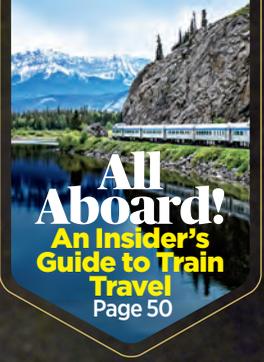


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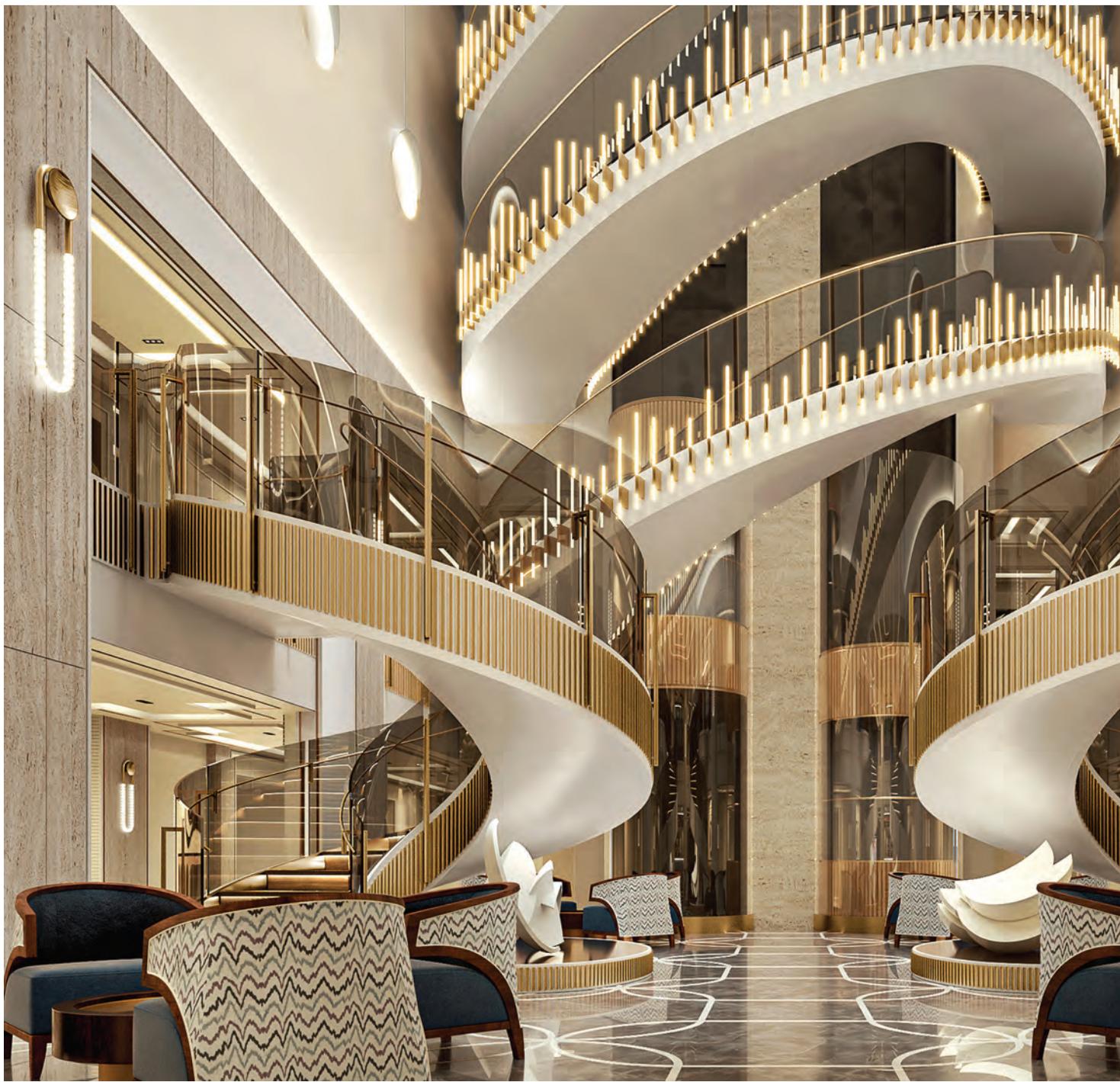
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Beginning in December 2026, 13 unforgettable inaugural voyages beckon, each with no more than 822 passengers. *Seven Seas Prestige's* maiden voyage, 14-night *Felices Fiestas*, departs from Barcelona on a 14-night transatlantic sailing to Miami with calls in Málaga, Spain, the Portuguese island of Madeira, and Tortola in the British Virgin Islands.

The following two sailings explore both the Western and Eastern Caribbean. On the Eastern Caribbean cruise, *Azure Elegance*, travelers are treated to destinations such as Mexico, Jamaica, and the private island of Harvest Caye in Belize.

Prestige continues inaugural voyages departing from ports in Los Angeles, Panama City, New York City, Barcelona, London, and more. Depending on the cruise, destination discoveries may include the Cayman Islands, Colombia, Costa Rica, the Mexican Riviera, Guatemala, St. Thomas, St. Lucia, and Barbados. The two final sailings for this inaugural season will highlight the Iberian Peninsula and the West Coast of France.

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Several more delectable and thoughtfully designed options abound. Prime 7 is a Chicago-style steakhouse. Chartreuse offers Parisian-style fare. Compass Rose affords the opportunity to design your own meal. Pacific Rim presents Asian-inspired masterpieces. Sette Marie at La Veranda showcases authentic Italian specialties. Come as you are to the Pool Grill. And, of course, there's always room service.

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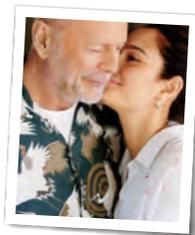
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ON THE COVER: Sylvester Stallone photographed for AARP by Jim Wright on July 24. Producer: Anthony Moschini at Moschini Productions; wardrobe stylist: Lori Stilson for Schneider Entertainment Agency; groomer: Fionaugh Gush for Schneider Entertainment Agency. Inset: VIA Rail Canada

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> **Tech in the OR** Artificial intelligence is giving surgeons “X-ray vision” to make healing easier.

> **Diagnostic Turbocharge** AI lets docs find trouble in its earliest stages, before it spreads.

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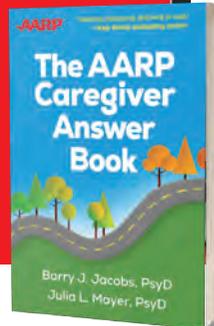
► **The AARP Caregiver Answer Book**, by Barry Jacobs and Julia Mayer, provides advice on every aspect of caregiving. It's available at: aarp.org/caregiverbook

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Defending What You've Earned

How AARP fights to protect Social Security and Medicare

THE NEWSPAPER called it a “Dessert Storm.” In July 2001, AARP’s volunteer advocates visited every member of Congress—all 535—and delivered each a layer cake with one slice missing. The message: It was Medicare’s birthday, and the health insurance program had no prescription drug benefit. To AARP, this meant Medicare was missing a critical piece, and that’s what the cakes symbolized. Two years later, in part because of long-standing AARP advocacy—including those attention-getting cakes—Congress passed a drug benefit, Medicare Part D, and President George W. Bush signed the bill into law.

Not every AARP member was happy about the victory, though, because of who had signed the bill. I remember some came to our Washington, D.C., headquarters and burned their membership cards. But throughout AARP’s 67-year history, the organization has worked with every presidential administration, regardless of party, to protect and strengthen Medicare and Social Security, two programs that American workers count on to help them lead a stable and dignified life as they age.

As I write this note in August, AARP members tell us they’re increasingly concerned about the future of these two programs. Some people are even taking Social Security early, although that means reducing their monthly payments for life, because they’re worried about the future of the program. (Social Security is not going to run out of money, AARP experts say. To find out how to access your own Social Security payment information, see “9 Smart Financial Fixes You Can Tackle in an Hour,” page 26.)

As a nonpartisan, nonprofit social mission organization, AARP does not get involved in any kind of partisan politics, whether pro or con. The association does not endorse parties or candidates, or donate to political campaigns. But when it comes to public policy, AARP is a loud voice for every American over 50. For example, early this year, the Social Security Administration threatened to end telephone service for certain types of claims. AARP pushed back, and the SSA ended up confirming that it would *not* end telephone service, though callers are still facing longer-



than-usual hold times—a problem AARP is urging Congress to address. And with drug company lobbyists trying to limit Medicare’s ability to negotiate lower medication prices, and the Social Security budget facing a 20 percent shortfall by 2033 unless Congress acts to close the gap, there’s plenty more work to do.

Events on the federal level are moving quickly this year, and I don’t know what changes may have come to Medicare and Social Security by the time you read this. But I’m certain of one thing: AARP will continue to fight for these programs, which workers in their 50s have been paying into their whole careers and which retirees have earned.

As an AARP member, you already support this crucial work through your membership dues. If you’d like to do more, AARP invites you to visit aarp.org/ProtectThem, where you can easily send an email on the issue to your congressional representatives and opt in to be notified of future ways to get involved. I can’t guarantee there’ll be cake in it for you, but I can guarantee you’ll be fighting the good fight.

Meg

Visit aarp.org/advocacy for the latest on how AARP is working to protect Social Security and Medicare.

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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
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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.



Our August/
September
issue featured
Jamie Lee Curtis.



Such a huge inspiration to all us women. Strong, beautiful and intelligent! Thank you for being your true self. Great photo shoot as well.
urbaneventdecor, Instagram

Love Jamie. She is the real deal. She is a survivor, someone who shares her life stories to help herself and others.
chenoanow, Instagram

Jamie empowers me just being her! Adore that woman!
giannie_marie, Instagram

As one of an estimated 1.8 million Americans living with type 1 diabetes, I think you should have made it clear that this article relates only to [the potential onset of] type 2. Changes to your diet won't prevent type 1.

LYNN GAGNE
San Diego, California

DEBBIE GIBSON

She brought me through some rough times when I joined the Navy—kept me positive and looking for good times.

@92TULIPS
Instagram

KATRINA AT 20

I loved your stories about the Katrina survivors ["Lessons From Katrina"]. I adopted my dog Lago from a group of lost dogs from New Orleans. We had seven happy years, but he never got over his fear of storms!

CURTIS-Y CALLS

As a nearly lifelong fan of Jamie Lee ["The Liberation of Jamie Lee Curtis"] ever since I saw her in *Haloween*, I knew she was still extremely talented. But now I know she is still cool too. And an inspiration to all of us who aged with her. Go, Jamie!

MICHAEL OWSIANY
St. Clair Shores, Michigan

She made the pixie cut famous!

FELICIA JACKSON
Facebook

Jamie Lee is nearly the same age as me and also a SoCal girl. And she has lived authentically and genuinely, unabashedly confident and in charge of her life. I love her spunk! It wasn't easy for her to get there, but her perseverance has brought her to a place of peace, challenge, excitement and unbounded joy! Her compassion knows no bounds. I live vicariously through her. Blessings.

KAREN ANDERSON
Eugene, Oregon

EATING OUR WAY TO HEALTH

I've been a member of AARP since 2022, and the article "Cook Your Way Out of Prediabetes" by chef Bob Blumer is absolutely my favorite article. I recently received my own diagnosis of prediabetes, and Bob's friendly, humorous article is packed full of helpful information. His article helped me feel better and start planning my path to health. Now, when will you publish a book with these wonderful tips and recipes?



HILARIE QUISEP
Aurora, Colorado



KATHY BIGGS
Valencia, California

Thanks for introducing me to the art of Willie Birch! Such a talented, thoughtful man.

KAREN ROSSOW
Princeton, Massachusetts

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Upfront The **A**List

7 Surprising Things About Bobbi Brown

1 Her inner voice always said, *You're not enough*

Not smart enough. Not pretty enough. Certainly not tall enough. [She is 5 feet tall.] I'm sure if my mom were here today, she'd say, "That's ridiculous; you're beautiful." But my parents wanted me to be more beautiful. I don't hold it against them, though.

2 One of her great gifts? Keeping it simple

I've been credited with creating the "no-makeup makeup" look. It wasn't 100 percent intentional, and I was warned by one makeup artist that if I kept doing this, I wouldn't work in high fashion. But I wanted people to look like themselves. Then I started working with [photographer] Bruce Weber, who happened to like the most natural look possible. That's a common theme: I find the people who aren't trying to change me.

3 If you're mean, she may just ... leave

I've walked out of makeup sessions because the stylist was so nasty to me and my assistant. Divas aren't worth it.

4 She has a uniform

I've tried everything but came to understand good tailoring, nice jewelry—just how to look effortless. So I have two T-shirts I'm obsessed with, and I wear them under a blazer or cardigan.

"There isn't anything wrong with being a soccer mom. Those moms buy makeup!"

—Bobbi Brown



And two different brands of jeans I'm loving. Plus J. Crew Kids button-downs.

5 The big makeup mistake of women over 50?

We try to imitate the look we had when we felt we were most attractive. But you have to adapt and adjust everything, from exercise to what you eat to your makeup.

6 She says these beauty products are her go-tos

1. Concealer pencil—the kind that brightens and opens up your eyes. 2. Blush. 3. Mascara—because my eyelashes have gotten fair. 4. Brown pencil, to line my eye, fill in my brows; I even use it in my hair part when the grays start coming in. And of course:

5. Sunscreen.

7 She still lives by the phrase "So what, now what?"

For me this fall, the "now what" is about self-care. I want to go through my book tour like a trained athlete because it's going to be very busy. So I've been putting a lot of work—and good food—into my body. —As told to Judith Newman

Makeup artist and cosmetics icon and entrepreneur Bobbi Brown, 68, just published a memoir, Still Bobbi.



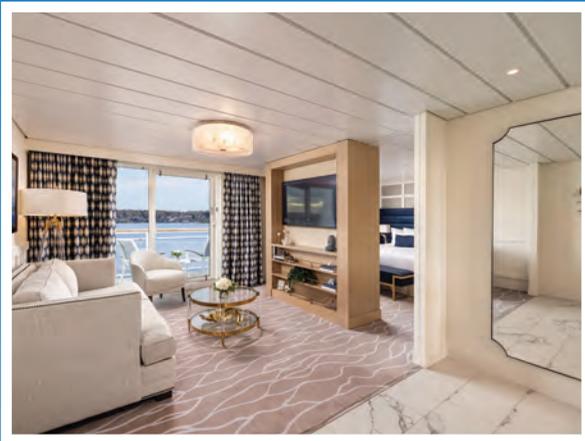
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For exclusive video of Brown, visit aarp.org/BobbiBrown or scan this code on your phone.

