW WHERE I WOULD BE RIGHT NOW WITHOUT THE ASSISTANCE.”

”

—PAF CLIENT

# HEALTHY TRAILS TO YOU

IF STRESS OR A SETBACK HAS YOU DOWN, TRY THESE SIMPLE EXERCISES FOR A QUICK RESET.

- Walk or bicycle (when safe) instead of driving
- Take up yoga or tai chi
- Use stairs instead of the elevator
- Destress (and tone) with light hand weights, resistance bands, or exercise ball
- Stretch while seated, standing, or reclining
- Try aqua aerobics, lap swimming, or walking in shallow water
- Do chair exercises to boost flexibility, increase strength, and burn energy
- Play golf? Skip the cart and walk
- Put on music and dance in your kitchen!

WILLSPIRATIONAL

THE QUICKEST WAY TO DOUBLE YOUR MONEY IS TO FOLD IT IN HALF AND PUT IT IN YOUR BACK POCKET.

-WILL ROGERS

## BUCK UP BUCKAROOS

How can I give more money throughout the year?

Give the “little and often” method a try.

Focus on the act of giving rather than setting a goal amount, and build from there. Whether you donate to worthy causes or share with family and friends, the key is to do it “little and often.”

“Little and often” is saving small amounts throughout the month and either sharing then or waiting for a few months and giving a larger amount. This is a good rule that works for saving money, too.

## YOUR MONTHLY COWPOKE JOKE

My friend asked me to help him round up his 37 sheep.

I said “40”

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