

The Magazine

11 COOL SUMMER VACATIONS TO BEAT THE HEAT
Page 38



THIS IS 70

5 Tax Moves for a Turbulent Market

Page 31

PLUS Spiff Up Your Summer Wardrobe

Page 28

Rod Stewart

Do Ya (Still) Think I'm Sexy? (Yep)

Page 32

MONEY

Financial Emergency! What You Need Now!

Page 25

HEALTH

HOLD ON TO YOUR TEETH!

14 Rules to Smile About
Page 44

Sneaky Skin Cancers

How to Spot Them
Page 22

SPORTS

The Greatest Moments of the Past 75 Years

Nicklaus, Ali, Namath, Spitz—
What More Do You Want?
Page 58

FREE AARP Members Edition
Your Daily Go-To Site for Tips on Living Well, Saving Money & More

SCAN  CODE

YOUR GENES

A Tale of Two Grandmothers

A Grandson's Story About the Superagers in His Family
Page 50



\$577 Average Savings²
on Auto Insurance



\$53 DOG LWM DJZLDIWHV DUH QRWLOVXUHV 3DIG HGRUVHPHQW 7KH +DUMRUG SD\V UR\DN\ IHVH IR \$53 IRU WKH XVH RI LWM LOIWHQHFWDQ\SURSHUW 7KHVH IHVH DUH XVHG IRU WKH JHQHUDO SXIUSRVHV RI \$53 \$53 PHPEHUWKIS LV UHTXUHG IRU SURJUDP HJLJELQW IQ PRVWVNDIWHV

7KH \$53 \$XIR ,OVXUDOFH SURJUDP IURP 7KH +DUMRUG LV XQGHUZULMWHQ E\ +DUMRUG)UW ,OVXUDOFH &RPSDQ\ DOG LWM DJZLDIWHV 2QH +DUMRUG 3IDJD +DUMRUG &7 ,WLV XQGHUZULMWHQ IQ \$= O, DOG O1 E\ +DUMRUG ,OVXUDOFH &RPSDQ\ RI WKH 6RXIWKDVN IQ &\$ E\ +DUMRUG 8QGHUZULMWHV ,OVXUDOFH &RPSDQ\ IQ : \$ E\ +DUMRUG &DVXDQ ,OVXUDOFH &RPSDQ\ IQ O\$ E\ 7UXPEXID ,OVXUDOFH &RPSDQ\ DOG IQ 3\$ E\ 1XWPHJ ,OVXUDOFH &RPSDQ\ DOG 7ZIQ &LW)UW ,OVXUDOFH &RPSDQ\ 6DYIQJV EHQHJW DOG FRYHUDJHV PD\ YDU\ DOG VRPH DSSUDFQW PD\ QRW TXDU\ \$XIR LV FXUHQW XODYDLODEH IQ &DODGD DOG 8 6 7HUURUWHV RU SRVHVVIHQV

¹In Texas, the Auto program is underwritten by Redpoint County Mutual Insurance Company through Hartford of the Southeast General Agency, Inc. Hartford Fire Insurance &RPSDQ\ DOG LWM DJZLDIWHV DUH QRW ADOQFLDQ UHVSROVLEQH IRU LOVXUDOFH SURGXFW XQGHUZULMWHQ DOG LVVXHG E\ 5HGSRLQ &RXQ\ OXIXDO ,OVXUDOFH &RPSDQ\

²\$YHUDJH DOOXDOVDYIQJV DUH GHULYHG IURP PROK SRIF\ WUHPV DOG EDVHG RQ LOIRUPDURQ UHSRUHG E\ FXVIRPHUV ZKR VZLWFKHG IR 7KH +DUMRUGV QHZHVWUDIH SDQ EHNZHHQ DOG <RXU VDYIQJV PD\ YDU\ 7HUHPV DOG FROGLUHQV DSS\ Accident Forgiveness is not available to CA policyholders.

Auto Insurance exclusively for AARP members.

AARP® Auto Insurance from The Hartford¹

As an AARP member, you deserve auto insurance that rewards your years of experience on the road.

Get the coverage you need from a name you can trust. The Hartford offers benefits like **New Car Replacement³**, **Accident Forgiveness³** and **24/7 Claim Service**. Plus, AARP members **save up to 10%** when they switch to The Hartford.

Join the millions of AARP members who have switched to AARP Auto Insurance from The Hartford. Your protection is our passion.

Call The Hartford to
request a free quote:

1-800-683-8114

**Free gift when you
call for a quote!**



AARP®

Auto Insurance
from



The Hartford



Table of Contents

June / July 2025 • Volume 68, Number 4C

Upfront

9 Ralph Macchio
The Karate Kid pays his role forward again with pleasure—and resignation.

10 American Eats
Summer brings a clutch of no-bake faves—with recipes.



14 Transporting Reads Let these summer books take you away.

16 What to Watch
Jurassic, *Sandler*, *Charlize* and many more



Healthy You



21 Run Faux It
Learn to simulate a jog with ropeless skipping and three other low-impact exercises.

22 Skin Cancer
How to spot it, what to do

Money Saver

25 Get a \$ Go Bag
Yes, literally, with cash, documents and personal info



26 The Divorce Rules Later-in-life splits require finesse.



38

Checking out the view in Alaska's Denali National Park and Preserve

32 Rod Stewart Keeps Rockin'

At 80, the British icon is madly touring, cutting albums and competing in the 100-meter dash. (Really!)

38 Coolcations

After last summer's record heat, we offer seasonal destinations where you and yours can chill out.

44 A Guide to Healthy Teeth

All you need to know to keep your mouth happy and attractive. PLUS: How to pay for those pearly whites

50 My Super Ager Grandmas

His grandmothers led very different lives—one was quite social and diet-conscious, the other a candy-loving homebody—yet both lived to 104. How did they do it?

58 Great Sports Moments: the Golden Era Edition

Pelé and Nicklaus, Namath and Fleming, *right*—searing photographs of the most memorable athletic feats from decades past



64 BONUS BOOK EXCERPT

LESSONS FROM A RURAL ROUTE
Facing cancer and job loss, he donned the postal blue uniform and changed his life.
—from Mailman

Real/People

67 Striking a Pose
Young Lee, 88, took up tai chi in her 60s and is now a skilled instructor.

68 Flying High
Stephen Stinis takes the family biz to the next level.



Plus

70 Your AARP
Legal Counsel for the Elderly turns 50.

72 Brain Games

76 Big 5-Oh
Angelina Jolie! And Helen Mirren is 80!



ON THE COVER: Rod Stewart photographed for AARP by Maarten de Boer at The Colosseum at Caesars Palace on March 22, 2025. INSET: Shutterstock

AARP® On Social Security

I'M CONCERNED ABOUT SOCIAL SECURITY. HOW CAN AARP HELP ME?

AARP IS URGING CONGRESS TO PROTECT AND SAVE SOCIAL SECURITY.
 We know that you work hard and pay into Social Security, so it's only fair for you to expect to get the money you've earned as well as:

- ▶ ON-TIME PAYMENTS
- ▶ ON-TIME CLAIM PROCESSING
- ▶ RESPONSIVE CUSTOMER SERVICE

For the latest news, expert advice and answers to both basic and complicated questions about your benefits, go to aarp.org/SocialSecurity.

AARP IS FIGHTING TO PROTECT YOUR SOCIAL SECURITY, AND WE HAVE RESOURCES TO ANSWER YOUR QUESTIONS!



Read more about how AARP is advocating for Social Security in the May/June **AARP Bulletin** on our app. Scan this code with your phone camera.



CALL TO WISDOM



JENNIFER NELSON
 VP OF FINANCIAL PLANNING & ANALYSIS
 Consumer Cellular Inc.

Paul: Everyone talks about wireless savings, but Consumer Cellular seems to have a unique approach to keeping costs down. How do you make that happen?

Jennifer: It's all about giving customers exactly what they need—nothing more, nothing less. Most people are overpaying for wireless service they never use. We've designed our plans around a simple concept: why pay for unlimited everything when your actual usage might be lower?

“MOST PEOPLE ARE OVERPAYING FOR WIRELESS”

Take our tiered data plans, we let customers choose a plan that matches their needs. A person who mostly uses their phone for calls doesn't need the same plan as a teenager streaming video. Our approach can save real money, with plans starting as low as \$19 a month. The big carriers love



Paul McIntosh is a Director at Consumer Cellular's Phoenix call center.

selling unlimited plans, we do the opposite. We're transparent, flexible and focused on providing you real value.

Looking to switch and save on your wireless?
 Give us a call today (888) 626-1035.

© 2025 Consumer Cellular, Inc. All other products are trademarked by their respective manufacturers. Taxes and fees apply. New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. Plans shown include \$5 credit for AutoPay and E-billing.



Social Security, Medicare & AARP

How to get the latest news about these programs—and how to help protect them

THIS IS A SUMMER of milestones for America's safety net. Ninety years ago this August—in the depths of the Great Depression—President Franklin D. Roosevelt signed the Social Security Act, which takes taxes from every paycheck to provide guaranteed retirement income for workers. Thirty years later, on another summer day, President Lyndon B. Johnson signed the law creating Medicare, the federal health insurance program for older Americans, also supported, in part, by payroll taxes. In polls, these two programs remain wildly popular. It's not an exaggeration to say that these lifelines transformed aging in America.

For 67 years (that's how young we are), AARP has worked to protect Social Security from arbitrary cuts to cost-of-living adjustments, proposals to use Social Security to pay for budget deficits, and attempts to morph Social Security into risky private accounts and Medicare into completely private insurance; and to improve Medicare coverage. And we're not stopping now.

This year, Americans have faced new and worrisome questions about the safety of their earned benefits. Will Congress protect both of these crucial programs from cuts to payments or services? How can people make sure they receive their benefits from the programs they paid into?

On behalf of our members, AARP has pressed the ad-

ministration and Congress for promises on three points: uninterrupted payments, timely claims processing and decent customer service. In April, AARP's advocacy helped force the Social Security Administration to backtrack on proposed changes to its phone service, and we continue to urge SSA not to make millions of Americans jump through hoops or drive hours to fill out paperwork.

Now we are mobilizing tens of millions of our members and volunteers in a nationwide campaign to defend and protect Social Security. AARP members have already emailed and called their congressional representatives more than 2 million times. It's not too late for you to get involved. In the May/June *AARP Bulletin*, you'll find an in-depth cover story laying out the main issues and AARP's concerns for both Social Security and Medicare.

AARP is fighting hard to protect the benefits you have earned. For up-to-the-minute news and updates on Medicare, go to aarp.org/medicare. Find out the latest on our efforts to save Social Security and how you can join the fight at aarp.org/socialsecurity.

Bob

Clockwise from top left: AARP (Getty Images 2), Alamy Stock Photo; AARP Studios; AARP (Getty Images); AARP; Everett Collection; Historical/Alamy Stock Photo; AARP Studios



RENEWAL
by **ANDERSEN**
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Get a **FREE** consultation.
Call **855-401-1189**



BUY ONE, GET ONE

40% OFF

AND

TAKE AN ADDITIONAL

\$50 OFF

Windows and Patio Doors¹

Each Window and Door¹

AND NO Money Down | **NO** Monthly Payments | **NO** Interest for 12 months¹

Minimum purchase of 4. Interest accrues from the date of purchase but is waived if paid in full within 12 months.



TESTED, TRUSTED, AND TOTALLY PROVEN:²

Offer Ends 8/31/2025

Call or Scan for your **FREE** consultation.

855-401-1189

mywindowdeal.com



**More 5-Star
Reviews**



Than Other Leading Full-Service
Window Replacement
Companies³

¹**DETAILS OF OFFER:** Offer expires 8/31/2025. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 5/27/2025 and 8/31/2025. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$50 off each window or entry/patio door, minimum purchase of four (4) required, taken after initial discount(s), when you purchase by 8/31/2025. Subject to credit approval. 12-month Promo Period: while no payments are due, interest accrues but is waived if the loan is paid in full before the Promo Period expires. Any unpaid balance owed after the Promo Period, plus accrued interest, will be paid in installments based on the terms disclosed in the customer's loan agreement. Financing is provided by various financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at renewalbyandersen.com/license. Some Renewal by Andersen locations are independently owned and operated. ²Based on testing of 10 double-hung units per ASTM E2068 20 years after installation. ³It is the only warranty among top selling window companies that meets all of the following requirements: easy to understand terms, unrestricted transferability, installation coverage, labor coverage, geographically unrestricted, coverage for exterior color, insect screens and hardware, and no maintenance requirement. Visit renewalbyandersen.com/nationsbest for details. ⁴Review aggregator survey of 5-star reviews among leading national full-service window replacement companies. January 2024 Reputation.com. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. © 2025 Andersen Corporation. All rights reserved. RBA14191

Our April/May issue featured Rob Lowe.



HOW WELL DO YOU KNOW ROB LOWE?

While I'm only 48, I'm a new member and was so excited to get my first magazine and see Rob Lowe on the cover! I immediately flashed back to one of my teen magazines. I've enjoyed the entire issue more than any other magazine in a long time.

@SURFERGIRLCT
Instagram

UPGRADE YOUR HOME

I found "Easy Fixes for Big Returns" very informative but would suggest people touch base with their homeowners association board for approval before undertaking modifications, including painting or landscaping.

ANDREW GRAU
Huntsville, Alabama

OLDER DOGS

I found it ironic that you published "Boot Camp for Pups" in the same issue as a profile about senior dog rescue advocate Steve Greig. I volunteer for a rescue group and often get surrenders from people whose parent

died. I wish more older adults would follow Greig's lead and adopt older dogs who are less likely to outlive their owner and are mellower, slower and just as adorable as any puppy.

RENE AGREDANO
Fort Collins, Colorado

NEW CHANGES

The Spring Health Special: "See Me, Hear Me, Feel Me" was very informative. At 82, I struggle to know, when a change occurs in my body or mind, if I should be concerned or not. Having a baseline, as provided by the article, is very helpful.

JUDY NEAL
San Diego, California

SEND YOUR LETTERS THE MAIL, AARP THE MAGAZINE, 601 E ST. NW, WASHINGTON, DC 20049; EMAIL: AARPMAGAZINE@AARP.ORG; SOCIAL: @AARP. SUBMISSIONS MAY BE EDITED. SUBMISSIONS FIND OUR WRITER'S GUIDELINES AND STORY-PITCH PROCESSES AT HELP.AARP.ORG. WE REGRET WE CANNOT RETURN ANY MAILED UNSOLICITED MANUSCRIPTS, PHOTOS OR OTHER MATERIALS.

AARP THE MAGAZINE IS A PUBLICATION OF AARP. THE VIEWS EXPRESSED HEREIN DO NOT NECESSARILY REPRESENT POLICIES OF AARP AND SHOULD NOT BE CONSTRUED AS ENDORSEMENTS. THE MENTION OF A PRODUCT OR SERVICE HEREIN IS SOLELY FOR INFORMATION TO OUR READERS AND MAY NOT BE USED FOR ANY COMMERCIAL PURPOSE. AARP, WHICH WAS ESTABLISHED IN 1958, IS A NONPROFIT, NONPARTISAN ORGANIZATION FOR PEOPLE 50 AND OLDER. STATE OFFICES ARE LOCATED IN ALL 50 STATES, THE DISTRICT OF COLUMBIA, PUERTO RICO AND THE VIRGIN ISLANDS.

NON-AARP WEBSITES HAVE THEIR OWN PRIVACY POLICIES AND MAY REQUEST OR GATHER INFORMATION FROM OUR READERS. SEE AARP.ORG/PRIVACYPOLICY FOR MORE INFORMATION.

ALL ARTICLES ARE FOR INFORMATIONAL PURPOSES ONLY AND NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL LEGAL, FINANCIAL OR MEDICAL ADVICE. CONSULT AN ATTORNEY OR OTHER PROFESSIONAL TO DETERMINE WHAT'S BEST FOR YOUR SITUATION. AARP EXPRESSLY DISCLAIMS AND DENIES LIABILITY FOR ANY DECISIONS MADE BASED UPON THE INFORMATION PRESENTED. VISIT AARP.ORG FOR ADDITIONAL INFORMATION. AARP ASSUMES NO RESPONSIBILITY FOR UNSOLICITED MANUSCRIPTS OR OTHER MATERIALS SUBMITTED FOR REVIEW.

BRANDAMP BY AARP IS AN ADVERTISING PROGRAM OFFERED BY AARP MEDIA ADVERTISING NETWORK. THIS CONTENT IS PAID FOR AND PREPARED IN COLLABORATION WITH THE DISCLOSED ADVERTISER AND AARP MEDIA ADVERTISING NETWORK. THE AARP EDITORIAL STAFF HAD NO ROLE IN THE PREPARATION OF THIS CONTENT OR THE BRANDAMP BY AARP PROGRAM.



I love [the quiz "Rob Lowe is a ..."], though I need to brush up on my trivia. I thought I was his biggest fan! Rob has me beat, lol.
@colleen_gants
Instagram

Rob Lowe is so good with his fans! Great sport and always pleasant.
@eointhemountains
Instagram

We are not done. Not in our 50s. And, says Rob, not in our 60s. Let's go!
@genxjono
Instagram

BACKPACKS VS. ROLLER BAGS

We learned our lesson in the U.K. last summer. Cobblestone sidewalks, stairs, crowds—my backpack was fine, but my wife's roller bag made getting around a real chore.

SCOTT PIGGOTT
Clovis, California

MUSTARD, PLEASE!

I have so many varieties of mustard and use every one of them differently. My go-to is whole grain; amazing on corned beef! Thank you for highlighting an underrated condiment.



CATHLEEN MACHEN
Boonton, New Jersey

FOUND MONEY

Your article "Your Money, Lost Then Found" suggested trying to find old retirement plans by going to the Department of Labor's Retirement Savings Lost and Found Database. I went to the site and found half a dozen different pension plans, including several I had forgotten about. I am now getting monthly checks mailed to me from some and am following up on a few others!

STEVE TERSCHAK
Cincinnati, Ohio

CONTACT US

QUESTIONS ABOUT YOUR MEMBERSHIP, CHANGE OF ADDRESS OR MEMBER SERVICES?

GET HELP AT AARP.ORG/HELP OR CALL THE AARP MEMBER CONTACT CENTER (MONDAY THROUGH FRIDAY, 8 A.M. TO 8 P.M. ET) 888-687-2277 OR 202-434-3525 (INTERNATIONAL CALLERS)



AARP THE MAGAZINE IS PRINTED ON PAPER SOURCED FROM SUPPLIERS THAT ARE DEDICATED TO SOUND, SUSTAINABLE BUSINESS PRACTICES. PLEASE RECYCLE THIS MAGAZINE.



BUNDLE PLANS STARTING AT
\$10.99/month



DisneyPlus.com/GetBundle

Get them both for just \$1 more a month than Disney+ (With Ads).

Terms apply. © 2025 Disney and its related entities.



Rechargeable In-Your-Ear Hearing Aid

"I couldn't believe it!"

"I switched to MDHearing aids and so should you. These are better than my \$8,000 hearing aids, and no one can even see them."

Joe Namath

Joe Namath

Superbowl III MVP
MDHearing Aid User

**NEW LOW
PRICE
SAVE
\$100**

**OVER
2 MILLION
SOLD!**



**BUY 1
GET 1
FREE**

**ONLY
~~\$387~~ \$297
for a pair
PLUS FREE
SHIPPING**

**PRICE JUST
REDUCED!**

**SAVE
\$100**

MDHearing™

The smallest **inside-your-ear** hearing aids from MDHearing... **no one will know you're wearing it!**

NEW OFFER

50% SMALLER!

PRICE DROP

~~\$387~~ **\$297**

NEO XS

What's Included:

- FDA-Registered
- Doctor-Designed
- 20-Hour Battery Life
- Portable Charger
- FREE Shipping
- FREE Lifetime Support
- 100% Money-Back Guarantee

45-Day Risk-Free Trial!

If you are not completely satisfied with your hearing aids, return them within 45 days for a FULL REFUND!

1 (800) 236-2032 **www.JoeLovesMD.com**

Enter offer code **QD73** to receive FREE Shipping!

**MDHearing Is Now Available Through
Top Medicare Advantage Plans!**

Upfront The **A**List

7 Things We Love About The Karate Kid

1 He's been an underdog icon for 40-plus years

The first *Karate Kid* was when I was 22, and I'm still playing that character. Sometimes it has been great, and sometimes it has been confining. But I take pride in paying the legacy forward.

2 A hooper wannabe

I took dance as a kid. I wanted to be Gene Kelly from the moment I first saw those MGM musicals.

3 He wanted to grow up faster than he did

I'd been in *Eight Is Enough*, then got this part in *The Outsiders*, an amazing movie with an amazing cast. I thought I was beyond the teen-heartthrob thing, answering questions like, "What's your favorite color?" for magazines. But when I went to see [*Outsiders* director Francis Ford] Coppola, he had a bunch of teen magazines on his desk because he was figuring out who kids wanted to see. So here's my note to a young person: Be careful what you think you might know at a young age.

4 The '80s teen crush only fell for one girl

I got to work with beautiful, dynamic actresses like Elisabeth Shue and Marisa Tomei (*My Cousin Vinny*), so people are like, Well, who was the one? And I know this is lame, but my girlfriend-wife was the one. We met at, like, 15, 16—and I wasn't looking anywhere else.



"If my teenage self saw me now—playing this character who became a piece of pop culture—he'd be like: 'Yeah, right.'"

—Ralph Macchio

5 He didn't stray very far

I was a Long Island kid, and I still live in the 'burbs. My parents are there—they'll be the first ones grabbing this article, I'm sure. We all get *AARP The Magazine* now!

6 He only recently took up martial arts

In the '80s, I was like, "Are we done shooting?" Getting kicked is not fun. But in the past seven or eight years—since I went back to playing my *Karate Kid* character on *Cobra Kai*—I've gotten into martial arts. But no, I don't start the day kicking and punching. Screaming, maybe, but not kicking and punching.

7 He keeps it real

Will I be playing this role in my walker? Maybe, if there's genuine honesty and it feels fresh. I've learned to never say never. —As told to Judith Newman

Ralph Macchio, 63, finished up the sixth and final season of the popular Netflix show *Cobra Kai* in February and reprises his role as the *Karate Kid* in *Karate Kid: Legends*, in theaters now.



MEMBERS ONLY
For an exclusive video of Macchio, scan this code or visit aarp.org/ralphmacchio.

Cool Treats for Hot Days

Make summer meals sweeter with these no-bake desserts

By LAUREN DANA ELLMAN

↓ Dairy-Free Frozen Cashew Cheesecake Bars

"These creamy, melt-in-your-mouth bars made with all-natural ingredients are just as festive as they are delicious!"

—Nicole Foster, Cajou Creamery cofounder



← Yogurt Panna Cotta with Red and Blue Berries

"Yogurt's tang balances the richness of the cream. This is easy to make ahead." —Chef Cathy Whims, author of *The Italian Summer Kitchen*



↑ Triple Berry Trifle

"This no-fuss dessert can be prepared a day in advance." —Vera Stewart, cooking show host, caterer and author of *The Very Vera Cookbook: Recipes From My Table*



↓ Summer Ice Box Cake

"This dairy-based dessert with layers of graham crackers and fruit is my grandkids' favorite." —Barbara "Babs" Costello, internet personality and author of *Every Day with Babs: 101 Family-Friendly Dinners for Every Day of the Week*



➤ Ice Cream Sandwiches

"Making people happy through food is my greatest reward. These treats are easy to assemble and fun for kids to help with." —Chef David Guas, owner of *Neutral Ground Bar + Kitchen* in McLean, Virginia



MEMBERS ONLY
To find these no-bake recipes online, scan this code.

Food Stylist: Julian Horvath; Prop Stylist: Prissy Montali

A Different Game of Life

Play a card, score a meaningful conversation, win stronger family bonds

FROM MY experience, there's not much social about social media. I've spent afternoons with my grandchildren, watching them with their heads down, working their thumbs on their phone screens as if it were an Olympic sport. I worry about their social skills.

So, to engage their minds, I gathered them around the kitchen table to play a "conversation starter" game. We set our phones aside and focused on each other. Surprisingly, they were eager to get started.

A number of conversation card games are on the market. I have TableTopics and Relish. Others include Talking Point, Tales and Delve Deck. They rely on the premise that reading printed questions to each other will spur discussions that



wouldn't occur organically. Indeed, the game took us down unexpected paths. A question about TV shows somehow led to politics. One about favorite foods had us pondering the benefits of olive oil, which led to talk of organic foods and turned into a conversation about climate change.

Our varied life experiences became apparent too. I talked to my grandchildren about writing checks and what it meant when one bounced. They found this as confusing as I find cryptocurrency.

I listened to each of them explain how they wanted to be remembered by their descendants some-

day. Turns out they had thought about their future. Their answers gave me new insight into how they saw themselves, and I began to see them as full people, rather than just my grandchildren. In turn, I think they saw me as having a life before becoming a grandmother—even as they found it strange that I survived growing up without text messages, memes and "likes."

The game taught me that our children and grandchildren have a great deal to say, and they need to be heard. It is up to us to keep conversation alive. In fact, it's in the cards. —Janie Emaus



SURPRISING PLACES WHERE GERMS LIVE

Spice Containers



A 2022 study published in the *Journal of Food Protection* found that people often spread food bacteria to the spice shakers they use as they cook. To prevent cross-contamination, wash your hands before cooking and after handling raw meat. And clean the spice containers after use.

Microwave Control Pad



Bacteria from something else you touched in the kitchen can be transferred to the microwave controls, says Don Schaffner, chair of the Rutgers University Department of Food Science. Wipe the pad with mild soap and water. Avoid spraying cleaner on the panel or using disinfecting wipes.

Whirlpool Bathtub



Bacteria can grow in the pipes and then shoot out when you turn on the jets. "These microscopic bacteria become an aerosol that can get into your lungs," says Rita B. Moyes, a retired Texas A&M University microbiologist. Purchase a special sanitizing cleaner for whirlpools and jetted tubs.

Laundry Room



You'd think this would be one of the cleanest rooms in your house, but warm and moist environments are hot spots for bacteria and mold. Especially in a basement, run a fan to keep air circulating, says Patric Richardson, author of the book *Laundry Love*. Or use a dehumidifier. —Sheryl Jean

Too Many Treats?