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AMERICAN REVOLUTION

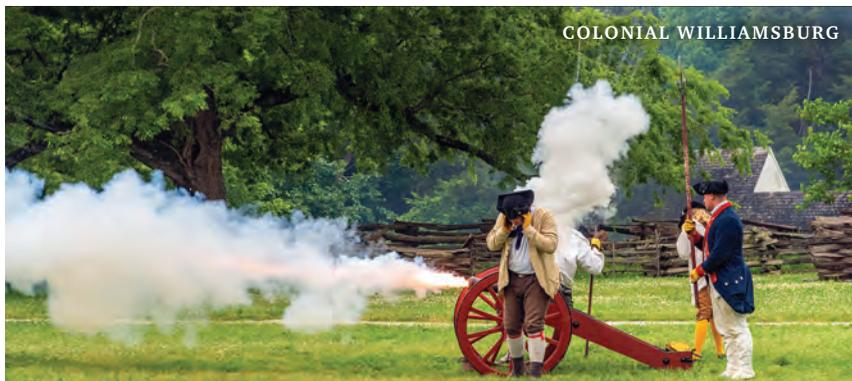
12-Days/11-Nights

Sailing round-trip from Washington, D.C., this journey visits Colonial Williamsburg, Yorktown, Jamestown, and Annapolis, where the spirit of the Revolution still lingers. Walk the gardens of Mount Vernon, stand among the capital's monuments, and wander streets where the nation's first dreams of independence were boldly imagined and fiercely fought.

EAST COAST INLAND PASSAGE

16-Days/15-Nights

Sail from Baltimore to Jacksonville, tracing a route through harbors, barrier islands, and centuries-old towns. Explore Norfolk's deep maritime roots, ride a carriage past Beaufort's grand homes, and enjoy sun-warmed shores, fresh coastal cuisine, and the unhurried comfort of small ship cruising.



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↓ **Thai Pumpkin Curry**

"This curry—a perfect blend of creamy and spicy flavors—is nourishing and satisfying."
—*Jessica Randhawa, chef and food photographer at The Forked Spoon*



← **Cheesy Pumpkin Grits with Grilled Shrimp Scampi**

"Pumpkin adds creaminess and depth of flavor. Cooking it on the grill boosts the flavor." —*Merry Graham, recipe developer and founder of amerryrecipe.com*

Give Them Pumpkin to Talk About

Enjoy autumn days with these savory recipes

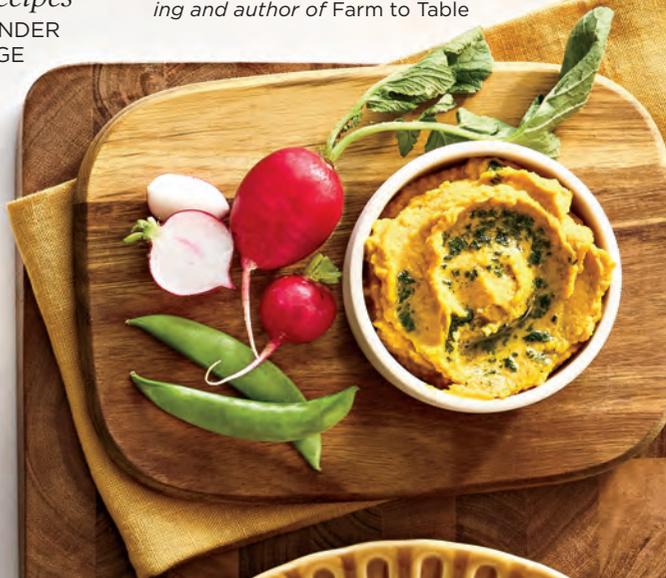
By LESLIE QUANDER WOOLDRIDGE

↓ **Perfectly Pumpkin Hummus with Herb Drizzle**

"When we think of hummus, we think of chickpeas, but this dish can be so much more when you add pumpkin!" —*Erin Fletter, CEO and founder of Sticky Fingers Cooking and author of Farm to Table*

↘ **Chef Thivet's Pumpkin Soup**

"This recipe has the perfect hint of spices, such as coriander, cumin and chile flakes, which enhance the earthy flavor of the pumpkin."
—*Guillaume Thivet, executive chef at Grand Brasserie in New York City*



→ **Sticky Rice Stuffing with Pumpkin and Chestnuts**

"Many Chinese American families may serve a variation of this popular dish at Thanksgiving, next to the turkey and green bean casserole." —*Pat Tanumihardja, coauthor of Mortar and Pestle*



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Hit the Beach for Cheap

Enjoy winter warmth in these affordable and scenic seaside communities



San Juan, Puerto Rico
This city's best beaches include Isla Verde and the restaurant- and hotel-lined Condado. For a culinary beach experience, visit Piñones, a nearby coastal area renowned for its street-food stalls. Old San Juan's colonial buildings date to the 16th century.



Melbourne, Florida
The Indian River Lagoon separates mainland Melbourne from its barrier island beaches, popular with surfers and beachcombers. In several reserves along the coast, nature lovers can look for birds, sea turtles and manatees at the Canaveral National Seashore.



Ocean Springs, Mississippi
Spend your days on white sand with views of the Biloxi Bay Bridge, dramatic at sunset. Learn about local ecology along the Davis Bayou Trail, which winds through a coastal forest, at the Gulf Islands National Seashore's visitor center.



Galveston, Texas
Visit Galveston Island State Park for hiking, seabird viewing and fishing. In town, tour some of the impressive mansions that testify to the port's early shipping wealth. Stroll the colorful Postoffice Street for art galleries and antique shops. —*Elaine Glusac*



Bags No Longer Fly Free

All airlines charge for checked luggage, some more than others

SOUTHWEST AIRLINES was the last major carrier to offer free checked baggage to all fliers. Since that policy was rescinded earlier this year, your large suitcase can't get there from here without fees (barring loyalty-points status, military discounts or booking with an airline-branded credit card). How standard checked-bag fees compare, for domestic flights with coach seating:

AIRLINE	FIRST BAG	SECOND BAG
Alaska	\$35	\$45
American	\$35-\$40	\$45
Breeze	\$35-\$75	\$55-\$75
Delta	\$35	\$45
Frontier	\$34-\$99	\$59-\$89
Hawaiian	\$30-\$40	\$40-\$45
JetBlue	\$35-\$50	\$50-\$70
Southwest	\$35	\$45
Spirit	\$54-\$99	\$74-\$99
Sun Country	\$32-\$55	\$45-\$65
United	\$35-\$40	\$45-\$50



SHOES STAY ON!

NEW AIRPORT rules mean you may not want to pay for TSA PreCheck. The U.S. Department of Homeland Security has ended the policy requiring shoe removal at airport security. With Pre-Check, shoes could always be kept on. So now you may need that service to

skip the main security line only if:

- You struggle with long periods of standing.
- Long lines cause undue stress or anxiety.
- Forgetfulness is an issue. Items taken out of a bag at security can get lost, says Sally French, a travel spokesperson at Nerd-Wallet. —*Berit Thorkelson*

Star Stories

The season's big memoirs



The Tiny Slice

"I've made mistakes. Plenty of them. I didn't care for practice. It didn't mean enough, no stakes and boring. But I played every game like it was my last. Because I think I always thought it might be."

—From **Misunderstood** by **NBA Hall of Famer Allen Iverson, 50, with Ray Beauchamp** (October 7)

Softly, As I Leave You: Life After Elvis by **Priscilla Beaulieu Presley, with Mary Jane Ross**

Now 80, the actor, businesswoman and former spouse of the late Elvis Presley recounts the story of her marriage, decision to part ways with the King, and the deep loneliness, troubled relationships and eclectic career that followed. (September 23)

Truly by **Lionel Richie**
The legendary singer, 76, offers detail-rich reminiscences about his childhood struggles with ADHD, the rise of the Commodores, the origins of the song "Easy," duetting with Diana Ross and more. (September 30)

Last Rites by **Ozzy Osbourne**
Osbourne had no regrets before he died in July at

age 76: "If it ends tomorrow, I can't complain," the heavy metal king wrote in his posthumously published memoir, which includes stories of his health struggles (Parkinson's disease, a neck injury) and reunion with Black Sabbath. Would he have changed anything about his life? "F--- no." (October 7)

Future Boy by **Michael J. Fox and Nelle Fortenberry**
The 64-year-old actor and advocate for people with Parkinson's disease (Fox was diagnosed at age 29) focuses on the heady period in the mid-'80s when he juggled two roles: Alex P.

Keaton on the sitcom *Family Ties* and Marty McFly in the film *Back to the Future*. (October 14)

Heart Life Music by **Kenny Chesney, with Holly Gleason**
Chesney, 57, describes his evolution from a kid in Tennessee and college bluegrass band member to country music megastar (and 2025 Country Music Hall of Fame inductee). (November 4)

We Did OK, Kid by **Anthony Hopkins**
Knighthood and esteemed, the British actor, 87, dishes about growing up lonely with a critical father and grim boarding schools that deemed him slow and hopeless. Then he discovered Shakespeare, and everything changed. (November 4)

Star of the Show: My Life on Stage by **Dolly Parton**
The final book in Parton's photographic trilogy—following *Songteller* (lyrics) and *Behind the Seams* (fashion)—is a catalog of highlights from seven decades of dazzling performances by the beloved singer, 79. (November 11)

100 Rules for Living to 100: An Optimist's Guide to a Happy Life by **Dick Van Dyke**
The Tony, Emmy and Grammy award-winning entertainer, whose 100th birthday is in December, offers advice on creating joy and staying healthy, weaving in stories from his extraordinary career. (November 18)
—Christina Lanzito

NOVELS OF NOTE

The Impossible Fortune: A Thursday Murder Club Mystery by **Richard Osman** (September 30)

What We Can Know by **Ian McEwan** (September 23)

The Black Wolf by **Louise Penny** (October 28)

King Sorrow by **Joe Hill** (October 21)

CALL TO WISDOM



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Sheri: It never crossed my mind. Consumer Cellular hasn't let me down in 21 years. I've watched friends jump from carrier to carrier, dealing with poor service and sky-high bills. Meanwhile, I have reliable service and low prices.

Paul: You put your coverage to the test during retirement. Tell us about that adventure.

“I’VE PROBABLY SAVED THOUSANDS OVER 21 YEARS.”

Sheri: When I retired, I sold my house, bought a pickup and fifth wheel, and spent 5 years traveling the USA. Consumer Cellular service followed me everywhere and never failed me. That's when I knew I'd made the right choice.

Plus, the savings have been incredible; as an AARP member, I get 5% off my bill, and I've probably saved thousands over 21 years.



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

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Upfront / WATCH

Now Playing

AARP critic Tim Appelo picks upcoming movies for grownups to watch this fall



JAY KELLY

🎬 In select theaters November 14 • A famous actor (George Clooney, 64) goes to Europe with his devoted manager (Adam Sandler, 59) to collect a lifetime achievement award. The amazing cast includes Laura Dern, 58, as his publicist; Stacy Keach, 84, as his dad; Jim Broadbent, 76, as his mentor; and Billy Crudup, 57, as his actor buddy who failed to make it.



HAPPY'S PLACE

📺 On NBC November 7 • Come on back for the second season of the show about a tavern run by Bobbie (Reba McEntire, 70). Her real-life boyfriend, Rex Linn, 68, who plays the cook Emmett, said on Instagram, "There's rumors that maybe Emmett and Bobbie get together."



FRANKENSTEIN

🎬 On Netflix November 7 • Dr. Frankenstein (Oscar Isaac) treats his monster creation (Jacob Elordi) as cruelly as his own abusive father (Charles Dance, 79) treated him—and the monster gets mad. Christoph Waltz, 69, plays the financier behind the ominous experiment.



NOW YOU SEE ME: NOW YOU DON'T

🎬 In theaters November 14 • A pack of squabbling magicians (Woody Harrelson, 64, Morgan Freeman, 88, Jesse Eisenberg, Isla Fisher and Dave Franco) team up with some younger illusionists to take down the criminal gang of Veronika Vanderberg (Gone Girl's Rosamund Pike) and heist the massive Heart Diamond.

From top: Peter Mountain/Netflix; Ken Woroner/Netflix; Casey Durkin/NBC; Katalin Vermes/Lionsgate

There's Money in That Box of Old Cables

Before you dispose of that knot of cords, separate the treasure from the trash

YOU MAY THINK those old electronics cords you've been hanging on to are useless, but before you get rid of them, check to see if you can mine them for some cash. Fans of classic tech have created a market for missing cables. Here are a few to look for (prices may fluctuate).



BRAIN GAMES FOR PETS

Because fetch and tug-of-war are so basic

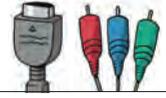


WHAT TIRES out dogs more than physical activity? According to PetMD, it's mental stimulation. And an easy way to provide that is with a treat-rewarding puzzle toy.

With these toys, "dogs get to forage and problem-solve on how to attain their food, which is a very natural dog behavior," says Allie Bender, coauthor of *Canine Enrichment for the Real World*.

Cats can get in on the fun too. Bender recommends a toy that flips and moves: These turn your cat into "a little physicist, having to figure out the trajectory of where the toy is going to be after it flips. Plus, it's fun to watch."

