

WOODMEN OF THE
WORLD AND/OR
ASSURED LIFE
ASSOCIATION IS A
FAMILY FRATERNAL
BENEFIT SOCIETY.

THE PACIFIC WOODMAN
STRIVES TO INFORM
MEMBERS ABOUT
PROGRAMS, ACTIVITIES,
AND THE ONGOING
EFFORTS TO DEVELOP A
STRONGER SOCIETY.

WOODMEN
OF THE WORLD



ASSURED LIFE
ASSOCIATION

National Member Food Drive Becomes National Member Event 2011

We are once again utilizing the National Member Food Drive as our 2011 National Member Event. Coming together to help the hungry in this country will help generate much more community and camaraderie among our members than any trip we can imagine. The 3rd year for this national service campaign, the need for our national member food drive is as important as ever. Whether you donate money to a local food bank or pantries, put together a scavenger food drive or encourage your camp/lodge to have a food drive, the important thing is to get involved.

It sounds like a broken record, we know, but the need is great and we want Woodmen of the World and/or Assured Life Association to be known for its national campaign to help the hungry. And sometimes it's all about the kids!

In the summertime, kids don't have access to school feeding programs.



According to Feeding America, the nation's leading domestic hunger-relief charity, "the problem of childhood hunger is not simply a moral issue. Child hunger hampers a young person's ability to learn and becomes more likely to suffer from poverty as an adult. Scientific evidence suggests that hungry children are less likely to become productive citizens."

Feeding America has two national programs to address child hunger:

1. Kids Café
2. BackPack Program

(Continued on page 2)

(Continued from cover)

Kids Café



KidsCafé programs provide free meals and snacks to low-income children through a variety of community locations where children already congregate—such as Boys & Girls Clubs, churches or public schools.

In addition to providing meals to kids, all Kids Café programs also offer a safe place, where under the supervision of trustworthy staff, a child can get involved in educational, recreational and social activities.

The program traces its origins to Savannah, Georgia in 1989, when two young brothers were discovered late one night in the kitchen of their housing project's community center. In response to this glaring example of child hunger, the Second Harvest Food Bank of Coastal Georgia started the first Kids Café. In 1993, Feeding America launched the national Kids Café program.

Fast Facts

- There are over 1,600 established Kids Cafes in operation.
- Over 17 million children live in food insecure households.

BackPack Program



There are children in America that rely on resources such as free or reduced-priced school lunch, during the school year.

The Backpack Program is designed to meet the needs of hungry

children at times when other resources are not available, such as weekends and school vacations.

The Backpack Program concept was developed at the Arkansas Rice Depot, after a school nurse asked for help because hungry students were coming to her with stomachaches and dizziness. The local food bank began to provide the school children with groceries in non-descript backpacks to carry home.

In addition to providing nutritious food to school children in need, some Backpack Programs provide extra food for younger siblings at home.

- The Backpack Program became a pilot program in 1995. The National Council of Feeding America approved the Backpack Program as an official national program of the Network in July 2006.
- More than 140 Feeding America members operated more than 3,600 Backpack Programs and served more than 190,000 children in FY2009.

Facts of Child Hunger in America

- Nearly 14 million children are estimated to be served by Feeding America, over 3 million of which are ages 5 and under.¹
- 20% or more of the child population in 16 states and D.C. are living in food insecure households. The states of Arkansas (24.4 percent) and Texas (24.3 percent) have the highest of children in households without consistent access to food. (Cook, John, *Child Food*

PLEASE ADDRESS MAGAZINE CORRESPONDENCE TO:

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ONLINE RESOURCES

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Society Blog
DenverWoodmen.wordpress.com

*Insecurity in the United States: 2006-2008*ⁱⁱⁱ

- The top five states with the highest rate of food insecure children under 18 are Arkansas, Texas, Arizona, Missouri, Mississippi, as well as the District of Columbia
- Proper nutrition is vital to the growth and development of children, particularly for low-income children. 62 percent of all client households with children under the age of 18 participated in a school lunch program, but only 14 percent participated in a summer feeding program that provides free food when school is out.ⁱ
- 54 percent of client households with children under the age of 3 participated in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).ⁱ
- 32 percent of pantries, 42 percent of kitchens, and 18 percent of shelters in the Feeding America network reported “many more children in the summer” being served by their programs.ⁱ
- Emergency food assistance plays a vital role in the lives of low-income families. In 2002, more than half of the nonelderly families that accessed a food pantry at least once during the year had children under the age of 18.^{iv}
- 15.5 million or approximately 20.7 percent of children in the U.S. live in poverty.
- Research indicates that even mild undernutrition experienced

by young children during critical periods of growth impacts the behavior of children, their school performance, and their overall cognitive development.^{vi}