IF YOUR POOCH is putting on pounds, the problem might not be what's in their food bowl, according to Lesley Kovar of Bothell, Washington, a veterinarian for more than 30 years. "You have to consider what else you're giving your pet daily, including all the treats," she says.

Daily calories from treats should equal no more than 10 percent of the food total. "If people do the math, they're feeding more like twice the recommended amount or more in treats," says Kovar. —Robin Roenker





ADVERTISEMENT

EXPERIENCE SUMMER ALONG THE **COLUMBIA & SNAKE RIVERS**

Cruising the Columbia and Snake Rivers in the summer offers spectacular views, warm breezes, and calm waters. Long, bright days provide the perfect setting to take in the sweeping mountains, rolling vineyards, and wide-open landscapes of the Pacific Northwest.

On the 9-day **Columbia & Snake Rivers Cruise**, begin your journey in Clarkston, WA, retracing the path of Lewis and Clark as they explored the western frontier. Visit charming towns such as Astoria, Kalama, and Richland before concluding in Portland, OR. Along the way, admire stunning views of Mount Hood and Mount St. Helens, navigate the impressive locks and dams of the Columbia River Gorge, and explore indigenous cultures through immersive experiences at state parks and museums guided by local experts.

All-Inclusive Cruising

Sail aboard the newest fleet of American riverboats or classic paddlewheelers in the region, each accommodating just 180 guests for an intimate and personalized experience. Relax in a spacious stateroom with a private balcony, perfect for taking in the ever-changing scenery. Savor regionally inspired cuisine, mingle during the daily complimentary cocktail hour, and engage in enriching presentations led by onboard experts and historians. On shore, a featured excursion at every port is included in your fare. Best of all, every journey begins with a pre-cruise hotel stay, ensuring a seamless boarding process and providing extra time to explore your embarkation city at your own pace.





Excursions for Everyone

When you cruise this summer, enjoy included excursions like the Multnomah Falls Experience, Astoria Column Exploration, and Mount St. Helens Scenic Drive to get closer to towering waterfalls, sweeping views, and unforgettable natural wonders. To elevate your experience, you can take to the skies with a Hells Canyon Flightseeing Adventure, glide through the beauty of the Gorge on a Guided Kayak Excursion, or savor an exclusive Rivaura Winery Tasting overlooking the Clearwater River Valley. See this awe-inspiring region in a way that only a cruise can offer—easy, exciting, and entirely unforgettable.

Visit AmericanCruiseLines.com for a full list of ports and excursions.



CALL 800-981-9109
FOR YOUR FREE CRUISE GUIDE

Summer Escapes

Transporting new tales

The Tiny Slice

“Dogs know instinctively that yesterday is gone and tomorrow is never promised—that the only time we ever truly have is now.”

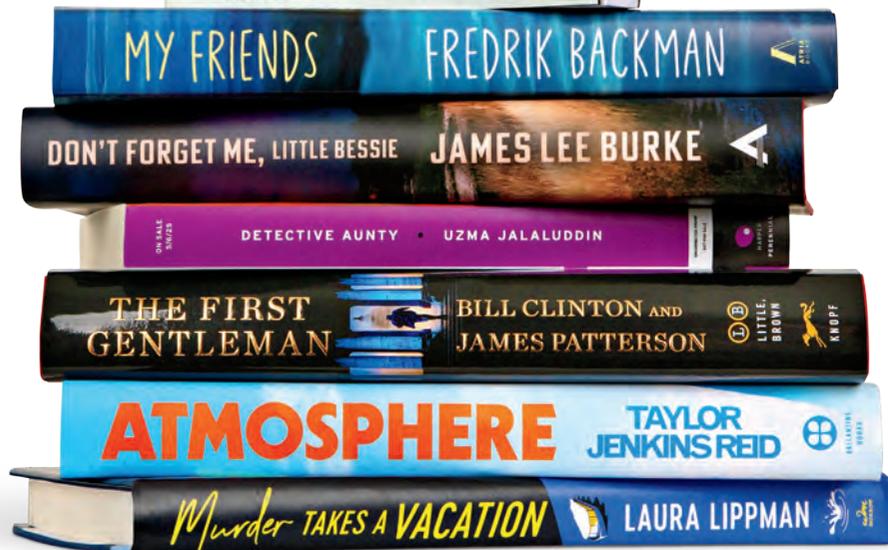
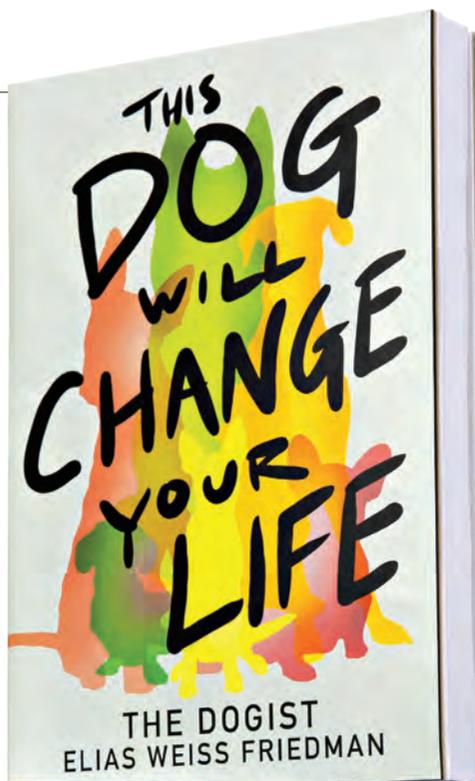
—From **This Dog Will Change Your Life** by **Elias Weiss Friedman** with **Ben Greenman** (June 3)

Penned by a POTUS

Bill Clinton is again collaborating with author **James Patterson** to reimagine life in the White House as an action-packed adventure. In the duo's third stand-alone thriller, **The First Gentleman** (June 2), the (fictional) president's husband finds himself on trial for murder. It follows their 2021 hit, *The President's Daughter*.

Reviews

Don't Forget Me, Little Bessie by **James Lee Burke** (June 3) Brave to a fault, teenager Bessie Holland ends up making some enemies in early-1900s Texas, which is teeming with ruthless oilmen and violent outlaws. She flees to New York, only to face a different kind of lawlessness, in this absorbing tale about good, evil and the busy space in between.



Atmosphere by **Taylor Jenkins Reid** (June 3) Reid (*Daisy Jones & the Six*) sets this page-turner in the 1980s. We first meet Joan Goodwin, an astronomer among the astronaut trainees in the space shuttle program, helping mission control as her teammates face a crisis in space. Suspense builds as her backstory unspools, including her love for another female astronaut.

My Friends by **Fredrik Backman** (May 6) In this heart wrencher by the author of *A Man Called Ove*, Louisa, a troubled aspiring artist, is deeply drawn to a painting decades after its creation. After a brief encounter with the painter before his death, she's determined to uncover the compelling tale of friendship, love and grief that inspired it. —Christina Ianzito

ALSO OF NOTE

CULTURE
False Claims: One Insider's Impossible Battle Against Big Pharma Corruption
by **Lisa Pratta** (June 3)

THRILLER
King of Ashes by **S.A. Cosby** (June 10)

NOVEL
The Convenience Store by the Sea by **Sonoko Machida** (July 15)

BIO
Desi Arnaz: The Man Who Invented Television by **Todd S. Purdum** (June 3)

Hit the Trail

Explore spectacular landscapes on these not-too-strenuous hikes



EASY

Skyspace Loop

Red Butte Recreation Area, Green Mountain Falls, Colorado
1.5-MILE LOOP

► Take a ramble on the ridge that overlooks the bucolic town of Green Mountain Falls. You'll climb through ponderosa pine, Gambel oak and yucca with pygmy nuthatch birds chirping in the branches. The highlight is a stop in the Green Mountain Falls Skyspace, built by famed light artist James Turrell. The stone building features a retractable roof. Shows at sunrise and sunset create an experience that melds natural and artificial light for a meditative experience.



MODERATE

First Manassas Loop Trail

Manassas National Battlefield Park, Virginia
5.4-MILE LOOP



EASY

Fairy Falls Trail

Yellowstone National Park, Wyoming
4.5 MILES OUT AND BACK

► Yellowstone's backcountry is a rewarding wilderness experience. The relatively flat Fairy Falls Trail takes hikers to a view of 200-foot falls, with water cascading off a volcanic cliff. Be on the lookout for wildlife—from bison to beavers—and carry bear spray just in case. Or you can start from the same trailhead and hike the roughly half-mile Grand Prismatic Overlook Trail, which leads to a stunning view of the Midway Geyser Basin.



► Near Washington, D.C., the First Manassas Loop Trail tours the site of the first major clash of the Union and Confederate armies, on July 21, 1861. With just 360 feet of elevation gain, this hike takes in famed sites like the spot where Gen. Stonewall Jackson earned his sobriquet, as well as oak-hickory stands and grasslands that provide a habitat for songbirds and butterflies.
—Douglas Schnitzspahn

SKECHERS HANDS FREE Slip-ins™



NO MORE BENDING



LEARN MORE

No Bending Over.

No Touching Shoes.

Just Step In & Go.

AVAILABLE FOR MEN, WOMEN, AND KIDS

skechers.com

Now Playing

AARP critic Tim Appelo picks upcoming movies and shows for grownups to watch this summer



HAPPY GILMORE 2

📺 On Netflix July 25 • Adam Sandler, 58, plays a hockey player turned golf pro in a sequel to the 1996 comedy. Julie Bowen, 55, plays his sweetie and gets de-aged to play her character over a 30-year span.



THE FANTASTIC FOUR: FIRST STEPS

📽 In theaters July 25 • Pedro Pascal plays the elastic Reed Richards in a reboot of the superhero flick, directed by WandaVision's Matt Shakman. It stars *The Bear*'s Ebon Moss-Bachrach as the Thing, *Ozark*'s Julia Garner as the Silver Surfer, Ralph Ineson, 55, as Galactus and John Malkovich, 71, who's rumored to play the villainous Red Ghost.

THE OLD GUARD 2

📺 On Netflix July 2 • Charlize Theron, who turns 50 on August 7, returns as warrior Andromache of Scythia, battling her nemesis Discord (Uma Thurman, 55, who Theron thinks should've won an Oscar for *Kill Bill*).



JURASSIC WORLD: REBIRTH

📽 In theaters July 2 • If any franchise desperately needed a rebirth, it's the *Jurassic Park* movies. Hopes are high for the seventh dino-hunting epic, by director Gareth Edwards, 50, (*Rogue One: A Star Wars Story*) and the original film's writer David Koepp, 62, with a cast including Scarlett Johansson, *Bridgerton*'s Jonathan Bailey and Mahershala Ali.

EDDINGTON

📽 In theaters July 18 • In the early days of COVID-19, law-and-order Sheriff Joe Cross (Joaquin Phoenix, 50) battles a New Mexico mayor (Pedro Pascal, 50) as murders and politics rock the town.



TOO MUCH

📺 On Netflix July 10 • A suddenly single New York workaholic (Megan Stalter, *Hacks*) flees to London and connects with a guy (Will Sharpe, *The White Lotus*) but maybe shouldn't have.



Clockwise from top: Scott Yamano/Netflix; 20th Century Studios/Marvel Studios; Jason Roland/Universal Pictures and Amazon Entertainment; Ana Blumenkrantz/Netflix; A24; Eli Joshua Aday/Netflix



Classic Hits, Viral Videos

SOME OLDIES but goodies have been popping up in surprising places. Young music fans are discovering songs of past generations and using them as soundtracks to social media videos on TikTok, Instagram Reels, YouTube Shorts and other platforms. That has led to newfound popularity for some classics:

Illustrations by Madison Ketcham

“Copacabana” by Barry Manilow (1978)

Used for: Dance videos. It’s Gen Z’s time to shine. **Why:** The song’s infectious rhythm.

“Love Grows (Where My Rosemary Goes)” by Edison Lighthouse (1970)

Used for: Photo montages of selfies that show the user’s clothes and personality. **Why:** Fits nicely with the opening lines: “She ain’t got no money / Her clothes are kinda funny / Her hair is kinda wild and free / Oh, but love grows where my Rosemary goes.”



“Vienna” by Billy Joel (1977)

Used for: Videos made by 20-something women to remind their overachieving selves to be patient and enjoy life. **Why:** The lyrics: “Slow down, you’re doin’ fine / You can’t be everything you wanna be before your time.”

“Remember (Walkin’ in the Sand)” by the Shangri-Las (1964)

Used for: Videos of “fails,” such as a toddler drawing on a white wall, a pet attempting a stunt or people falling down while dancing. **Why:** Because of the song’s iconic “oh no” line. —Elise Ceyral



Experience Freedom!

Finally... An Alternative to Adult Diapers for Men

Switch to Men’s Liberty and pay little to no out-of-pocket cost** (if you qualify for coverage by Medicare, most Medicaid plans, private insurance, and VA/Tricare.) This could save you thousands of dollars a year!

Call Today and Receive a FREE Week’s Supply with Your First Order!*



1-888-752-6219

MensLiberty.com/ARP



Men’s Liberty™

bravida medical

Ask about New Nighttime Solution for Women!

©Argentum Medical LLC, DBA Bravida Medical, All rights reserved. FreeDerm® is a registered trademark of BioDerm, Inc., DBA Bravida Medical. Men’s Liberty™, BioPlus+™, and KindKlamp™ are trademarks of BioDerm, Inc., DBA Bravida Medical Patents: <https://bioderminc.com/patents/>

MEN'S LIBERTY	VS	ADULT DIAPERS
YES	Keeps you dry 24/7?	NO
YES	Directs urine away from the skin?	NO
YES	Reduces the risk of infections?	NO
YES	Invisible under clothing?	NO
YES	Covered by Medicare**	NO

*30 days supply or more ** Standard co-pays and deductibles apply.

Donna Karan

The fashion designer riffs on Streisand, Haiti—and memory

Becoming DK

My father was a custom tailor. My mother worked as a model on Seventh Avenue in New York. When I was a child, they would bring me there from our home out in Queens, and I said the one thing I never wanted to do was be a designer!

And then there was Anne Klein

I went in to Anne Klein to apply for a college summer internship, and Anne asked me to walk for her because she thought I was a model. When I showed her my portfolio, she said, “You’re hired.” Then Anne told me I should quit school because I was already a designer. I did.

Flying solo

I came up with the idea for Seven Easy Pieces at Anne Klein: a bodysuit, a wrap-and-tie skirt, a jacket, a coat, leather and suede, knitwear and an evening piece.

Dressing Babs

I was told that Barbra Streisand needed some clothes. I emptied my closets and brought everything to show her. I walk in, and she’s sitting there. I said, “I’m sorry, but I’ve just got to sit down. You have no idea, you are my dream.” And Barbra just looks at me and says, “Do you have any clothes to go with these fur coats?” Now she’s my sister for life.

Creating DKNY

My daughter Gabby started taking all my clothes, wearing them to school—long velvet dresses with boots—in high school. That wasn’t cool. So I said, “I gotta make a younger person’s collection.” DKNY was born.

Supporting Haiti

After the earthquake hit Haiti in 2010, I realized many of my causes overlapped with Haiti’s needs—the preservation of its culture, the need for better health care. So I brought down integrative therapists from [her current brand] Urban Zen. Over the years, I partnered with Haitian artisans who made accesso-

ries for Urban Zen, with the money from any sales going straight back to them.

Redefining the cold shoulder

It’s a top or dress with the shoulder cut out. The shoulder is the only place you never gain weight. Forget the rest of your arm! [Laughs] Hillary Clinton wore it when she was first lady, but it looks good on everybody.

Memory loss

In a sense, I have always had this problem because most artists think from a different side of their brain, which is why I am so weak in learning computer technology. But memory loss still concerns me a lot. As we sit here today, there’s so much that I can’t remember, and it’s frustrating. Fortunately, I have visual memory. I can’t remember names very well, but I’m great with fabrics, shapes and color. —As told to Harriette Cole

Fashion designer Donna Karan, 76, continues to design and sell clothing under her luxury lifestyle brand Urban Zen, which also promotes wellness and extends a philanthropic hand to many in need.



MEMBERS ONLY
For video of Karan, visit
aarp.org/donnakaran or
scan this code.

Consumer Cellular

A 16 Years
Benefiting AARP Members

SAME TOWERS, SAME COVERAGE.

PLANS START AT
JUST \$19/MO.

Member Benefits

AARP

SPECIAL RATES FOR AARP MEMBERS—INCLUDING AN EXTENDED, 45-DAY RISK-FREE GUARANTEE.

\$ **19**
1GB
1 LINE/
MONTH

\$ **38**
15GB
1 LINE/
MONTH

\$ **55**
Unlimited GB
2 LINES/
MONTH

AGE
50+

AARP MEMBER EXCLUSIVE



**NO LONG-TERM
CONTRACTS.**



**RANKED #1 CUSTOMER SATISFACTION
AMONG WIRELESS CARRIERS.**



**FAST, RELIABLE
NATIONWIDE COVERAGE.**

VISIT **ConsumerCellular.com/8398**

CALL CONSUMER CELLULAR **(888) 874-8398**

© 2025 Consumer Cellular, Inc. Terms and Conditions subject to change. Taxes and fees apply. New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. For unlimited data plans, access to high-speed data will be reduced after 50GB of combined use, and you will experience slower speeds for the remainder of your billing cycle. Plans shown include \$5 credit for AutoPay and E-billing. If you're not completely satisfied within 45 days (data use is limited to 500MB) of activation of your service, cancel and pay nothing other than third party charges. Coverage and reliability based on 2024 ACSI® Survey of customers rating their own Wireless Service Provider. ACSI and its logo are registered trademarks of the American Customer Satisfaction Index LLC. For more about the ACSI, visit www.theacsi.org.

AARP commercial member benefits are provided by third parties, not by AARP or its affiliates. Providers pay a royalty fee to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. Some provider offers are subject to change and may have restrictions. Unlimited \$55 for 2 offer is valid only for active AARP members with two lines of service and an unlimited data plan. This offer cannot be combined with any other promotions or discounts, including the AARP monthly membership discount. Offer is only good for two lines of service. Customers must validate they are 50 years of age or older.



**FIND A STORE
NEAR YOU.**

A Help Button As Low As

\$1 Per Day

"Hello, this is MobileHelp. How may I assist you?"



To be truly independent, your personal emergency device needs to work on the go.

MobileHelp® allows you to summon emergency help 24 hours a day, 7 days a week by simply pressing your personal help button. Unlike traditional systems that only work inside your home, a MobileHelp medical alert system extends help beyond the home. Now you can participate in all your favorite activities such as gardening, taking walks, shopping and traveling all with the peace of mind of having a personal medical alert system with you. MobileHelp, the "on-the-go" help button, is powered by one of the nation's largest cellular networks, so there's virtually no limit to your help button's range.



MobileHelp Features:

- Simple one-button operation
- Affordable service
- Amplified 2-way voice communication
- 24/7/365 access to U.S. based emergency operators
- GPS location detection
- Available Nationwide

If you're one of the millions of people that have waited for an alert service because it didn't fit your lifestyle, or settled for a traditional system even though it only worked in the home, then we welcome you to try MobileHelp. Enjoy peace of mind at home or on the go.

Unlike "stay-at-home" emergency systems MobileHelp protects you:

Places where your Help Button will work	MobileHelp	Traditional Help Buttons
Home	✓	✓
On a Walk	✓	✗
On Vacation	✓	✗
At the Park	✓	✗
Shopping	✓	✗



Optional Fall Button™



The automatic fall detect pendant that works **WHERE YOU GO!**

MobileHelp

1-800-761-2996

<https://offers.mobilehelp.com/save-june/>

Scan code with your phone's camera to view online



GET OUR SPECIAL OFFER* NOW



FREE SHIPPING
FREE MONTH OF SERVICE
plus **FREE EQUIPMENT TO USE**

*For a limited time - promotions available for select systems and subscription plans, please call for specific details. Offers are valid for new customers and for the first year of service and cannot be combined with any other offers. \$29.95 is the promotional monthly subscription price for a MobileHelp Micro On-The-Go system. Equipment shown is the MobileHelp DUO (at home and on the go) system available at higher monthly cost. Most equipment is included at no cost while actively subscribing and must be returned upon cancellation. Free one month of service offer valid with purchase of Annual plan and includes month 12 at no additional charge. Refer to terms and conditions for specific details. Fall Detection does not detect 100% of falls. If able, users should push their help button when they need assistance. Fall Detection is not intended to replace a caregiver. MobileHelp is a registered trademark, patented technology. Current GPS location may not always be available in every situation on the cellular network at all times. Free shipping offer is valid for Annual plans only.



Healthy You

Run a Mile—Without Running!

To get the health benefits of jogging, perform these four exercises in order. Rest 30 seconds between each. Do the whole plan twice (about 10 minutes total), and that's a mile! **By MYATT MURPHY**

BODY WEIGHT CALF RAISES

- 1 Stand on the lowest step of a staircase, facing the stairs; hold on to a railing for balance. Place the balls of your feet on the edge of the step so your heels hang off.
- 2 Slowly raise your heels up as high as you can, then lower them down as far as you can. Do as many repetitions as possible. (If you don't feel steady on a step, try doing the move with both feet on the floor instead.)

SHADOW BOXING

- 1 Get into a boxing stance with your feet hip-width apart, elbows close to your body and fists in front of your face.
- 2 Take one step back with your left leg and bend your knees slightly. Throw a punch with your right hand, reset, then throw a punch with your left hand as you rotate your torso to the right. Throw a total of 10 punches, then switch your stance and do the opposite, stepping back with your right foot.
- 3 Alternate stances every 10 punches; box until slightly fatigued.

BODY WEIGHT LUNGES

- 1 Stand with your back straight, feet hip-width apart, arms at your sides.
- 2 Step forward with your left leg, leaning forward until your left knee is above your toes. (Your right leg should be as straight as possible behind you, right heel raised off the floor.)
- 3 Push yourself back up into the starting position. Now repeat the move, this time stepping forward with your right leg and keeping your left leg straight. Continue alternating between your left and right leg for as many repetitions as possible.

ROPELESS SKIPPING

- 1 Stand straight with your arms by your sides, palms facing inward.
- 2 Rotate your forearms in a small circle and hop as though you're skipping rope, keeping your legs and feet slightly apart. Keep your head facing forward. Only hop off the floor an inch or so and land on the balls of your feet to reduce stress on your knees.
- 3 Continue jumping at a comfortable pace until slightly fatigued.

Myatt Murphy is the author of nearly two dozen books on health and fitness.



Top: Illustration by Kyle Hilton

Skin Cancer Is Trickier Than You Think

The disease can show up in unexpected ways on your body. Here's what to look for

By ABBY ALTEN SCHWARTZ

“**CAN I SHOW** you one more thing?”

I was at the dermatologist's office for my semi-annual skin check, and he'd just finished the exam. But something was still gnawing at me.

“I have this tiny rough spot on the bridge of my nose. If I scrub it off, it bleeds,” I said.

He looked at it under the magnifying light.

“It could be precancerous. Let's freeze it and see if it comes back,” he said, spraying it with liquid nitrogen. It did come back, twice, so I made an appointment for a biopsy. I felt only a pinch of the needle numbing the area before the doctor shaved off a thin layer of skin for testing.

A week later he called with the results: squamous cell carcinoma in situ. In situ meant it had not spread past the top layer, but because this early-stage cancer could become invasive, my doctor recommended Mohs surgery to ensure all of it was removed. (See “What Is Mohs Surgery?” opposite page.) The following week I had the procedure.



SEE SOMETHING, SAY SOMETHING

My father died of stage 4 melanoma when he was 76, so I take skin cancer seriously. Yet even though I was religious about getting annual exams, it turns out that wasn't enough. On top of dermatology exams every year (or more frequently, based on your history), monthly self-checks at home are important, says Karen Stolman, M.D., a board-certified dermatologist with Park City Dermatology in Utah and a spokesperson for the Skin Cancer Foundation.

“You're just looking for something that's new or unexpected or a change that you don't think is right for your skin,” Stolman explains. “You don't have to know what you're looking at or diagnose it.”

When I began seeing a dermatologist in my early 40s, I was skeptical I'd notice any new moles or marks. But by paying attention, I've become familiar with the landscape of my skin. I'm learning that skin cancer

(and precancer) can take on a different texture or appearance than the classic signs people are usually told to watch out for.

LOOK FOR THE UGLY DUCKLINGS

Dermatologists have done a pretty good job educating the public about malignant melanoma, says Alix J. Charles, M.D., a board-certified dermatologist and chairman of the department of dermatology at Duly Health and Care in Hinsdale, Illinois. One of the deadliest forms of skin cancer, melanoma often begins as a brown or black mole that becomes larger or irregular. When you google “warning signs of skin cancer,” what you'll typically get are the ABCDE's of melanoma:

- ▶ **Asymmetry:** Two halves that don't match
- ▶ **Border:** Irregular, scalloped or poorly defined edges
- ▶ **Color:** Multiple colors or shades
- ▶ **Diameter:** The size of a pencil eraser (can start smaller)

► **Evolving:** Changes in size, shape, color or presentation (itching, bleeding, crusty, raised)

While these signs are important, the two most common types of skin cancer—basal cell carcinoma and squamous cell carcinoma—typically present in other ways, including:

► **A reddish irritated area or open sore that persists** (may crust, bleed or ooze)

► **A pearly bump or nodule** (clear or pink; may be pigmented in people of color)

► **A small pink or elevated growth** (crusted indentation in center, raised edges, may bleed)

► **A scar-like area** (often with poorly defined borders)

► **A wart-like growth** (may crust or bleed)

The precancers that dermatologists find daily, called actinic keratoses, start out pink or red and scaly, “and they’re typically where we’ve had the most sun,” Stolman says.

A good takeaway is to look for the “ugly duckling,” says Kelly Nelson, M.D., a board-certified dermatologist and professor of dermatology at the University of Texas MD Anderson Cancer Center in Houston. “If you have one thing on your skin that is looking or behaving in a way that’s different, that one thing should probably be evaluated by a doctor,” she explains.

Though skin cancer occurs most

A Dose of Prevention

If you’ve had multiple precancerous or cancerous spots in one area (especially on sun-exposed parts), several therapies can help prevent future cancers. These “field treatments” are intended only for actinic keratoses or superficial skin cancers (early basal cell and squamous cell carcinomas affecting the top layer of skin).