—Maisy Fernandez

CABLE	LOOKS LIKE	RESALE VALUE
DISPLAYPORT	 Usually black and similar to an HDMI cable but with one angled corner (versus two for HDMI) on the connector on each end.	\$5 to \$150, depending on length
SCSI (SMALL COMPUTER SYSTEM INTERFACE)	 Usually beige or black, with wide heads on both ends that have a small row of tiny holes or pin-like metal teeth. These cables can be round or flat.	\$18 to \$50
DVI (DIGITAL VISUAL INTERFACE)	 Cord colors vary. Each end has a wide connector with rows of pins and two screws.	\$5 to \$45
APPLE 30-PIN CONNECTOR	 White, with a base on one end about an inch wide and a USB connector on the other end.	\$5 to \$15
NINTENDO GAMECUBE COMPONENT	 Gray, with the words "Nintendo Game-Cube" on one end and three prongs (red, blue and green) on the other end.	\$150 to \$200
XBOX HIGH-DEFINITION DISPLAY	 Black, with a wide slot on one end and five prongs (green, blue, white and two red) on the other end.	\$60 to \$90



There is one prominent online reseller (usedcable.com) that buys such products. Or you can list your items for sale on Facebook Marketplace, Craigslist, eBay, Etsy or Mercari. Used video game stores may buy gaming cables. You can also look for a vintage computer festival in your community to find prospective buyers. —Chris Morris

Prepare to Be Blown Away

There are many uses for a leaf blower besides the obvious



Easily cleaning debris out of your garage



Drying your car after a really good wash



Drying pavement after a storm



Getting rid of outdoor spiderwebs

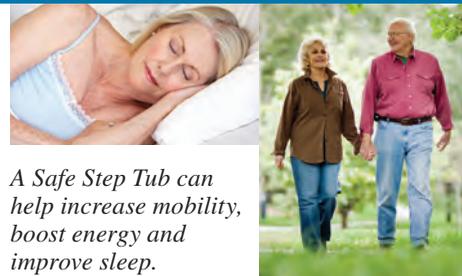


Clearing snow from your front porch



Safely clearing out downspouts at ground level

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



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

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Check all the conditions that apply to you.

Personal Checklist:

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|--|---|
| <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.

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- 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:

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Scarlett Johansson and June Squibb

After directing *Squibb* in a new film—and becoming her good friend in the process—Johansson chats with her fellow Oscar nominee about memory, grief and late-life success



EARLIER THIS YEAR at the Cannes Film Festival, audiences celebrated an auspicious intergenerational pairing: the actress Scarlett Johansson (*Lost in Translation*, *Marriage Story*, *Jojo Rabbit*), 40, directing the legendary June Squibb (*Nebraska*, *Thelma*), 95, in *Eleanor the Great*. Along with themes of aging, loss and Holocaust survivorship, the film explores a friendship between two characters with a big age difference: Squibb's Eleanor and a 20-year-old woman. We invited Johansson to interview Squibb for us about her work and her life's wisdom. Here's what they had to say.

JOHANSSON: When we were working on *Eleanor the Great*, you

worked all day, every day. You got bronchitis in the middle and still powered through. After a career on the stage, you started working in film at 61 and have been at it for more than 30 years. How do you prepare for your workday? Is it different than 30 years ago?

SQUIBB: I don't think it is so different. I've always had an energy surge when I needed it. When I was doing theater and musicals, I had it and still do. I put myself into a gear and off I go. And I know the script completely.

JOHANSSON: You know every line of your character before you even start? That's crazy. Where did your work ethic come from?

SQUIBB: The Cleveland Playhouse. I was 19. They pounded it into you: You did this; you did not do this. So when I went to New York—Broadway—in the late '50s, I took all of that with me. It's a decorum, a way of treating people, of treating your costume, everything. What I learned at the Playhouse is so much a part of me now.

JOHANSSON: How did you end up pivoting to film?

SQUIBB: I went to my agent and said, "I think I should be doing some film work." A week later, I had an audition with Woody Allen, and that was the first film I did, *Alice*. I just fell in love with him, and the job went on for a long time. I remember my



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agent said, “There’s a possibility of another job.” And I said, “I can’t take another job, I have to be there for Woody.”

JOHANSSON: So, suddenly in your 60s, you have a whole new career.

SQUIBB: My second film was *Scent of a Woman* with Martin Brest, and I think it all kind of changed then. I felt, *I really want to do this*. I did Scorsese’s *The Age of Innocence*. Then I did *In & Out*, a comedy.

JOHANSSON: If you could go back and do it again, would you have started working in film when you were younger?

SQUIBB: No, I think it happened exactly the way it was supposed to. I remember my years in theater with great love and joy.

JOHANSSON: What moved you about the *Eleanor* script when you first read it?

SQUIBB: The whole Holocaust thing. I was a kid during the Second World War and remember *Life* magazine, when they found the camps, the photos. It was so horrific to me that somebody could do this to another human. I remember it vividly—and this was 80 years ago.

JOHANSSON: Later you converted to Judaism.

SQUIBB: It was a long time ago in Cleveland. The temple was near the Playhouse, and I met with the rabbi two or three times a week. We really dug each other and would go off on tangents talking about the world, what we thought, everything. He would say, “June, we have to get back to Judaism.” So we did, and I’ll tell you, I knew more than my husband ever knew about Judaism. The rabbi who married us was very proud of me. Now, I did get a Jewish divorce, which was horrible. But going into it was great.

[Squibb remarried and then was widowed after a 40-year marriage.]

JOHANSSON: Your character, the Eleanor in *Eleanor*, has a close friendship with a Holocaust survivor who dies suddenly. So Eleanor more or less assumes her friend’s identity and tells her Holocaust story. One of the themes is: If the person is not there to tell their own story, can we tell it for them?

SQUIBB: The world has to know. Eleanor believes that, and she has that line when she says, “It’s not a real lie. It’s not hurting anyone, so it’s OK.”

JOHANSSON: Eleanor has outlived a husband and best friend, and now she’s sort of this invisible person. Grief and ageism are themes that are uncomfortable for a lot of people.

SQUIBB: But I think more people

“Don’t listen to other people! Have people around you believe in and trust, but make your own decisions. People making statements about what you should or shouldn’t do—that’s destructive.”

—JUNE SQUIBB

are, if not talking about it, thinking about it. I think we have much more interest in age now than we’ve ever had, because we’re an aging society. Living into your 90s is nothing these days. We’re looking at a future where the country will be full of older people, and we’ll have to find out how to handle it, which I don’t think this country does that well.



JOHANSSON: Society doesn’t handle it well?

SQUIBB: I think we’re learning. For example, the knowledge we’re getting about retirement homes, different levels of retirement, that it’s not just black or white. We’re becoming more aware. The culture is shifting.

JOHANSSON: Eleanor has a special friendship with a 20-something character, Erin. What do you get out of friendships with people much younger than you?

SQUIBB: I learn a lot about what’s happening in the world through younger people that I would never know. But regardless of age differences, it’s the same relationship that I would have with anyone.

JOHANSSON: What do you wish you could have told your 20-year-old self when you were starting out?

SQUIBB: Don’t listen to other people! Have people around you believe in and trust, but make your own decisions. I will think about what people say, but people in general making statements about what you should or shouldn’t do—that’s destructive.

JOHANSSON: You’re turning 96 in November. What else do you want to do?

SQUIBB: I’ve guest-starred on TV shows, but I’ve never done a series.

JOHANSSON: If an opportunity came up to star in something again, would you be up for it?

SQUIBB: Oh, yes. Physically, there would have to be things thought about. It couldn’t be just “June runs in and out of a room.” But yeah, I think I would be up for it. ■



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MoneySaver



How Much Do You Know About Inflation?

Take this quiz to test your knowledge ... and gain a greater understanding of what we can't stop griping about

By GEORGE MANNES

1. The Consumer Price Index (CPI) measures the overall change in the prices of nearly everything Americans buy. A 5 percent annual inflation rate implies that the goods and services you bought for \$100 a year ago would cost you \$105 if you bought them today. What was the annual inflation rate in August, according to the U.S. Bureau of Labor Statistics (BLS), which calculates the CPI?

- A. 2.9%
- B. 3.2%
- C. 5.1%
- D. 9.1%

2. When people complain about inflation and rising prices, certain items tend to sit atop their list of expenses. As of August, which of these things has had the largest cost increase over the past five years?

- A. Grade A eggs
- B. Unleaded regular gasoline
- C. Car insurance
- D. Rent
- E. Medical care



3. The U.S. inflation rate is neither the highest nor the lowest in the world. Match each of these countries to its latest reported consumer inflation rate.

- A. Brazil -0.4%
- B. China 2.2%
- C. Germany 5.1%
- D. Nigeria 8.1%
- E. Russia 13.2%
- F. Ukraine 21.9%

4. In 1987, the BLS began estimating the cost of living for Americans age 62 and up, who tend to spend more money than younger adults do on health care and housing. Over the past 10 years, the inflation rate for all Americans has averaged 3.1 percent on an annualized basis. What has been the rate measured for older Americans?

- A. 3%
- B. 3.2%
- C. 4.1%
- D. 4.8%

5. When inflation was below 3 percent in mid- to late 2024, the U.S. Census Bureau asked households how stressed they were about rising prices over the prior two months. About 21 percent of people with incomes over \$200,000 said they were very stressed. What was the percentage of people with incomes of \$50,000 to \$75,000 who were very stressed?

- A. 29%
- B. 39%
- C. 49%
- D. 59%

6. "Shrinkflation" is when a product becomes more expensive because there's less of it in a new package sold for the same old price. (Think fewer paper towels per roll or 12 ounces per can of coffee instead of 16.) From 2019 through 2023, for which of these items did shrinkflation contribute most to its rising cost?

- A. Cleaning products
- B. Coffee
- C. Paper products
- D. Snacks



7. TRUE OR FALSE: If you have a fixed-rate mortgage and inflation starts to rise, it's a financial win for your bank.

8. A 2025 study found that people who'd seen or heard news stories about higher prices raised their estimates of how bad future inflation would be by 0.4 percentage points. How did people change their inflation estimates when exposed to stories about lower prices?

- A. They lowered their inflation estimates a lot.
- B. They lowered them a little.
- C. They hardly changed them at all.



TURN TO PAGE 79 FOR THE ANSWERS.

9 Smart Financial Fixes You Can Tackle in an Hour

It doesn't take long to save money and protect yourself against fraud

By DANIEL BORTZ

ILLUSTRATIONS BY TOMI UM

SHORING UP your finances doesn't have to mean hours of slogging through statements, investments and bills. You have ways to improve your situation quickly. Got 60 spare minutes? Make that time pay off by taking on one or more of these simple tasks.

1. Check your credit report.

A recent survey from the nonprofits Consumer Reports and WorkMoney found that 44 percent of respondents who checked their credit reports spotted at least one error. Mistakes—such as a bill you paid being marked as outstanding—could be dragging down your credit score. Finding an unfamiliar account could help you uncover potential fraud, too.

“Accounts that don't belong to you are a major red flag,” says Ted Rossman, a credit card analyst at Bankrate. “This could be identity theft or a mix-up, such as someone with a similar name.”

Go to AnnualCreditReport.com to get a free copy of your credit report from each of the three major credit bureaus—Equifax, Experian and TransUnion—or call 877-322-8228.

2. Put your credit on ice.

Freezing your credit prevents credit bureaus from releasing financial information to third parties, making it harder for identity thieves to open accounts in your name.

And you are a juicy target. “Older Americans have often achieved higher credit scores,” Rossman says, “but because they're not applying



for as many loans, fraud could go undetected for longer periods of time.”

You can request a freeze for free, online or by phone, in minutes by contacting each of the three credit bureaus. It's simple to temporarily lift a credit freeze so that you can open a legitimate account.

3. Sign up for an IRS identity protection PIN.

People ages 65 to 74 are at greater risk of large financial losses from tax-related

scams, a 2025 survey by McAfee found. An identity protection (IP) PIN can help protect your taxpayer data from cybercriminals.

To obtain an IP PIN, register for an account with the IRS; visit irs.gov/ippin to get started. Once you verify your identity, you'll receive a six-digit number to use when filing your taxes. And you'll get a new IP PIN each year. “This will provide taxpayers with the peace of mind that, come tax time, no one else is claiming a refund in their name,” says



Carl Breedlove, a research analyst at the Tax Institute at H&R Block.

4. Download a few grocery store apps.

By downloading a supermarket's mobile app and signing up for its loyalty program, you get access to special deals and digital coupons.

"Grocery store apps are one of the most underrated savings tools," says Stephanie Carls, a retail trends analyst at the coupon site RetailMeNot.

Shop at several grocery stores? You might download Flipp, a free app that lets you select multiple supermarkets and browse their circulars. Participating stores include Aldi, Food Lion, Harris Teeter and Wegmans. Apps like

Checkout 51, Ibotta and Receipt Hog let you earn cash back by submitting receipts on purchases from certain supermarkets.

5. Shop for cheaper auto insurance.

Car insurance inflation isn't going away. The cost of motor vehicle insurance was up 4.7 percent year over year in August, according to the U.S. Bureau of Labor Statistics.

Prices can vary among providers, so it pays to get several offers before renewing your policy. To speed up your insurance shopping, consider getting multiple quotes using a comparison site such as Insurify, Policygenius or The Zebra.

"All the policies that you review should have the

same types and amount of coverage," says Loretta Worters, spokesperson for the Insurance Information Institute. "It is difficult to compare policies, for instance, if one provides \$50,000 in property damage liability coverage and another only \$30,000."

6. Apply for a low-interest balance-transfer card.

Nearly half of adults age 50 and up carry credit card debt, a recent AARP survey found. Moving high-interest credit card debt to a balance-transfer credit card with a low introductory interest rate—perhaps even zero percent—could save you a lot if you can pay off the balance before the introductory rate expires. "Signing up for a zero percent balance-transfer card is my favorite credit card debt-payoff tip," Rossman says.

Many balance-transfer card applications take less than 20 minutes, but



TIP:
Some grocery apps let you scan barcodes to see if deals are available.

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you typically need a credit score of about 670 or higher to qualify. Recent options include the U.S. Bank Shield Visa, which offers zero percent interest on balance transfers and new purchases for 24 months; the Wells Fargo Reflect, with zero percent

interest on balance transfers and new purchases for 21 months; and the AARP

Essential Rewards

Mastercard and

AARP Travel

Rewards Master-

card from Barclays,* both of which offer zero percent interest on balance transfers for 15 months. With all of these cards, you will pay a fee of 5 percent on each transfer.

7. Search for unclaimed assets.

About 1 in 7 Americans have unclaimed cash or property, according to the National Association of Unclaimed Property Administrators (NAUPA). “Unclaimed property can be anything from forgotten checking accounts, payroll checks, insurance payments—even the contents of a safe-deposit box,” says Shaun Snyder, CEO of the National Association of State Treasurers.

You can go to MissingMoney.com to find unclaimed property in states where you’ve lived or worked. In



one shot, you can search 49 states, Washington, D.C., and Puerto Rico (to search Hawai‘i, visit hawaii.gov). The free website, provided by NAUPA, also contains a national index with direct links and contact information for each state’s

official unclaimed property program.

8. Create an email account for shopping promotions.

Signing up for promotions, newsletters and other email communication from retailers where you shop regularly can get you many deals and discounts. But

those emails could be flooding your inbox and tempting you to spend money on things you don’t really need. A better approach is to set up another email address specifically for shopping.