- In fiscal year 2009, 48 percent of all SNAP participants were children.^{vii}
- During the 2009 federal fiscal year, 19.5 million low-income children received free or reduced-price meals through the National School Lunch Program. Unfortunately, just 2.2 million of these same income-eligible children participated in the Summer Food Service Program that same year.^{viii}

ⁱ Rhoda Cohen, J. Mabli, F., Potter, Z., Zhao. *Hunger in America 2010. Feeding America. February 2010.*

ⁱⁱ Nord, Mark, M. Andrews, S. Carlson. *United States Department of Agriculture/Economic Research Service, Household Food Security in the United States, 2008.*

ⁱⁱⁱ Cook, John. *Feeding America. Child Food Insecurity in the United States: 2006-2008.*

^v DeNavas-Walt, Carmen, B.D. Proctor, C.H. Lee. *U.S. Census Bureau, Income, Poverty, and Health Insurance Coverage in the United States: 2008. September 2009.*

^{vi} Leftin, Joshua, Gothro, A., Eslami, E.. *USDA, Office of Analysis, Nutrition and Evaluation. Characteristics of Supplemental Nutrition Assistance Program Households: Fiscal Year 2009, October 2010.*

^{vii} Wolkwitz, Kari. *USDA, Office of Analysis, Nutrition and Evaluation. Characteristics of Food Stamp Households: Fiscal Year 2008, September 2009.*

^{viii} *USDA, FNS. National School Lunch Program: Participation and Lunches Served. Data preliminary as of June 2010.*



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- Purchase up to 3 units of coverage.

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Rose City Camp 077
Rocky Mountain Camp 999
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Magnolia Camp 92
Denver Camp 1
Puget Sound Timber Camp 937

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Littleton, CO
Camano Island, WA

How The Power of Walking Can Help You Lose Weight

I want to share the amazing power of walking in losing weight.

Whether you want to lose weight, improve your health, or both, I have found walking to be one of the best ways to do so. Walking burns almost as many calories as jogging and it can help to strengthen your bones. If you have cholesterol problems it can cut down on these levels and also lower your blood pressure. Moreover, the mental boost alone is a good enough reason to take up walking. It is easy, can be done anywhere, you do not have to pay to go to a gym and you can do it alone or with a walking group or buddy.



To get the best results from your walk, it is very important that you be consistent. To set yourself up for success then, make a walking routine that fits into your life. On the days I know I am really pressed for time, I do my 20-minute workout and on the days I am less pressed for time I enjoy my 50-min workout.

Walking energizes you, shapes the full body including your arms - it's amazing! - and burns lots of calories. If you include a regular walking routine during your week you could lose up to 3 pounds in a month without changing your diet. Any kind of walking at a good pace will burn calories, but walking at planned changes in speeds will help you burn calories more efficiently. I really hope my 50 minute walking plan will help you structure an exercise routine. It is ready for you to use. You can edit this to a 20 min workout for the days you have less time.

50 minutes Walking Plan

Treadmill Level (It does depend on the treadmill - so judge for yourself or ask a trainer at the gym.)

*** The section from the 1 min Strong Walk must be repeated 2x.***

5:00	Warm-Up	4-5
2:00	Brisk Walk	5-6
1:00	Easy Walk	4-5
4:00	Brisk Walk	5-6
2:00	Easy Walk	4-5
6:00	Brisk Walk	5-6
3:00	Easy Walk	4-5
1:00	Strong Walk	6-7
1:00	Easy Walk	4-5
2:00	Strong Walk	6-7
2:00	Easy Walk	4-5
3:00	Strong Walk	6-7
3:00	Easy Walk	4-5
3:00	Cool down	3-4