Fluorouracil (5-FU), a topical chemotherapy cream, is applied once or twice a day for several weeks to target cancer cells near the skin’s surface. The treated skin can become red and sensitive until it heals.

Photodynamic therapy (PDT) uses a topical light-sensitive drug that is absorbed into precancerous cells. A special light activates the drug and destroys them. The therapy usually needs to be repeated every 1 to 5 years.

Additional therapies for sun damage include **fractional laser therapy** as well as **carbon dioxide laser and chemical peels**, which may be less effective.

often in people with fair complexions, Nelson says it can strike anyone, even patients with very dark skin. Because of a misperception that people of color don’t develop skin cancer, they—and their physicians—may not be on the lookout. As a result, skin cancer is often diagnosed at a later stage in patients of color. (Several brands of sunscreen—such as Black Girl Sunscreen, Bolden Brightening Moisturizer and EltaMD UV Clear—that are now available can protect people with darker skin without leaving a dull white coating.)

JULY
2 **PREPARE FOR YOUR NEXT CHECKUP NOW**

Skin cancer is of increasing concern as we age. Stolman says

today’s precancer may be from sun damage 10 to 20 years ago, but it can also build over time with each exposure. In addition, “with age, our immune system becomes less capable of protecting us from all forms of cancer, including skin cancer.”

Staying on top of your risk positions you to take advantage of breakthrough skin cancer treatments. In February 2024, the Food and Drug Administration approved Amtagvi (lifileucel), the first cellular therapy for advanced melanoma. It follows a number of recent breakthroughs on this form of skin cancer, which accounts for the majority of fatalities from the disease.

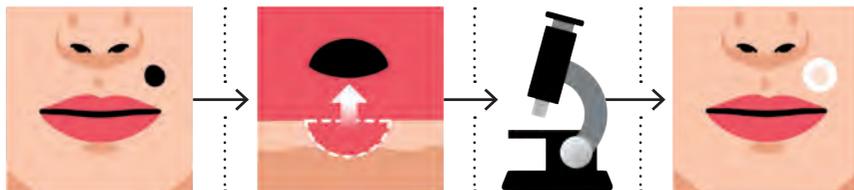
I keep a list on my phone of suspicious spots to ask about at my next checkup. If something new appears that I’m especially worried about, I’ll make an appointment right away. It doesn’t hurt to take a photo of anything that looks odd so you can track how it changes over time.

If you don’t already have a dermatologist, it can be a long wait for an opening. Try elsewhere if a practice can’t see you within three months. You can also ask your primary care provider to take an initial look and help with a referral or next steps. ■

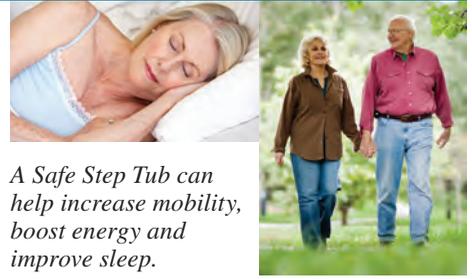
Abby Alten Schwartz has reported on health and relationships for Wired, Salon and other publications.

What Is Mohs Surgery?

ALSO KNOWN as Mohs micrographic surgery, this procedure—performed under local anesthesia with the patient awake—is successful up to 99 percent of the time for untreated skin cancer (94 percent for reoccurring cancers) and produces minimal scarring. The surgeon removes a thin layer of tissue and, while you wait, examines it under a microscope. The process is repeated until the tissue shows clean margins (no cancer cells remain).



How a Safe Step Walk-In Tub can change your life



A Safe Step Tub can help increase mobility, boost energy and improve sleep.

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep?

As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life?

Check all the conditions that apply to you.

Personal Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Dry Skin |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mobility Issues |
| <input type="checkbox"/> Lower Back Pain | <input type="checkbox"/> Poor Circulation |

Then read on to learn how a Safe Step Walk-In Tub can help.

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you bathe safely and maintain your independence.
- Free Toilet

Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:

Hydro-Jet Water Therapy – 10 Built-In Variable-Speed Massaging Water Jets

16 Air Bubble Jets

Complete Lifetime Warranty on the Tub

Personal Hygiene Therapy System and Bidet

Anti-Slip Tub Floor

Heated Seat and Back

Electronic Keypad

MicroSoothe® Air Therapy System

New Rapid Fill Faucet

Foot Massaging Jets

Wider Door, The Industry's Leading Low Step-In



For your FREE information kit and our Senior Discounts, Call Today Toll-Free

1-800-705-0139

Financing available with approved credit.

CALL TODAY AND RECEIVE EXCLUSIVE SAVINGS

FREE TOILET PLUS \$2000 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-705-0139

Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only.

safestep
www.SafeStepBathing.com



◀ Scan me

The Ten Commandments of Late-Life Divorce

When your marriage is put asunder, keep your finances whole By DIANE HARRIS

IF ADAM AND EVE had decided to split up after decades of acrimony over the apple, dividing their meager property wouldn't take Solomonic wisdom.

But given the tangle of income and assets that older couples typically have today, ending a marriage later in life can have a financial impact of biblical proportions. One study found that wives who divorce after age 50 see a 45 percent decline on average in their standard of living; husbands see a 21 percent drop.

Avoid a plague of problems by heeding these 10 commandments.

1 *Thou shalt not covet a bygone lifestyle.*

When going through the upheaval of divorce, you may want to keep other aspects of your life the same. But that's unrealistic because you'll likely have only half the financial resources.

"You might have to downsize, maybe cut back on your lifestyle," says Chris Chen, a certified divorce financial analyst in Newton, Massachusetts. "But in most cases you can, in fact, plan so you will not run out of money in your lifetime."

2 *Thou shalt not worship thy home.*

In many divorces, one spouse prefers to stay in the family home and will give up some retirement assets

to buy out the ex. That's usually a mistake, advisers say, given how expensive a house is to maintain. Plus, it's a highly illiquid asset that can leave you cash-poor.

"If a home is going to be more than 70 percent of your net worth, you should consider whether you can really afford it," says Nancy Hetrick, a certified divorce financial analyst in Phoenix.

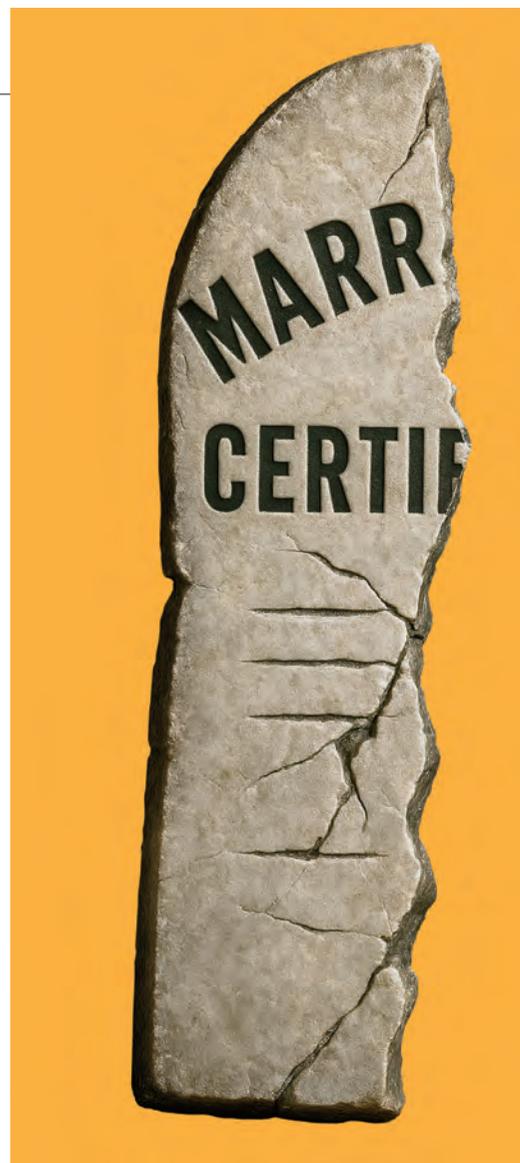
3 *Thou shalt heed thy state's rules of division.*

Where you live largely determines how assets you and your spouse acquired during your marriage will be split. Assets you owned before you wed—and possibly gifts or inheritances you received while married—are considered separate property and won't be part of the settlement.

In the country's nine community property states, marital assets are divided evenly. Everywhere else, state guidelines call for an "equitable distribution."

"Equitable doesn't necessarily mean 50/50 and doesn't always feel fair to the parties involved," says Julianne Incardona, a certified divorce financial analyst in Williamsville, New York.

You can negotiate dividing specific assets as long as the overall value of the distribution meets state guidelines or you agree to a different split.



4 *Thou shalt share the fruits of thy labor.*

Along with the house, workplace retirement plans are typically a couple's most valuable holding. And, like the home, they tend to elicit strong emotions, particularly from the spouse whose name is on the account.

By law, though, both spouses are entitled to a share of retirement assets earned during the marriage, based on state guidelines and, in the case of pensions, each plan's rules.

Adding to the complexity of pensions: whether the plan includes additional benefits such as health insurance and whether the account holder is already receiving



payments. The couple usually has the option to divide benefits, put a lump-sum current value on the pension and split that, or have the account holder buy out the ex.

To execute the division, you typically need a special document called a qualified domestic relations order (QDRO) issued by a court or state agency. Government and military pensions have different mechanisms for splitting.

5 Know thou that not all assets are created equal.

In negotiating, be mindful of how taxes can affect the value of different assets to make sure one spouse isn't shortchanged. For example, a

savings account with a \$100,000 balance is worth more than a traditional IRA with \$100,000 in it because withdrawals from the retirement account, unlike withdrawals from the bank account, are taxable.

"Each spouse should talk to a financial adviser who didn't work with them as a couple as well as a tax professional to assess tax impact before any decisions are finalized," says attorney David Horowitz, cochair of the Mediation Committee of the American Academy of Matrimonial Lawyers.

6 Thou shalt not count on thy ex's financial help.

Expecting to get—or pay—spousal support for many years to come? Think again.

"Lifetime alimony has gone the way of the dinosaur," Hetrick says.

In fact, once the spouse with higher lifetime earnings has reached full retirement age, there is usually no obligation to pay any alimony at all.

Divorce won't affect your Social Security benefits in most cases. The higher earner's payments will continue as usual. If the lower earner has been collecting based on the spouse's work record, those payments will continue as well, as long as the couple were married for at least 10 years. If the higher earner dies first, the lower earner will then be entitled to 100 percent of the ex's benefit, even if the now-deceased ex had remarried.

7 Honor and protect thy children.

Want to ensure that your adult children get a fair inheritance?

Hetrick recommends that each spouse, within 30 days of the divorce settlement, form a trust that leaves to their children the marital assets each has upon their divorce. Otherwise, if either of you remarries and then passes away, the new spouse—and eventually maybe the spouse's kids—will get everything, she says.

8 Thou shalt not covet thy ex's prized possessions.

Dividing personal property—who gets the furniture, jewelry, artwork, photo albums or the family pet—is a common point of contention.

"When couples fight about their stuff, they're fighting more about the memories attached to the stuff than about its market value," says Laura Belleau, president of the American Academy of Matrimonial Lawyers.

Can't come to an agreement? A judge will decide for you, typically by either ordering you to sell the property in dispute and split the proceeds or take turns choosing items, tossing a coin to see who picks first.

9 Thou shalt not act out of animus.

Squash the urge to punish your ex; aim for an amicable settlement.

Contentious divorces often end up in litigation, which can cost up to 10 times as much as mediation. Mediation also gives you a better chance of successfully negotiating matters as you see fit rather than accepting what the court dictates.

"You should be driving the decisions, not the person in the black robe," Horowitz says.

10 Thou shalt move forward.

Once the ink on your divorce decree is dry, make sure to change the beneficiary designation on your financial accounts and insurance policies so your ex doesn't inadvertently inherit your assets if you die.

As you start to rebuild your life post-divorce, try to focus less on what you've lost and more on what you've gained—for example, greater autonomy on how to spend your money. Says Erika Wasserman, a certified financial therapist in Miami, "The freedom in that can be deeply satisfying." ■

Longtime journalist Diane Harris was formerly the top editor of Money magazine and deputy editor of Newsweek.

THE COSMIC RESILIENCE OF 'SPIRIT IN THE SKY'

As the 1960s ended, a quirky, upbeat song about the afterlife wormed its way into our heads. It never left

By ALANNA NASH

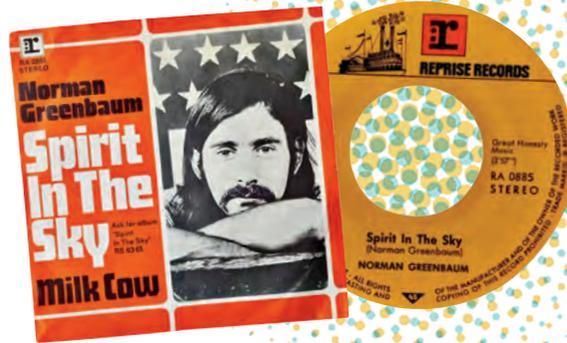
In December 1969, against a national backdrop of the Apollo 11 moon landing, Woodstock and the Vietnam War, a psychedelic-rock-meets-gospel-meets-cosmic-blues boogie about Jesus and the redemption of death blazed its way into the cultural consciousness.

Fifty-six years later, that song, "Spirit in the Sky" by Norman Greenbaum, has taken on an afterlife of its own, appearing in movies, TV shows and commercials.

This year, a new mix was released, followed by a vinyl reissue. "People write that their relatives were buried with that song. And a fighter pilot said, 'That song got me through the [Vietnam] war.' I'm humbled by it," says Greenbaum, 82, who lives in Santa Rosa, California.

The song has a rich legacy:
▶ It was No. 341 on *Rolling Stone's* 500 Greatest Songs list.

▶ It has been used in 110 TV and movie soundtracks,



including for *Aquaman and the Lost Kingdom* (2023), *Ocean's Eleven* (2001), *Remember the Titans* (2000), *Apollo 13* (1995) and *Wayne's World 2* (1993).

▶ At least 50 artists have recorded it, including Elton John and William Shatner.

▶ By 2020, it had appeared in more than 30 commercials.

Greenbaum never repeated the song's success and says he's content with a modest life: He's worked in a restaurant and on his then-wife's goat farm while continuing to play music professionally. As to how much the song made over the years: "I'd get royalty checks for \$25,000 and other times \$2,000. I never added it up."

Alanna Nash is a journalist and author who has written extensively about country music.

HEALTH

3 MOVES FOR STRONGER ARMS

AS WE GET older, we may find that our arms aren't as strong as they used to be. But good news: You can build strength at any age.

How? Science says to just squeeze.

Here's Your 3-Step Plan:

1. Morning: Bicep Boost

At a desk, place your palms underneath facing up, bending elbows. Drop your shoulders and squeeze biceps while pushing against the bottom of the desk. Hold the contraction for 10 seconds.



2. Afternoon: Wall Push

Stand and face a wall with hands at shoulder height. Lean in and press into the wall as hard as you can without moving. Hold for 15 seconds.



3. Evening: Towel Twist

Sit up straight and hold a thick, rolled towel at both ends with arms extended. Twist towel ends in opposite directions, as if wringing water out. Hold the position for up to 20 seconds. Repeat all three exercises four times.



—Barbara Hannah Grufferman, author of *Love Your Age*

NOSTALGIA

June 30, 1955: CBS debuts a prime-time show featuring an obscure comedy writer. *The Johnny Carson Show* is soon canceled without finding an audience. But its format is repurposed by the future *Tonight Show* host, who helps revolutionize America's late-night viewing habits.



SUMMER STYLE



Use these tips from Asa DeCarlo of Stitch Fix and others to stay cool and chic all summer

Embrace fabrics that breathe

Natural materials allow air circulation and minimize sweating. An oversized linen or gauze shirt is a stylish beach or pool cover-up.

Sunproof your wardrobe

Look for UPF-rated clothing with longer sleeves that allow for better airflow and comfort.



Feel free to express yourself

Don't shy away from vibrant hues or patterns. A bold-colored dress or a flashy shirt can brighten your mood and wardrobe.

Make your footwear count

Walking at midday can mean crossing hot sand—and risking blisters. You need swim shoes or flip-flops.



Accessorize thoughtfully

A wide-brimmed sun hat is important to help protect from sun damage. Just add a pair of big sunglasses and voilà!—Ann Brenoff



You Can't Dance With a Smartphone

Or, why boomers are still having more fun, while testing the frontiers of personal embarrassment and generational humiliation in front of children and grandchildren

By DAVE BARRY

GENERATIONS ARE different. And I've noted one difference between my generation and Gen Zers that makes me feel sad for them, because I think they're missing out on one of the great joys in life: dancing.

Gen Z doesn't dance. This isn't just my opinion. This is a scientific fact based on a rigorous study I have conducted between visits to the bar at a wide variety of wedding receptions.

Here's what I've observed: Once the traditional first dance has been dispensed with, the band or DJ starts playing music intended to lure people onto the dance floor, usually an up-tempo rocker. For a few moments the floor is empty. Then one brave pioneer couple will make their way out there. It's almost always an older couple. In fact, often it consists of me and my wife.

Soon we're joined on the floor by other older couples. Before long the dance floor is full and almost everyone on it is either receiving, or will soon be receiving, Social Security benefits.

Meanwhile, at the young-person tables, Gen Zers will occasionally glance up from their phones and look at us dancers with an expression of wonderment. But it's not an admiring wonderment. It's more like, *I wonder what in the world those old people think they're doing.*

I'll tell you what we think we're doing: the twist. Or maybe the mashed potato. Or the slop, the Watusi, the frug, the pony, the swim, the hully gully, even possibly the jitterbug. Or, most likely, we're doing some random, mutant, free-form mixture of all these and other dances from the distant past. Call it the Boomer Gyration.

We're not all graceful; we don't always look pretty out there. Some of us look ridiculous. But we don't care what we look like: We're having fun. We're having way more fun than the phone brigade.

We like to dance because we've always danced. We



grew up going to school dances, sometimes even actual sock hops. Every party we went to was a dance party, usually in somebody's basement or rec room, the music supplied by a lo-fi record player, its fat spindle stacked with scratched-up 45-rpm records plopping down one on top of the other.

Dancing was the social activity for us. It was the main way girls and boys interacted. You either danced or you stood on the sideline wishing you were dancing. Every guy my age can remember the mixture of hope and terror he felt when he finally worked up the courage to leave the sideline and cross the gym floor—a distance that felt like several miles—to walk up to a group of giggling girls and ask one of them to dance, knowing that if she said no, he would have no option but to immediately leave the gym and hurl himself in front of a moving bus.

But if the girl said yes—she usually said yes, thank God—the two of you would move out onto the floor. And even if you were doing some truly ridiculous dance—even if you were doing the monkey—there was still something romantic about it because it was just you and her. And then maybe, if you were lucky, a slow-dance record would plop down on the spindle, and the two of you would move closer and embrace....

Was there anything better than that?

No, there was not. Which is why my generation still loves to dance.

Syndicated humor columnist Dave Barry, 78, recently released his aptly titled memoir, *Class Clown*. Barry won the 1988 Pulitzer Prize for commentary. He lives in Miami.



Dave Barry,
master of the
frug and Watusi

Cellular Service on the Nation's
Most Dependable Network.

**SWITCH
TODAY
AND
RECEIVE
\$50**

That's right a
**FREE Phone,
FREE Shipping
and \$50**

All the latest
iPhones
and
Androids at
**Discount
Prices!**



**FREE Flip Phone
or Smartphone**

Unlimited
Talk and Text ONLY **\$15** PER MONTH

Talk, Text and
Data ONLY **\$20** PER MONTH

**BONUS!
FREE 8" TABLET**

While Supplies Last.
Shipping & Handling Additional.

**Affinity[®]
CELLULAR**
855-893-2892

AffinityCellular.com

\$50 will be credited to your Affinity account at time of purchase to be used for air time charges. Credit balances from promo are not refundable and are applied to your Affinity charges. Credits may be used over multiple months.

This Is 70

ESSAY

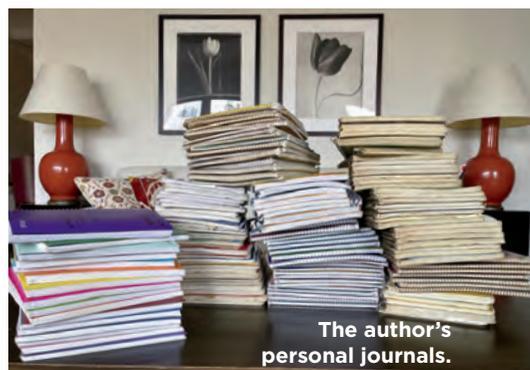
A Lifetime of Examining My Life

*What keeping journals for
decades has taught me*

By CHIP BROWN

MY KIDS RECENTLY gave me a formulaic little book called *Dad, I Want to Hear Your Story*, a “father’s guided journal” filled with ostensibly character-defining questions such as: Did I like roller coasters as a child? Do I think there’s life on other planets? Do I believe in love at first sight? I appreciate the gift but wonder whether my children aren’t inviting me to water the lawn in a down-pour, because I have been keeping a journal—unguided—since I was a sophomore in college. I now have 137 wide-ruled spiral notebooks; I would have 138, but I lost one in 1989, when my briefcase was stolen from a restaurant in Rockefeller Center. All told, that’s more than 20,000 pages of scribbling amassed over 52 years. If my kids bother to rummage through this archive, they will learn that Dad does not like roller coasters, hopes there is life on other planets and believed way too often in love at first sight.

In journal-keeping, per the famous dictum of Socrates that “the unexamined life is not worth liv-



The author's
personal journals.

ing,” I found a way of parsing what was in my mind and heart. Sometimes it was also a way of slapping myself awake, to drain the angst, bridle the rage or just strip away the grime of habit that can obscure the astonishment of being alive.

I often hear my now-dead father’s voice. He was not a journal-keeper. “Dad,” I once told him, “the unexamined life is not worth living, according to Socrates.”

“The over-examined life might not be worth living either,” he replied.

For sure. But in any journal, a depth of insight accrues over time. There’s what you registered in the moment that seemed worth writing about, and there’s what you can see between the lines years later, re-viewing that moment. It’s the specific context of facts that enables us to tell one instance of loneliness or joy or heartbreak from another.

Of course, even in the cascade of words, something is always missing. The immense mystery of an ordinary afternoon. That last chess game. Bob Marley on the radio softly singing “Waiting in Vain.” Who will remember any of it? Or any of these words clinging to the past like a diminuendo of frail notes subsiding into silence?

Whoa! I seem to have hit some heavy weather. Need to wrap this up. Get to my journal. Turn the page.

Chip Brown, 72, is the author of two books and has written for many national magazines, including National Geographic, Outside and The New York Times Magazine.



The author,
left, and his
children,
India and
Oliver



MONEY

MIDYEAR TAX MOVES IN TURBULENT TIMES

Managing your tax exposure in your 70s requires yearlong diligence, especially when the economy is unpredictable. Here are a few moves experts say you should consider



SELL LOSER INVESTMENTS NOW.

Taxable investments taking a hit? If you sell stocks or other securities that have declined in value, you can “harvest the losses” for tax purposes. That means you can use those losses to offset any capital gains you may have realized in the same tax year on investments that gained in value since you purchased them. If you have more losses than gains, you can use up to \$3,000 to offset your income on your tax return.



TAKE ADVANTAGE OF CATCH-UP PROVISIONS.

If you’re still working, you can continue putting money into your 401(k). This year, workers in their 70s are eligible to put not only the standard \$23,500 into a workplace retirement account but also another \$7,500 in catch-up contributions, meaning you could lower your taxable income for the year by \$31,000.



LOOK INTO TAKING YOUR FIRST RMD EARLY.

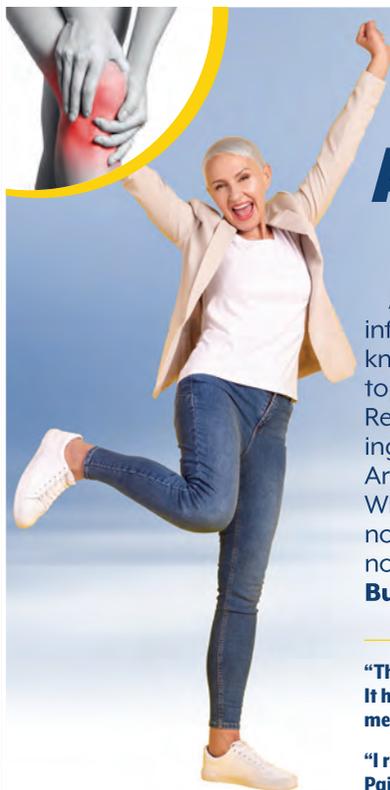
If you’re turning 73 this year, you can choose whether to take your first required minimum distribution from your retirement accounts in 2025 or wait until April 1, 2026 (the year after you turn 73). But you must also take your second RMD by December 31, 2026. So take the first RMD now or risk taking two next year—and hitting a higher tax bracket.



PLAN NOW FOR FUTURE TAX MOVES.

Tax rates are being debated in Congress as we go to press, and what those rates will be in the future is not yet clear. So this is not a bad time to consult your financial adviser on a tax path forward. —Beth Braverman

Illustrations by Elias Stein



KNEE PAIN AND STIFFNESS?

Say Hello To Easy Flexibility!

Are you suffering from joint discomfort and inflammation pain in the knee? You should know that help is now available with this new topical treatment. MagniLife® Knee Pain Relief Soothing Gel combines the best known ingredients for targeting knee pain, such as Arnica, Dragon’s Blood, Cat’s Claw and MSM. With a 100% satisfaction guarantee, you have nothing to lose except your knee pain! Call now to take advantage of this **Limited Time, Buy 2 Get 1 FREE, Special Deal!**

“This gel relieves my knee pain. It has been a lifesaver. It allows me to be more mobile.” —Joanne

“I recently purchased your Knee Pain Relief Gel. It has worked wonders! I love it.” —Cheryl

“I rubbed this on my knees right before bed, and it soothed them so that I could sleep.” —Courtney



THOUSANDS OF HAPPY CUSTOMERS!



BUY 2 GET 1 FREE!

Call Toll Free or Order Online

1-800-526-7045 | MagniLife.com



Relief Finally!