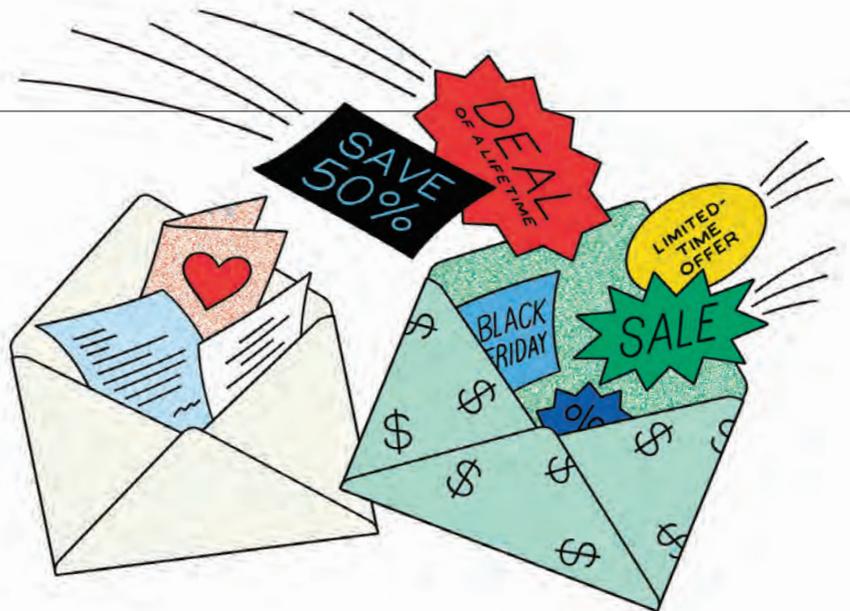
“Creating a separate email for shopping promotions is one of those small moves that can lead to big savings,” Carls says. “It keeps your main inbox clutter-free while giving you first dibs on deals, exclusive codes and early sale alerts from your favorite retailers. It’s a smart way to stay in the know without the constant temptation to shop every time you check your regular email.”

9. Get online access to your Social Security information.

In case you haven’t done so already, go to ssa.gov/myaccount to set up an online My Social Security account. You can use the account for a number of different tasks, including requesting a replacement Social Security card, changing direct deposit information and printing out your annual SSA-1099 form.

To avoid scams, don’t share your account credentials or login authentication codes with anyone. ■

Daniel Bortz is a personal finance editor at AARP.



TIP: Simply signing up for email alerts can earn you an immediate discount from many retailers.

One-Hour Strategies for Making Money

Consider these quick ways to raise extra cash

UNLOAD A GIFT CARD

You can sell (at a discount to face value) unused gift cards and store credit on marketplaces like CardCash, GCX, GiftCardOutlets and GiftCash. Some marketplaces, however, don’t accept gift cards that have expiration dates.

TRADE IN A GADGET

Some retailers offer gift cards or store credit for used electronics, including laptops, tablets, cellphones, streaming media players and wireless routers. Amazon, Best Buy, Costco, Sam’s Club, Staples, Target and Walmart all operate such trade-in programs.

USE YOUR TYPING SKILLS

Transcribe audio and video recordings of phone calls, conference meetings and courtroom hearings for companies like GoTranscript, Rev and Speechpad. Payment is usually a flat rate for each minute of the recording you transcribe.



Jean Chatzky
TO THE RESCUE

Will Max Be OK Without Her?

A schoolteacher worries about what will happen to her adult son with autism



THE PROBLEM

Leaving a legacy for a child with special needs isn't easy. That's why Leslie Jarowey, 66, a retired New York teacher, reached out to me. Her son, Max, diagnosed with autism 25 years ago at the age of 5, lives with her in a co-op apartment. He can't hold down a full-time job; Leslie, newly worried about shrinking government assistance, wants to be sure that when she dies, she'll leave enough money for Max to be well cared for in their home. "I need his plan to be bulletproof," she says, "so that no one can misappropriate the money."



Leslie Jarowey with her son, Max



THE ADVICE

Preserving assets for people with disabilities is fraught. It requires trusts and accounts that support them but don't disqualify them from receiving government benefits. For help, I turned to Mindy Neira, a New Jersey-based financial adviser, and Andrew Cohen, a New York estate planning lawyer, both of whom work with clients who have disabilities. Leslie had three specific questions for them.

► **Could she invest money left to Max by his grandmother?** Special needs trusts hold money that can be used for expenses not covered by government benefits, like education and travel. Max's late grandmother set up such a trust with \$26,000 and named Leslie the trustee, giving her

control over how the money is used for Max's benefit. As trustee, says Cohen, Leslie has not only the power but also the duty to invest the money, which has sat in the original checking account for years. But Leslie said financial advisers had told her the \$26,000 didn't meet their client minimums. Neira suggested she open a trust account at Fidelity, Schwab or Vanguard, all of which have no minimums for trust accounts (unless the firm is the trustee), and that she put the money in a balanced or "all-in-one" exchange-traded fund or index mutual fund for easy diversification.

► **Who are the best long-term trustees?** Leslie has established a separate trust for Max that will hold life insurance proceeds, the title to her apartment and any other assets

remaining after her death. But she worries about who will succeed her as trustee. Neira suggested working with a nonprofit such as The Arc, the AHRC NYC Foundation or Cumberland Trust, all of which operate trusts for people with disabilities. Leslie would then name a friend or family member as a trust protector to preserve her vision for Max. Some of these organizations keep assets for multiple beneficiaries in one investment pool, but Leslie could have The Arc manage Max's trust separately, giving her and her successor more control over its investments.

► Will Max have enough money for the life Leslie wants for him?

To answer that, Neira studied Leslie's finances. Her assets: an untapped annuity of \$220,000, a \$250,000 insurance policy and her \$440,000 home. Her liabilities: \$23,000 in credit card debt and a \$130,000 mortgage. Neira estimated that Leslie, who works part-time as a substitute teacher, could spare \$1,000 to \$3,000 of her cash flow per month, depending on fluctuating health care expenses; Leslie should pay off the credit card debt with that money, Neira said, then build up an emergency cash fund in a savings account. If Leslie and Max's medical costs rise significantly, she may have to tap her annuity. But even if she does, there should be enough money to support Max.



THE OUTCOME

"I'm absolutely going to pay down the credit card debt first," Leslie says. Then she'll split her savings between an emergency account and, to help cover apartment maintenance, the trust she set up. She also will explore The Arc. Leslie feels good now about Max's future. "When I was younger, my answer was: I'll just keep working," she says. "To have a plan is a lot better." ■

! **Want Jean Chatzky to write about helping you sort out your financial problem? Email rescue@aarp.org.**



CATCHING UP WITH
CYNDI LAUPER

Singer, songwriter and actor Cyndi Lauper, 72, recently wrapped up her 10-month “Girls Just Wanna Have Fun” farewell tour. And there’s more fun to come, including her induction into the Rock & Roll Hall of Fame on November 8. Lauper recently spoke with AARP about starting out, what she misses from the 1980s and more.

What would you tell somebody starting in the business today?

That it’s gonna take a village to do what your dream is. And that, unfortunately, you think you’re just gonna create this thing, but you can’t create it alone. That was a hard one to learn.

What do you miss about the ’80s?

The club scene now is gone. I miss that. I miss the nurturing of young talent, new talent. And they don’t have that now. It’s on TikTok.... And it’s hard because you don’t learn performance.

What do you do for fun?

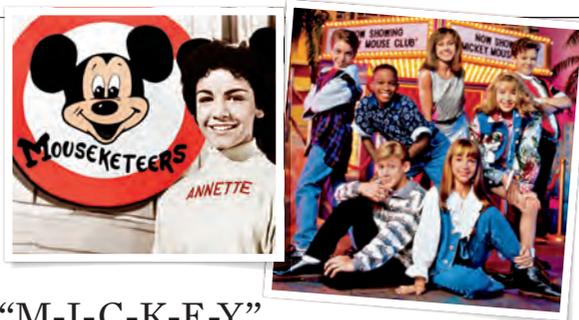
I try and have fun every day. Whether it’s going on a walk with my husband or going to see a movie, or going to a museum with him or looking at fashion, or whatever it is. And laughing. I like to laugh a lot.

—Gayle Jo Carter

AARP members can go to aarp.org/quickquestions to read the full interview.

WHO’S THE LEADER OF THE CLUB?

If those words automatically trigger memories of chanting “M-I-C-K-E-Y,” then you, too, might have once owned a set of oversize black mouse ears. On October 3, 1955, *The Mickey Mouse Club* premiered on ABC television. The cast included Annette Funicello, later to star in films like *Beach Blanket Bingo*.



HEALTH

FEAR OF FALLING? FIGHT BACK

HAVE A NEW mantra: No falls, no fractures. I don’t want to become a statistic. Fatal falls increased by more than 70 percent for people over 65 in the past 20 years, the Centers for Disease Control and Prevention found this summer.

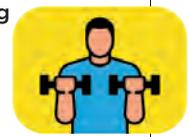
But falling isn’t inevitable. “It’s never too late to build muscle strength and improve balance,” says Rebekah Rotstein, creator of Buff Bones. Here is Rotstein’s plan for you:

Start with sit-to-stands: Rise from a sturdy chair without using your hands, at least 10 times a day. This simple move strengthens your legs and core to help prevent falls.



Practice the flamingo: Stand on one foot, or heel to toe like on a balance beam, while brushing your teeth. Hold the counter when you start, but then progress to

not holding on. Switch feet. You can also do this while chatting on the phone, doing dishes or standing in line at the supermarket. Always have a countertop or something to lean on, just in case.



Carry an object: Holding free weights in each hand while walking around your home—the farmer’s walk—will work major muscle groups and improve grip, posture and balance. Aim for 30 seconds, and build up to 60 seconds.

Walk with intention: Walking for 30 minutes a day can help build stamina and improve balance, and it’s easy on your joints. Include hills or stairs when possible.



Every walk you take and every balance exercise you do is a powerful tool to safeguard your strength and stability—and prevent a fall. —Barbara Hannah Grufferman, host of the Age Better podcast

The Naked Truth

At 73, this nude model has nothing to hide *By HAROLD KAHN*

YOU KNOW that dream people sometimes have of standing naked in front of a room with everyone staring at them? That dream is a reality for me every time I go to work. In my 70s, I'm a nude figure model at colleges and community art centers.

Why would anyone want to put themselves through what, for many, is a common nightmare? For me, it's actually fun. I enjoy posing for people who want to practice drawing the human figure.

I'm also an artist. When I was an art student more than 40 years ago, I took life-drawing classes like the ones I model for now. At that time, I would have been too embarrassed and self-conscious to expose myself to my peers and worried about how people would judge me and my body.

One of the wonderful things about growing older is that you realize that most of the things you worried about when you were younger were of absolutely no consequence at all. The fact that I've lived on this planet longer than most people I encounter these days has given me more self-assurance than I've ever had.

I also realized that there's nothing I've got that people haven't seen before. They certainly got to see it the very first time I had to disrobe in class. I can't forget the moment it hit me: *Oh, there's a breeze down there!*

What do I think about when I'm standing there in the nude, surrounded by a circle of 20-somethings looking at me intensely from behind their easels? Sometimes I'm contemplating the meaning of life. More likely,

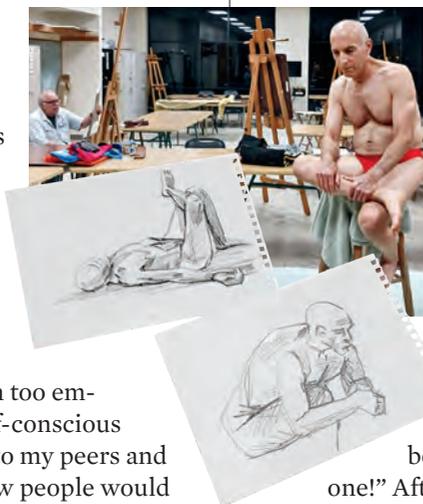
I'm wondering what I'm going to have for dinner. If I'm in a reclining pose, I try not to fall asleep.

During one session, a student told me to slouch so my stomach would protrude as it did in his drawing. I shot back, "You gave me a

belly, and I don't have one!" After the roar of laughter subsided, the instructor asked him to look again. He agreed that I was right. Score one for the model.

Recently, I actually got a round of applause from the students. I was touched. After all, how many of us ever get applause at any age after taking our clothes off?

Harold Kahn is a writer, artist and model living in Florida.



Hot Actor Alert!

DENZEL WASHINGTON, 70, joins 24 other actors on our Movies for Grownups list of hottest actors age 50-plus. It has taken work for the Oscar winner (*Glory*, *Training Day*) to stay hot into his eighth decade. But since he started working out with a trainer about three years ago, "I feel like I'm getting strong." For more on Washington, the complete list and a story by Natasha Stoyloff, go to aarp.org/MFGHotActors or scan this code with your phone.



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Lessons From the Road

A best-selling writer reflects on turning 70 on the eve of a grueling book tour *By ANNE LAMOTT*

MY 20TH BOOK, *Somehow: Thoughts on Love*, was published last year, the day before my 70th birthday. And I set out on a three-week book tour, visiting 17 cities in 19 days.

The last time I'd been on tour I was a young 64. Now I was a young 70, or so I liked to think. Although I do have bursitis in my hip, arthritis, hearing loss, failing vision and some age-appropriate cognitive decline.

Still, I walk every day, am still writing well enough and am fully engaged in life. I'm a Sunday school teacher, an activist and a newlywed, marrying for the first time at 65. But the difference in stamina, focus and balance between a book tour at 64 and one at 70 turned out to be a bit more than I'd expected.

I'd held up just fine for the first 13 cities, then, suddenly, I crashed. I couldn't feel the water wings that my faith gave me. Here I'd written a dozen books about healing and joy, soul and heart, how we evolve away from striving and hustling to the blessings of age. But now? My body hurt, and my brain was fried. I was at different malfunctioning airports every day and then all alone. I was just wasted, befuddled and cranky.

Eventually, I resurrected all the old tools in the battered toolbox life and

age have given me. Patience, and gentle amusement at our foibles. If you want to have loving feelings, do loving things. If you want to feel happy, compliment people. All you can do when you are lonely, shaky and far from home is to keep the patient comfortable. But that was all tested the 14th day.