Source: <http://www.articlecircle.com/> - Free Articles Directory



About the Author

Kim Knight, The Success Weight Loss Coach, has helped a number of clients target and reach their goals. The Weight Loss Coach is not only a sought-after trusted and inspirational coach. There are many successful clients whose friends and family are amazed at finding out that someone else coached them on their overall transformation. For more information, visit Kim's site at www.kimknightcoaching.com and sign up for up for her FREE Weight Loss Tips at <http://www.thesuccessweightlosscoach.com> "Secrets of Weight Loss" is available at <http://www.weighlessforlife.com>

BOARD UPDATE - June 18, 2011

The Board of Directors met for its regular meeting on Saturday, June 18, 2011 in Denver, Colorado. All directors were present for the meeting as well as the society officers.

Actions of the Board included the following:

1. Chair of the Board Douglas Oury installed Timothy O. North as the newest member of the Board of Directors. Mr. North was selected by the Board of Directors to fill the unexpired term as Director for William M. Goodrich who had resigned from the board for personal reasons late last year.

2. Received and accepted reports from the Audit Committee and Executive Committee including the report from the Auditor regarding the Audited Statutory Financial Statements as of December 31, 2010 and 2009 and the Actuaries report regarding Asset Adequacy Analysis or Cash Flow Testing as of December 31, 2010.

3. Reviewed and discussed March 31, 2011 financial reports for the society including the Quarterly Statutory Statement for the period ending March 31, 2011.

4. Reviewed and ratified the

investment transactions for the first quarter of 2011.

5. Received and discussed reports from society officers.



MEDICARE SUPPLEMENT INSURANCE

Are you 65 or older?

Are you interested in supplementing your Medicare benefits with additional insurance?

Medicare Supplement Insurance is just what it sounds like; it is insurance coverage that supplements the benefits a senior member receives through Medicare. The society currently offers 7 different Medicare Supplement plans, depending upon the state in which you live, all with slightly different benefits and premiums. Premiums are dependent upon where you live. This insurance product is offered only through an agent.

If so...

Call the Home Office for Availability
(800) 777-9777 – Talk to Michaela at Ext. 3823
and she'll put you in contact with a Representative

Only Available from an Appointed Agent. Not Available in all States.



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Seniors Say “GAME ON” for Better Overall Health

BRAIN FITNESS

Exercising your brain also has positive effects on overall long-term health.

Andrew Carle, assistant professor and director of the Program in Assisted Living/Senior Housing Administration at George Mason University, is nationally and internationally known for coining the term “Nana” Technology to describe technologies that can improve quality of life for older adults.

computer-based brain fitness activities as well as programs and memberships for purchase. The list reflects his opinions and is not based on formal criteria.

Posit Science:
www.positscience.com

MindFit:
www.cognifit.com

Dakim Brain Fitness:
www.dakim.com

MyBrainTrainer:
www.MyBrainTrainer.com

popular trend not only for entertainment but also for improving physical agility, cognitive health and social interactions. As 10,000 people per day are turning 65, the senior demographic is increasingly becoming more game savvy. These “new” seniors grew up with gaming and are comfortable with the technology. Because of this, gaming companies are very focused on this growing target demographic and how they can improve a senior’s experience with gaming.



Photo credit: National Senior League website

The 2011 Spring Wii Bowling Champions – The Cedar Crest Crushers

A new concept of healthy competition between seniors has emerged at senior living communities thanks to the Wii video game technology and the National Senior League (NSL). This is the only national Wii competition series dedicated to residents of senior communities. Seniors form bowling or golf teams and register to play against each other through the NSL website.

According to Carle, the following sites offer the best in technologies for addressing cognitive declines inherent in the aging process. On the sites, a visitor can find free

When you think of video games, does a senior at the controls come to mind? Video games are capturing the interest of a rising number of seniors and are a

These seniors are not the typical “gamer” that gaming companies have been marketing to. Historically, game designers have developed the popular teenage games that include lots of “shoot ‘em up and blow ‘em up,” but they have found that seniors don’t prefer that sort of action-packed game.