Send check or money order payable to:

MAGNILIFE®

Dept. AG4
300 State St., Ste. 92039
Southlake, TX 76092

Charge my credit card



Acct #

REQUIRED
Exp. Date: CVV #:
____/____/____



Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Daytime Phone: _____

Email: _____

Knee Pain Relief Soothing Gel

<input type="checkbox"/> Buy 2 Get 1 FREE - Equals \$13.33 per unit	\$59.97 \$39.98
<input type="checkbox"/> Single unit - \$19.99 per unit	\$19.99
Shipping & Handling	+ \$7.95
(Please print clearly) TOTAL	

LOCATED IN THE PAIN RELIEF SECTION (OFFER NOT GOOD IN STORES):



Rod Stewart

**Do Ya
(Still)
Think
I'm
Sexy?**



At 80, the rock legend, sprinter, model railroader and soccer superfan shows no signs of slowing down

By Rob Tannenbaum

Photograph by Maarten de Boer

IN 2000, WHEN HE WAS 55, rock 'n' roll legend Rod Stewart started to map out a new career, this time as a landscape gardener. A routine scan had found a cancerous tumor on his thyroid gland, which required a surgeon to cut into Stewart's golden throat. The operation can cause a variety of temporary or even permanent voice disorders, including hoarseness and total voice loss. "They didn't tell me that when I went in for the operation," Stewart says now with a roll of his eyes. "Only when I came out."

After the surgery, one of the world's most famous singers was unable to sing. Stewart had always been able to count on two things: his voice and his spiked blond bouffant. Now one of them was in jeopardy. (The other one, thank God, was fine.) So he seriously considered devoting himself to taking care of plants and trees. Not as rewarding as his first career, but a good way to stay active. →

Rod Stewart
photographed
for AARP in
Las Vegas on
March 22,
2025

IN THE MEANTIME, he painstakingly began relearning how to sing. “First I could sing one line of ‘Maggie May.’ Then two lines. It was scary.” It took nine months of rehab, but eventually his voice did return.

Not all singing voices age with grace or power, but Stewart thinks the surgery helped him: “It gave my voice an extra quality of warmth.”

That warmth has given Stewart, now 80, a glowing body of work that early on included stints as the frontman of the Jeff Beck Group and the Faces, and culminated in his glorious solo career, which has generated a dazzling 33 singles in the Billboard Top 40, including “Tonight’s the Night,” “You’re in My Heart,” “Passion,” “Hot Legs,” “Have I Told You Lately,” “The First Cut Is the Deepest,” “Forever Young,” and the notorious “Da Ya Think I’m Sexy?” which, as he wrote in his 2012 memoir, turned him into “Mr. Disco Trousers.”

Stewart grew up among the generation of Brits who venerated American blues, but he also changed styles to sail with the wind. In the early ’70s, his songs had mandolins and fiddles and helped define the music now known as Americana. By the late ’70s, even female singers, notably Bonnie Tyler and Kim Carnes, seemed to be channeling his soft-leather voice. He ventured into hard rock and dance music and in the early ’80s used synthesizers and drum machines. From 2002 to 2010, he had a career renaissance with five albums that cover Great American Songbook composers, such as Cole Porter and George Gershwin. He’s sold more than 100 million albums worldwide and has had million-sellers in six consecutive decades.

He recorded his 30th studio album, *Blood Red Roses*, while he was again being treated for cancer, this time of

the prostate. Diagnosed in 2016, he had kept the news from his kids, before being declared cancer-free in 2019. “I didn’t want to worry them,” he says. “And I’m all clear now.”

Stewart’s stature in the pantheon of vocalists is secure. *Rolling Stone* put him on its list of the 50 greatest singers of all time. The British music bible *MOJO* placed him 51st on its list and praised his “sweet sandpaper” voice. “Without a doubt, he has the best voice in rock,” Elton John told *MOJO*.



“Da Ya Think I’m Sexy?” was like a pink toilet seat around my neck.”

I’d interviewed Stewart before, in a huge Manhattan hotel suite where we drank (and finished) a marvelous bottle of perfectly chilled white wine in the midafternoon. He was affable and unpretentious and readily admitted that he hadn’t always made the best use of his talent. “There was a bad period in the mid-’80s when I’d say, ‘Oh, that’s a hit record. I won’t worry that it’s shallow,’” he told me back then. “But I can sing anything and make it sound halfway decent.”

And there’s never been a rock star more unabashedly comfortable with the jet-set lifestyle than Stewart, a true bon vivant widely known not just for his music but for lavish spending on cars and clothes, multiple houses and, in the wayback, for gorgeous companions, sometimes in overlapping relationships. He has a gift for making stardom look effortless and has always been refreshingly unapologetic about his success. “I come from nothing,” he

said once. “Then all of a sudden, I’m faced with a lot of glamorous women. What am I going to do?” Now Sir Rod (he was knighted in 2016) appears to be busier than ever, with his Las Vegas residency, more than 40 additional live shows scheduled this year (including two co-headline dates with Billy Joel) and, as he revealed to me in a breezy interview in April, several new albums in the works.

While the singer of “Da Ya Think I’m Sexy?” and “Hot Legs” is indeed a grandpa, it’s also clear he hasn’t entirely matured. To stay in shape and feed his competitive appetite, he recently began running 100-meter sprints on his private track. “I got it down to 19 seconds by learning how to push off,” he enthuses. “I’m going to try and do 17 sec-

’70s

The Essential Rod Stewart

“Maggie May”

A true story, he told me, about losing his virginity at a music festival when he was 16.



“Cindy Incidentally”

The Faces were hard rockers, but here offered a tender song about evanescence.



“You’re in My Heart”

Some say the song showed Stewart was getting corny, but he told me he doesn’t care.

onds, which I think is a world record for an 80-year-old.” It doesn’t take long to realize that his life consists mostly of fun, with very little worry, which is why his wife, Penny Lancaster, 54, has called him “my eldest child.”

His son Alastair, a towering 19-year-old model, one of two kids he has with Lancaster, passes through the room while we are chatting and asks why his dad hadn’t replied to a recent phone call. “I did hear you screaming,” the elder Stewart retorts with a grin. Today, and not unusually, he wears the green-and-white jersey of Glasgow’s Celtic FC, the Scottish soccer team he adores. He pauses the interview to show off his opulent 10-bedroom home—filled with pre-Raphaelite paintings—on 46 acres in Essex, England. “It’s like Buckingham Palace, isn’t it?” he asks. Charm pours from him, as does self-deprecation, candor, a sense of not taking himself too seriously, and a few lively turns of phrase as he discusses work, family, friends—and frolic.

Q. Your family seems like the archetype of one that didn’t have much money but was close and loving. Were you a working-class family—all work and no class. [Grins.] I was the youngest by 10 years, and I was given lots of attention, plus the odd chocolate now and then. Didn’t have much money, but it didn’t seem like a worry at the time.

Q. You were 26 when “Maggie May” came out and you’d had several misfires before that, in terms of chart success. What gave you the confidence to keep at it? Family, without a doubt. A lot of my mates who were trying to get into the music business had dads who’d say “Get a real job.” Nobody in my family said that.

I was 19 when I turned professional. You get this burning ambition in your chest: *I want to sing*. It was either singing or soccer, and I didn’t do soccer as well as I could’ve done, because I was already falling in love with music.

I was a beatnik, busking on the beaches of Brighton and singing under the Eiffel Tower in Paris. I got my breakthrough with Long John Baldry, who helped bring American blues to the British Isles. He found me in a railway station, playing harmonica after I’d been to his concert and was on my way home. He said I looked like “a bundle of rags with a huge nose sticking out.” He asked me to play harmonica in his band, and I said, “I can sing a bit as well.”

Q. Indeed you can. Did your family’s support make your success sweeter? The first time I heard “Maggie May” on the radio, I was driving in London. I turned around and went all the way back to me mum and dad’s house to tell them.

Of course, they started crying. That was a magical moment.

When I got a check for \$1 million from Mercury Records, I showed it to them. And I took them everywhere with me. I took my dad on the Concorde. And he was a Scotsman, right? So as we were coming in to land, he asked the stewardess for the bill. Bless him, my dad.

Q. What does it take, physically and mentally, to keep up the active performance schedule you have? Lots of women, drugs and wine. [Laughs.] No, I keep myself very fit. I played soccer all my life—don’t so much anymore, because I had a knee replacement. And I’ve always had a trainer—same guy for 38 years. I have an indoor pool, massive gym, golf course, everything. We do a lot of underwater training, where the trainer throws a brick into the pool and I have to dive in, push the brick to the end of the pool, and come up. Frank Sinatra once said to me, “Rod, the secret to being a great singer is having powerful lungs. Do lots of underwater swimming, where you hold your breath.”

Q. When Sinatra gives you singing advice, take it. I met him a couple of times, and he always asked, “How’s the old voice?” Because I have a gravelly voice and he thought I had a sore throat!

Q. The albums you made between 1969 and 1974 were very American sounding—where did your idea of America come from? Bob Dylan albums. I played the first Dylan album over and over. I’d never been to America, and I used to dream of the wide-open spaces, huge mountains, blue skies and massive buildings. When I finally went to America, with Jeff Beck in 1968, I was not let down. I loved the place. Rock ’n’ roll belongs to America; all us Brits have done is resell it to you.

Q. What happened from ’74 on? Music is always changing, and yet it’s not. It’s the same chords over the same themes, but with different sounds. I’d done the acoustic rock thing, then I went into more keyboard rock, just keeping up with the times. I wanted to be in the front of the game. I had “Young Turks” and “Tonight I’m Yours,” which were keyboard driven.

Q. “Da Ya Think I’m Sexy?” was out of your set lists for a while, and now it’s back. Do your feelings about that song evolve? Yeah. I say it was like a pink toilet seat. That was from Jeff Beck—he said a dreadful song of his was like having a pink toilet seat around your neck. “Da Ya Think I’m

’80s

“Young Turks” The highlight of Rod’s New Wave phase tells the story of two young run-aways who find bliss in one another’s arms.



“Forever Young”

This ballad, a “heartfelt song about my kids,” he says, helped reverse his sales slump.

“Downtown Train”

Stewart got a Grammy nomination for this version of a melancholy Tom Waits ballad.



Sexy?” got so criticized by critics. I said, “Oh my God, I’ve ruined my career.”

Eventually, time goes by and people love it. Now that’s one of the highlights of the evening, because it brings back memories. That’s what music is about—those memories.

Speaking of touring, one thing I’d like to clear up. Critics say, “Rod was great, but he had to take a rest.” Drives me mad! When I do concerts, I change costumes, mainly because I like to show off, but also because I sweat a lot. I’m not resting. Taylor Swift goes offstage about a dozen times, but they don’t say that about her because she’s young.

Q. When you put together a set list, how much do you rely on the hits? I like to give people what they want. If Sam Cooke was alive, I’d want to hear him sing “You Send Me” and “Twistin’ the Night Away.” [Mick] Jagger said that once: “You play a new song, and the audience goes flat and starts picking their nose.”

Q. You once said that you’d rather slam your fingers in a drawer than write lyrics. Then in 2021 you released *The Tears of Hercules*, which had lots of songs you cowrote. What changed? When I was with the Faces, we had such fun. We were famous, we had some money, we’d go out and drink. But I was stuck in a hotel room—Ronnie Wood and Ronnie Lane literally locked me in a room and said, “Finish the lyrics. This album’s got to be out by September. Here’s a bottle of wine.” They’d go out partying and leave me. Writing lyrics does not come easy to this songwriter.

Q. You’ve been a model railroad hobbyist for more than 30 years. *Railway Modeller* said your layout, a 27-by-62-foot mid-century cityscape, is “an artistic masterpiece.” What’s the difference between a good model railroad setup and a masterpiece? There is no difference. It’s the pleasure it gives you. Everywhere I go, I take me paints and me tools, and I’ll build something instead of sitting around the hotel room all day. That’s what has kept me sane. I’m happiest when I’m in my workshop, building something.

Q. When you watch your beloved Celtic FC play soccer, do you yell at the TV? And does the whole family follow the team as well? Of course I yell at the TV. And I yell when I’m at the stadium. My boys go with me. When Celtic scores, they all jump on me and knock me to the floor in happiness.

“Being knighted puts a small weight on your shoulders, so I do as much charity work as I can.”

I took Penny once and she didn’t want to go again. She saw a big fight between Celtic supporters and supporters of their archenemy, the Glasgow Rangers, outside the ground, so it turned her off.

I’m a one-sport man. My son keeps saying, “Dad, I got ringside seats for the Lakers.” I’d rather have a root canal. I can’t bear basketball.

Q. How did you celebrate your 80th birthday? We hired a massive yacht. Cost me an absolute fortune. I don’t mind—you’re only 80 once. I’ve got eight kids and five grandchildren, plus various boyfriends and husbands, so there were 15 of us. We had three chefs. The boat was so big that I didn’t even see some of it. We dressed up every night, with a different theme. One night, they all dressed up as Rod Stewart and didn’t tell me. My dear wife brought wigs for everybody and some of my old outfits. It was a wonderful time.

Q. Given the limits of geography, how often do you see the kids and grandkids? I have a house in Beverly Hills and two of the kids live there off and on, and my son Liam lives in Long Beach. Ruby is in Austin, and Renee lives here in London. When I wake up, it’s the most gratifying thing to see that all

my children have left me messages. We live far apart, but every summer we get together in Italy or France or somewhere else. Penny manages to bring most of the kids together, which is quite an achievement, because the youngest is 14 and the oldest is 62. My dad, a very stern Scotsman, loved me dearly but he never hugged me. It wasn’t considered normal in those days. With my kids, I hug and hug and hug.

Q. Do you have any advice on how to maintain good relationships with your exes? My exes have been together—there are photographs where all the five mothers have been in the same room, and it’s OK. Just lucky, mate.

Q. Other than exercising a lot, are there other changes you’ve had to make as you get older, maybe in terms of



Want More Rod?

For an exclusive video of Stewart, scan this code or visit aarp.org/rodstewart

Timeline from left: Getty Images; AARP; Getty Images; Alamy

'90s

“It Takes Two”

Tina Turner joins in, one of the few singers who could match the grain in his voice.



“Mandolin Wind”

Pal Ronnie Wood joined him on MTV *Unplugged* to revive this beloved 1971 hit.

2000s

“Every Time We Say Goodbye”

A simple, dulcet version of the Cole Porter standard.

“(Your Love Keeps Lifting Me) Higher and Higher”

The energy of Jackie Wilson’s 1967 R&B smash inspires gentle new vocals.



With Tina Turner and Ronnie Wood



eating and drinking? Voice rest is important. If you feel your voice getting husky, don't talk for eight hours, and the response is amazing. I drink tons and tons of water. And on tour, don't go to restaurants where you have to shout.

I get to the venue two hours before the show starts, and my trainer gives me a good massage. Then I'll do my vocal warm-up, which takes half an hour, and ride a stationary bike to pump my legs up. I do like to have a drink before I go on, I admit that. One rum and Coke. Can't remember the last time I got drunk. And the drugs are long gone.

Q. Are there any advantages to having been knighted?

People love calling you "Sir." It puts a small weight on your shoulders, where you think, *I've got to do something to deserve this*. I do as much charity work as I can, though I don't make a song and dance about it.

Q. After being knighted, did you stay in touch with the royal family? My dear wife is very good friends with the

queen and with Charles. She gets invited to Buckingham Palace to have tea. And she's a police officer—a part-time constable. She was on duty last night when a 14-year-old boy jumped off a building. Very brave girl.

Q. And you stay in touch with Elton John. We FaceTime each other. It was his birthday a couple of days ago, so I sent him 48 pink roses.

Q. There's a gifting story there, right? Christmas 1974, he came over to my place and I gave him his present. I bought him a novelty portable fridge—you press a button and up comes a bottle of champagne, with lights going off and on. Cost me about £500. But he gave me a Rembrandt! [*Laughs.*] The painting is in Los Angeles, in my theater, and I tell everybody who gave it to me.

Q. Penny is your third wife, and you've been together since 1999. Why has the relationship lasted? I married a British girl for the first time, maybe because I'd grown up more. Not grown up, but I'd done everything I wanted to do. Before, I was in love, but just couldn't take my eyes off other women. A rogue of a man.

Q. When you quit, will there be a farewell tour, or will you just walk off into the sunset? I can't make my mind up, because I've got so much more music to do. I'd like to get a big orchestra and play those glorious songs I did from the Great American Songbook.

At the moment, I'm doing a covers album of all the songs I've ever wanted to cover—doing it with my band and recording it in my gym. I'm supposed to do a country album, which the record company would like me to do. And we're working on a Faces album, so that's three projects that have got to be done.

Q. You're never tempted to slow down your work schedule and spend more time with the grandkids and your model railroad? When I feel I might be sick enough to cancel a concert, that's when I go, "Maybe I'm getting old." Then a couple of days later, bang, I'm back at it again.

I'm extremely wealthy now, thank you to everybody out there. But I'll tell you what, I enjoy doing concerts more than I did back then. Maybe I've come full circle to appreciate how lucky I've been. ■

Music writer Rob Tannenbaum contributes to The New York Times and other publications. His last story for AARP The Magazine was on Ringo Starr.

With additional reporting by Caitlin Rossman

Maarten de Boer

2010s-Present

"Can't Stop Me Now"

An up-tempo recall of Stewart's youthful struggles, with a message for his dad.



"The Drinking Song"

The raucous rocker admits in song that booze caused him some problems.

"Battle of the Sexes"

He teams up with Bonnie Tyler, whose hit "It's a Heartache" sounded like Stewart.



"Ain't Misbehavin'"

A collab with band leader Jools Holland on this swing classic. —R.T.

With Jools Holland

Moraine Lake in
Alberta, Canada



Out in the Cold

Feeling the heat? Take a ‘coolcation’ By Amy Alipio

SUMMER VACATIONS are hot—literally, and not necessarily in a good way. Last summer was the warmest on record, so heading to Orlando or Las Vegas might not be appealing to older people, who can be particularly susceptible to the ill effects of heat.

Enter the “coolcation.”

Instead of hitting a hot spot, travel to a place where you can beat the heat. “We recognize that extreme weather

events are an increasing concern for American travelers,” says Gloria Loree, senior vice president for marketing strategy at Destination Canada.

But heading to Canada—or Alaska—isn’t your only option to enjoy mild summer weather. There are plenty of cool destinations to be found in the contiguous United States too, especially in the mountains or near major bodies of water. Check out these chill spots.



Make Some Changes in Latitude

Banff, Alberta

Summer high temperatures: mid-60s

BANFF has all the ingredients for an ideal Canadian Rocky Mountains experience: glacial lakes that glow turquoise, snow-etched peaks, exhilarating hikes—and comfortable temperatures. “International tourists

come through, all wearing their jackets in summer;” says local Jason Carter, 45. “And it’s like, ‘What is going on? It’s not that cold here, is it?’”

Carter is an Indigenous visual artist from the Little Red River Cree Nation who co-owns Carter-Ryan Gallery in the town of Banff. Visitors can also experience the summertime Art in Nature Trail along the Bow River, which is lined with more than 65 displays by regional artists.

Travelers to Banff—Canada’s first national park—can also pick up a copy of Banff’s Indigenous Experiences Map, leading to 15 historic sites, museums and natural spaces.

Denali National Park and Preserve, Alaska

Summer high temperatures: low 60s

THIS 6-million-acre wilderness draws a steady stream of coolcationers who gaze at the majestic sweep of the Alaska Range, including North America’s highest mountain peak at 20,310 feet. Denali is “often deemed the ‘crown jewel’ of Alaska’s public lands,” says park guide Damian Popovic.

A park bus serves stops where you can hop off and go for a leisurely scenic hike, such as the 1.7-mile Savage River Loop Trail. Or visit the sled dog kennels to learn how these canine rangers provide vital transportation on those subzero winter days when motors won’t start.



St. John’s, Newfoundland and Labrador

Summer high temperatures: mid-60s

NOTHING announces summer in St. John’s like a massive iceberg arriving just off the coast. These frosty floaters—which range in size from itty-bitty to cruise-ship—drift down from Greenland and Arctic Canada. So many of them make the journey that the eastern coast of the Canadian province of Newfoundland and Labrador has been dubbed Iceberg Alley.

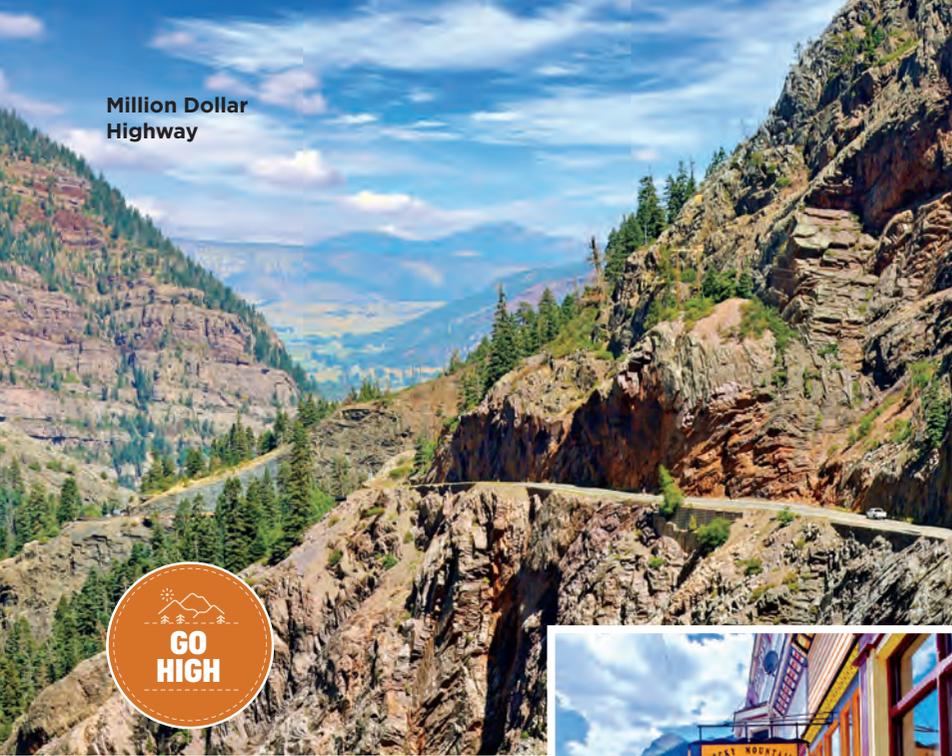
Take a boat tour out from St. John’s harbor to spot the unique trifecta of icebergs, whales and puffins, all in one day. Back on land, you can sample beer made with iceberg water at Quidi Vidi Brewery Co. in St. John’s.

“May through early July is your best time for icebergs,” says Richard Arnold, president of Halifax-based Atlantic Tours, which offers itineraries for Atlantic Canada’s four provinces.

As thrilling as Newfoundland’s marine wonders are, Arnold says his tour clients aren’t there just for the cool climes; they’re also there for the friendly locals. “One of the things that they’re going to hear about is something called a Newfoundland Screech-In, to make you an honorary Newfoundlander,” he says. This informal welcoming ceremony may happen randomly on a boat tour or in a pub or someone’s home, and it might involve making a pledge, kissing a codfish and drinking some Newfoundland Screech rum. “To see the looks on people’s faces, and their smiles, is pretty spectacular.” →

thing called a Newfoundland Screech-In, to make you an honorary Newfoundlander,” he says. This informal welcoming ceremony may happen randomly on a boat tour or in a pub or someone’s home, and it might involve making a pledge, kissing a codfish and drinking some Newfoundland Screech rum. “To see the looks on people’s faces, and their smiles, is pretty spectacular.” →

Million Dollar Highway



Make a Run for the Mountains

Southwestern Colorado

Summer high temperatures: low 70s

PART of the appeal of Silverton is the journey. Located in southwest Colorado, the historic mining town is at one end of the so-called Million Dollar Highway, a gorgeous 25-mile stretch of U.S. Route 550 that snakes through the San Juan Mountains from Ouray. “Right around the Fourth of July, the wildflowers are absolutely amazing. Columbines are the state flower, and they’re everywhere, and there are waterfalls, and it’s just amazing,” says Frada Boxer, 76. She and her husband,



George Starkschall, 78, split their time between Texas and Colorado.

“It’s also an uncomfortable ride if you’re scared of heights, because it’s a road without any guardrails,” says Starkschall. But it’s worth it, he says, because “the scenery is just unbelievable. You have a couple of red mountains there that are red because of the iron ore, and you can see for long distances.”

Or you can get there by steam train. The iconic Durango & Silverton Narrow Gauge Railroad offers 3.5-hour rides from the historic railroad town of Durango. The temperature gradually drops as the train ascends to Silverton. With the Animas River meandering below and forested peaks all around, keep an eye out for elk, black bear and other mountain wildlife. Once you’re in Silverton (population: about 600), there’s mining heritage and a charming Old West main street to explore.

Chill by a Lake ... or a River

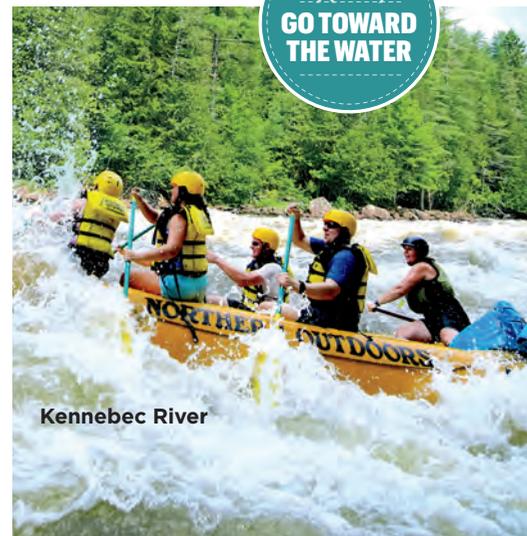
Maine

Summer high temperatures: 70s

MAINE’S wild Atlantic coast is a popular destination. But for an equally cool experience, head to the lakes and rivers. Sebago Lake’s sandy beaches and tranquil waters are about an hour’s drive from Portland. The deepest lake in Maine has an average water temperature of 78 degrees in summer. It’s easy to cool off by going for a swim in crystalline waters or sitting on the shore with a good book—perhaps John McPhee’s *The Survival of the Bark Canoe*, the account of his trip down Maine’s Allagash River.

North of Sebago, Moosehead Lake is Maine’s largest. Sign up for a moose safari to see the official state animal.

