

Will & Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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OUR MISSION IS THAT MOTION PICTURE ENTERTAINMENT INDUSTRY VETERANS CAN HAVE THE BEST FUTURES POSSIBLE. OUR MONTHLY NEWSLETTER INCLUDES INFORMATION ABOUT HEALTH AND BUDGETING SKILLS AS WELL AS KEEPING FOLKS CONNECTED WITH WHAT'S NEW AT THE PAF.

ASK A PIONEER

Q1 MY DAD HAS HEARING LOSS AND I WATCH HOW HE STRUGGLES WITH HIS HEARING AIDS. IS THERE ANYTHING I CAN DO TO BE PROACTIVE AND PRESERVE MY HEARING AS I GET OLDER?

A1 While hearing tends to decline with age, some individuals fair better than others. The Conservation of Hearing Study (2016), reported that folate (fruits and veggies, and some beans) and Omega-3 fats (fish consumed 2 to 4 times a week) consumed through diet may help reduce or slow hearing loss. That is through food, not supplements.

The sexes may fare differently, too. While men tend to have more hearing loss, the study shows that women may benefit from carotenoids in fruits and veggies. In addition to keeping the music low, avoiding or quitting smoking and keeping your blood sugar in check have been proven to help reduce hearing damage—that goes for everyone. Always consult your physician for prevention advice.

Q2 I HAVE CHRONIC BACK PAIN AND READ YOGA CAN HELP. IS THERE ANY TRUTH TO THAT?

A2 In 2016 the Journal of Orthopedics & Rheumatology and the American Journal of Physical Medicine & Rehabilitation confirm this finding anew.

Yoga links slow movement with breath. Breathing “into” a pose—inhaling or exhaling as one moves—can help relax not only the

body but the mind. Reduced worry helps muscles relax; relaxed muscles can promote pain relief.

Approach yoga (or any exercise) gently. New to yoga or getting back into it? Start with a class taught by a certified yoga instructor at a studio or community center. Chair yoga or adaptive yoga—done on one’s back or with props—are just as restorative and healing as rigorous practice. A good instructor teaches all levels.

If you have a question you would like answered in one of our next newsletters, please email or call: info@wrmail.or or 888-994-3863 ext. 4

— INDUSTRY QUOTE: —

“THE PIONEERS ASSISTANCE FUND IS A SAFETY NET FOR ALL MEMBERS OF OUR FILM COMMUNITY. IF YOU KNOW OF SOMEONE WHO NEEDS A HELPING HAND, PLEASE LET US KNOW.”

— CHRIS ARONSON,
CHAIRMAN OF THE BOARD, WRMPF