

# 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 I ENJOY MY WORK AND FAMILY BUT I WANT TO DO MORE. ANY TIPS?**

**A1** What interests you? If it's helping others, volunteer. Choosing causes you believe in close to home will benefit your community, too. Or, explore your creativity. Find classes to build skills you've always wanted: painting, writing, singing, for example. If your goal is more fresh air and exercise, local walking groups, hiking clubs, and nature groups have free, informal activities, often daily. Find details online. Whatever you choose, doing what you like also means you'll meet like-minded people along the way.

**Q2 SINCE RESTFUL SLEEP IS THE MOST IMPORTANT HEALTH IMPROVEMENT TO MAKE, HOW CAN I IMPROVE IT?**

**A2** Studies show that having designated times to go to bed and wake up definitely help.

Try turning off electronics an hour before bed and dim the lights, clocks included. Meditate or sit quietly to calm the mind (prayer works, too). Noise a problem? Wear earplugs. If sleep troubles persist, see a doctor to rule out a sleep disorder, anxiety, or other issue keeping you up at night.

If you have a question you would like answered in one of our next newsletters, please email or call: [info@wrmail.or](mailto:info@wrmail.or) 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.**

”

— PAF CLIENT

# HEALTHY TRAILS TO YOU

THE SIMPLE ACT OF BETTER BALANCE

The common advice for increasing one's strength and balance is to engage in dance therapy, tai chi, yoga, and even Pilates. There are more simple exercises that can be done in the privacy of your home. According to the Seniors for Seniors website, three to practice daily include: standing on one foot (grab hold of something sturdy like the counter); walking heel to toe (20 steps is plenty); and balance walking (as though atop a balance beam, 20 steps). For more examples of strength and balance exercises visit [wrpioneers.org](http://wrpioneers.org) and click on "Will Power Links" in the resources tab.

WILLSPIRATIONAL

DO THE BEST YOU CAN, AND DON'T TAKE LIFE TOO SERIOUS

-WILL ROGERS

## BUCK UP BUCKAROOS

### Part 2: The Spending Journal Exercise

Last month you tallied everything you bought. Now let's review purchases to see what stands about each one.

Looking at your journal, did you:

- Use the act of spending to try to solve a problem?
- Buy something you didn't want or need?
- Buy because you were sad, mad, envious, or something else?
- Spend to enrich your life?
- Spend in a way that reflected your long-term goals?

Notice any patterns to your spending? Write down an answer for each purchase.

Next month we'll explore patterns you'd like to change and how to start.

## YOUR MONTHLY COWPOKE JOKE

What do mountains talk about?

A range of topics.

LEARN MORE AT [WRPIONEERS.ORG](http://WRPIONEERS.ORG)

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