The dam-controlled Kennebec River, which is fed from Moosehead Lake, flows south and is famed for its whitewater rafting. “We’re able to go rafting from May to October,” says Russell Walters of Northern Outdoors lodge in the Forks, “whereas in other places in the country, by the middle of summer, it’s all done.” Walters says he’s had people on trips who first rafted there 30 years ago. “Now we see them coming up with their kids and grandkids.” →



Kennebec River

Clockwise from top: Getty Images; Courtesy Northern Outdoors; Getty Images; TOLA/stock Photo

jitterbug®

Our easiest cell phones ever.

Easy to use.

Jitterbug® phones feature large screens with big text, simple menus with effortless navigation, powerful speakers and Urgent Response buttons. The Jitterbug® Flip2 has big buttons with one-touch speed dialing, while the Jitterbug® Smart4 comes with voice typing, video chat and internet access.

Easy to get help.

Whether you want to learn more about your phone, need a ride or have a health concern, our 100% U.S.-based team is here to help, day or night. And when you add Urgent Response, enjoy peace of mind knowing you can count on us 24/7, even in an emergency.

40% OFF¹
Valid 7/19/25 - 8/3/25



Plus Big Savings on Monthly Plans!

- Fast, reliable nationwide coverage
- No long-term contracts
- No cancellation fees
- Keep your phone number²

1 line as low as
\$14⁹⁹
/mo.*

2 lines as low as
\$24⁹⁸
/mo.*

Call Now! 1.800.399.4093

BEST BUY

available at
amazon

lively.com/phones

lively®

From
BEST BUY Health™

*Plus \$3²³ admin. fee, variable USF/surcharges & taxes per line. \$14⁹⁹/mo. and \$24⁹⁸/mo. pricing is for new lines of service on Flip2 with paperless billing. For a description of our fees and taxes, visit lively.com/support/faqs. Monthly fees are subject to change. See lively.com for plans pricing. Plans or services may require purchase of a service only 7/19/25 through 8/3/25. Not all services available on all plans. Urgent Response and Operator Services available 24/7. For Customer Service business hours see lively.com/support/faqs. Urgent Response tracks approx. location of phone when phone is turned on and connected to network. Lively does not guarantee an exact location. Lively is not a healthcare provider. Lively Rides service is arranged through the Lyft Platform. Ride fares are applied to your monthly Lively bill. Consistently rated among top wireless providers as fast and reliable by RootMetrics. ²Porting is dependent on availability of the phone number requested and is subject to approval of the existing carrier. Screen images simulated. Device appearance varies. Lively and Jitterbug are trademarks of Best Buy Health, Inc. ©2025 Best Buy. All rights reserved.



Learn More



Mackinac Island, Michigan

Summer high temperatures: mid-70s

A **SUMMER** trip on Mackinac Island doesn't involve the roar of car engines. Instead, you'll hear the clip-clop of hooves and the whir of bicycle wheels. Mackinac is car-free. Even the taxis are horse-drawn carriages. "From the moment you step off the ferry, it's a dial down from everyday life," says visitor Diane Densmore, 63, of Davison, Michigan. "And there is always a gentle lake breeze."

Located on Lake Huron, between Michigan's Upper and Lower peninsulas, Mackinac (pronounced MACK-in-awe) has long been a sacred place for Anishinaabek peoples. It served as a military outpost and a hub of the Great Lakes fur trade. And it has been a resort destination for Midwesterners escaping the summer heat since the 19th century.

"The quintessential thing to do is to bike or take a carriage around the island. It's also really fun to bike or taxi at night with lights, especially when you hear taps sounded at Fort Mackinac or a foghorn in the distance," Densmore says.

One more reason for a trip: "No visit is complete without at least a little piece of fudge," Densmore says.



San Francisco

Summer high temperatures: low 70s

AN IMPORTANT tip for a summer trip to San Francisco: Pack warm clothing. "There are always stories in the *San*

Francisco Chronicle every summer about some high school kid who is making money for his college tuition by selling sweat-shirts to unaware tourists," says area resident Richard Weiss, 80.

San Francisco's variable weather conditions—including the famous morning fog, nicknamed Karl—mean that you can be on a chilly, windy stroll along Ocean Beach in the Sunset District, then in 30 minutes strip off your jacket while exploring the Mission District's colorful murals. Adventurous travelers can trek the 17-mile Crosstown Trail, which traverses the city from southeast to northwest. ■

Amy Alipio is a former managing editor of National Geographic Travel.

COOLCATIONS FARTHER AFIELD

Where to escape the heat as you experience other cultures



Bodø, Norway

This colorful city inside the Arctic Circle boasts festivals, art exhibitions and concerts. And you'll enjoy round-the-clock sunlight throughout June and in early July. Touring Bodø's museums, design-forward boutiques and restaurants can fill such an extended summer day.

Akureyri, Iceland

Many tourists may stick to the capital city of Reykjavik, but this walkable town on the northern coast of the island features an art museum and a botanic garden in town, with nearby hiking trails (see the waterfalls) and whale-watching tours.



Tohoku region, Japan

In the cool mountainous Japanese countryside, enjoy scenic hikes, peaceful temples and cultural attractions, including Aizuwakamatsu, "the land of the samurai."

San Carlos de Bariloche, Argentina

When it's summer in the U.S., it's winter here. The scenery is stunning, with the snow-capped Andes Mountains near the shores of dazzling blue Lake Nahuel Huapi. —*Bill Fink*



Missing teeth? Here's what to know.

Why the right dental implant provider matters for your looks and your health

For anyone facing tooth loss, dental implants can restore more than just your confidence—they can transform your overall health and wellbeing. But not all implant providers are the same. The right one can mean the difference between loving your smile or living with regret. That's why it's so important to do your homework and make sure you choose a qualified, experienced team to avoid costly mistakes.

Look for providers who stand behind their work. Reputable providers back their dental implants procedures.

Choose long-term outcomes over short-term convenience. The best outcomes come from providers who emphasize research-backed healing methods and ongoing support and care to optimize success.

Be wary of red flags. Avoid providers who don't offer options to refine and customize the look, fit and feel of your new smile after surgery.



Take the *first step* toward
a lifetime of healthy smiles.

Choosing the right provider means prioritizing expertise, technology, and long-term care over short-term cost savings. With proper placement and follow-up care, dental implants can last for decades, allowing you to eat, speak and feel like yourself again.

clearchoice.com



Smiles built for life & backed for a lifetime

Introducing our NEW Lifetime Warranty¹
on zirconia arches – only at ClearChoice.

- 20+ years of dental implant expertise
- Fully-customizable size, shape & shade

With ClearChoice, you'll have permanent peace of mind knowing your smile will be done fast, done right, and covered for life¹.

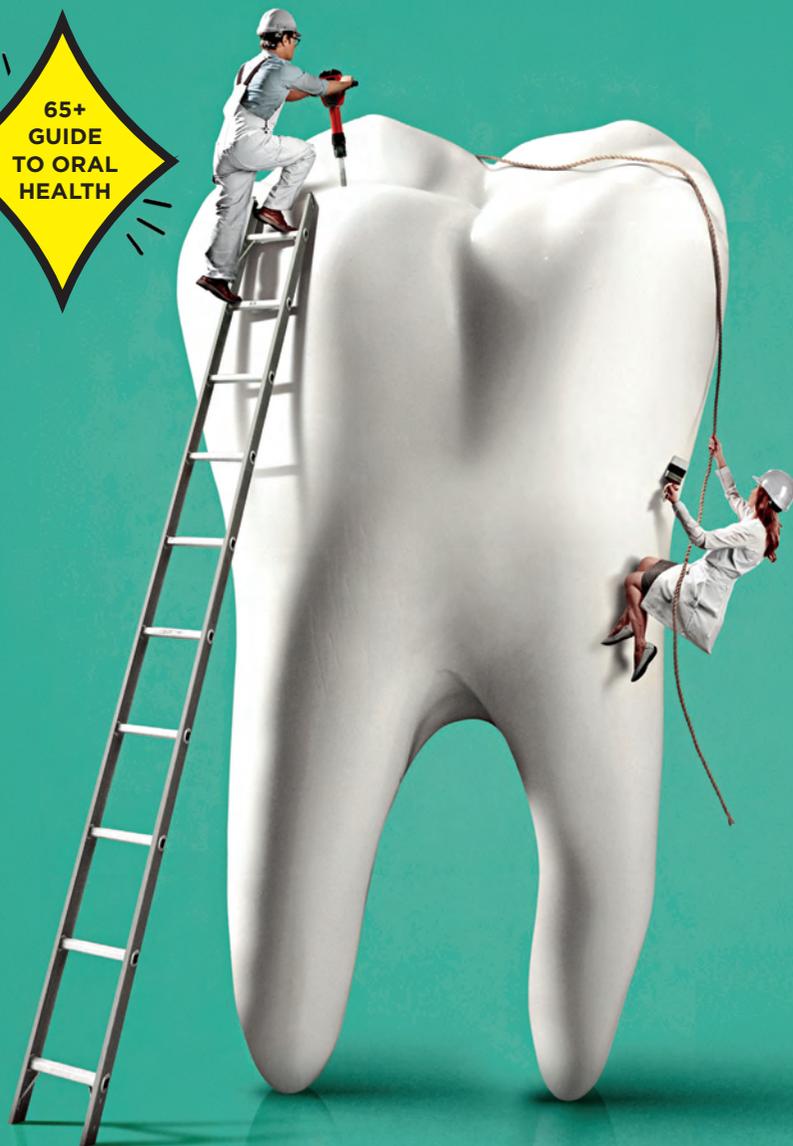
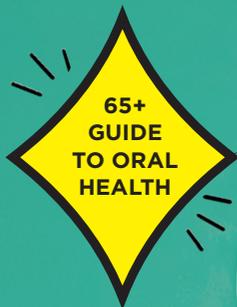
Call **(888) 764-5305** or visit ClearChoice.com/smile10 to schedule your **FREE** consultation.

10% off YOUR TREATMENT
Mention **SMILE10** at
your consultation²



¹The Lifetime Zirconia Warranty applies to cracks or breaks in the zirconia arch only and not complications with implant integration or ordinary wear and tear. The warranty will be void if the patient fails to follow clinician care instructions, receives treatment outside the ClearChoice Network or is dismissed as a patient. Available in participating ClearChoice Dental Implant Center locations for treatment on or after 03/21/2025. ²Discount off total treatment cost. Not valid for previous or ongoing work and cannot be combined with other discounts. Discount taken off usual and customary fees. Must start treatment prior to 12/31/2025. Mention SMILE10 at your consultation/treatment appointment to receive a discount. Saving only offered at participating centers. ClearChoice Dental Implant Centers are locally owned and operated by licensed dentists, and are part of a professional affiliation of implant practices operated by oral surgeons, prosthodontists, and restorative dentists across the U.S. A majority of patients (and approximately 90% of Minnesota patients) qualify for same day implants and can have their procedure in one day after initial workup, without additional bone graft surgery, and may leave the office that same day with provisional prostheses and the final prostheses to be placed later. Results may vary in individual cases. Some claims made are supported by network surveys. Both general dentists and specialists in some states. Dental implants are not a recognized specialty. Dental specialists are specialists in oral maxillofacial surgery and prosthodontics. Limited services available at satellite offices. Dental implants can last a lifetime. Studies show that dental implants are likely to last at least 25 years with proper care and maintenance in most cases.

Hold On to Your Smile



IF YOU THINK TOOTH LOSS IS A NORMAL ASPECT OF AGING, YOU'RE WRONG. HERE'S HOW TO PROTECT YOUR TEETH—AND HOW THEY MIGHT JUST SAVE YOUR LIFE **By JESSICA MIGALA**

LOSING YOUR TEETH can dramatically affect more than your smile. It ups your risk for a whole host of late-life health hazards, from heart disease to cancer to dementia.

The majority of older adults have periodontal disease—the number one cause of tooth loss. We’re on the cusp of a periodontal crisis, says Edgard El Chaar, clinical professor at the University of Pennsylvania. People who don’t brush twice a day for two minutes at a time, as recommended by the American Dental Association, are at increased risk of having a heart attack, heart failure or stroke, according to a study in the *International Journal of Cardiology*.

“Gum disease is a progressive disease,” El Chaar says. “It’s a silent killer.”

Why Our Teeth Matter as We Age



THANKS TO fluoridated water and toothpaste, an increased focus on oral health care and a reduction in smoking, it’s not uncommon today to see adults living out their entire lives with a full set of their own teeth. But tooth loss is still an enormous risk. The average older adult has about 20 remaining teeth. One in 6 adults over age 65 have lost all of their teeth, according to data from the Centers for Disease Control and Prevention (CDC).

Having nine or fewer teeth is associated with a higher risk of any cause of death, including heart disease and cancer, compared with those who retained at least 20, according to research in *Frontiers in Public Health*. A meta-analysis of more than 34,000 people found that those who are missing all their teeth had 1.4 times higher risk of developing dementia; research has found that dental care may be a potential strategy in dementia prevention. Gum disease has also been linked to the development of diabetes, heart and lung disease, rheumatoid arthritis and certain can-

cers. (The reverse is true too; having chronic disease often makes your mouth more vulnerable to dental problems and tooth loss.)

Poor oral health often leads to discomfort and pain; problems speaking, chewing and swallowing; and, yes, tooth loss. That can alter what foods we can eat, lead to nutritional deficiencies and generally affect your emotional health, self-esteem and quality of life.



What’s Trying to Steal Your Teeth?

TOOTH LOSS doesn’t have to be your future. “With good oral hygiene and preventative techniques, you can hold on to your teeth,” says Adila S. Baig, director of the Special Care & Geriatrics Clinic at the University of Maryland School of Dentistry.



To do that, it helps to recognize the major causes of tooth loss as enemies that are coming for your teeth and your overall health. Here are the threats and how to protect yourself from them.

TOOTH LOSS CULPRIT DECAY

ABOUT 1 IN 5 adults over 65 currently have untreated tooth decay. “The myth is that cavities are only a childhood problem, but they’re definitely an older adult problem,” says Stephen Shuman, director of the Oral Health Services for Older Adults program at the University of Minnesota School of Dentistry in Minneapolis.

Receding gums expose the roots of the teeth, which are more vulnerable than the crowns. Old fillings can break down, exposing cracks where bacteria can invade. Vision problems and dexterity challenges from conditions like arthritis can make it difficult to clean between your teeth and brush well.

- **Customize your dental visits.** About 4 in 10 older adults didn’t have a single dentist visit in 2022. How often do you need to go? That’s between you and your dentist. “There is nothing magical about a six-month checkup,” Shuman says. People with excellent oral health may go only annually; those with challenges may need to go every three months.

- **Automate your toothbrush.** “I recommend that everyone over the age of

40 use an electric toothbrush,” says Sonya Dunbar, a registered dental hygienist and oral health educator in Jacksonville, Florida. An electric toothbrush spins and vibrates to do all the work for you. It may have a timer to help you reach the recommended two-minute brushing mark, and many have a feature that signals when you’re brushing too hard, which can contribute to gum recession. (To use this brush, put it on top of your teeth and let the brush spin, then move on to the next spot.)



• **Go high-tech with your flossing.** While it’s crucial to do it daily, navigating a string between teeth can be challenging. Dunbar recommends using a water flosser to clean in between your teeth. Since it shoots water into your mouth, it does the work for you.



• **Stop smoking.** If you smoke, you’re more than three times more likely to lose all of your teeth than a nonsmoker. But it’s not too late to quit: Just as there are benefits to your heart and lungs if you reduce or stop smoking at any age, the same applies to your mouth.

TOOTH LOSS CULPRIT GUM DISEASE

ABOUT 2 IN 3 adults over 65 are currently dealing with gum disease. Its most common symptom: Your gums bleed when you brush.

“If you rubbed your eyeball and it bled, you’d go straight to the ER. So why do we ignore it if our gums bleed?” Dunbar asks. Gum disease can destroy gums and the bones that keep teeth in place, leading to tooth loss. Other symptoms of the disease: loose teeth, pain during chewing, persistent bad breath and receding gums.

“Even if you have not lost any teeth, gum disease impairs your ability to chew hard food,” says Uchenna Akosa, assistant professor and director at Rut-

gers Health University Dental Associates. “That will affect your nutrition and can put you at risk of malnutrition in the future.”

• **Up your dental game.** Brushing and flossing daily are musts for maintaining gum health. Again, mechanical tools can be a big help.

• **Up your schedule.** If your gums bleed regularly, talk to your dentist about the frequency of your appointments: Early intervention can prevent tissue damage and tooth loss.

TOOTH LOSS CULPRIT DRY MOUTH

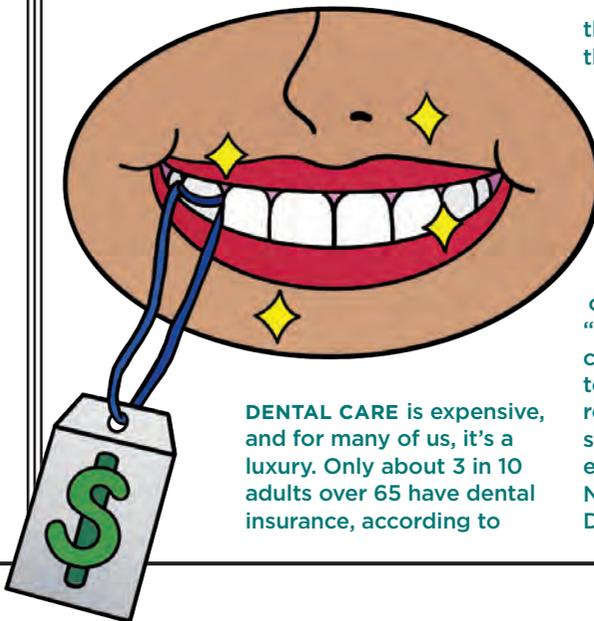
ABOUT 6 IN 10 older adults complain of dry mouth. “Saliva helps neutralize acids and remineralize tooth structure. Dry mouth puts you at a higher risk for cavities,” Shuman says.

• **Review your meds.** The more medications you take, the fewer natural teeth you’re likely to have, research shows. Here’s a list of common meds that can contribute to dry mouth:

- > *Anti-anxiety medications such as alprazolam (Xanax)*
- > *Anticholinergics such as oxybutynin, used to treat overactive bladder*
- > *Antidepressants such as citalopram (Celexa)*
- > *Antihistamines to treat allergies, like loratadine (Claritin)*



HOW TO AFFORD BETTER TEETH



DENTAL CARE is expensive, and for many of us, it’s a luxury. Only about 3 in 10 adults over 65 have dental insurance, according to

the most recent data from the CDC. In most cases, Medicare does not cover routine dental cleanings or even common procedures like fillings, tooth extractions or dentures.

For that reason, purchasing extra coverage is a must. “People with dental coverage are more likely to go to the dentist and receive important services,” says Mike Adelberg, executive director of the National Association of Dental Plans.



2/3

OF ADULTS 65
AND OLDER ARE
DEALING WITH
GUM DISEASE

> *Antihypertensive medications like captopril, an ACE inhibitor*

> *Diuretics (“water pills”) such as hydrochlorothiazide*

> *Muscle relaxants like orphenadrine*

> *Pain medications like NSAIDs (ibuprofen) and opioids*

• **Hydrate.** Sip water throughout the day and rinse after eating. Consider an over-the-counter dry mouth rinse such as Biotene, Act or TheraBreath.

• **Ask your dentist about high-fluoride toothpastes.** Baig often puts older patients on a prescription toothpaste that contains a higher level of fluoride, which remineralizes tooth enamel to protect teeth from decay.

• **Don’t make it worse with sugar.** If you suck on hard candies or cough drops to relieve dry mouth, choose those that contain xylitol, a natural sugar alcohol that won’t promote cavities and may even prevent them.



teeth drifting and moving,” he says. If the missing tooth leads to gaps or tilting in your remaining teeth, or if you’re missing more than one tooth, restoration with implants or removable or fixed bridges might be necessary.

An implant is a false tooth implanted through the gum and into the jawbone. Sometimes, artificial bone may need to be placed in the site to encourage new bone growth to fortify a tooth.

A bridge is a set of one or multiple artificial teeth; removable bridges are taken out at night, while fixed bridges are attached to adjacent teeth and remain in your mouth.

“Well-placed implants and well-restored teeth look and function as natural as your own. And they last a long time with proper maintenance,” says Wolff. “In the vast majority of cases, we can figure out how to regrow bone, expand tissues and place implants. But this is not inexpensive.” (See “How to Afford Better Teeth,” below.)

That said, if dentures are necessary, it’s important that you wear them. For those with tooth loss, wearing dentures regularly is associated with a lower risk of mortality and cognitive decline. ■

Jessica Migala writes about health and fitness for Women’s Day, Cosmopolitan and numerous other publications.

What If I Lose a Tooth (or Two)?

LOSING A SINGLE tooth might not mean anything, says Mark Wolff, dean of the School of Dental Medicine at the University of Pennsylvania. “We need to look at a patient’s bite and gum health and assess if we anticipate other

HERE’S HOW TO MAKE DENTAL HEALTH MORE AFFORDABLE:

Shop for dental insurance. Generally, you have two choices: independent coverage or, if you’re 65-plus, Medicare Advantage with a dental plan. (For example, the AARP Dental Insurance Plan provides individual and family coverage through Delta Dental.) Prices vary based on plan and other factors. You can also access your state’s free health insurance counseling service by doing an internet search for [your state] + “senior health insurance counseling.”

Choose carefully.

If you have a large dental expense coming up—implants or bridges, for example—you should review your current coverage. You may need to purchase a temporary, pricier plan that has a high annual maximum and—that is important—no waiting period for procedures. “We frequently see older people coming in with a Medicare Advantage plan thinking they have a lot of coverage, but it turns out they may just have preventive coverage,” Shuman says.



Look for low-cost options.

Dental and dental hygiene schools and community health centers may be able to provide treatment at reduced cost. Your state’s agency on aging may be able to refer you to dental programs in your area. If you have a regular dental provider, ask if it offers a sliding fee program. Dental offices may also participate in credit programs that help you finance care.



Create a dental savings account. El Chaar recommends setting up a dental fund, if feasible.

“We plan for retirement or long-term care, but no one plans for how much they’ll spend annually in dentistry,” he says. At a minimum, you want to have enough put away to accommodate your yearly cleaning(s) and X-rays for prevention. Additional savings would then go to an unexpected cavity, crown or implant. It’s never too late to start a fund, El Chaar says.



TOP 6 MEMBER BENEFITS FOR — SUMMER —

Your AARP membership makes your summer even more exciting and affordable, so you can have more fun in the sun.

1

HIT THE ROAD

Fuel your trip with savings at Exxon™ and Mobil™ stations and hotels like Best Western, Comfort Hotels and La Quinta® by Wyndham.



2

LIVING WELL

Learn habits for healthier living with a Recipe Analyzer and more from AARP® Personalized Nutrition. Plus, take a free hearing test every year.



3 ENTERTAINMENT

Enjoy savings on tickets for *DISNEYLAND*® Resort and *WALT DISNEY WORLD*® Resort, and AMC & Regal theatres. Plus, free Movies for Grownups screenings.



4 GAS & AUTO

Get road trip-ready with tips from the AARP Smart Guide to Cleaning Your Car, plus recall and safety ratings tools and AARP Driver Safety courses.

5 RESTAURANTS

Treat yourself while traveling with savings and local coupons at Cinnabon, Moe's Southwest Grill, Rainforest Cafe® and more. Plus, healthy eating tips and meal ideas.

6 TECH & WIRELESS

Get ready to roll with free tech classes through Senior Planet from AARP and discounts on tech how-to guides from AARP's online bookstore.

WIN \$10K TOWARD A DREAM GETAWAY!

Make your dream a reality with the AARP Getaway Giveaway Sweepstakes. Enter by 8/31/25 for a chance to win \$10,000.

No Purch. Nec. 50 US & DC 18+. Void Where Prohibited. Visit aarp.org/getaway25 for Official Rules.
Sponsor: AARP, 601 E Street NW, Washington, DC 20049.



Explore even more benefits online and download the new and improved AARP Now app for benefits near you.

aarp.org/benefitsme

A Tale of Two

My grandmas lived completely different lives, yet they

Grandma Ruth did aerobics, ate vegetables, had legions of friends and two great loves. She made aging look easy.

NAME Ruth Whitman

LIFE Nov. 29, 1912–Aug. 13, 2017
(104 years, 8 months, 15 days)

MARRIED 61 years

FAMILY Three children, eight grandchildren,
10 great-grandchildren



THE PHOTO CHALLENGES everything we're told about longevity. It's a snapshot of my two grandmothers, both over 70, at a family gathering. On one side, Grandma Ruth radiates her usual vitality—bright smile, dressed to impress, brimming with the energy of someone who had a thousand friends, an adoring husband and countless hobbies: baking, sewing, gardening, volunteering. Beside her stands Grandma Charlotte, her weary expression unmistakable. Clearly, she'd rather be anywhere else. A fearful, religious woman with a history of profound loss, she carried the weight of the world like armor, rarely venturing far from the dim apartment she called home.

Two grandmothers, two wildly different approaches to life. Ruth, the wellness devotee, attended aerobics classes, prioritized sleep and seemed to actually enjoy carrot juice. Charlotte, by contrast, loaded her chopped liver with chicken fat, snacked on Hershey bars and spent afternoons on her sagging couch watching *As the World Turns*. Despite their divergent paths, Ruth and Charlotte both lived to 104. Neither developed dementia, cancer, heart disease or diabetes. In both cases, the cause of death was listed simply as “age.”

For years, my family clung to a tidy narrative: Grandma Ruth did everything “right,” while Charlotte somehow survived in spite of herself. Yet both routes worked. So what

Grandmothers

both lived to be over 100 years old. How? *By David Hochman*



Grandma Charlotte was the opposite: a homebody who preferred the comforts of faith and family. She endured life more than reveled in it.

NAME Charlotte Hochman

LIFE Dec. 20, 1900–Aug. 14, 2005
(104 years, 7 months, 25 days)

MARRIED 51 years

FAMILY Two children, three grandchildren,
eight great-grandchildren, two
great-great-grandchildren

truly carried them so far? Was it grit, biology, an alignment of stars—or something science hasn't yet explained? Somewhere in the folds of their deeply individual stories lies the answer to life's beautiful, infuriating unpredictability.