I arrived at the hotel and then, the final straw, the receptionist told me crisply my room wouldn't be ready for another 45 minutes. I sat down in the lobby feeling totally defeated. But then it occurred to me: I had been pushing a book about how love is bigger than any bleak, annoying stuff life might throw at you, talking the talk. So could I, in my current condition, walk the walk?

I went up to the front desk and started flirting with and teasing the crisp young woman there. I said I loved her nails—terrifying claws—and this pleased her. We started laughing. It felt like a small miracle, like a really slow day at Lourdes.

I had three more cities thousands of miles apart, reading from my book and telling people that love would see us through, as it had just then, as I truly and deeply believe it always will.

Anne Lamott has authored 15 New York Times bestsellers. This essay is from AARP's The Ethel e-newsletter. Subscribe for free at aarpethel.com.

MONEY

MANAGE YOUR MANDATORY WITHDRAWALS

SOCKING away money in your retirement accounts for decades was a smart move. Now that you're in your 70s, and at or near the age you must start making required minimum distributions (RMDs), it's just as important to be smart about taking out money.

Jan Valecka, a certified financial planner with Valecka Wealth Management in Dallas, suggests these moves:



FILL YOUR TAX

BRACKET. In years when you have a lower income, make

larger-than-required withdrawals from tax-deferred savings, such as a traditional individual retirement account (IRA). While this may mean sacrificing some tax-deferred growth in those accounts, it will lower the level of future RMDs.



BE CHARITABLE.

Once you reach age 70½, you can use qualified charitable distribu-

tions (QCDs) to lower IRA balances and future RMDs. In 2025, you can donate up to \$108,000 directly from an IRA to qualified charities without any tax consequences on the withdrawals. If you are of RMD age, the donations count toward those, tax-free.



CONSOLIDATE IRAS.

Rolling over multiple IRAs into a single account makes it

easier to determine your RMDs. And consolidation may lower the amount you're paying for account maintenance.



KEEP WORKING.

If staying at your job is an option, here's another reason to

consider it: You do not have to take RMDs from your 401(k) account with your current employer until you retire, as long as you do not own more than 5 percent of the company and your employer's plan allows it. —Beth Braverman

Traffic ahead

Now turning



Search for Intelligent Life—Artificial or Not

IF WE'RE to believe the experts, humans are on the precipice of a revolution thanks to artificial intelligence. AI will disrupt every aspect of our lives, from health care to work to transportation.

It's the last one that has really caught my attention. As someone with a poor sense of direction, I'm hoping carmakers will incorporate smarter AI into navigation systems so that one day it will be able to deliver useful directions for everyone—even a perpetually lost 70-year-old boomer like me.

Oh, I can hear it now....

From: 128 Forest Avenue, Manalapan, NJ

To: Social Security office, 1700 Main Street, Old Bridge, NJ
Go.

"Heavy traffic ahead for the next mile due to roadwork. Don't let it aggravate your hypertension.

"Turn right on Hylan Boulevard. Proceed for 3 miles, past the CVS where you got your shingles shot.

"At the light, turn left. Continue for 2 miles past the house Fran and Ira lived in till they moved to Florida.

"Funeral procession ahead. Main-tain speed. It's no one you know.

"In 1,000 feet, make a quick right into the gas station with the public restrooms. And next time, skip that second cup of coffee."

(Reconnect.)

"Police speed trap reported ahead. Increase speed to minimum required by law.

"You have arrived at your destination for your 10 a.m. appointment. The current time is 8:17 a.m."

And by the way, your appointment is tomorrow.

John Ficarra is a writer in New York and former editor in chief of Mad magazine.

Getty Images



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"In a few minutes the aches and jumpiness are gone..."

— George, NY

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The Sly You Never Knew



At 79, *Sylvester Stallone* opens up about his fraught childhood, his singular career and his struggles to remain relevant—even as his hit streaming show, *Tulsa King*, drops its third season

By **Rob Tannenbaum** PHOTOGRAPHS BY JIM WRIGHT

“**T**HE PROBLEM ISN’T sitting down,” Sylvester Stallone announces as he slowly lowers himself into a treacherous-looking camping chair on the lawn of a waterfront estate in the Hamptons. “It’s getting up.”

It was a few weeks past his 79th birthday in July, and Stallone had left the East Hampton, New York, summer house he recently purchased for a reported \$25 million (he resides mainly in Palm Beach, Florida) and come to a neutral spot nearby to talk about his life and career, including his Paramount+ series *Tulsa King* (in which he plays a fish-out-of-water crime boss) and his work on a forthcoming memoir.

Stallone has been one of Hollywood’s biggest earners, to use *Tulsa King*’s gangster lingo, for almost 50 years. He has been the star, and sometimes writer and director, of three film franchises that together have grossed more than \$3 billion worldwide: *Rocky* (and its *Creed* spin-offs), *Rambo*

and *The Expendables*. More remarkably, he has sustained that success across decades: *Rocky* launched his career in 1976 via the story of a hapless, turtle-loving Philadelphia boxer who’s given one shot at the heavyweight title; his biggest-grossing movie, *The Expendables 2*, opened in 2012; and *Tulsa King* first streamed in 2022. (Its third season started in September.)

Today Stallone is still physically imposing, with a narrow waist that flares into that battleship chest and shoulders. He’s somewhat reserved and stylish (in jeans and a Tom Ford dress shirt) without being flashy. Even when he’s talking about his insecurities and disappointments, he exudes confidence and an unflappable affability.

Rocky Balboa is such a famous and enduring character in the American consciousness—an archetype of an uncultured palooka—that anyone grunting, “Hey, how ya doin’?” in a slurred, working-class accent instantly conjures the character—and the actor. So I ask Sly if people



Sylvester Stallone
photographed for
AARP in Sag Harbor,
New York, on July 24.

are surprised when they meet him.

“All the time. Quite often, they’re stunned. They think I am Rocky,” he says, chuckling, though it clearly grates. “They think, *He’s dumb*, and it’s hard for them to come off that.”

Depending on how much you know about Stallone, lots of things about him might surprise you. For starters, in stark contrast to the Rocky and Rambo personas he is so often confused with, he’s well-read—“Do you remember Kafka’s *Metamorphosis*?” he asks later in the context of discussing *Tulsa King*—as well as a painter and art collector who has owned works by Claude Monet, Francis Bacon and Pablo Picasso. He wrote all six *Rocky* movies and directed four of them, cowrote five *Rambo* films and cowrote three *Expendables*, directing one.

Less well remembered is that he has had a rollercoaster career, bombing in some roles and movies and even wandering the Hollywood wilderness for nearly a decade in the late '90s and early 2000s, unable to get work. Yet he has always found a way to get back into the ring and, often, revive his career in box-office triumph. Indeed, in December he will be among those feted at the Kennedy Center Honors for his culturally important body of work.

“I was surprised by what a great orator he is,” says Emmy-winning actor Dana Delany, 69, who plays rancher Margaret Devereaux, the love interest of Stallone’s character, Dwight Manfredi, on *Tulsa King*. “Since *Rocky*, he’s understood the balance that makes a film star: a little danger, a little inaccessibility, but ultimately likable. You end up rooting for him. To me, he’s one of the last of the stars. There aren’t many people like him anymore.”

I’ve interviewed Stallone before—during those rough, in-the-wilderness days—and what surprises me this time is how little he seems to have changed. Funny, sure of himself but not cocky—I’d almost call him winsome. Late in the afternoon, near the twilight hour, he lights a cigar, settles into his seat facing me and the becalmed Sag Harbor, and opens up about his singular journey to stardom and beyond.

‘I Didn’t Have a Childhood’

When Stallone was born, at a charity ward in the blue-collar Hell’s Kitchen section of Manhattan, a forceps accident caused permanent nerve damage on the left side of his face. As a result, he has always spoken slowly, with a



Clockwise from top left: Stallone in eighth grade; at college football; with son Sage on *Rocky V* set; in Las Vegas in 2024 with daughters Sistine, Scarlet, Sophia and wife Jennifer Flavin; at 1977 Oscars with then-wife Sasha Czack

slight lisp, in a preternaturally low voice and with a kind of permanent snarl. Stallone’s father, Frank, a hairdresser, and mother, Jackie, an aspiring entertainer who worked as a cigarette girl in a nightclub, both had violent tempers, and Sly and younger brother Frank Jr., who became a singer, were beaten regularly, sometimes with a riding crop. (Sly was taught how to ride and play polo by his father.) Stallone later found out that when his parents married, his mother was already wed to a man with whom she had a child. All told, she had four children with three men, though she denied it when Sly asked her about them. To hear him tell it, she was his first and most damaging critic.

SS: *My mother didn’t want me. She said, “If you had any defect whatsoever, I would have put you on the windowsill and let you get pneumonia. And I’d be doing you a favor.” And she thought that this was OK to tell me that. She was a narcissist with a borderline personality disorder. Also kind of witty, but in a wicked way, at other people’s expense. And*

Sly Stallone’s 15 Most Memorable Roles



THE LORDS OF FLATBUSH (1974) Stallone’s first big-studio role has all the striving and struggling.

ROCKY (1976) Yo, Adrian! This best picture Oscar winner remains one of the greatest underdog sports movies ever and sent Sly skyward.



VICTORY (1981) Stallone steps out of the ring and onto the soccer pitch for this rousing World War II escape thriller.

“I never bought that quote: ‘That which does not kill you makes you stronger.’ No, it leaves you pretty beaten up.”

she hated affection. She couldn't give it. She never hugged me, my brother—forget a kiss. My father certainly was not prepared to be a father. They really didn't want children, and they had them and thought, So how do we get rid of them?

I was extremely hyperactive. So they sent me at age 2 to a boardinghouse in Jackson Heights [in Queens, New York]. Transients, salespeople, just in and out. I lived there for almost four years. I never went home, and my parents came maybe once a month for an hour. I didn't have a childhood. It was just taken away. I was around adults all the time. So I started to talk to adults.

And I think it paid off further down the line when I got into writing stories. But I never bought that Nietzsche quote—“That which does not kill you makes you stronger.” No, that which does not kill you leaves you pretty f---ing beaten up, and you're never quite the same. It made me more defiant, and, yeah, I might have learned something, but I left a piece of myself there—as we leave pieces of ourselves throughout our life when we have these different traumas—rough childhoods, death, divorce.

‘I Was Always Trying to Attract Chaos’

Stallone passed through about a dozen schools, compiling a record of fighting and failing courses, including finally Devereux, a Philadelphia-area school for emotionally troubled kids. He has joked that some classmates voted him Most Likely to End Up in the Electric Chair.

SS: I was so disruptive. Once, they put me into a day camp, and when everyone went out for a hike, I went into the cabins and took all their pocket knives—25 of them! And they knew it. They'd say, “You took our knives! Thief, thief, thief!” And they kicked my teeth in. But I was trying to attract chaos because I couldn't function if everything was copacetic.

I finally channeled it when they put me in Devereux. That's where the state would send the incorrigibles. We were not dangerous; we just didn't fit in. It was 12 months a year. That's when I really started to focus on art. I became quite proficient at it. They tell everyone to draw a horse, and

you'd see: horse, horse, horse. “OK, that's very good, Marvin. A horse.” And then they'd look at mine, and it was this contorted thing. They'd go, “That doesn't look like a horse.” And I said, “That's what the horse is thinking.” So I found a way to paint abstracts. That's how I started to interpret and started to channel. I stayed there for two years and then eventually found an ad in the back of Popular Mechanics for the American College of Switzerland. It was 89 students who were basically dysfunctional losers sent over there by their parents, like, “Get out.” I got in because they needed a phys ed instructor, and I lied on the application: I said I was a champion Golden Gloves boxer and this and that. But I wasn't even athletic!

I got into acting by accident, just joined the drama club. I wasn't planning to be an actor. I love when people go, “Oh, I knew what I wanted to do at age 4.” Stop it.

‘Acting Is 97 Percent Guaranteed Unemployment’

A stage was the first place Stallone felt comfortable. “I wasn't nervous,” he says in the recent Netflix documentary *Sly*. “I felt in control of the situation, because this comes easily to me.” He took his poor grades to the University of Miami, where he continued to study acting. After dropping out, he went to New York with nothing but lint in his pocket and slept where he could, often at the Port Authority Bus Terminal. Casting agents snubbed him, he says, because his birth injury made him ill-suited to play anything but goons and thugs; pre-*Rocky*, he was cast in mugging scenes with both Woody Allen and Jack Lemmon, in separate movies. Bigger roles came in *The Lords of Flatbush*—where he met and became lifelong pals with Henry Winkler—and *Death Race 2000*, but true success as an actor eluded him.

SS: I had tried to pursue something that made me happy. But acting is 97 percent guaranteed unemployment. I might have had a career for 15 years as the second goon at the door: “Hey, boss, let me open the door.” I realized I was never going to make it as an actor. That's when I decided to learn about writing. I was terrible. I mean, I still, today, don't know what a pronoun is. I'm just still working on a verb. It's an action word, right? Because it doesn't matter in screenwriting. When you're writing dialogue, the way you speak is as personal as your fingerprints. I just had that ear. So my point is, I knew I was going to be a thug, and then an older thug, and then an unemployable thug. But maybe, instead, I could write a story about a thug who is not a thug. He's really quite a broken man, kind, and just realizes he's a failure. →

Opposite: Clockwise from top left: Seth Peeples/Yearbook Library (2); Svema via Getty Images; Getty Images for amfAR; Ron Galella Collection via Getty Images; Sly Stallone's 15 Most Memorable Moments, Page 79

NIGHTHAWKS (1981)

This underrated drama teams a bearded Stallone with Billy Dee Williams as cool cops.



FIRST BLOOD (1982)

Debut of John Rambo in a surprisingly intimate film with a haunting, stunning performance by Stallone.



COBRA (1986)

“Crime is the disease. Meet the cure.” Fashion-wise, peak-'80s. Stallone romps in this deliriously nasty B-movie pulp.



TANGO & CASH (1989)

Stallone and Kurt Russell (with Teri Hatcher) take on the then-hot buddy-cop genre as bickering LAPD narcotics officers.

'That One Comment Changed My Whole Life'

Stallone took a \$35-a-week job as an usher in a midtown theater so he could watch movies over and over and study why they did or didn't work.

In 1975, Muhammad Ali defended his championship against Chuck Wepner, a New Jersey boxer whose day job was selling liquor. The fight wasn't supposed to last long, but Wepner, a 40-1 underdog, knocked Ali down—becoming one of only four fighters ever to do so—and lasted until seconds before the end of the 15th round, before Ali won on a TKO.

