

# Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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## IN THE SERVICE OF OTHERS

**Q: I am newly retired and scared to death of boredom. Can you offer any tips for finding a volunteer gig?**

A: Congratulations on your retirement and on your decision to volunteer. Many people start a volunteer “job” search by looking at where they want to serve, but an important first step is to consider why you want to volunteer. Your question implies you want to stave off boredom in the transition from full-time paid employment to volunteer work. That is an important consideration, but do you know of the other positive effects?

A key characteristic of successful aging is volunteering, but we tend to minimize the effect it has by referring to it as unpaid work, or something to fill the time. If you can re-imagine volunteer work as service, you can experience it as something that goes beyond the individual self, serving the community, the greater good. This empowers you with two important benefits: a sense of purpose and a sense of connection. Both of these are essential to overall health and wellness.

To find a volunteer position that you enjoy, try these steps:

- Identify a cause (ie. environment, hunger, politics, a cure etc.) or a group (ie. homeless, children, animals, seniors, veterans, etc.) you feel passionate about.

- Think about your needs: Do you want to serve with a friend or make new friends?
- Research organizations that serve that cause or group. Find out where the organization gets its funding, how they utilize volunteers, where they do their work.
- Contact organizations that interest you. Ask about their current needs, new volunteer orientation, time commitment, and physical limitations.

Bear in mind: Volunteer duties can range from driving cancer patients to appointments to answering phones to mailing donation solicitations. Work may be done in an office/facility, a client’s home, or even on the streets. Remember also, that volunteer programs may have a hierarchy (supervisor) that doesn’t appeal to you. You are there to serve, so if the assigned duties do not make you feel safe and appreciated, serve somewhere else.

Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” Retirement is an exciting time to find yourself anew. Happy hunting!

### Sources:

“Lessons In Thriving” by Dan Buettner, available at <https://www.bluezones.com/be-happier/>.

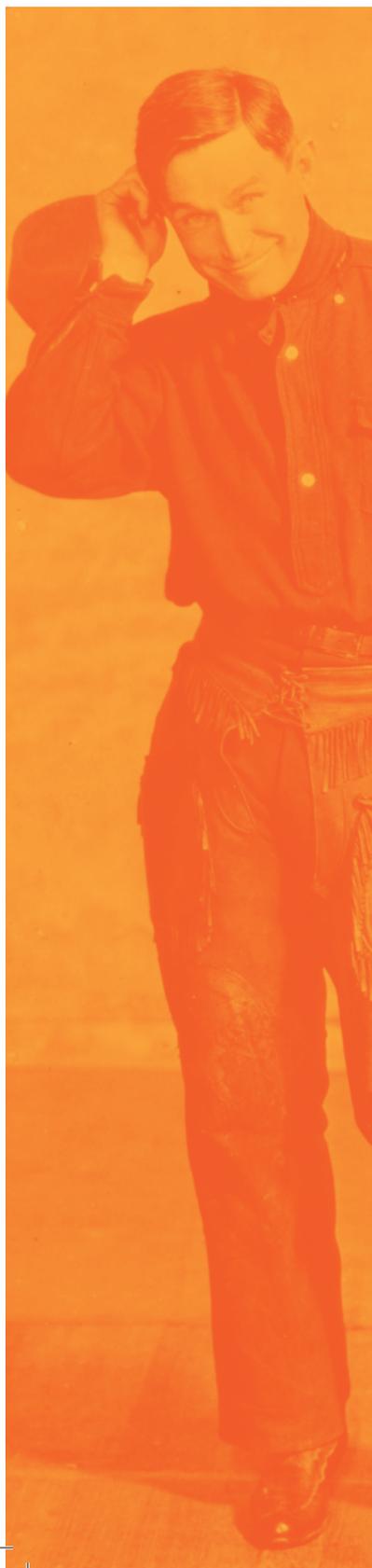
Gandhi Quotes found at: <http://www.brainyquote.com/quotes/quotes/m/mahatmagandhi150725.html#mH0eHK4i4VPO3opg.99>

## JOKE OF THE MONTH

*I decided to buy a golf cart because I certainly can’t drive a golf ball.*

## WILL CALL

*Do you or someone you know need our assistance? Call toll-free (888) 994-3863 or [wrpioneers.org](http://wrpioneers.org)*





## TYPE 2 DIABETES

Have you noticed a growing number of ads for diabetes medication? These medications are for people with Type 2 diabetes, although the ads don't always specify this. Type 2 is the most common form of diabetes.

According to the U.S. Centers for Disease Control, 29 million Americans have Type 2 diabetes, and many more may have it, but are not yet diagnosed. Whereas 9.3% of the general population has Type 2 diabetes, 25.9% of Americans over age 65 have it, making it a serious national health concern for seniors. Of equal concern is that the number of Type 2 cases and the number of people over sixty both continue to rise.

The long-term physical effects of diabetes can be dire, including blindness and amputation. For older adults, one of the most dangerous long-term effects is neuropathy, or the loss of feeling in the extremities. The reason neuropathy is so dangerous is that without sensation, a person doesn't know if they have an injury, like a cut or blister. Injuries can bleed easily if an older person takes blood thinners, or can get infected without the person noticing.

These negative outcomes can be avoided with proper management. All forms of diabetes can be managed. Managing Type 2 diabetes entails: checking blood sugar daily, watching carbohydrate intake, regular exercise, taking medication or insulin

and getting routine lab tests ordered by your doctor. Medicare covers additional services for people with diabetes.

Perhaps someone in your household gets diagnosed with Type 2 diabetes. Here's how to help that person:

- Don't be the "food police". Adults need to make their own choices.
- Read labels and learn how to count carbohydrates in food and drinks.
- Set a good example by choosing healthy options, like eating vegetables and drinking water instead of soda or sugary tea.
- Be a good listener. Managing any chronic condition is stressful.

At Will Rogers Motion Picture Pioneers Foundation, we are very good listeners. If you are struggling with Type 2 diabetes, finding insurance coverage, or coping with illness, call us.

### Sources:

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)  
has a free 12-month program for people who are newly diagnosed with Type 2 diabetes.

Contact your health insurance provider or Medicare at:  
<http://www.medicare.gov>, 1-800-MEDICARE,  
to understand your diabetes coverage for blood testing supplies and diabetic footcare.

U.S. Centers for Disease Control,  
<http://www.cdc.gov/features/diabetesfactsheet/>

## “ QUOTE OF THE MONTH

*We will never have true civilization until we have learned to recognize the rights of others. ~Will Rogers*