We know the usual pillars of longevity: genes, diet, sleep, exercise, connection, purpose. But in recent years, researchers have uncovered subtler, less tangible forces: resilience forged in hardship, the sustaining power of love, the anchoring strength of faith and the surprising life-extending impact of conscientiousness.

As I've explored old and new theories on longevity, I've come to see my grandmothers' lives not as opposites but as two sides of a complex truth—one that challenges conven-

tional wisdom, and even my family's assumptions, about what it takes to not just live long but to live well.

— Part 1 —

What We Thought We Knew

FOR DECADES the science on aging seemed straightforward: Eat your greens. Get your steps in. Avoid smoking. Find a hobby that isn't skydiving. And, OK, maybe be born into a family with relatives who lived to 90 or 100. These have long been the hallmarks of consummate aging, repeated in public health campaigns and echoed by centenarians eager to share their secrets with Al Roker on

the *Today* show. Do the right things and you, too, can enjoy a lasting, flourishing run. It was the logic behind phenomena like the “blue zones”—those idyllic pockets of the planet where residents seemed to hold the secrets to eternal youth through plant-based diets, frequent movement, time in nature and tight-knit communities. Researchers flocked to places like Sardinia; Okinawa, Japan; and Loma Linda, California, to distill the lessons of the “oldest old.”

Or so we thought when we bought the cookbooks and supplements. Then, last year, researcher Saul Newman, from University College London, tracked down data on 80 percent of the people in the world over 110 and found that very few had a birth certificate. Inconsistencies in recordkeeping cast doubt on blue zone theories in the U.S., England, Italy, France and Japan. A review by the Japanese government concluded that 230,000 of its country’s centenarians were “missing, imaginary, clerical errors, or dead.”

That’s not to say blue zone science is bunk. A nutritious diet, exercise and community can help get you more birthday candles. But there’s no one-size-fits-all formula. According to a 2021 review in the journal *Science*, none of the popular antiaging dietary practices—whether intermittent fasting or ketogenic diets—guarantee extra years at the dinner table. Even the popular notion of taking 10,000 steps a day doesn’t hold up to scrutiny: A recent meta-analysis of studies found that people over 60 derive the most benefit from walking between 6,000 and 8,000 steps daily.

“The science of aging well is a needle-in-a-haystack problem, so it’s not surprising to see some conclusions stretched a bit,” says Nir Barzilai, a longevity researcher at the Albert Einstein College of Medicine. He has extensively studied the lives of older people in the United States, particularly Ashkenazi Jews like my grandmothers. What Barzilai found among his centenarians is both surprising and counterintuitive. “Half of them were overweight or obese, half were smokers, many rarely exercised and very few were especially careful about what they ate,” he says. Yet, they remained remarkably healthy, with only half the incidence of cardiovascular disease of others.

It’s one more piece of evidence pointing to a conundrum: The more we know about longevity, the less we can hold

on to certain long-held assumptions. A recent study of identical twins in Finland, for instance, found that while exercise is good for us as we age, it might not guarantee a longer life. The research showed that, yes, moderate exercisers were biologically younger than those who didn’t exercise at all. But moderate exercisers were also somehow biologically younger than those who exercised a lot. Another study found that slightly overweight people may live longer than their normal weight, underweight and obese counterparts.

Did Grandma Charlotte’s chocolate habit give her an edge on aging? Probably not. Grandma Ruth’s occasional tittle didn’t help much either. While red wine in moderation was once touted as a salve against time, a sweeping analysis last year of 107 studies spanning four decades found that no amount of alcohol is truly safe for the aging body or brain. How bad is booze? Just two drinks a week may trim nearly a week off your life on average. Seven drinks a week could cost you two and a half months.

The evolving thinking on aging is just as sobering when



Grandma Ruth adored her husband, Loke.

Learning Resilience: It’s Never Too Late to Start

RESILIENCE ISN’T merely survival; it’s about adapting and even flourishing when life throws its hardest punches. Science shows we can build this capacity at any age. Even in their 70s and



80s, people can strengthen their mental fortitude through deliberate action, researchers say. One study found that participating in community activities—and

other structured programs that promote engagement, like volunteering—can foster a sense of purpose and responsibility while also reducing worry and increasing mental stability.

“While we can’t completely rewrite our basic nature—an introvert won’t suddenly become the life of the party—meaningful change is absolutely possible,” explains gerontol-

ogist Peter Martin. “It’s like building a muscle you didn’t know you had.”

Longevity researcher Nir Barzilai points to the power of “stress toughening”—not through major life crises but through chosen challenges that stretch our capabilities. “Think of an older person deciding to learn watercolor painting despite his trembling hands, and

If Grandma Charlotte's survivor's spirit carried her through life's challenges, it was love that fueled Grandma Ruth's remarkable journey.



←
Grandma Charlotte bickered with but was attached to her Abe.

it comes to popular supplements. All that fuss about pill-form antioxidants ridding our body of toxins called free radicals that age our cells? New research shows that these supplements—vitamin E, beta-carotene and the like—provide no significant benefit and may even cause negative side effects.

It's the same story with more radical regimens, like the ones practiced by wealthy Silicon Valley biohackers who see aging as another disease to be cured, or at least slowed. But aging isn't something to code your way through. Even the now-FDA-prohibited transfusion of plasma from someone between the ages of 16 and 25, a treatment known as young blood infusion, would not turn back the clock for a 50- or 60- or 75-year-old.

Quackery is quackery, so buyer beware. "Every year, someone is selling something new to reverse aging, and,

what that teaches him about patience and stick-to-itiveness. Now when bigger problems come along, he remembers: *I can adapt.*"

Such experiences build up what Barzilai calls "resilience reserves," resources we can draw upon when facing life's inevitable storms.

This growth ripples outward. When grandchildren

watch their grandmother master a smartphone or hear stories of how she navigated career or life setbacks decades ago, they absorb living lessons in perseverance.

By practicing resilience and modeling it, we're creating a legacy of adaptability and courage that enriches both ourselves and future generations. —D.H.

trust me, it's almost all based on junk science," says Thomas Perls, director of Boston University's New England Centenarian Study, which has been tracking the lives of older people since 1995. "If an antiaging remedy doesn't show up in the standard medical literature with a clinical trial showing its benefits, stay as far away as you possibly can."

Still, much research remains incontestable. We know people who quit smoking or never smoked have a lower risk of dying prematurely than those who smoke. Study after study highlights the benefits of quality sleep—seven to eight hours a night remains the standard—for both cognitive health and disease control. As for the benefits of reducing risk and nurturing relationships: Neither of my grandmothers was a daredevil, and both enjoyed long, stable marriages that kept them safe and anchored. Even so, if I made a checklist of healthy aging habits, Charlotte and Ruth would score somewhere in the "Do as I say, not as I do" range. Neither was letter-perfect in her long journey.

But who is—especially over the course of an extended life? The oldest person Perls ever met was Sarah Knauss, one of his study participants. Born in 1880 in Pennsylvania coal country, Knauss lived independently until her failing eyesight and frailty led her to a nursing home—at age 111. She remained cognitively sharp and disease-free, even while enjoying a life that defied all expectations. "She loved sweets, like chocolate cake, and hated green vegetables," Perls recalls, but none of that mattered. Knauss lived to 119, making her the third-oldest verified person in history.

Living as long as Knauss—or even my grandmothers—did not happen with shortcuts or simple solutions. But emerging science reveals practical, evidence-backed steps we can all take to add healthy, productive years to our lives. "The amazing thing is, a significant portion of Americans now have the opportunity to get into their late 90s and 100s," Perls says. "With healthier habits and new ways to delay age-related disease and disability, it's much more the situation of 'the older you get, the healthier you've been.'"

— Part II —

The New Secrets of Aging

WHEN MY GRANDMOTHERS were younger women in the 1950s, living to 100 was rare—only about 2,300 Americans reached that milestone each year. Grandma Charlotte and Grandma Ruth lived to see that change dramatically. Last year, more than 101,000

When my grandmothers were younger women in the 1950s, only about 2,300 Americans reached 100. Last year, more than 101,000 Americans celebrated their 100th birthday.

Americans celebrated their 100th birthday, and by 2054, that number is expected to soar to around 422,000. This shift is part of a broader wave: Right now, 62 million Americans—18 percent of us—are 65 and older. By 2054, that group will grow to 84 million, almost a quarter of the population.

But here's what's fascinating: While more of us are living longer than ever, the reasons aren't quite what you might expect. Scientists studying long-lived people have discovered surprising factors that go beyond the usual advice. These three hidden keys tell us something deeper about how humans thrive in their later years.

Resilience

NEW RESEARCH SHOWS that mentally tough people tend to live longer, especially women. Looking at more than 10,000 older Americans, scientists last year found that those with high resilience—who stay calm under pressure, keep going when things get hard and feel their life has purpose—were half as likely to die over a 10-year period as less resilient people. Think about that. While there might be other factors at play, the findings suggest that building mental toughness may be as important for a long life as physical health.

Longevity researcher Barzilai's uncle, who died at 102, lived through challenges most of us can hardly fathom. A Holocaust survivor, he endured five concentration camps, subsisting on the barest of rations and sheer willpower. "There wasn't enough food, but at least the Germans paid for everything," he would joke for decades afterward.

Barzilai believes these trials weren't merely hardships his uncle survived. They might have actually helped him live longer. In biology, the concept is called hormesis, or, as you might know it, "What doesn't kill you makes you stronger," a bit of wisdom that may have started with 19th-century German philosopher Friedrich Nietzsche.

"You have to go through stress in order to increase your capacity to deal with greater stressors later on," says Barzilai.

The principle is similar to the way intense exercise creates temporary inflammation that ultimately strengthens muscles and builds endurance. In aging, hormesis suggests that surviving difficult situations—like war or great loss—can prepare the body for other challenges. "The body adapts to stress by strengthening its defenses," Barzilai says, describing it as a kind of biological "toughening up," often called the select survivor effect.

This effect might help explain why some groups known

for enduring systemic adversity, like Holocaust survivors, WWII veterans and older Black Americans, often exhibit remarkable resilience and longevity. Despite hardships that should, by all accounts, have worn them down, they developed an extraordinary ability to push forward.

My grandma Charlotte was the embodiment of the select survivor. She lost seven siblings in the Holocaust, an unimaginable trauma she never talked about. It must have given her deep scars and steel-like strength. Getting through life's darkest moments had forged in her a resilience that no ordinary hardship could break.

Love

IF GRANDMA CHARLOTTE's survivor's spirit carried her through life's challenges, it was love that fueled Grandma Ruth's remarkable journey. After more than 60 years in a devoted marriage with my grandfather, she found new joy and companionship after his passing. At 87, she met Herman, a retired chemist, and together they shared five blissful years—holding hands, walking on the beach, and even arriving late to my wedding because they were reading poetry to each other in their hotel room.

No geriatrician can write a prescription for a passionate affair, but love remains an often-overlooked cornerstone of healthy aging. Strong social connections are linked to a 50 percent greater chance of living longer. The bond between you and the people around you might be the ultimate key to aging well. The renowned Harvard Study of Adult Development, now in its 86th year, has tracked the lives of hundreds of individuals over decades. Its most striking conclusion? The single strongest predictor of healthy aging isn't wealth, social status or even lifestyle. It's the quality of your relationships. Or, as former study director George Vaillant put it: "Happiness is love. Full stop."

Marital satisfaction, in particular, seems to act like a longevity booster shot. Among people in their 80s, those in happy marriages reported that their moods stayed steady—even on days when they were in more physical pain. The study also showed that people in warm, supportive relationships tended to live longer and happier lives than loners. In fact, loneliness as we age can be as damaging to health as smoking or alcoholism. Meanwhile, people with strong social support experienced less mental decline as they aged and were less likely to overindulge in smoking or drinking. And the benefits of healthy relationships aren't

Stay in the home you love with a Stiltz Homelift

Our home elevators can fit just about anywhere in your home

THE MODERN SOLUTION

A Stiltz Homelift is a safe, attractive, & affordable alternative to stairlifts. It requires no special machine room, and no supporting walls.

ECONOMICAL & FLEXIBLE

A Stiltz Homelift can fit just about anywhere in your house. It has a compact footprint, similar in size to a small armchair. A Stiltz Homelift plugs into a standard home electrical outlet, using less power than a coffee maker.

YOUR FOREVER HOME

Avoid the expense and distress of relocating, or the disruption of adapting

your home for downstairs living. A Stiltz Homelift helps you live safely and independently in the home you love.

IT'S NEVER TOO SOON

Some Stiltz customers need a Homelift immediately. But others want to "future-proof" their homes for when the stairs become a challenge.

HOMELIFT SPECIALISTS

Stiltz is a world leading Homelift manufacturer, so you'll be in good hands. Your elevator will be installed and maintained by Stiltz trained professionals who truly care about your freedom.



Did you know?

AARP survey data shows that 77% of adults 50 and older want to remain in their homes for the long term. At Stiltz, we're here to help you stay in your home you love. It's easy.



"I can't imagine what we'd do without it. I wish we had installed our Stiltz Homelift several years ago!"

— Mr. James, Roanoke, VA

Why choose Stiltz?

- Affordable
- Small Footprint
- Full Safety Features
- Clean, Quiet Operation
- Low Power Consumption
- Freestanding Design
- Wheelchair Accessible
- Carry Laundry or Pets
- Fast Installation
- Full Warranty



For a FREE BROCHURE or no-obligation home visit

Call 1-800-908-8044
or visit www.Stiltz.com

StiltzTM
Homelifts

just emotional—they're cognitive too. A recent finding of the study showed that women who felt securely attached to their partners were less likely to be depressed, reported greater happiness in their relationships. They even performed better on memory tests two-and-a-half years later than those with weaker ties to loved ones.

These findings tracked with Grandma Ruth and her decades of loving partnerships. But what about Grandma Charlotte, whom I mostly remember bickering with my grandfather all day? It turns out good relationships don't have to be perfect—or look perfect to outsiders. Some of the couples in the Harvard study—well into their 80s—argued daily. But as long as they felt they could rely on each other when it truly mattered, those everyday spats didn't seem to harm their mental health or memory.

Faith

TOM COLE HAS spent decades studying what keeps people going into their later years. The rabbi and coauthor of *The Oxford Book of Aging* sees longevity through a different lens than most researchers do. Beyond genetics and lifestyle, he argues, there's something more fundamental: the power of belief itself.

"I don't think you can live to an old age without a belief system," Cole says, "whether that's religious faith or simply a deep conviction that tomorrow holds promise." This framework of belief, he explains, creates a kind of spiritual resilience—an inner force that helps people push forward through life's darkest moments. Cole has found this particularly true among Holocaust survivors and others who've faced severe hardship. Many describe moments of profound connection that sustained them: a guiding voice, an unseen presence, a warm light that appeared when all seemed lost.

The science backs this up. Research from Ohio State University found that religious affiliation alone can add as much as nine years to a person's life. A separate study showed women who regularly attended religious services had a 33 percent lower mortality rate. But the power of

belief extends beyond religion—what matters is having something meaningful to believe in, whether it's family, community or a personal mission.

Whether faith or optimism, it's common among people who live a long time. Boston University School of Medicine psychologist Lewina Lee's research reveals that people who maintained a positive outlook had 50 to 70 percent greater odds of reaching age 85 than the least optimistic groups in her study. Likewise, those who embrace the positive aspects of aging—such as accumulated wisdom

and emotional maturity—live an average of 7.6 years longer than those who don't. Yale public health psychologist Becca Levy found that these optimistic individuals gain their advantage through multiple pathways: They exercise more, make healthier food choices and show lower levels of stress-related inflammation in their bodies.

These benefits mirror those seen in highly conscientious people, suggesting that our mental outlook shapes our physical reality. Deborah Kado, codirector of the Stanford Center on Longevity, sees this play out in her oldest patients. She routinely asks them what they look forward to, and their answers reveal how the

prospect keeps them going: a grandchild's visit, lunch with a neighbor, a weekly game of Rummikub with friends. "These anticipations become anchors," Kado explains. "They give life its forward momentum."

She tells me about a 105-year-old who fractured her hip but was determined to attend her great-granddaughter's wedding. That single goal—that belief in a future moment—mobilized not just her recovery but her entire family's support network. "Having something meaningful on the calendar," Kado says, "can literally add days to your life."

Both my grandmothers embodied different forms of this life-sustaining belief. Ruth lived for "approach goals"—always anticipating the next gathering, the next travel experience or holiday. Charlotte found her anchor in a conscientious affinity for ritual: meticulously scrubbing her stove, triple-wrapping her egg salad, (CONTINUED ON PAGE 73)



Ruth at 102 with the author and son Sebastian.

Longevity Tips: How to Live Long and Prosper

Act Like You're Rich:

Even if you're not wealthy, one researcher recommends adopting the habits of the affluent—prioritizing sleep, managing stress and



eating as healthily as possible.

Don't Skip Screenings:

Researcher Thomas Perls emphasizes the importance of continuing cancer



screenings, even past the age when most people think they're necessary. Staying vigilant can catch diseases early and keep you on track for a longer life.

The Right Kind of Drugs:

Four FDA-approved drugs, including GLP-1 ago-



nists (think Ozempic) and SGLT2 inhibitors (used for diabetes), are showing great potential in extending health span, making them worth a conversation with your doctor.

Faith and Connection:

Whether it's a



link to a higher power, a lifelong partner or a group of friends, having something other than yourself to rely on can be a powerful force in aging well. (For tips and resources on making connections, go to aarp.org/connect.) —D.H.



BATH
REMODEL

YOUR DREAM BATHROOM IN 1 DAY*



7am TODAY



4pm TONIGHT



**Waiving All
Installation Costs***
PLUS
**No Interest
No Payments**
for up to 1 Year†

If paid in full by end of 12 months.

Fall in love with your bathroom
without breaking your budget.



Fits existing space



Certified installers



Amazing style selection



Safety features available

*With purchase and installation of any complete bath/
shower system from participating third-party Jacuzzi
Bath Remodel dealer in your area ("Dealer"). Offer and
options will vary by Dealer/location. Not combinable
with other offers. Add'l terms apply. Subject to
change. Some installs may take longer than one day.
Expires 8/31/25.

†Financing offer available through third-party lenders
under terms of applicable loan program. No interest for
12 months if paid in full within 12 months. Interest will be
charged to you from purchase date if purchase balance
is not paid in full within 12 months. Subject to credit
approval—not all buyers will qualify. Add'l terms apply.
See or call Dealer for details. Not actual before and
after depiction.

CALL NOW! **888.462.6775**

Or visit us
online at

JBRShowers.com



GREAT SPORTS

Every generation is defined by the memories it shares, including those heart-stopping moments during a sporting event that everyone witnessed and couldn't stop talking about.

Boomers grew up in a particularly rich era for sports heroes and iconic moments, from Roger Bannister's sub-four-minute mile that broke a seemingly impossible barrier, to the unrelenting power of Triple Crown winner Secretariat.

Here are the best of the moments that our generation still discusses at family dinners, in bars and at reunions. Who can forget Bobby Thomson's electrifying home run, the titanic battles between Muhammad Ali and Joe Frazier, and the miracle that unfolded on the ice in Lake Placid?

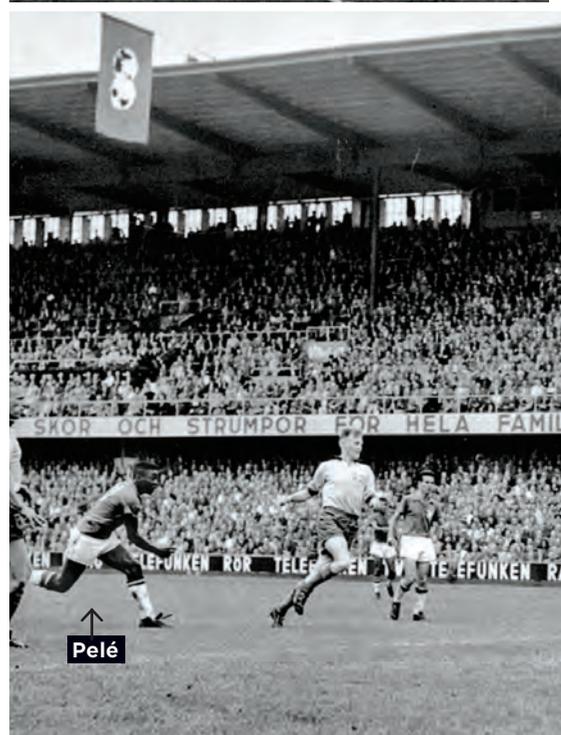
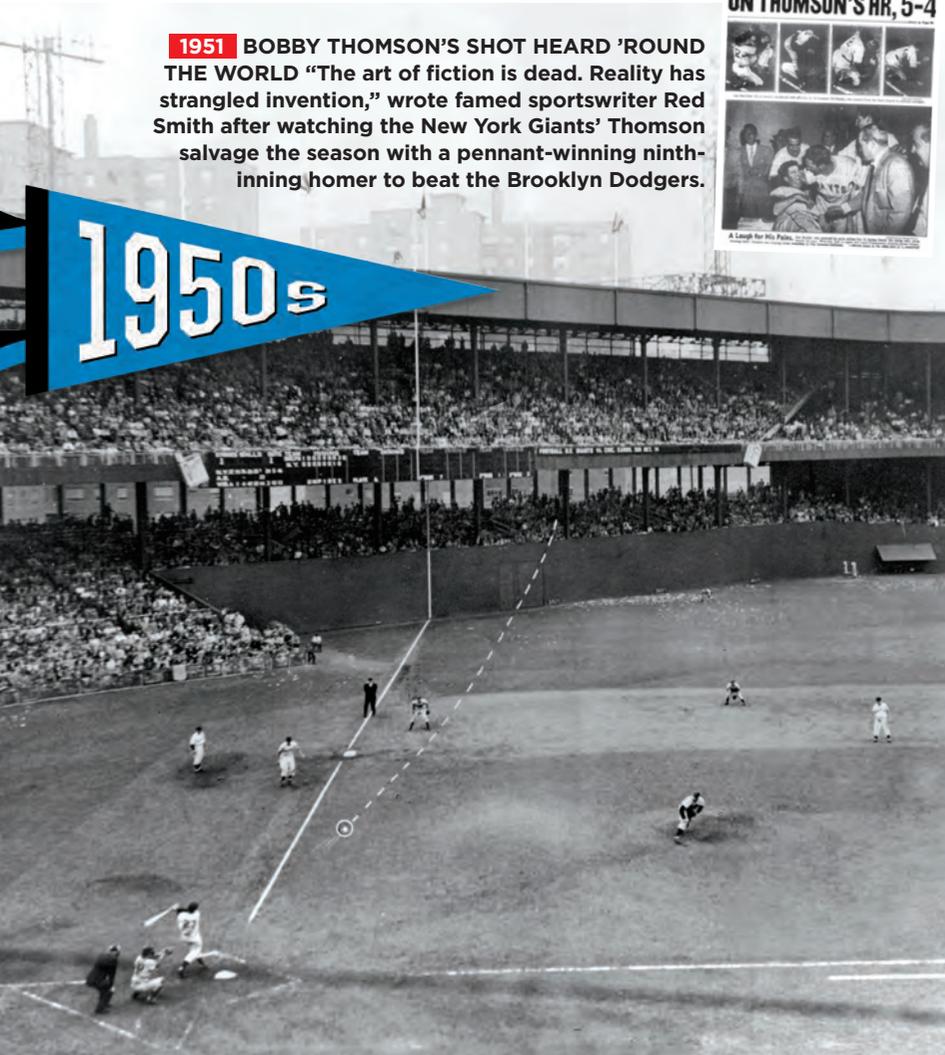
1951 **BOBBY THOMSON'S SHOT HEARD 'ROUND THE WORLD** "The art of fiction is dead. Reality has strangled invention," wrote famed sportswriter Red Smith after watching the New York Giants' Thomson salvage the season with a pennant-winning ninth-inning homer to beat the Brooklyn Dodgers.



1954 **ROGER BANNISTER'S 4-MINUTE MILE** A medical student, Bannister had minimal training before he became the first person to run a mile in less than four minutes—ignoring those who had said a 4-minute mile was impossible.



1950s



MEMORIES *of the* GOLDEN ERA



1965 **LEGEND OF THE GOLDEN BEAR** Jack Nicklaus overpowered the field—and the course—to win the Masters by nine strokes with a four-round score of 271, breaking Ben Hogan’s course record by three strokes. That record would last more than 30 years before being broken by another legend, Tiger Woods, in 1997.

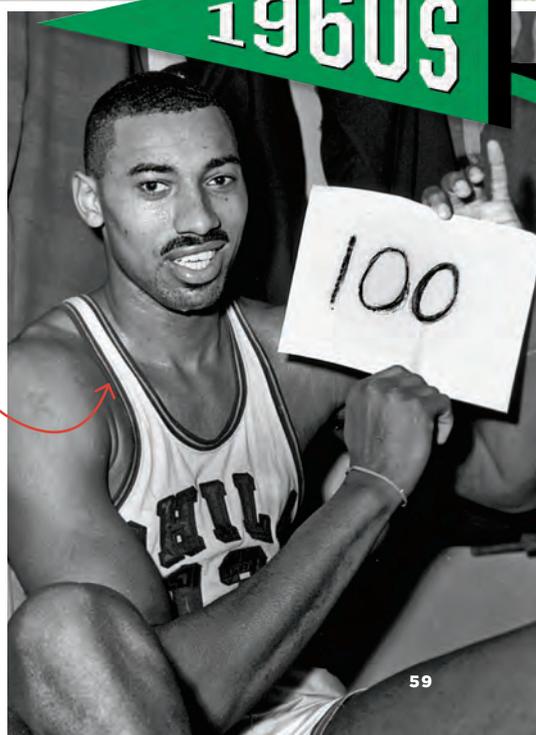


1968 **PEGGY FLEMING: GRACE AND STEEL** The United States won only one gold medal in the 1968 Winter Olympics, but Fleming’s flawless performance on the ice created an indelible memory. At 19 and from a working-class family in California (her mother made her skating costumes), Fleming displayed sophistication and elegant precision in her routine.



1958 **PELÉ: TEEN STAR DAZZLES** The World Cup Final in 1958 was played near Stockholm, but home field advantage didn’t matter as Brazil, led by the sensational 17-year-old Pelé, overwhelmed the host country 5-2, with two goals by its young star, to win the country’s first World Cup.