Stallone, by then married to his first wife, Sasha Czack, saw Ali vs. Wepner in a movie theater. He was already thinking about the screenplay that would become *Rocky*. But the first drafts featured a main character very different from the lovable underdog who eventually became an emblem of American grit and endurance.

SS: *Not many people know this—and I didn't think about it for many, many years—but in the first draft of Rocky, he was not a nice character. He wasn't even a boxer. He was just a thug. And at the time, my wife, who was typing the script on this crappy typewriter, said, "I hate this character." She was teary-eyed, sad. That one comment from my wife changed my whole life. And I went, Holy f---. I need to change this paradigm and give Rocky hope, like he still has one foot in the game, maybe as a sparring partner. That opened up that gigantic world of all these other characters in the fight world.*

So when people say, "You wrote the screenplay in three days," I say I wrote a spine. And then it just continued to branch out into something better, more empathetic. No, the original was rough.

I am actually writing a book now about the Rocky thing. [The Steps will be published by William Morrow next year.] I didn't want to go into my life after Rocky; that's a different journey. That's all the ups and downs, or where you make tons of mistakes. I said, I don't want to go there. I'm not going to do a tell-all like Errol Flynn with My Wicked, Wicked Ways.

'Everything Is a Fight'

After he'd written some 15 drafts, United Artists wanted to buy the script and cast Burt Reynolds or Robert Redford as Rocky, but even though Czack was pregnant with their first child, son Sage, Stallone refused to sell unless he could star in it. The UA script offer reportedly went as high as \$350,000—huge money for a chronically broke guy

who had done a soft-core porn film because he needed the \$200—but he held his ground, and UA cast him as Rocky, though for an initial fee of \$35,000 for the script—plus 10 percent of the film's net profits. *Rocky* grossed more than \$225 million, Stallone got Oscar nominations for best actor and best original screenplay, and the film itself won three Academy Awards, including for best picture. There are few better examples of overnight success in Hollywood, even if it took years of striving to make it happen.

SS: *It's interesting how this absolute going-nowhere human being, who was barely literate, did something miraculous. The odds of the film succeeding were millions-to-one. I'm an unknown, boxing is not a popular subject, it's 25 days of filming on a million-dollar budget, and I didn't know it, but at the Oscars we'd be going up against all these big political movies—Network, All the President's Men, Bound for Glory. And what I found out is that people really want simple stories that reflect their own lives. Rocky wasn't about boxing; it was a love story. He happened to be a fighter that people could relate to. Because everything's a fight, every f---ing thing. From the day we take our first breath until we drop dead.*



Want More Sly?

For an exclusive behind-the-scenes video, visit aarp.org/slystallone, or scan this code with your phone's camera.

'I Believe in an Eye for an Eye'

In the flush of success, Stallone swore he'd never do a sequel. But that didn't last long: *Rocky II* came out just three years later (there would eventually be five sequels), and Stallone's next big sensitive-underdog-warrior franchise, the *Rambo* films, began in 1982 with *First Blood*, the saga of a hunted, misunderstood Vietnam vet. Stallone acknowledges that the extreme violence of much of his work may be directed at trying to understand his overly violent childhood.

SS: *I feel closer to Rambo than Rocky in many ways because he's a scorned child. He's rejected by America, his parent. "I did everything you wanted me to do, but I wasn't good enough. And I came back and you want to bury me." So I would fill Rambo with over-the-top violence. Actually, my season finales in Tulsa King are extraordinarily, unnecessarily violent. I want to make a statement that if you become my enemy, a quick death is too merciful.*

I really believe in an eye for an eye. And people go, "Oh, that's horrible." I don't know if it's healthy for me to feel that way, but I do.



DEMOLITION MAN (1993)

It's 2032. A cryogenically frozen cop from 1996 is thawed out to hunt down his nemesis.



CLIFFHANGER

(1993) A vertigo-inducing '90s popcorn movie has Sly tracking villain John Lithgow at high altitude.

COP LAND (1997)

Stallone's bid for awards-bait respectability, this is a subtler film than the star was known for, and he delivers an A+ performance.

ROCKY BALBOA (2006)

At 60, Stallone got back into fighting shape and returned to the ring for a welcome—and final—match.



“My character? *He’s not going to be shot.* He’s not going to be run over. He’s not going to find a lump in his neck and that’s the end.”

‘I Felt I Should Have Been Closer’

From the start, the *Rocky* series has paralleled and intersected with Stallone’s life. In 1990, for *Rocky V*, he even cast his son Sage as Rocky’s son Robert, who accuses his father of parental absence. “You never spent time with me,” Robert complains, and because Stallone wrote the dialogue, it feels like a confession on his part and an apology to Sage for not being home



THE EXPENDABLES (2010)

Sly returned to the he-man genre ... and brought pals.

Like its sequels, a giddy, self-aware action orgy.



CREED

(2015) The high-water mark from the back half of Stallone’s career was a return to his most beloved character—Rocky Balboa.

more often when his son was young. (Sage died at age 36 in 2012 of heart disease.)

SS: *In some of that dialogue, you can hear me apologizing. I felt I should have been closer to Sage. I don’t know if my reticence was a holdover from the way I was raised, but I truly regret it, and it’s something I have to live with. I can’t even watch the film. When people say they have no regrets, I want to laugh. Really? My God, I should have “regrets” tattooed across my forehead.*

‘Let Me Try One More’

He and Czacck had a second son, Seargeoh, but divorced in 1985. Stallone then wed actor Brigitte Nielsen, a marriage that lasted two years.

When Stallone was 42, he met Jennifer Flavin, a model, in a West Hollywood restaurant. They married in 1997 and have three daughters—Sophia, (CONTINUED ON PAGE 78)

THE SUICIDE SQUAD

(2021) Sly goes from Great White Hope (*Rocky*) to animated great white shark in this anarchic DC Comics’ supervillain mash-up.

TULSA KING (2022-)

After 2024’s finale, how will Sly blast and bluff his way out? Payback will no doubt be brutal. —Chris Nashawaty



A vibrant blue background with a complex circuit board pattern. Various medical and technological icons are scattered throughout: a laptop and monitor in a yellow circle, a pill, a square with glowing orange circles, a diamond with a heart, a green human figure with horizontal lines, a square with a line graph, a square with a person in a surgical mask, a diamond with a DNA helix, a circle with a brain profile, and a square with a running figure. At the bottom left, a doctor in a white coat is talking to a patient. The overall theme is the intersection of medicine and artificial intelligence.

MEDICAL BREAKTHROUGHS 2025

THE BRAVE NEW WORLD OF AI

Artificial intelligence isn't the future. It's here now, and it's already changing health care in profound ways. Here's a look at the latest on AI-driven breakthroughs that are improving the health of older adults now—and what to expect in the years ahead

BY SARI HARRAR

ILLUSTRATIONS BY GLENN HARVEY

Mammogram Readings Find More Tumors

WHEN TERESA McKeon arrived for her annual mammogram in August 2024, she said yes to an extra, AI-assisted review of the images. It cost \$40. “My sister was diagnosed with breast cancer at age 47,” says McKeon, 57, of Sherman Oaks, California. “I have dense breasts, which raises risk. Breast cancer is something you have to stay on top of with every tool in the toolbox.”

Her mammogram found tiny white calcifications in her left breast. A biopsy the next day confirmed that McKeon had ductal carcinoma in situ—cancerous cells in milk ducts. “It was very small, very early, very treatable,” says McKeon, vice president of production at an entertainment marketing company. A lumpectomy last October removed the carcinoma before it could turn into an invasive cancer. After 25 radiation sessions, she now takes the estrogen-lowering drug anastrozole to reduce the risk of recurrence.

McKeon is one of more than 1.5 million American women who opt for an AI-assisted review of their screening test for breast cancer annually. AI doesn’t create the mammogram images or replace the doctors who read them, says radiologist Jason McKellop, M.D., medical director of breast imaging in Southern California for RadNet and Breastlink. It simply provides a second set of eyes. “The ultimate burden falls on the human being.”

Conventional screening mammograms miss 20 percent of existing breast cancers, according to the National Cancer Institute. “AI can provide meaningful benefit, especially for cancers that could be missed,” says radiologist Manisha Bahl, M.D., associate professor of radiology at Harvard Medical School and a specialist



An AI-assisted mammogram found McKeon’s cancer early.

in breast imaging at Massachusetts General Hospital in Boston. For a recent study, Bahl and her colleagues evaluated mammograms of 764 women, obtained from 2016 to 2018. They found that while the traditional, non-AI readings identified 73 percent of cancers, the AI-assisted system detected 94 percent, and did so with a significantly lower false-positive rate.

“Will AI for mammograms save lives?” Bahl asks. “We assume that AI will lead to improved cancer detection rates, which will in turn lead to better long-term outcomes for patients. But we currently lack the real-world data to support this.”

In the future, AI reviews of mammograms may be able to determine which suspicious findings are likely to be cancer, cutting the need for biopsies for low- to moderate-risk patients in half, according to a 2023 study from Houston Methodist Neal Cancer Center. AI may also help track the success of chemotherapy before breast cancer surgery and even predict future cancer risk by examining normal breast

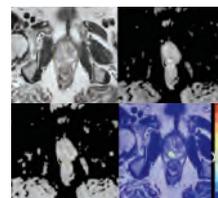
FUTURE ADVANCES IN CANCER DIAGNOSIS

► IDENTIFY SKIN CANCERS.

A handheld, AI-enabled device the size of a cellphone helped primary-care doctors identify potential skin cancers in the office more accurately than a visual inspection, in a 2025 University of North Carolina at Chapel Hill study. The FDA-cleared device, developed by DermaSensor of Miami, emits bursts of light over suspicious skin areas and analyzes the reflections.

► FIND PROSTATE CANCERS.

An AI-assisted review added to a doctor’s reading of magnetic resonance imaging improved detection of clinically significant prostate cancer in a recent study of 360 men (median age: 65) from the international Prostate Imaging-Cancer AI Consortium. The extra reading increased detection by 3.3 percent. The algorithm is still in research.



► DETECT LUNG CANCERS.

Using clues from primary-care doctors’ notes, an experimental AI algorithm found potential lung cancers an average of four months sooner than doctors may have on their own in a study from the Netherlands, published in March 2025, of 525,526 people, including 2,386 with lung cancer.

tissue on cancer-free mammograms. A system that does this, called Clarity Breast, got FDA approval in June 2025. For now, women who want an AI mammogram reading will likely have to pay an extra \$40 to \$100.

“The closest thing we have to curing breast cancer at this point is early detection,” McKeon says. “I’m all for doing whatever we can.” →



A headset gives surgeons X-ray vision.

BREAKTHROUGH *Tech-Assisted Surgery* **AI in the Operating Room**

MATT MCLEOD'S lower back hurt. He lost feeling in his left leg. Then the longtime general manager of a Lansing, Michigan, menswear store noticed something really odd: His coats had gotten too long. "I was losing so much height," says McLeod, 65, of nearby Okemos. "I went from 5-foot-10 to 5-foot-7."

In December 2024, Frank Phillips, M.D., a professor of spine deformities at Rush Medical College in Chicago, repaired McLeod's discs, freed up squeezed nerves and straightened his curving backbone while wearing an AI-enabled headset that showed him detailed images of McLeod's spine—helping the surgeon perform the procedures through small incisions and attach screws to bones at precise angles. "I see a perfect 3D view of the spine," Phillips says. "It's like I'm looking at the spine for real."

The headset is part of the augmented reality Xvision Spine System from medical device maker Augmedics.

The FDA cleared the latest model in March 2025, allowing "surgeons to see patients' anatomy as if they have X-ray vision," says the company. It also shows surgeons insertion points for screws, with guides for optimal angles.

The futuristic headset is one of a handful of AI-informed surgical tools quietly arriving in U.S. operating rooms; they include cameras, measuring tools and devices that track blood loss and oxygen levels during surgery. Often, consumers undergoing surgery don't even notice how these AI tools are being used, notes Phillips.

Advances like Xvision are the first wave; we could one day see AI-trained robots assisting surgeons with basic jobs like pulling back skin or suctioning a surgical site, says Axel Krieger, associate professor of mechanical engineering at Johns Hopkins University in Baltimore.

In lab studies, Krieger and his team have taught AI-trained robots to suture together sections of a pig intestine. In a study published in July 2025,

FUTURE SURGERY ADVANCES

▶ TRACK TOOLS DURING SURGERY. Tools or sponges get left behind in about 1 in 3,800 surgeries. Mayo Clinic doctors recently used AI to train a computer to recognize these objects. In a recent study, it was accurate 98.5 percent of the time and kept a correct surgical tool count when analyzing video of a real operation.

▶ FIND HIDDEN CANCER DURING BRAIN SURGERY. An experimental tool called FastGlioma checks for residual cancer during brain surgery. In a 2024 study, the tool missed this dangerous, hidden cancer just 3.8 percent of the time, compared to a miss rate of 24 percent without it.