A senior is more likely to play a game because they are able to engage in an activity that they used to do, for example, tennis, bowling or golf. With a gaming system like Nintendo Wii, the participant needs to hold onto a remote

control that registers their action on the game. Xbox 360 Kinect has sensors that will register the user’s action so the person playing the game doesn’t need

to hold anything. Both systems have found a niche as they offer some great benefit for seniors. Nursing homes are using video games to keep seniors active. A study by the Gerontological Society indicates that virtually engaging in activities that someone previously enjoyed actually increases life satisfaction, decreases reported loneliness, improves mood, and increases physical activity. Physical therapy patients also work with video games to improve their recovery from injuries. Video games have influenced and improved quality time between generations by allowing seniors to connect with and enjoy younger generations.

A study by the University of California, San Diego School of Medicine discovered that playing Wii helped about 30 percent of their participants feel a 50 percent reduction in their depressive symptoms. Even infrequent use of motion game participation has been shown to improve balance, coordination and strength.

Doctors and other medical practitioners use gaming systems to monitor progress or deterioration of a physical or mental capability in a senior. The professionals take regular measurements of a senior's ability to play the video game. The results of the measurements can help indicate if a health issue is advancing. Other tests cannot accomplish this same task.

The league is organized online at the NSL website. A person from each team is designated as the Team Coach and is responsible for registering players and re-

ording scores after each match. For the bowling league this past spring, there were 144 teams from 24 states. The teams are divided into conferences of eight teams who play a seven-week season.

Once the regular season is over, there is a multiple week playoff organized much like the NCAA Final Four basketball tournament. The playoffs lead to a webcasted production of the championship game - complete with a trophy for the champions! The other residents of the senior community are encouraged to come watch the games and cheer on their friends during competition.



Photo credit: National Senior League website

Bill Sperry of the Cedar Crest Crushers shows off his perfect bowling score.

The spring 2011 NSL Champions were the Cedar Crest Crushers out of Pompton Plains, NJ, who defeated a team from Pennsylvania.

“As Wii Sport games have become a favorite activity in senior living communities, the NSL was created to enhance the fun, social and en-

tertainment value Wii has to offer through national competitions, ultimately enriching the lives of senior residents in a way that allows them to Live active, Live fun and Live life” (www.nslgames.com).

Video games have naturally allowed seniors to be more socially interactive with each other and with the younger people in their lives and are allowing opportunities for better health on many levels. Creators of these games are interested in making a difference for seniors now and for years to come through gaming experiences that are engaging and fun. Medical providers, senior living staff

and the seniors themselves are seeing the health benefits of video games and are working hard to integrate the technology into the lives of seniors.

Article Credit: Society of Certified Senior Advisors Senior Spirit Electronic Newsletter and the National Senior League.

Please honor these Members who have recently passed away.

They helped make us who we are today and they'll always be with us in spirit.

Benson, Opal, CA	Hildreth, Robert, MT	Nielsen, Clayton, WI
Bingman, Joseph, OR	Hitt, Charles, OR	Nielsen, Eugene N, IA
Brayton, Judy, WI	Holmes, Major, MS	Nikolov, Elaine, CO
Bruyneel, Vera, CA	Howard, Tommy, OK	Niskern, Robert, CA
Burkhead, Helen, MS	James, Darrell S, FL	Parham, Marshall, CO
Carroll, John, NV	Jensen, Barbara, OR	Peterson, Kenneth, WI
Carryer, Glendon, UT	Kelley, Ruth, CA	Rasmussen, Vernon, MI
Cook, Charles, MT	Keys, Margaret, FL	Reed, Donna, CA
Cope, Paul, AZ	Larson, Caryle, NE	Reed, Samuel, WA
Cragg, Thomas, AUSTRALIA	March, Louise, CO	Resch, Cecil, CA
Deal, Robert, WV	Martinez, Antonio, TX	Robuck, John, AZ
Deleon, Jesusa, TX	Martinez, Joe, CO	Sand, Kristian, OR
Ericksen, Edward, IA	Mattern, William F, WA	Schnadt, Mary, CA
Ferguson, Sally, CA	Maybon, Mccoy, CA	Schulty, Sulinda, NV
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Virtual Food Drive

When you donate to the Woodmen/Assured Life Virtual Food Drive, you're not only helping us reach our goal, you're helping us end hunger across the country. Every dollar you donate will provide 7 meals for a hungry family. Together, we will put an end to hunger in America and help Feeding America with its child hunger initiatives; Kids Café and Backpack Program.*

*Donations made through this offer represent a gift to Feeding America's entire mission. They use your gifts where they can do the most good by pooling them with gifts of others to help solve the hunger crisis in America. Therefore, gifts of less than \$10,000 cannot be designated to specific programs or locations unless otherwise stated.