1962 **WILT’S TRIPLE-DIGIT NIGHT** Everything about Chamberlain seemed beyond the scope of mere mortals. But even by his standards, scoring 100 points on a March night over the New York Knicks was a feat neither he nor any other NBA star would ever match.



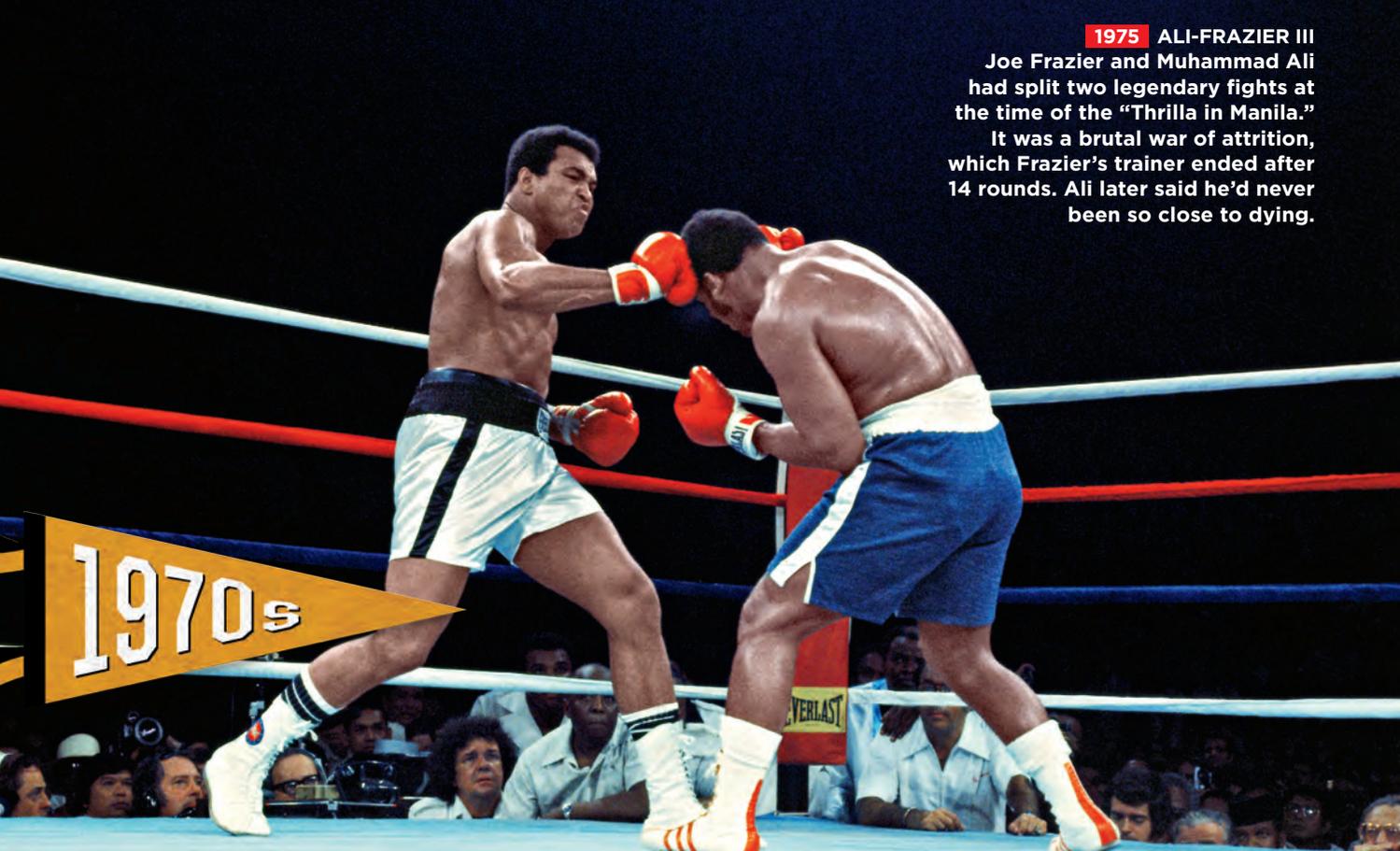
1960s



1969 **JOE NAMATH GUARANTEES A SUPER BOWL WIN**
Some tuned in to see the young upstart humbled by the mighty Baltimore Colts. Others hoped against hope that the New York Jets quarterback would back up his boast that his underdog team would win Super Bowl III. The Jets' defense dominated, but it was Namath's cockiness that was in tune with the times.



1973 **"BATTLE OF THE SEXES"** Billie Jean King said, "I thought it would set [women] back 50 years if I didn't win that match." Her career included 12 Grand Slam singles titles, but she is best remembered for shutting up chauvinist Bobby Riggs—and elevating women's sports.



1975 **ALI-FRAZIER III**
Joe Frazier and Muhammad Ali had split two legendary fights at the time of the "Thrilla in Manila." It was a brutal war of attrition, which Frazier's trainer ended after 14 rounds. Ali later said he'd never been so close to dying.

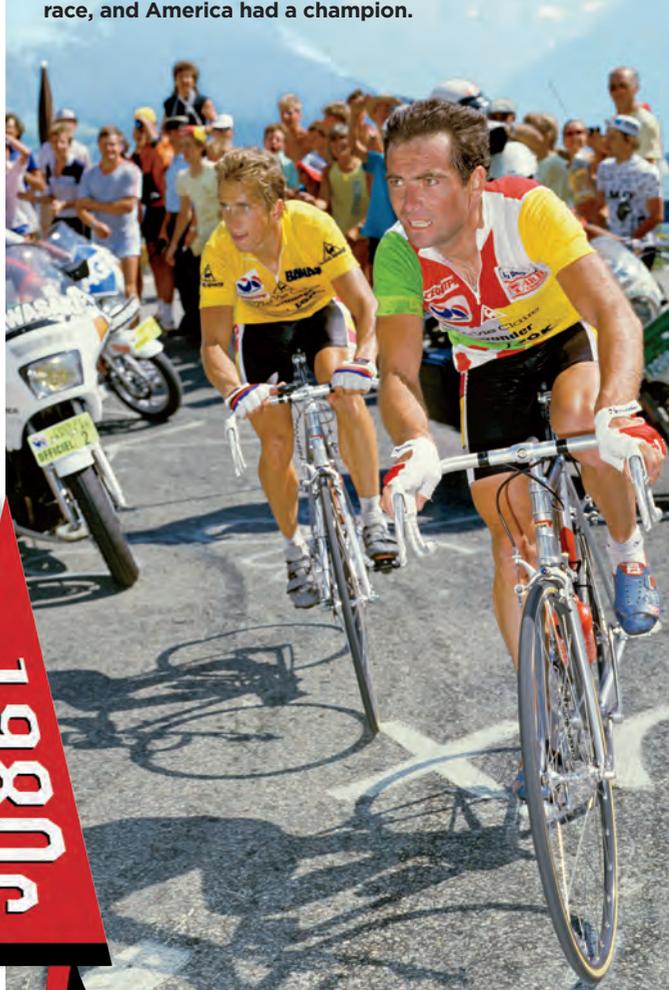
1972 **MARK SPITZ: TRIUMPH, THEN TRAGEDY** Spitz's record-breaking seven gold medals should have capped a joyous Munich Olympics. But these Summer Games will forever be remembered for the terrorist attack that left 11 Israeli athletes dead and the Jewish American Spitz rushed from the Games for his safety.



1973 **SECRETARIAT ASTONISHES** "He is moving like a tremendous machine...." Race announcer Chic Anderson's memorable call during the 1973 Belmont Stakes captured the combination of power and grace with which "Big Red" thundered to victory.

1980 **MIRACLE ON ICE** A plucky band of American amateur hockey players were expected to be little more than a speed bump for the Goliaths of the sport from the Soviet Union in the 1980 Olympics. But as announcer Al Michaels would ask, "Do you believe in miracles?"

1986 **GREG LEMOND WINS TOUR DE FRANCE** It was the 73rd Tour de France. The first 72 ended with a European winning. But Greg LeMond caught Bernard Hinault in the Alps late in the grueling race, and America had a champion.



1980S



Unlocking potential, one page at a time.

“How are you feeling?” That’s the first question Karima Amin asks at the beginning of a tutoring session. “Then I tell them I’m happy they’re with me.”

Karima is one of more than 1,200 volunteers with AARP Foundation Experience Corps, a program that engages older

adults to help children become better readers. Karima knows that the best way to reach a child is through personal connection, and that those connections can be built through stories.

She chooses stories that will teach not just reading skills,

but life lessons—and she feels the incredible impact her tutoring work is having in her community. “I run into folks I taught years ago who remember what it felt like to them, what it meant to them,” Karima adds.

Over the past 30 years, volunteers like Karima have connected to



their communities and found a great sense of purpose in helping students improve their reading skills, enhance their social-emotional development, and look to a brighter future.

“It’s my hope that people understand the importance of investing in the future through

reading,” Karima says. “I love this program.”

AARP Foundation Experience Corps is just one of the programs that is a critical part of our mission to reduce poverty for and with older adults. Your support makes this work possible—join us.



Get involved at
aarpfoundation.org/purpose



The AARP
**Book
Excerpt**

BONUS CONTENT!



My Wild Ride Through Appalachia

How job loss, the pandemic and a cancer scare led me to rediscover my love affair with America (adapted from my upcoming book, *Mailman*)

By Stephen Starring Grant

The worst-kept secret in corporate America is that marketing works. I had been a successful, highly paid strategist for some of the biggest companies in the world, helping the glass-tower crowd understand how regular people make the wheels on the bus go round and round. But marketing is notorious for being the canary in the coal mine of corporate spending. And now, my latest gig was abruptly ended due to the onset of COVID-19.

I was a husband and a father of two teenage girls, and everybody in our house up on Brush Mountain in Blacksburg, Virginia, was counting on me to keep them in the upper middle class. Getting a new marketing job was going to be a near impossibility for the foreseeable future. It was certainly not going to happen before my health insurance ran out in a couple of weeks. Which was a problem. Because I had cancer.

I HAD ONLY known about the cancer for a couple of months. My father had survived prostate cancer, as had his brother, my uncle Rich. So I wasn't too worried, honestly. My urologist told me the malignancy was contained inside the prostate. The tissues uncovered in the biopsy were submillimetric, thus too small for the MRI to detect. My cancer was as benign as cancer gets. But what had seemed manageable now loomed as an existential issue. I was about to become one of the undoctored in America while I knowingly carried a disease that could kill me.

I needed money, so I took a job carrying the mail in and around Blacksburg, where I had grown up, departed from for the bright lights, and returned to a few years earlier. And I fell back in love with America during that year. I feared for her and prayed for her,

even though before I started carrying the mail, I did not spend much time in prayer. But here in midlife in my hometown, I found myself working a different kind of job, and I became a different kind of person.

I was the guy with the goods, and I carried the candy and the respirators and the dog food and the lube and the heirloom tomato seeds, the hot rod magazines, the handwritten pleas from incarcerated uncles, the scientific journals, tabloid-size book reviews, model train sets, illustrated children's Bibles, the hand-painted postcards from artistic cousins and estranged girlfriends. The story I told myself was this: I had joined a brotherhood that stretches back to Benjamin Franklin, to men on horseback and in biplanes. I had become a flag-wearing, sworn federal officer in a position of trust, the duly appointed agent of the United States government in a time of national crisis, the dedicated and beloved civil servant of the people.

I was the mailman.

I'M HAULING ASS up the hollow, down the dry dirt road past the sign that reads END STATE MAINTENANCE, driving a 2001 Ford Explorer from the right-hand seat. My left leg is stretched across space where the center console

had been torn out to allow easy access to the pedals, left arm stretched across to the steering wheel with its sloppy linkage, the leaking power-steering fluid an industrial aromatherapy. Here, on the northern side of the draw, is a land of permanent shade. All the trees are scrub pine, the road narrow enough that I can reach out and feel my fingertips being whipped by the needles as I drive by.

This isn't some purpose-built vehicle. I'm driving a plain Jane, factory-basic, left-hand-drive car. But for slinging mail on back roads, it is hard to beat the Explorer. "Ford Tough," this rusty beast has survived long beyond its planned obsolescence, because this thing has got a soul, man—Made-in-America magic that is still pulsing 19 hard years after it rolled off the assembly line in Louisville, Kentucky.

I'm driving as fast as the old crate will go: I am behind schedule and the route is almost 60 miles long. But I'm lost. Not spatially lost. Geographically, I know exactly where I am. I'm where I grew up, in the sedimentary Blue Ridge Mountains, the heart of the Appalachians. What I'm feeling is lost in the sense that I don't know what I'm doing, lost in confronting the reality of being back in my hometown at 50 years of age, delivering the mail.

Down here at the level of individual mailboxes, time works differently. What time is it? What day is it? It's parcel time, the only kind of time that matters anymore, and I've got a delivery to make. In the back is a cardboard box, over three feet long and about six inches deep. The return address reads "Musashi Katana, Little Rock, AR."

I didn't watch Kurosawa films over and over when I was a kid to not know what those words mean. There is a goddamned sword in that box. And the weird sisters of the United States Postal Service have sent me here to deliver it.

In a clearing at the end of the dirt driveway is a single-wide trailer with a

small deck out front. I exit the Explorer and carry the box toward the trailer with both hands, supporting it from beneath, like the guy with a sword on a pillow processing up to the queen in Westminster Abbey.

Through the sliding-glass front door of the trailer, I see into the living room, a space dominated by a TV. The man who lives here pulls open the sliding-glass door and jogs out. He is lean, in a baggy blue tee, shorts, and flip-flops, with long, crow-black hair. A Buck folding knife in a leather snap sheath on his belt. Another guy like me who never feels quite dressed in the morning without a belt and a knife.

When he sees the box I am carrying, he stops. “Oh, goddamn.”

Sometimes you get the feeling that you have been brought somewhere to do a thing by powers larger than yourself. “Hey, man, I think this is your sword,” I say. I can feel myself smiling. Now he starts to smile.

“Oh, goddamn!”

“What did you get? A katana? A nodachi?” I ask.

That gets me an appreciating look. His tone becomes serious.

“No, man, nothing Japanese. European. Two-handed sword. I got that second pandemic check and I knew I was finally going to get the thing. You want to see it?”

“Hell yes, I want to see it!” Because I can feel it now too.

He takes the box from my arms and lays it in the grass, as gently as if it were a sleeping child. Have you ever been there when someone has gotten exactly what they want? Something that they have wanted for as long as they could remember? Something maybe useless yet charged with mythic power, an idea that had been carried around for years and was now landing in reality as three long feet of tempered steel?

He has his pocketknife out in a flash and cuts through the packing tape. Resting in a cardboard cradle is a two-handed sword in a black leather

scabbard. He takes its grip in his right hand, the scabbard in his left, and in a single smooth stroke looses the blade, which, as if someone had dubbed in a sound effect, rings like singing silver.

“Whooh! Yeah! This is Anduril, Flame of the West!”

“Reforged from the shards of Narsil by the elves of Rivendell,” I respond, instantly pulling the *Lord of the Rings* reference from thin air. We looked at each other.

“Yeah, man. The blade that smote Sauron.”

I T IS ONE of the most intimate moments I’ve ever had with a stranger. We aren’t up a hollow deep in the Blue Ridge Mountains, lost in the radio hole at the center of one of the longest rural routes in the Blacksburg, Virginia, post office. We are in the middle of a myth, a molten dream of a place where great deeds, brave words, and the right sword in the right hand can make a broken world whole again.

I was alive in a place where the possibilities of a job taken in desperation played out against a wild, mutating, horrific, chaotic, insulting, stultifying, dangerous, edifying, and sometimes transcendent experience of dealing with my fellow Americans during a national emergency.

I got to put a sword in this man’s hand at this particular moment in time. In the crabgrass and broken-glass front lawn of this single-wide aluminum-sided trailer, a stranger and I reenacted the Tolkien-writ moment where Elrond calls on Aragon to put aside the Ranger and become

the man he was meant to be.

I get it. We all want a sense of purpose. I could probably tell myself I was there out of a sense of civic duty, that I was placed here by the hand of providence, by Whitmanian democratic impulse, by the manifest will of the American people, by the authority of the postmaster general. I can say with a straight face that all those things were true. And I would be lying if I didn’t confess that I perversely enjoyed the endurance-sport aspect of it, even the endangering of my physical and mental health. A lot of the time it was just fun. It was like being back in the Scouts again. Doing a good turn daily.

Yes, I had to pepper spray a pair of vicious mutts bent on making me one of the rare mail carriers who get mauled to death by dogs. I was nearly felled by hypothermia, and by a horde of angry wasps unhappy I had disturbed their mailbox nest. But I also bonded with an Afghanistan vet staying with his parents, who was pleased to show off to a fellow admirer his new M1A 6.5mm Creedmoor battle rifle. I reconnected—now as their mailman—with several men and women I grew up with, all of us recognizable, but also very different.

In short, being a mailman expanded my soul. ■

Excerpted from Mailman: My Wild Ride Delivering the Mail in Appalachia and Finally Finding Home by Stephen Starring Grant. Grant, 55, is a brand strategist and has worked as an adjunct college professor in Blacksburg, Virginia.

Copyright © 2025 by Stephen Starring Grant. Reprinted by permission of Simon & Schuster Inc., New York.

REAL/PEOPLE

Inspiring stories of friends and neighbors, in their own words



Real Second Act

Crouching Tiger, Hidden Health Benefits

This computer pro found a new mission: teaching tai chi

YOUNG LEE, 88, was not an athlete in her youth. She didn't even learn the slow, graceful martial art of tai chi until 1999, when she decided to retire from her tech job because of a ruptured disc, Lyme disease and vertigo. Lee then signed up for a tai chi class at her local senior center in Edgewater, Maryland, and found that the practice helped restore her strength, stamina and overall health. So when, in 2004, the tai chi instructor invited her to take over one of his classes, she signed on. "Tai chi helped me recover," she says. "I want to give that help to others." —*Thomas Ferraro*



Stinis left a corporate career to co-helm the family business.

The Fastest Skywriter in the World

For Stephen Stinis, an attention-grabbing flying trick is part of a family tradition

MY FAMILY has been skywriting for more than 80 years and three generations. My grandfather Andy Stinis was writing “Pepsi” in the sky before people knew what Pepsi was. He wrote it more than 7,000 times.

Andy invented and patented skytyping. He said to himself, “It takes forever to write this one word.

There has to be a faster way.” So he figured out how to write a message in the sky with a group of planes flying abreast—five planes, minimum. Skytyping is sort of like making a dot matrix printout in the sky. A message of 20 to 25 characters takes only about three minutes to do. The height of each letter is 1,200 feet—almost as tall as the Empire State Building. We’re the only people in the world who do skytyping. We’ve got the patents.

My father, Greg, was skywriting before he could drive a car. And I went on skywriting and skytyping missions with him from the age of 5. I basically grew up in the back of a plane.

My mother would say, “Get an education! I don’t want you to do what your dad does!” And I did that—I got a bachelor’s degree in finance, spent 10 or 11 years in the corporate world. But the Stinis men have a passion for flying. In 2009, my father and I

became 50–50 partners in the company, and we still run the business together.

We usually wait until we have 10 messages commissioned before we fly, to make it cost-effective. In 2021, we had one guy who wanted to skytype a proposal over the Santa Monica Pier on a particular day. So he bought 10 messages, including “I love you more than anything,” “Excited to spend my life with you” and “Will you marry me?”

When you’re on the ground and you start seeing a letter being formed in the sky, there’s a bit of romance behind it. People take a minute to stare. They want to see what the next letter’s going to be. And we fly so high that they can’t even see the airplanes. It’s like God is writing to them. —As told to Natasha Stoyloff

Stephen Stinis, 50, co-owner and president of Skytypers Inc., lives in Chino, California.



Auto Insurance
from  **The Hartford**

\$577!²
AVERAGE SAVINGS FOR MEMBERS

If Your Current Insurance Is:	You Could Save²:
Allstate	\$714
GEICO	\$580
Progressive	\$526

Auto Insurance

Exclusively for AARP Members



AARP® Auto Insurance from The Hartford¹

ADDED VALUE: New Car Replacement³, Accident Forgiveness³ and many other valuable benefits are available when you switch to The Hartford.

REASSURANCE: When you choose one of The Hartford's authorized repair centers, The Hartford will **stand behind the workmanship of the claim repairs** for as long as you own your vehicle.

TRUST: The Hartford has been named one of the 'World's Most Ethical Companies'® 16 times by the Ethisphere Institute.

At The Hartford, your protection is our passion.



LIMITED TIME OFFER!

Receive this duffel bag **FREE** when you request a quote and provide your email address. (Not available in all states.)⁴

Call The Hartford to request a free quote **in minutes**

1-800-683-8139

or visit aarp.thehartford.com/jun71

\$53 DOG UW DI₂LDIWH DUH QRWLOVXIHV 3DIG HOGRIUHPHOW 7KH +DUMRUG SDV UR\DUIN IHVH WR \$53 IRU WKH XVH RI UW LOIHOFHWKDO SURSHUW 7KHVH IHVH DUH XVHG IRU WKH JHGHUO SXISRVHV RI \$53 PHPEHUVKIS IV UHTXUHG IRU SURJUDP HJLJELQW IO PRVVIDIWHV

7KH \$53 \$XIR, OVXIDOFH SURJIDP IURP 7KH +DUMRUG IV XOGHUZUWHHO E\ +DUMRUG)UW ,OVXIDOFH &RPSDO\ DOG UW DI₂LDIWH 2QH +DUMRUG 3IDJD +DUMRUG &7 ,WV XOGHUZUWHHO IO \$= O, DOG O1 E\ +DUMRUG ,OVXIDOFH &RPSDO\ RI WKH 6RXIWKDVW IO &\$ E\ +DUMRUG 8OGHUZUWHHO ,OVXIDOFH &RPSDO\ IO : E\ +DUMRUG &DVXDIN ,OVXIDOFH &RPSDO\ IO O\$ E\ 7UXPEXW ,OVXIDOFH &RPSDO\ DOG IO 3\$ E\ 1XMPHJ ,OVXIDOFH &RPSDO\ DOG 7ZIO &UW)UW ,OVXIDOFH &RPSDO\ 6DYIOJV EHOH₂W DOG FRYHUIJHV PD\ YDU\ DOG VRPH DSSUFDOFW PD\ QRW TXDU\ \$XIR IV FXUWHOMN XODYDIDEIH IO &DODGD DOG 8 6 7HUURUWHV RI SRVHVHVRQ

¹In Texas, the Auto program is underwritten by Redpoint County Mutual Insurance Company through Hartford of the Southeast General Agency, Inc. Hartford Fire Insurance &RPSDO\ DOG UW DIA₂LDIWH DUH QRW AQDOFDON UHVSROVLEIH IRU LOVXIDOFH SURGXFW XOGHUZUWHHO DOG LVVXHG E\ SHGSRLQW &RXQW OXIXDO ,OVXIDOFH &RPSDO\

²\$YHUIJH DOOXDO VDYIOJV DUH GHUHYG IURP PROIK SRIF\ IHUPV DOG EDVHG RQ IOIRUPDIURQ UHSRUWHG E\ FXVIRPHUV ZKR VZUWFKHG IR 7KH +DUMRUG\ QHZHVWUWH SIDO EHIZHHO DOG <RXU VDYIOJV PD\ YDU\ 7HUUPV DOG FROGURQV DSSO Accident Forgiveness is not available to CA policyholders. ⁴*UWIV D QPWHG WPH RI IHU DOG QRWYDIDEIH IO DUVVIDIWH (PDIO DGGUHVH UHTXUHG IO PRVVIDIWH \$QRZ ZHHIV IRU GHUHYH %RWHH QRWLOVXHG

³: RUGV\ QRWV (WKIFD &RPSDQHV' DOG ³(QIKVSKHUH' ODPHV DOG PDUNV DUH UHJLVWHHG WDGHPDUNV RI (QIKVSKHUH // &

016177



Your **AARP**[®]

50 Years Fighting for Older Americans

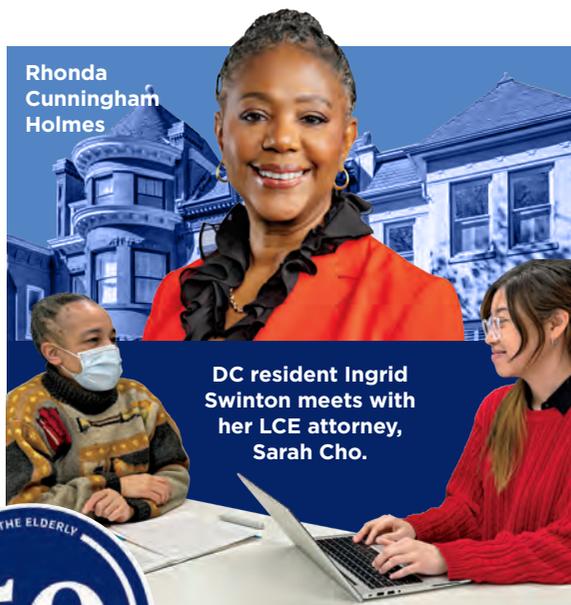
AARP affiliate Legal Counsel for the Elderly reaches a milestone

INGRID Swinton had been living in her Washington, D.C., apartment for about five years when she learned she could be evicted. Some of the money she sent to her landlord each month for rent was applied to parking and other fees, putting her rent in arrears and resulting in additional late charges.

Her landlord filed suit to evict her. “There was no way I could go before the judge because I don’t know the law,” Swinton says. Enter Legal Counsel for the Elderly (LCE), an AARP affiliate dedicated to providing older D.C. residents with free legal services.

LCE started working with Swinton in February 2023. After months of legal work Swinton, now 65, was able to stay in her apartment and pay off her debt. LCE also made sure she received financial assistance from D.C.’s Housing Counseling Services and the nonprofit Bread for the City. “Having information about my rights was crucial,” she says. “It allowed me to stay in my home.”

Since it was created in 1975, LCE has championed the rights of thousands of older D.C. residents. The nonprofit’s priority is to ensure that they can age in place with dignity through key



focus areas: housing, economic security, self-determination, and health and safety.

“We have relationships throughout the city with different community organizations to make sure that people are taken care of,” says Rhonda Cunningham Holmes, LCE’s executive director.