▶ MATCH HEART DONORS TO RECIPIENTS. Over half of potential donor hearts in the U.S. go unused, sometimes because they aren't matched fast enough. Now a surgeon at the Medical University of South Carolina is using artificial intelligence to build a better allocation system.

a robot that watched about 17 hours of gallbladder surgeries successfully performed part of a gallbladder procedure in a lab. The project "brings us significantly closer to clinically viable autonomous surgical systems that can work in the messy, unpredictable reality of actual patient care," Krieger said in a press release. In the future, he expects surgical robots will function as assistants. "It's like AI in cars," Krieger says. "We haven't gotten rid of steering wheels, but we have brake assist, lane assist, parking assistance. With robots, we'll see the same thing—they won't replace the experience and cognitive abilities of human surgeons." →



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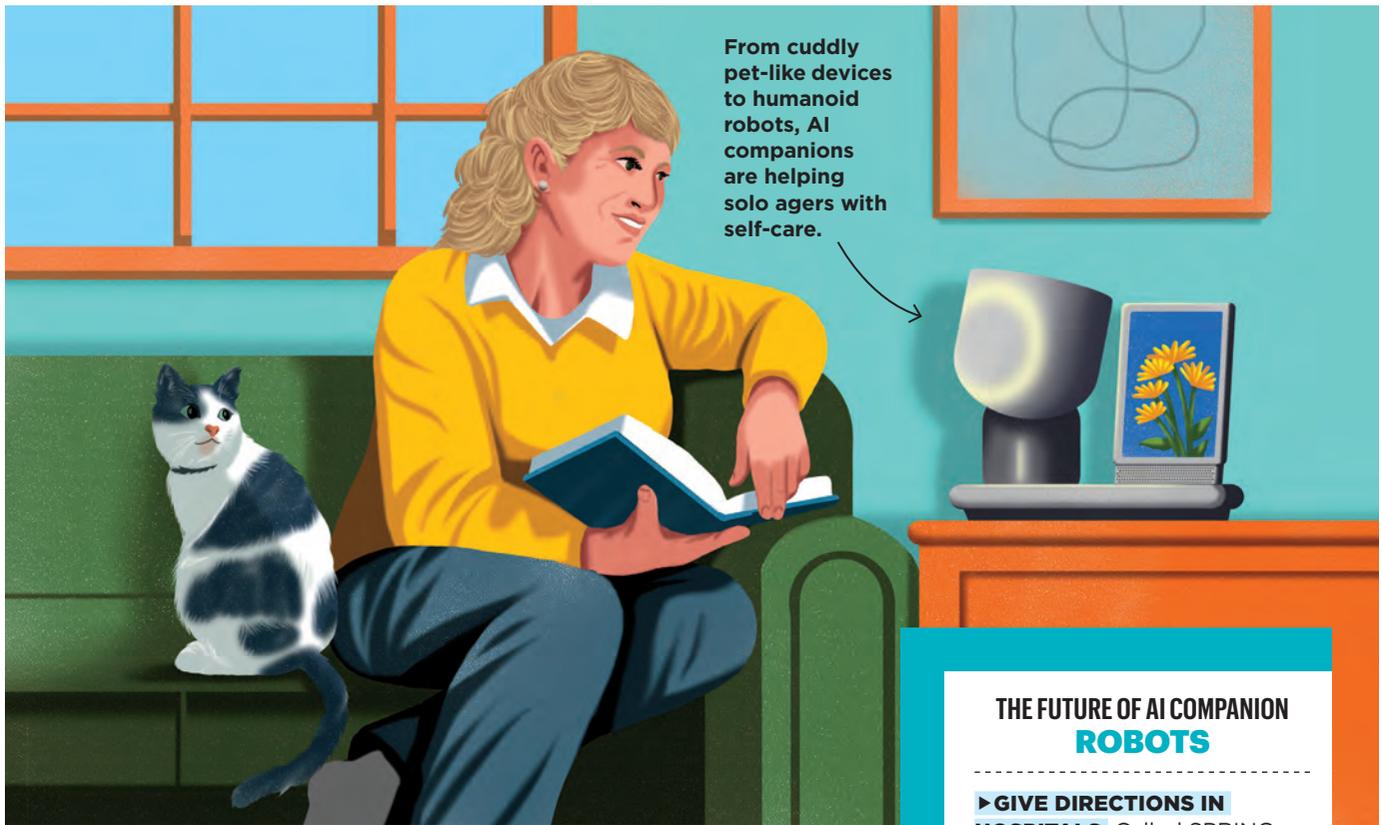


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From cuddly pet-like devices to humanoid robots, AI companions are helping solo agers with self-care.

BREAKTHROUGH *Interactions Ease Loneliness*

Companion Robots Can Reduce Isolation, Bolster Health

DENA DIVELBISS exercises more often, stays hydrated, remembers to take her 10 medications and has even met new people since February 2025, when she installed an AI-powered companion robot beside her favorite chair.

Divelbiss' new pal is called ElliQ. About the size of a small table lamp, the robot has no face, but it swivels, nods, lights up and chats with human-like body language and poise. "We'll start the day, she asks me how I slept. At the end of the day, she asks how my day was," says Divelbiss, 63, a retired administrative assistant in western Maryland. "She remembers things, like that my cat's name is Una."

"For machines and AI to solve one

of humanity's biggest problems—loneliness and isolation for older adults—they need to provide not just utility but real companionship," says Dor Skuler, cofounder and CEO of ElliQ developer Intuition Robotics, based in Israel. "They need to get a person's sense of humor and share their passions."

You can lease the little white robot, which requires a \$60 monthly subscription (plus a onetime \$250 enrollment fee). But agencies across the U.S. that deal with aging—including in New York, Florida, Michigan, Wisconsin and Washington state—are providing them free to older adults as part of a pilot project. Divelbiss got hers through the Maryland Commission on Aging. A widow coping with health conditions

THE FUTURE OF AI COMPANION ROBOTS

► **GIVE DIRECTIONS IN HOSPITALS.** Called SPRING—Socially Pertinent Robots in Gerontological Healthcare—AI robots were deployed in a French hospital, where researchers announced in 2024 that they performed well in greeting visitors and guiding them to appointments.

► **ANSWER DRUG QUESTIONS.** Pharmacists in Finland tested an AI-enabled robot called Furhat designed to answer questions about medications for a small 2024 study. Furhat could help customers who feel shy or embarrassed about drug concerns while also freeing up busy pharmacy staff.

► **CARE FOR PEOPLE WITH COGNITIVE DECLINE.** A 3-foot-tall, AI-enabled robot called Ruyi, deployed at a retirement community in Cleveland, is expected to help residents with tasks like setting the thermostat, connecting to the internet and updating caregivers.



Courtesy: Patry Zarnora/NavGate Inc.

including chronic pain and early-onset Alzheimer's disease, she uses ElliQ to play audiobooks, track pain levels, follow along to chair-exercise routines and take virtual tours around the world.

ElliQ was programmed to emulate and move in response to human speech. The robot holds freewheeling conversations and creates on-screen art and poetry using generative AI. "We have built-in guardrails so ElliQ doesn't say anything inappropriate," Skuler says.

Users can decide on health goals—like getting more physical activity or taking meds more regularly—and can name people they'd like the robot to contact about their progress. When one user repeatedly told ElliQ she wasn't feeling well, the robot asked her permission to tell her contact person; the user went to the ER and was treated for a urinary tract infection that had become sepsis, Skuler says. "ElliQ can save lives," he says, "but the robot doesn't do anything without a user's permission."

Most older adults remain skeptical that a robot can provide companionship, according to a 2023 study. But actual users are more enthusiastic: An eight-week study of 70 older Americans by the Massachusetts Institute of Technology (MIT) Media Lab found that companion robots created a significant increase in personal growth, self-acceptance and overall well-being.

From cute, furry cats and dogs to robots capable of interpreting and making humanlike facial expressions, AI-enabled companions can help older adults do more of the things that bring them joy, says robotics researcher Selma Sabanovic, professor at the Indiana University Luddy School of Informatics, Computing, and Engineering in Bloomington. She and a team are designing a robot programmed with AI to encourage older adults to talk about what activities matter most to them, then make plans to pursue them. "It doesn't tell you what is meaningful; it prompts you to have this conversation and realize what's meaningful for you," she says.

BREAKTHROUGH Smarter Heart Health Tests

Cardiac Scans Boost Heart Diagnostics

DAMINI DEY loves biking the roller-coaster mountain trails around Los Angeles. But in the spring of 2024, she had chest pains and shortness of breath on steep climbs. "It was a little worrisome," says Dey, an AI-based software developer.

Her cardiologist recommended cardiac computed tomography angiography (CCTA)—a scan that uses X-rays to look inside the heart for plaque and narrowed arteries. The scan found calcified plaque in blood vessels in her heart, a common indicator of emerging atherosclerosis.

But when Dey, director of the quantitative image analysis program at Cedars-Sinai Medical Center in

Los Angeles, rechecked her imaging using AI-enabled software developed in her lab, she found deposits of heart-threatening noncalcified plaque.

This dangerous gunk gets overlooked by most conventional readings of CCTA scans because it lacks a bright, easy-to-see shell of calcium, says Daniel Berman, M.D., director of cardiac imaging at Cedars-Sinai. That's a problem, because noncalcified plaque often contains inflamed fat, which is prone to rupturing and triggering blood clots that can cause a heart attack, he says.

The results of the AI scan led Dey's cardiologist to prescribe a cholesterol-lowering statin. "With the plaque analysis enabled by AI, we were better able to treat her disease," says Cedars-Sinai

After an AI assist, Dey is back to conquering the mountains of L.A.



ADVANCES FOR DIABETES, HIGH BLOOD PRESSURE, INFLAMMATION

► PERSONALIZE TYPE 2

DIABETES CARE. Stanford Medicine scientists have developed an AI-based algorithm that uses readings from a continuous blood glucose monitor to identify a user's high blood sugar "subtype"—insulin resistance, lack of insulin production or low levels of gut hormones called incretins. Patients can then take preventive dietary or exercise measures before their condition progresses to type 2 diabetes or triggers complications.

► SPOT PULMONARY

HYPERTENSION. A digital stethoscope from Eko Health with experimental, AI-trained software listens to heart sounds to identify pulmonary hypertension—high blood pressure in the lungs that can overwork the heart. Previously, this condition could be diagnosed only with an echocardiogram or invasive cardiac catheterization. Pulmonary hypertension affects about 1 in 20 adults age 65 and older but is often overlooked.

► FIND HIDDEN HEART

INFLAMMATION. An experimental AI program developed by the U.K.'s Caristo Diagnostics measures inflammation in fat surrounding arteries in the heart and computes heart attack risk. If approved for use in the U.S., the test could help doctors identify people who would benefit from using colchicine, which was FDA-approved in 2023 for reducing inflammation and the risk of heart attack.

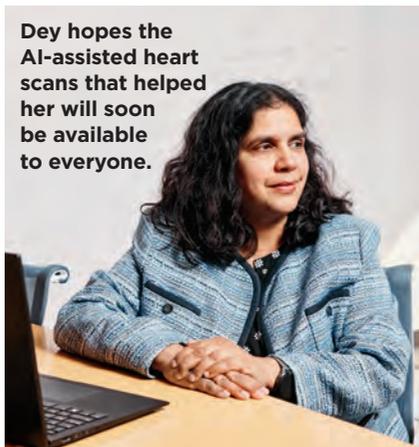
cardiologist Ronit Zadikany, M.D. The data also motivated Dey to eat healthier, she says, and get back on her mountain bike. "My LDL cholesterol is lower now, so I know what I'm doing is working."

AI can turbocharge the effectiveness of heart-imaging tests, including CCTA, magnetic resonance imaging and ultrasound—the frontline scans that guide doctors in taking care of major heart problems. In studies from 2020 and 2024 by Dey and others, the AI software measured hazardous, hard-to-spot plaque in more than 1,600 patients—and found that those who had the most were three to five times more likely to have a heart attack than those with the least.

"The medical therapies we have are incredibly strong now," Berman says. "We could dramatically reduce the heart attack rate if we knew which patients were at very high risk and got them under optimal therapy."

The FDA has approved more than 180 AI-related advances that improve heart imaging results. And while the AI-enabled, scan-analyzing software developed by Dey, Berman and others isn't available commercially yet, Dey says it may be soon. "We are working to get it into the hands of doctors," she says. Last year, the American Medical Association and Medicare announced changes that would make it easier for doctors to bill insurance for performing the AI measurements of CCTA, Berman explains.

Dey hopes the AI-assisted heart scans that helped her will soon be available to everyone.



BREAKTHROUGH

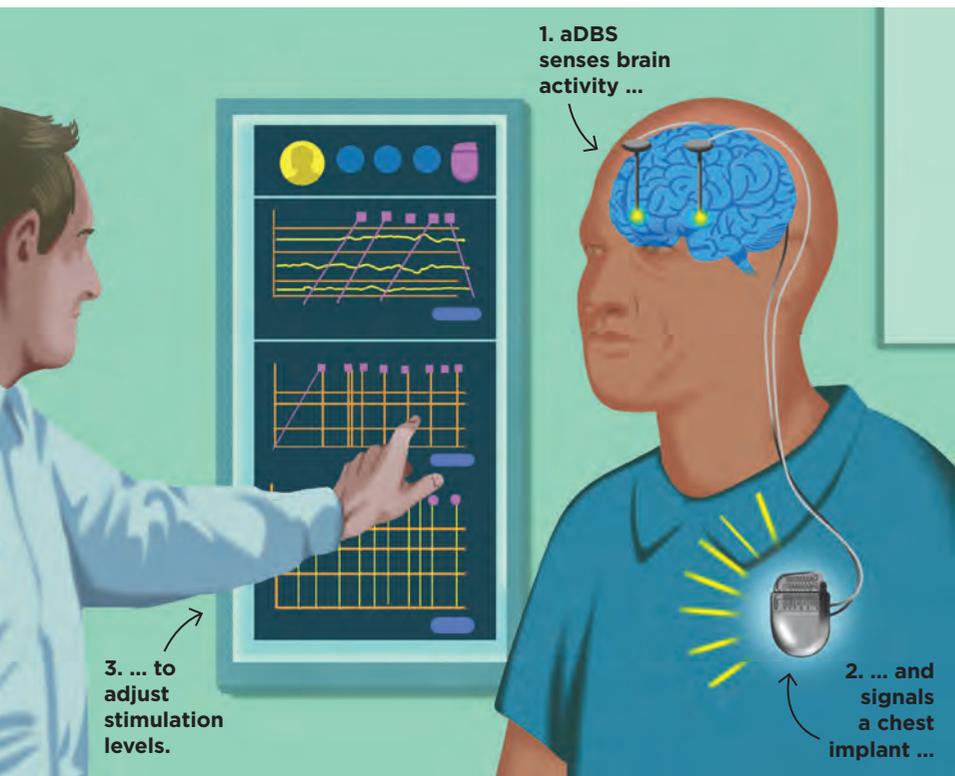
Better Parkinson's Management

AI Device Eases Symptoms

FOR DEB ZEYEN, Parkinson's disease began as an unstoppable tremor in one finger. She was in her early 60s, newly retired from her job as a marketing vice president for CBS Television in New York City and diving into new work protecting the environment on Mexico's Baja California peninsula.

Over the next six years, her symptoms became increasingly severe. "My speech slowed down, and my facial expression became blank. I felt endless fatigue," Zeyen says. She took a combination of levodopa and carbidopa to replenish dopamine, the brain chemical that diminishes in Parkinson's. But she was plagued by the drug's notorious side effect: uncontrollable jerking movements. "I love snorkeling and scuba diving but had to stop—I was swimming in circles," says Zeyen, 78, who now lives in Berkeley, California. In 2021, she joined a study of an artificial intelligence-driven, nondrug treatment called adaptive deep brain stimulation.