To donate through our virtual food drive, go to: <http://help.feedingamerica.org/goto/DenverWoodmen>

Turbo Boost Your Brain Power

Finally, people are starting to understand!

Being intelligent matters. Despite the negative stigma given to intelligent people and so called nerds, society now understands that intelligence often counts more than muscle power, especially in this day and age.

Suddenly, being smart is cool. People want to develop brainpower these days. This means not just being smart in the sense of having a wealth of raw knowledge, but being smart where it counts, with practical application.

Here are five tips you can use to increase brainpower and boost your minds capacity to absorb and process information faster:

1) Choose supplements wisely

Yes, there are supplements that actually work. These may include memory-enhancement pills or medications that stave off mental fatigue for adults; there are also IQ enhancement milk supplements for children. A good number of these supplementary products on the market can actually give children a mental edge and help improve learning. Both children and adults need to follow a good, balanced diet and avoid vices that literally destroy brain cells such as smoking, drinking alcohol, and using illegal drugs. This will help keep your mind sharp over time.

2) Try speed-reading

This is a good way to bump up your learning curve. Speed-reading courses not only allow you to cover data faster, but they also train your mind to pick up visual details at a greater speed.

Another benefit you'll gain by learning to speed read is that you

train your brain to pick up the important details of the written text. Contrary to claims of some self-help courses, however, you cannot acquire a photographic memory if you don't have one to begin with; however, speed-reading is the next best thing for those of who were not born with a photographic memory.



3) Test yourself often!

Here is a good memory enhancement drill. A study conducted by several colleges separated students into two groups. One group was given 5 minutes to study a text, and was then immediately given three 5-minute tests. Another group was given four 5-minute periods to study the same text, but was not immediately given a test afterwards.

A week later, they were all given a test on the same subject. The group that studied only once but took three tests outperformed the group that had studied the text four times but had taken no tests. The results are clear: don't try to learn by just reading. Apply the knowledge you acquire and test yourself repeatedly.

4) Do drills on some basic math drills

Drilling basic math drills by using flashcards may seem like something that belongs in grade school, but even adults can benefit from it. Face it; most of us are spoiled by having calculators to do our addition and subtraction. At its core, math embodies the purest form of logic. Letting your basic math skills deteriorate is similar to letting your logical and deductive reasoning take a downslide.

5) Take Abstract Logic Tests

There are test books available in bookstores that give extensive tests on abstract logic. These tests present one with sets of 3 pictures; the test taker has to extrapolate from the first three pictures what the fourth logical concluding picture will be.

Buy a few of these books and try them out! Abstract logic may not be a direct help in concrete learning, but it actually improves your deductive reasoning capacity.

Try any of these activities and see how they boost your brainpower. Increase your minds capacity to absorb and process information faster.

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About the Author

Leon Edward in his daily blog, articles, free newsletter, best of web Self Help news helps people improve in Goal Setting, Time Management, Success, Leadership, Stress Management, Self-Improvement. Download his IQ Mind Brain Memory Self-Help library at his website www.AwesomeSuccess.org

NOTICE

VOLUNTEERS NEEDED FOR THE 2011/2012 NOMINATING COMMITTEE

The Society is still seeking volunteers for the 2011/2012 Nominating Committee. The deadline to volunteer is now September 1, 2011. Details of the notice were printed in the spring edition of The Pacific Woodman magazine and can be found on our Society website.

If you are a benefit member and interested in serving on the Nominating Committee, please send your name, address, phone number, and email address to Diane Muller, Corporate Secretary, by September 1, 2011.

Diane L Muller, Secretary
Woodmen of the World and/or Assured Life Association
8000 East Maplewood Ave., Suite 105
Greenwood Village, CO 80111
dmuller@denverwoodmen.com

If you have any questions, please feel free to contact Diane at (800) 777-9777, Ext. 3830.

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- **4.00%** for annuity fund values of \$500 to \$4,999

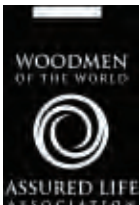
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***Surrender charges apply in the first 9 years for early surrender**



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