At LCE, about 70 attorneys, social workers and other staff members help prevent evictions and foreclosures, obtain public and veterans benefits, prepare wills and powers of attorneys, assist with probates, advocate for residents in long-term care facilities, and protect older Washingtonians against Medicare and Medicaid fraud.

Alicia Collins, now 63, asked LCE for help when she was hit by an enormous bill from the Social Security Administration (SSA). After her marriage in 2018, Collins, who was receiving Social Security benefits because of a disability, informed the SSA that her status had changed. But she kept being paid as single—which led to a monthly overpayment of about \$600. In 2021, SSA came after her for close to \$14,000. But through LCE’s intervention the debt was waived.

Within the past three years, LCE secured about \$80 million in benefits for its clients. In 2024, the nonprofit handled nearly 7,000 cases.

LCE also plays a key role in advocating for older Washingtonians before the D.C. Council, including for those in long-term care facilities. And in 2014, LCE’s advocacy resulted in greater protections against foreclosures for homeowners.

LCE represents only D.C. residents who are 60 or older and live with an income equivalent to 250 percent or less of the federal poverty level, or \$39,125 in 2025. However, all D.C. residents 60 or older can receive legal advice and referrals through the LCE Legal Hotline at 202-434-2120.

For more information about the program, visit aarp.org/LCE. —Elise Ceyral

**DEALS AND
DISCOUNTS JUST FOR
AARP MEMBERS**

See all your member benefits at
aarp.org/ourbenefits.



Hotel Discounts

 Members enjoy 10% off the best available rates at Wyndham and Choice Hotels, plus save 5% or more on stays at Best Western Hotels & Resorts.

Exxon Mobil

 Link your Exxon Mobil Rewards+ account with your AARP membership to earn extra points and savings. Every 100 points equals \$1 in savings.



Consumer Cellular

 Members get two lines of unlimited talk, text and data for \$55 per month. No contract is required. Includes free activation and an extended, 45-day risk-free guarantee.

Montway

 Members save \$100 off car shipping. Montway offers free quotes, door-to-door service, and guaranteed pickup dates.



To see all your member benefits, scan this code or go to aarp.org/ourbenefits.

HOW WE'RE FIGHTING FOR YOU

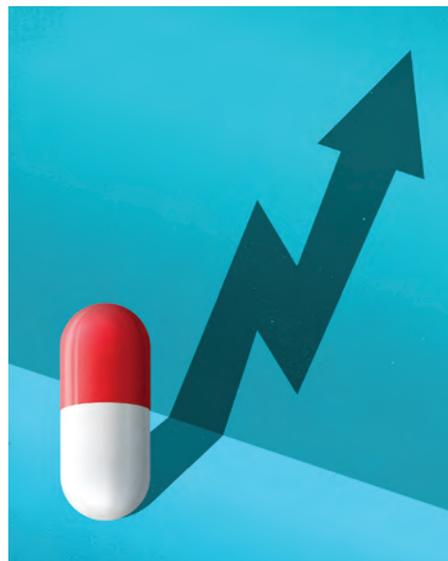
AARP TAKES ON HIGH Rx PRICES

FOR TOO long, Americans have paid the highest prices in the world for medicine. That's why, a few years ago, AARP launched a massive campaign to take on the most powerful special interest group in Washington: the big drug companies. I'm proud to say we won—maybe the first time anyone has beat the drug companies—and helped pass a groundbreaking new prescription drug law that is finally providing relief for millions of older Americans.

One of the biggest changes from this law went into effect on January 1 this year: There's now a \$2,000 yearly limit on out-of-pocket prescription drug costs for people on Medicare drug plans. This is huge. Once you reach that \$2,000 cap, you won't have to pay anything for your prescriptions the rest of the year.

AARP research shows that 94 percent of Medicare Part D enrollees who hit the cap will save money, with the average person saving \$2,474 a year. But even more important is the peace of mind this brings. There are so many people who had to forgo treatments they just couldn't afford—or who skipped doctors' appointments because they were afraid a bad diagnosis would bankrupt them. Those days are over.

In addition, there's a \$35-a-month cap on insulin under Medicare and



penalties for drug companies that raise prices faster than inflation.

And even bigger changes are coming. For the first time ever, Medicare is negotiating drug prices. Last year, Medicare negotiated lower prices on 10 expensive drugs commonly used by older adults, and it is negotiating prices on 15 more this year. It's crazy that our government just paid whatever price drug companies dictated for these drugs. Those days are also over. Starting next year, you'll see lower prices kick in.

But the fight isn't over. Americans still pay way too much for prescription drugs. AARP is fighting to protect Medicare's power to negotiate lower prices. We're also advocating for bipartisan legislation to crack down on abuses by prescription drug middlemen, called PBMs, and we're pushing new laws to stop drug companies from abusing patent laws that keep affordable generics off the market. AARP won't stop until every American can get the medications they need at a price they can afford.

—**Bill Sweeney, AARP senior vice president, government affairs**

AARP The Magazine (ISSN-1548-2014; USPS 357-600) is published bimonthly by AARP, 601 E St. NW, Washington, DC 20049. Copyright © 2025 AARP. All rights reserved under the Berne and Pan American copyright conventions. Reproduction in whole or part without written permission prohibited. AARP The Magazine, AARP, the AARP logo design, Movies for Grownups and TV for Grownups are all registered trademarks of AARP. One membership includes additional household member. Annual membership dues are \$20, including \$4.45 for subscriptions to AARP The Magazine, \$3.35 to AARP Bulletin. A three-year membership is \$55; a five-year membership is \$79. Dues outside domestic U.S. mail limits: \$32/year for Canada/Mexico; \$45 for other countries. Periodicals postage paid at Washington, D.C., and additional mailing offices. POSTMASTER: Send address changes for AARP The Magazine c/o AARP, P.O. Box 199, Long Beach, CA 90801.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
			18				19					
20	21	22				23				24	25	26
27				28	29				30			
31				32					33			
			34				35	36				
37	38	39				40				41	42	43
44					45					46		
47					48					49		

CROSSWORD

Weather or Not

ACROSS

- 1 Shareable computer file format
- 4 Army outpost
- 8 Second-year student, for short
- 12 Work assignment
- 13 All over again
- 14 Vicinity
- 15 Larceny-minded tendency
- 18 Tyrannosaurus ____
- 19 Building blocks of math: abbr.
- 20 Farmland measure
- 23 "It's my turn now"
- 24 Expert on IRS rules
- 27 Ballpark snack sellers
- 31 Nautical assent
- 32 Monopoly quartet: abbr.
- 33 Creative notion

- 34 What "-fi" may follow
- 35 Find a purpose for
- 37 In a fully honest way
- 44 Frequently
- 45 Buffalo Bill's surname
- 46 Get a look at
- 47 Ship of 1492
- 48 One lettuce
- 49 "Good" cholesterol: abbr.

DOWN

- 1 Nightclothes, briefly
- 2 Morse code symbol
- 3 "Ten Most Wanted" agency
- 4 Not genuine
- 5 Cameo stone
- 6 Caller of boxing TKOs
- 7 Stab of pain
- 8 Loses firmness
- 9 Metal-laden rock
- 10 Miles ____ gallon
- 11 Is holding
- 16 "Street" reputation
- 17 Short-shadow hour
- 20 Cry of discovery
- 21 Playfully shy
- 22 GPS calculation (abbr.)
- 23 ER hookups
- 24 New England seafood
- 25 Opposite of post-
- 26 Smart ____ whip
- 28 Predatory marine mammal
- 29 Dr. Seuss sourpuss
- 30 "Mon ____!" (French exclamation)
- 34 Young lady, in Spain: abbr.
- 35 ORGANIC food seal bestower
- 36 Carpeting measure: abbr.
- 37 Ceiling fixture
- 38 "I Am the Greatest" athlete
- 39 Atom with a charge
- 40 Fawn's mother
- 41 Fireplace residue
- 42 Primary color
- 43 Snakelike fish

NUMBER FUN

SQUARE ROUTES

Fill up the rest of the grid using each of the unused numbers exactly once, so that the sum of the four numbers in each row and column equals 30.

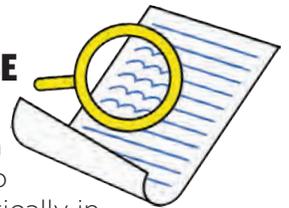
—	13	—	0
8	—	5	—
4	—	—	7
—	1	2	—

- 0 1 2 3 4 5 6 7
8 9 10 11 12 13 14 15

THINK!

PERUSE THESE CLUES

What common four-letter verb is spelled identically in the present tense and past tense, but is pronounced differently?



WORDPLAY

SURE THING

Delete a letter from **CERTAINLY** and rearrange the rest to get something musical.



! AARP.ORG/BRAINHEALTH
Up-to-date news, resources and tips on dementia and cognitive health

MY TWO GRANDMOTHERS

CONTINUED FROM PAGE 56

never missing prayer time. Her deep faith that these actions would keep her and her family safe—and keep the “evil eye” at bay—lent structure to her days. Though their beliefs took different forms, both provided a spiritual foundation that gave them meaning late into life.

— Part III —

The Limits of Age?

PERLS, WHO RUNS the New England Centenarian Study, has a life expectancy calculator on his website, Living to 100. It asks 40 quick questions about health and family history, then estimates how long you might live—along with tips to add more years. When I tried it, the result said I should expect to live to 104. My first reaction? “Amazing! Just like my grandmothers.” My second? “I’d better start saving.”

The truth is, even with all the tools and data at our disposal, we still don’t fully comprehend what stands between us and the numbers on those tables. Some experts believe we’ve hit a natural limit on age span. In October, S. Jay Olshansky, a leading researcher at the University of Illinois, Chicago, concluded, in the absence of forthcoming aging interventions, “as long as we live now is about as long as we’re going to live.” His study predicts that maximum human life expectancy will plateau around 87 years—84 for men, 90 for women. Many countries are already closing in on those averages.

This conversation is reframing how we think about aging. The focus is shifting from simply extending life to improving the quality of the years we have. For instance, health organizations typically recommend scaling back cancer screenings at certain ages—prostate cancer at 70, breast cancer at 75, colonoscopies at 85—on the assumption that these tests might not significantly improve outcomes. Perls disagrees. “At any age, why die of something if we have the tools to

identify and treat it?” he asks.

Barzilai is looking beyond prevention to what he calls gerotherapeutics—medicines designed to target the aging process by reducing inflammation and repairing cellular damage. Some of these treatments are already in use. GLP-1 medications like Ozempic and Wegovy, originally developed for diabetes and obesity, show promise in reducing the risks of heart disease, Parkinson’s and Alzheimer’s. Combined with exercise, nutrition, sleep, and meaningful social connections, these advances could help us enjoy the longest possible “health span,” as Barzilai calls it.

Both my grandmothers, different as they were, managed to do just that. Grandma Ruth, the extrovert and explorer, lived fully until the end. On a trip to Paris in her late 90s, she brushed away offers at the airport to sit in a wheelchair. “Don’t treat me like an old lady!” she said. Grandma Charlotte, the cautious and inwardly focused survivor, endured with equal strength. Up until the end, she was scrubbing her dishes clean and saying her prayers at the breakfast table. In their own ways, they represent what’s possible over a very long life—but not in ways that fit neatly into any prescription or blueprint.

After all my research, I’m convinced that neither of them was “right” and neither was “wrong.” My family and society created a narrative of contrast that seemed to make sense but doesn’t. Ruth was the “shining example” and Charlotte the “anomaly.” But the reality is more nuanced. Longevity doesn’t obey the simple scripts we impose on it. Both grandmothers found their own ways to persist, and both ways delivered. Ultimately, lasting vitality isn’t about conforming to expectations or explanations. It’s about finding a way to hold on—to meaning, purpose and life itself—in whatever way works for you. ■

David Hochman is a longtime contributing editor for AARP The Magazine and the AARP Bulletin. His byline appears in The New York Times, Forbes, GQ, Food & Wine and many other publications.



Your Savings, Your Legacy: Donate from your IRA

If you are 70½ or older, you can reduce your tax bill when you donate to AARP Foundation directly from your Individual Retirement Account.

How you benefit:

- **Tax Savings** — Meet your required minimum without paying taxes on the distribution, up to \$100,000 per year.
- **Choice** — Give to charities you love and support.
- **Impact** — Help build solutions for seniors struggling to meet their basic needs.

To learn more, visit our website at

giftplanning.aarp.org/ira-charitable-rollover

or call 866-740-7446

for more information.

AARP Foundation®

For a future without senior poverty.

CREDITS: Page 2: Clockwise from top right: Simon and Schuster; Gregg Segal; Illustration by Sean McCabe; Kevin C. Cox/Getty Images; Illustration by Ryan Johnson; Illustration by Rob Dobin; Netflix; Victor Protasio; Tom Corbett; Center: Andrew Peacock/Tandem. **Great Gen X Sports Moments Page 58:** Clockwise from top: Jerry Cooke/Sports Illustrated via Getty Images; Bettmann/Getty Images; Walter Iooos Jr./Sports Illustrated via Getty Images. **Page 59:** Clockwise from top: Bettmann/Getty Images; Heinz Kluetmeier/Sports Illustrated via Getty Images; Walter Iooos Jr./Sports Illustrated via Getty Images. **Page 60:** Clockwise from top left: Steve Powell/Getty Images Sport Classic/Getty Images; Robert Beck/Sports Illustrated via Getty Images; Romeo Gacad/AFP via Getty Images; Doug Pensinger/Allsport/Getty Images. **Page 61:** Clockwise from top left: AP Photo/Jack Smith; Chuck Myers/Tribune News Service via Getty Images; Kevin C. Cox/Getty Images; Heinz Kluetmeier/Sports Illustrated via Getty Images. **Big 5-0h Page 76:** Angelina Jolie primary photo: Taylor Hill/FilmMagic/Getty Images. Clockwise from top right: Fitzroy Barrett/NBCU Photo Bank/NBCUniversal/Getty Images; Pablo Larrain/Netflix/Everett Collection; Frank Trapper/Corbis/Getty Images; 20th Century Fox/Everett Collection; HBO/Everett Collection; Walt Disney Studios Motion Pictures/Everett Collection; Paramount/Everett Collection. Rodriguez: Manny Hernandez/Getty Images; Hurley: Cindy Ord/VF25/Getty Images for Vanity Fair; Slash: Scott Dodelson/Getty Images; Carvey: Jerod Harris/Getty Images for Netflix; DaFoe: Andrew Toth/WireImage/Getty Images; Mirren: Kristina Bumphrey/Variety/Getty Images.

TELL US WHAT YOU THINK!

We greatly value your feedback about AARP THE MAGAZINE—including what you'd like us to cover next. Here are several ways to send us your comments on stories, and to offer your suggestions for topics, people, trends and issues to report on in future issues of the magazine. While we read (and listen) carefully to all submissions, due to the high volume we cannot respond to every question or return submitted materials.

U.S. Mail: AARP The Magazine, 601 E St. NW, Washington, DC 20049

Email: aarpmagazine@aarpp.org

Phone: 888-687-2277 or international callers: 202-434-3525

Social: @AARP

SOLUTIONS TO PUZZLES ON PAGE 72

P	D	F		F	O	R	T		S	O	P	H	
J	O	B		A	N	E	W		A	R	E	A	
S	T	I	C	K	Y	F	I	N	G	E	R	S	
			R	E	X		N	O	S				
A	C	R	E		I	G	O		C	P	A		
H	O	T	D	O	G	V	E	N	D	O	R	S	
A	Y	E		R	R	S		I	D	E	A		
			S	C	I		U	S	E				
F	A	I	R	A	N	D	S	S	Q	U	A	R	E
A	L	O	T		C	O	D	Y		S	E	E	
N	I	N	A		H	E	A	D		H	D	L	

3 13 14 0
8 6 5 11
4 10 9 7
15 1 2 12

SQUARE ROUTES: One solution method: In the bottom row, the two missing numbers must add up to 27 to make 30. Among the unused numbers, the only possible pair is 12 and 15. But which goes in which spot? Consider that if 15 is in the bottom right-hand corner, you would need an 8 in the right-hand column to bring that column's sum to 30. But you can't use 8, since it's already in the grid. So 15 must be in the bottom left-hand corner and 12 in the bottom right. Because you now know 3 of the 4 numbers in the left- and right-hand columns, filling in the other blank in each of those columns is easy, and so is filling in the rest of the grid. **PERUSE THESE CLUES: READ; SURE THING: CLARINET**

Enjoy the ease of
Showering Safely
So you can stay in the home you love!

AARP Special MEMBER OFFER

Introducing the ALL NEW Walk-In Shower!

For your **FREE** information kit and our Senior Discounts, Call Today Toll-Free
1-800-994-6917

CALL TODAY AND RECEIVE EXCLUSIVE SAVINGS
FREE TOILET PLUS \$1250 OFF
 FOR A LIMITED TIME ONLY
 Call Toll-Free 1-800-994-6917

safestep
www.SafeStepBathing.com

Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only.

FINANCING AVAILABLE WITH APPROVED CREDIT
 MADE IN TENNESSEE
 BBB ACCREDITED BUSINESS
 LIFETIME LIMITED WARRANTY

TV•EARS
 The best way to watch TV

Ultra-soft ear tips
 Headset weighs 2oz.
 Rechargeable Battery
 (((WIRELESS)))

Voice Clarifying TV Headset™ No more loud TV!

Struggling to hear the TV?
 Put on your TV•Ears®

TV•Ears Original™
~~\$119.95~~
SPECIAL OFFER
NOW \$69.95

Use promo code 36634
 30-day risk free trial

Call now and get a free 5-year warranty!
1-800-218-0527
www.tvears.com

I'm never *alone*
 with Life Alert®

HELP at Home & On-the-Go.

BATTERIES NEVER NEED CHARGING.

Life Alert

For a **FREE** brochure call:
1-800-830-8834

Share the Love,
 Spread the Word

Adopt-A-Manatee
 and make a difference

1-800-432-JOIN (5646)
savethemanatee.org

Best Natural Fertilizer On Earth

"Chicken Soup for the Soil® improves your soil by feeding the microbes and supplying all the nutrients most fertilizers neglect."

- *Grow higher quality fruits and vegetables with more color, better taste, less bug infestations and disease.
- *Contains all the elements in the periodic table (sea nutrients, amino acids, humic, fulvic, and other herbal extracts).



64oz Jug
\$34.95*
+ FREE SHIPPING

888-394-4454 **Dr.JimZ**
DrJimZ.com

*price is subject to change

FREE Info Kit!

VACURECT™



Your New Erectile Dysfunction Solution!

1-877-266-7699
or **Bonro.com**



a division of Mainspring Medical, LLC

STAY SAFE IN THE HOME YOU LOVE



DID YOU KNOW?

- ✓ 1 in 4 seniors will fall this year.*
- ✓ Most falls happen on the stairs.
- ✓ Acorn Stairlifts has the best solution to stay safe on the stairs.

Scan for more information:



GET \$250 OFF YOUR PURCHASE OF AN ACORN STAIRLIFT!**

PLUS, RECEIVE A FREE STAIRLIFT BUYING GUIDE & DVD JUST FOR CALLING!

1-866-692-7408

*According to the CDC. **Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CGB 198506, RI 88, WA ACORNSI8940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5, AK 134057



ATTENTION CAREGIVERS

Easy-to-use phone for:

- ✓ Stroke
- ✓ Low vision
- ✓ Dementia
- ✓ Parkinson's
- ✓ Seniors who prefer simplicity

RAZ Memory Cell Phone



- Tap picture to call
- No apps or menus
- Caregiver manages contacts & settings remotely

888-765-3099

www.razmobility.com/affinity

DO MORE WITH DR® POWER

DR® Field & Brush Mowers are Built to Last

- Up to 2X the power of the competition to mow overgrown fields and saplings up to 3"
- Four season attachments

NEW!

PRO XL30
27 HP



DR® Trimmer Mowers give you Power and Precision

- 5X more power than an ordinary handheld trimmer
- Versatility to mow where a bladed mower can't
- Easy to operate



DR® POWER EQUIPMENT

Scan the code to shop **DRPower.com** today or request a free catalog!



Toll-free: 800-731-0458 | FREE SHIPPING Options Available

HAPPY BIRTHDAY

Angelina Jolie

(JUNE 4): The actor and filmmaker wants to create a better world.

EARLY YEARS: Jolie is the child of actors Marcheline Bertrand and Jon Voight. She made her film debut in 1982's *Lookin' to Get Out*.

GOLDEN GIRL: Jolie's awards include three Golden Globes, a Tony and an Oscar (for *Girl, Interrupted*). In 2013, the Academy of Motion Picture Arts and Sciences honored her with the Jean Hersholt Humanitarian Award.

HUMANITARIAN EFFORTS: Jolie has traveled to war zones, helped fund schools and served as a goodwill ambassador for the UNHCR. After adopting son Maddox from Cambodia, she formed a foundation to alleviate poverty and protect wildlife there.

RECENT WORK: Jolie is a producer on the Tony-winning Broadway musical *The Outsiders*. In 2024, she played Maria Callas in the biopic *Maria*, a role that required more than six months of singing lessons. —Whitney Matheson



MORE MILESTONE BIRTHDAYS

Alex Rodriguez
JULY 27

Baseball legend is a part owner of the Minnesota Timberwolves and Lynx basketball teams.

50



Elizabeth Hurley
JUNE 10

Starred in 2024 thriller *Strictly Confidential*, which was directed by her son, Damian.

60



Dana Carvey
JUNE 2

Cohosts *Fly on the Wall* podcast with fellow *Saturday Night Live* alum David Spade.

70



Jimmy Smits
JULY 9

The *L.A. Law* actor cofounded the National Hispanic Foundation for the Arts.

70



Willem Dafoe
JULY 22

Four-time Oscar nominee lives part time in Rome and has practiced yoga for decades.

70



Helen Mirren
JULY 26

Actor was honored with a special-edition "Role Model" Barbie doll last year.

80



Photo credits and information on page 74

YOUR RATE WILL NEVER GO UP

\$25,000

WHOLE LIFE INSURANCE

from United of Omaha Life Insurance Company and Companion Life insurance Company

With some types of life insurance, rates increase over time. That can leave people struggling to pay for their coverage later when they need it most.

But with this whole life insurance, your rate will never go up once you start your coverage — guaranteed. Even as you get older, and even if you have changes in your health.

GUARANTEED ACCEPTANCE¹

No Matter Your Health

- Coverage starts immediately²
- No medical exams or health questions
- You can keep it for life
- Your policy builds cash value
- The sooner you start, the LOWER your rate for life

Budget-friendly rates for ages 45-85¹ available.

Don't see your rate below? Call or go online for an instant quote!

Age	\$5,000.00		\$10,000.00		\$15,000.00		\$25,000.00	
	Male	Female	Male	Female	Male	Female	Male	Female
63	\$32.50	\$23.70	\$64.00	\$46.40	\$95.50	\$69.10	\$158.50	\$114.50
64	\$33.50	\$24.55	\$66.00	\$48.10	\$98.50	\$71.65	\$163.50	\$118.75
65	\$34.75	\$25.50	\$68.50	\$50.00	\$102.25	\$74.50	\$169.75	\$123.50
66	\$35.90	\$26.35	\$70.80	\$51.70	\$105.70	\$77.05	\$175.50	\$127.75
67	\$37.05	\$27.25	\$73.10	\$53.50	\$109.15	\$79.75	\$181.25	\$132.25
68	\$38.70	\$28.95	\$76.40	\$56.90	\$114.10	\$84.85	\$189.50	\$140.75
69	\$39.75	\$30.60	\$78.50	\$60.20	\$117.25	\$89.80	\$194.75	\$149.00
70	\$43.85	\$32.45	\$86.70	\$63.90	\$129.55	\$95.35	\$215.25	\$158.25
71	\$45.60	\$34.25	\$90.20	\$67.50	\$134.80	\$100.75	\$224.00	\$167.25
72	\$47.70	\$36.00	\$94.40	\$71.00	\$141.10	\$106.00	\$234.50	\$176.00
73	\$50.90	\$38.95	\$100.80	\$76.90	\$150.70	\$114.85	\$250.50	\$190.75

For additional benefit choices call or visit us online. Each insured may own up to \$25,000 of coverage of this type. These monthly rates include a \$12 annual policy fee.

Get started in minutes, safely from home.

Call 1-800-374-4381

Or go to MutualLifeGuaranteed.com ➤➤



Underwritten by
United of Omaha Life Insurance Company
Companion Life Insurance Company
Mutual of Omaha Affiliates

This is a solicitation of individual insurance. A licensed insurance agent/producer may contact you by telephone. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Whole life insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Melville, NY 11747. Each underwriting company is responsible for its own financial and contractual obligations. Not available in all states. Benefit amounts may vary by state. Policy Form ICC18L198P or state equivalent (D787LFL19P in FL, 1002Y-0119 in NY).

¹Guaranteed acceptance is for ages 45 to 85 only. Ages 50 to 75 in NY. ²Once your application has been received with your first month's premium, we will review and accept it.

**SAVING A LIFE
EVERY 11 MINUTES!***

I live *alone,*

but I'm never alone.

*Life Alert® is always there with me,
at home and away from home.*



One touch of a button sends help fast, 24/7, for:
fall • medical • shower • intrusion • outdoor emergencies,
even when you can't reach a phone
at Home or On-the-Go anywhere in the USA.

Only with Life Alert, **BATTERIES NEVER** need charging!***
So you're always protected!

TO ORDER OR FOR A FREE BROCHURE CALL:

1-800-830-8660



FREE GIFT!
WHEN YOU ORDER

- **FREE** Ground Shipping***
- **FREE** Use of Equipment
- **FREE** Gift with order

Beware of imitators

#1 in Saving Lives.

Life Alert® 
I've fallen and I can't get up!



/UH \$QHWHG, QHV D QH VDYHG ZKHUH D VXEVFULEHU DFNVDYHG WKH V\WHP KDG DG
DFWDOHPHJHOF ZDV KRPH DROH ZDV XODEH IR JHWIR WKH SKROH IRU KHIS DOG
/UH \$QHWHGVSDFKKG KHIS %DWHUHV QHYHU QHGH FKDUJQJ DOG DWHXS IR \HDV
/UH *URXOG 6KISSIQ IKIX WKH &RQHOJDO 86