



motion picture  
pioneers  
assistance  
fund

# SOCIAL SERVICES CORNER

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## HOW TO CUT GROCERY COSTS

**Question:** Like many seniors, my husband and I live on a fixed monthly income. We're getting by, but do you have any tips on grocery savings?

**Answer:** We have to answer your question with a question. How much work are you willing to put into saving on groceries? If you are willing to do the leg-work, you can save quite a bit of money each week by reading the local ads, searching for deals online, clipping coupons, and making a list.

If you live in an area where grocery chains double or triple coupons or let you combine coupons on a single item, then it pays to research what products are on sale that week and match it to a current coupon. The Coupon Mom website helps you do this for free, but you have to commit the time to reading through the lists and cutting the coupons (many of which you can print from the website).

If you don't want to invest too much time in finding weekly coupon savings, get to know your local grocery options. For example, you can often find great deals on canned goods at "dollar" stores and perfectly fine bread at a bakery outlet. Check ethnic grocery stores

for veggies and spices. At grocery chain stores ask about senior discount days and getting a loyalty card. Inquire about bakery department markdowns, which often take place at the end of the day, so remember to time your shopping trip accordingly.

Educate yourself about avoiding the high cost of food marketing on your weekly grocery list. Purchase store brands (which are often processed at the same plant as national brands) and products that are on high and low shelves (food marketers pay a premium to be stocked at eye level and pass the cost on to you).

Finally, take a look at your portions. Are you throwing out uneaten food from your pantry or plate on a regular basis? Plan, shop for and cook only what you and your household will eat. A great way to save on groceries is to shop at your local farmers market. Food costs less when it doesn't have to be packaged and transported. It is also fresher and better for you.

Source: "How To Save On Groceries," *Time* magazine; "Moneyland," [moneyland.time.com](http://moneyland.time.com); [www.the99centchef.blogspot.com](http://www.the99centchef.blogspot.com); [www.couponmom.com](http://www.couponmom.com).

## JOKE OF THE MONTH

**The only people who listen  
to both sides of an argument  
are the neighbors.**

— Bob Phillips, *The Best of the Good Clean Jokes*

Laughter is known to boost the immune system, lower blood pressure, burn calories, and release pleasure-inducing chemicals in the brain.

### Go Green!

Receive Social Services Corner by email.

Call (888) 994-3863, ext. 2370, or email [info@wrmail.org](mailto:info@wrmail.org).

**Do you or does someone you know need  
our assistance? Call toll-free (888) 994-3863  
or visit [www.wrpioneers.org](http://www.wrpioneers.org) to find out  
more about our assistance programs.**



The Motion Picture Pioneers Assistance Fund  
is a program of the Will Rogers Motion Picture  
Pioneers Foundation.



## HAVE YOU HEARD ABOUT NOISE-INDUCED HEARING LOSS?



True story: At a very loud rock concert last week, a friend reported seeing someone carrying an infant in a baby carrier. Even though the baby was asleep and covered with a blanket, all this friend could

think about was the damage being done to that baby's ears. The friend, you see, is a speech and language pathologist, and she knows the damage loud noises can cause.

The ear has an incredibly sophisticated system of bones and tissue that absorb and process sound, allowing us to hear. Damage to this system leads to hearing loss, which can lead to a host of other problems in life.

According to the National Institutes of Health, "noise-induced hearing loss (NIHL) occurs when tiny sensory hair cells in our inner ears are damaged by noises that are too loud and that last for too long." They have launched a public education campaign

for parents and young teenagers (called "tweens") to make them aware of protecting kids' ears from loud music blasting through their speakers or headphones. The goal is to teach young people to protect and preserve their hearing from a young age, so they can avoid hearing loss in old age.

The fact is that people of all ages need to protect their hearing. Many workplaces require the use of earplugs or other noise-reducing measures to lessen the impact of the noise from machinery on workers' ears. People who work in airports, concert venues, along busy highways, or in construction sites should be wearing protective earplugs to block out the noise in their environment.

Protect your hearing, and share this information with friends and family. You want them to hear this message loud and clear!

For more information about your hearing and hearing loss, contact the NIDCD Information Clearinghouse by visiting their website at [www.NIDCD.nih.gov](http://www.NIDCD.nih.gov) or call (800) 241-1044.

Check out this link for more information on how loud noises can affect our hearing: [www.noisyplanet.nidcd.nih.gov](http://www.noisyplanet.nidcd.nih.gov).

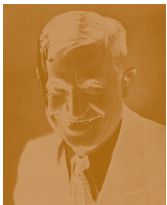
## NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

**[www.emergencypetlocator.org](http://www.emergencypetlocator.org), (877) 631-0001**

The Emergency Pet Assistance Foundation website helps pet owners search for their lost pets. Volunteers provide education, assistance, and tools for a more successful search.

**[www.petmicrochiplookup.org](http://www.petmicrochiplookup.org), (303) 986-2800**

This American Animal Hospital Association (AAHA) website helps lost pets to be safely reunited with their owners. A pet's microchip identification number can be identified by this pet recovery service, which has trained experts and resources to efficiently and effectively contact the owner of the lost pet.



### QUOTE OF THE MONTH

“ Best doctor in the world is the veterinarian.  
He can't ask his patients what's the matter.  
He's just got to know. ”

—Will Rogers

To view our entire National  
Resource Directory, please  
visit [www.wrpioneers.org](http://www.wrpioneers.org).