A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR NEARLY 80 YEARS.

#### **ASK A PIONEER**

WITH ALL THE HEALTH TRENDS
OUT THERE, HOW DO I KNOW
JUICING WILL ACTUALLY
BENEFIT ME? AM I BETTER OFF JUST
EATING MY FRUITS AND VEGGIES?

According to the Mayo Clinic, sound scientific no evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself." The main difference is that with the whole fruit or veggie, your digestive tracts receive the added benefit of fiber, which plays a part in good colon health. Consumina whole foods-unprocessed foods that are not mixed or preserved with chemicals or unnatural additives—is a beneficial goal to strive for.

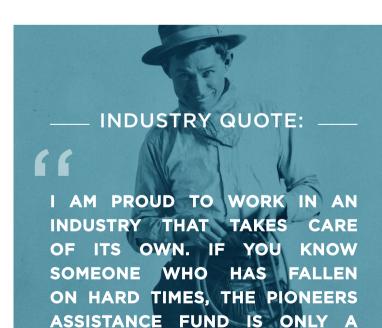
AND CANNOT SEEM TO CATCH
UP. HOW CAN I GET MORE
BALANCE IN MY LIFE?

in an effort to accomplish more, we can find ourselves actually accomplishing less. When we focus too much on external goals and commitments, the joy we'd hoped to derive from them can turn to frazzle. We simply feel too busy and frazzled to enjoy them.

Shifting the focus to what's inside—our higher, deeper, or truest self—helps reduce pressure. Ask, what am I really trying to accomplish, and why? Is it love, obligation, habit, or something that no longer serves you?

Meditation, solitary walks, prayer, journaling, and simply sitting quietly for five minutes can help you reconnect to your inner self and its innate sense of calm and well-being. Experience the benefits in real time by giving yourself a few extra minutes to get to an appointment. This will give you time to sit and observe, creating a feeling of balance.

Try the mindfulness meditation in this issue and contact our social workers for more tips.



- DAN FELLMAN, WRMPPF BOARD MEMBER

PHONE CALL AWAY.

### HEALTHY TRAILS TO YOU

USE THIS SILENT MEDITATION TO CALM YOUR MIND, RELAX YOUR BODY, AND NOURISH YOUR SELF-AWARENESS. IT CAN BE DONE JUST ABOUT ANYWHERE WHETHER YOU ARE ALONE OR IN A CROWD.

TAKE A SLOW BREATH.

**TELL YOURSELF THIS:** 

FOR THIS MOMENT I TURN MY ATTENTION INWARD.

MY BREATH MOVES THROUGH MY BODY.

I NOTICE, I WAIT, AND LISTEN.

SOMETHING AWAKENS INSIDE ME.

I REACQUAINT WITH MY INTERNAL COMPASS, MY TRUE SELF, AND MY NATURAL CONNECTION TO THE WORLD - INSIDE ME AND OUTSIDE ME - THAT HAS BEEN THERE ALL ALONG, WAITING FOR ME.

FOR MORE THOUGHTS ON HEALING, CLICK HERE

# WILLSPIRATIONAL

TOO MANY PEOPLE
SPEND MONEY THEY
HAVEN'T EARNED,
TO BUY THINGS THEY
DON'T WANT, TO
IMPRESS PEOPLE THAT
THEY DON'T LIKE.

### BUCK UP BUCKAROOS



Paying off debt involves understanding what you owe, to who, and why. With credit card debt, for example, dig out bills or check the accounts online. Examine the charges. Discovering patterns of spending can serve to help you change the behavior in the future.

Debt payoff calculators compute the time needed to pay each loan at the current rate and show the amount of interest. They are free online; for example at Credit Karma or Bankrate.

Finally, contact our social workers for help with managing stress related to having debt.

-WILL ROGERS

## YOUR MONTHLY COWPOKE JOKE

"Knock Knock"

"Who's There?"

"Dishes"

"Dishes Who?"

"Dishes Sean Connery."

LEARN MORE AT WRPIONEERS.ORG

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