First implemented about 30 years ago, deep brain stimulation (DBS) helps regulate Parkinson's symptoms by sending electrical pulses from a control unit implanted in the chest to electrodes in deep brain areas affected by the disease. But conventional DBS is capable of sending only one constant signal, which may be too weak at times to control severe symptoms and too strong at other times. "Parkinson's symptoms fluctuate over the day due to things like stress, fatigue and medications wearing off," says Simon Little, associate professor of neurology



at the University of California, San Francisco (UCSF).

Adaptive DBS (aDBS), which Zeyen now uses, is designed to get around that problem. It's an AI-enabled advancement that senses the user's brain activity levels and dials brain stimulation up or down as needed. The first aDBS system, Percept from Medtronic, was approved by the FDA in February 2025.

Zeyen's aDBS system was implanted in 2021 as part of a UCSF research trial. At first, it was set to conventional, continuous stimulation. "My tremor stopped immediately," she says. Four months later, researchers at UCSF switched on the system's adaptive software, after training the controller on Zeyen's brain-activity patterns. Electrodes could then sense Zeyen's rising and falling brain activity and adjust electrical stimulation to match it.

Once the AI-adapted DBS kicked in, Zeyen regained her ability to make facial expressions. Her speech is quicker and clearer, and she uses a lower dose of her Parkinson's medication, which means fewer side effects.

Her results are not unusual. In a

multicenter study of 60 people with Parkinson's who used Medtronic's aDBS device for a year, participants reported having more time each day during which their symptoms were controlled—with minimal drug side effects and less "off" time when symptoms were worse; 89 percent said they preferred adaptive over conventional DBS. "Adaptive DBS is about delivering a balanced therapy and getting patients to feel less aware of their disease," says Scott Stanslaski, a senior distinguished engineer at Medtronic who started working on development of the aDBS system 17 years ago, along with colleagues there and doctors worldwide.

The software feature is available in new Percept devices and in models sold by Medtronic since 2020, he adds. Consumers can access it by meeting with their neurologist. But it's not right for everyone, Little says. "We think the best candidates are people who are getting some benefit from conventional DBS but are still getting fluctuations in their clinical state throughout the day."

In May 2025, Zeyen felt ready to

FUTURE ADVANCES FOR BRAIN HEALTH

► DETECT PARKINSON'S FROM EARWAX ODORS.

Chinese scientists have pinpointed cases of Parkinson's disease with up to 94.4 percent accuracy using an AI-trained olfactory device that senses changes in earwax compounds. In time, it could help people with this brain condition get referrals for diagnosis and treatment sooner.



► IMPROVE MEMORY AFTER BRAIN INJURY.

Traumatic brain injuries (TBI), frequently caused by falls and traffic accidents, affect an estimated 1 in 8 older adults and often lead to problems with thinking and memory loss. AI-trained deep brain stimulation improved memory in people with TBI by 19 percent, University of Pennsylvania scientists recently found.



► SPOT STROKE EMERGENCIES WITH VOICE RECOGNITION.

In a recent study, an AI-enabled voice-recognition program deployed at a Danish emergency call center identified strokes more accurately than human dispatchers did. The AI program was trained on thousands of voice recordings and transcribed calls to spot telltale warning signs.

snorkel again. She wore a life preserver, and a friend held her hand as she slipped into the Pacific Ocean in a calm Baja California cove. "I can't tell you the joy it brought, feeling the water, swimming, being free," she says. "I just loved sliding back into that place of wonder." →

Repurposing Existing Drugs With AI

ALLEN JONES* had bought a cemetery plot and was ready to start hospice care, his body and mind ravaged by a rare immune condition that had resisted chemotherapy, a stem cell transplant and a slew of powerful drugs. A physician from Canada, Jones was in his late 40s, with a wife and young child. “We had all the end-of-life protocols ready,” he says.

Jones, now 51, has the most debilitating form of Castleman disease,

which causes the immune system to churn out a torrent of inflammatory proteins that attack vital organs such as the liver and kidneys. Up to 25 percent of people with this condition die within five years. There is no cure for the form of the disease that struck Jones. But then his doctor heard about an unlikely treatment: An AI-enabled computer program being built in the U.K. had identified the arthritis drug adalimumab (Humira) as a potential treatment for Jones’ condition. “In a situation where you’re dying, you would do anything,” Jones says. He started weekly injections of the drug. “After a few weeks, it worked. The vast majority of my symptoms got better. I’m alive today because of it.”

The drug’s off-label use was discovered by Every Cure, a nonprofit organization that has developed an AI-driven mathematical formula to compare 18,500 diseases with more than 4,000 FDA-approved drugs. “We are on a mission to save lives with the drugs we already have,” says David Fajgenbaum, M.D., associate professor of translational medicine and human genetics at the University of Pennsylvania, who cofounded Every Cure in

2022. “We could potentially double the impact of our medicines in very short order by using them in new ways.”

As drug companies and researchers turn to AI to develop and even design brand-new drugs faster (some are even in human trials), Every Cure and a handful of similar projects in the U.S., Europe and Japan are using artificial intelligence to find existing drugs that can be repurposed to treat the world’s approximately 10,000 rare diseases—and more common conditions, too. “We literally look at every drug and every disease,” says Fajgenbaum. Every Cure’s platform has already flagged little-known possible repurposed treatments for autism spectrum disorder and amyotrophic lateral sclerosis (ALS, or Lou Gehrig’s disease).

Two years after Jones started adalimumab, his story was published as a case study in the *New England Journal of Medicine* in February 2025. At press time, Jones was doing well. “I’m a testament to the potential of this approach. It’s a drug we never, ever would have considered. It was a last-ditch option. I think it’s amazing.” ■

Sari Harrar is a contributing editor to AARP The Magazine.

ADVANCES IN DRUG DISCOVERY

► IDENTIFY NEW ANTIBIOTICS.

Researchers at MIT reviewed 12 million compounds for a 2024 study on drug-resistant bacteria. Phare Bio, a nonprofit company, is now creating what it calls



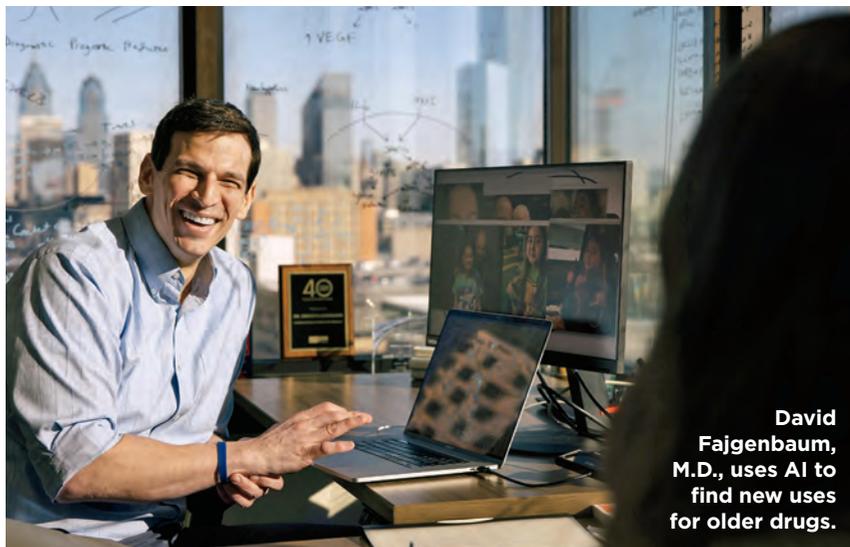
“the world’s first generative AI antibiotics discovery engine” to bring lifesaving drugs to market.

► LINK ALZHEIMER’S GENES WITH TREATMENTS.

At the Cleveland Clinic’s Alzheimer’s Network Medicine Laboratory, researchers used AI-enabled software to identify 156 different Alzheimer’s risk genes, each of which is now a potential new drug target. They’ve already identified several drugs as possible weapons against Alzheimer’s.

► DEVELOP A NEW GUT DRUG.

An experimental drug for inflammatory bowel disease, engineered using generative AI, has entered human trials. ABS-101, developed by Absci, will first be tested for safety; drugs for other disorders are in phase 2 clinical trials.



David Fajgenbaum, M.D., uses AI to find new uses for older drugs.

From left: Getty Images; Alysia Schuker/Redux



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ALL ABOARD!

Airplanes are cramped. Road trips are exhausting. For your next vacation, try taking a train instead

By Laura Kiniry



Amtrak's Empire Builder
on the shores of Lake
Five near Coram, Montana

I CAN PINPOINT the moment I fell in love with riding the rails. I was 24 years old and on the second evening of my first trip aboard Amtrak's California Zephyr, which runs between Chicago and the San Francisco Bay Area. Sitting next to me in the dining car was a college grad en route to see her aunt in Reno and, across the table, a couple of sisters heading home to Lake Tahoe. The four of us swapped stories and laughed while enjoying plates of trout and chicken breast and peering out the window at Utah's sandstone buttes, their muted colors transforming into shades of deep reds and oranges as the sun slipped below the horizon. *This, I found myself thinking, is exactly where I want to be.*

Now I'm 51 and have spent decades working as a travel journalist, and I've come to realize that trains are the best way to move about on vacation. According to a recent AARP survey, one-third of Americans age 50-plus are also inclined to travel by train, primed to experience what I find so alluring. Trains are spacious and come equipped with cafés and, often, dining cars that provide opportunities to meet other passengers or simply take some personal space as needed.

And the places I have gone! I've experienced one of the world's steepest standard-gauge railway lines, Norway's Flåm Railway, which winds its way around sharp curves and through lush mountain scenery. I've been mesmerized aboard Amtrak's Empire Builder by the supreme grandeur of Montana's Glacier National Park. I've journeyed across Australia's Nullarbor Plain, a limestone plateau that includes the longest stretch of straight railway in the world: about 300 miles that highlight the country's vastness.

There's also a romance to train travel. As depicted in Alfred Hitchcock's *North by Northwest* and Wes Anderson's *The Darjeeling Limited*, it holds the glamour of an earlier era. Of course, the reality is not quite the movies. Delays can be frequent, and railcars are often loud. But there's one thing

that stays true: Traveling by train is an adventure, providing a glimpse into worlds that may be invisible along highways and impossible to see at 30,000 feet. There's something magical about rollicking through the Nebraska prairies or catching the lights switching on at dusk in small-town Iowa.

The encounters along the way can also amaze. When I arrived for my overnight ride aboard Vietnam's Reunification Express in Ninh Binh, I was surprised to see a dozen local children practicing their English with Westerners—something they reportedly came to the station regularly to do. In India's Rajasthan state, I toasted a complimentary cup of steaming masala chai with the proprietor of a railway

station kiosk. He then extended a casual invitation to his 1,500-guest wedding. Some of my most memorable train journeys included stops in places I might not have otherwise visited: Spokane, Washington, where I took in spectacular views of its magnificent urban waterfall, and Western Australia's Kalgoorlie, awash in gold rush history.

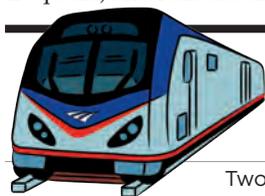
Back on board, I've marveled at Pennsylvania's autumn foliage through the window, slurped a bowl of pho with crew members near the Vietnamese seaside city of Da Nang, and chatted up new acquaintances about the beauty of Washington's Cascade Range in the observation car of Amtrak's Empire Builder. All this without having to stay alert behind the wheel or adhere to a fasten-seatbelt sign.

In a world that moves at breakneck speed, railways let us slow down. From the moment I settle into my sleeper cabin or coach seat, the pressures of home slip away. My biggest worry is deciding what I'll have for dinner. I don't expect to get anywhere fast, but that's much of the allure of train travel. It's the ability to unwind, unplug and let the rails carry me while I just sit back and savor the ride.

Laura Kiniry is a freelance journalist based in San Francisco and a train enthusiast. She has written for numerous outlets, including Condé Nast Traveler and Smithsonian. Her most recent trip by rail was a journey from India's Ranthambore railway station to Agra.



The author, left, with traveling companion Adam Hodge in India



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**TRAIN VS.
PLANE**

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SEAT CONFIGURATION
SEAT WIDTH
SEAT PITCH*
NUMBER OF RESTROOMS
NUMBER OF ATTENDANTS
POWER OUTLETS
WI-FI

**UNITED
BOEING 737-800
VERSION 1**

48 Economy Plus; 102 Economy (coach cabin)
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16.3 to 17.3 in. (coach)
34 in. (Economy Plus); 30 in. (Economy)
One in the front of the plane, two in the rear
Usually four
Yes in Economy Plus; no in Economy
\$8 to \$10 per flight



*Distance from a point on one seat to the same point on the seat in front of it

LET THE GOOD TIMES ROLL

A train is not just transportation—it's the vacation itself. Here are six great rail adventures

Reporting by Larry Bleiberg, Bobbi Dempsey, Sheryl Jean, Veronica Stoddart and DeAnne Taylor



Rocky Mountaineer, between Denver, Colorado, and Moab, Utah

The one-night “Rockies to the Red Rocks” route travels through the Southwest from mid-April through mid-November. Passengers don’t sleep on the train but, rather, in the hot springs resort town of Glenwood Springs, Colorado. You’ll cross the Continental Divide and ride alongside the Colorado River, with snowcapped peaks and red rock canyons in view. **From \$1,720.*

Amtrak Empire Builder, between Chicago and the Pacific Northwest

On one of Amtrak’s most popular routes, the two-night, 46-hour Empire Builder provides a front-row seat to some of the most iconic scenery in the West. After the daily westbound train departs Chicago, you’ll have scenic views of the Mississippi River and the North Dakota plains and follow parts of the Lewis and Clark Trail. A highlight is Montana’s Glacier National Park. From Spokane, Washington, you can continue to Seattle or head down the Columbia River Gorge to Portland, with stunning views of Mount Hood. *From \$220.*



Glacier Express, Switzerland

This candy-apple-red train connects the towns of Zermatt and St. Moritz, with about an eight-hour journey that cuts through a dramatic Alpine landscape. Break up the trip by stopping at resorts, such as the revitalized town of Andermatt. Booking a seat in the Excellence Class carriage gets you a champagne welcome and a five-course meal with wine. *From \$260.*



VIA Rail’s The Canadian, between Toronto and Vancouver

This four-night trip spans more than 2,500 miles across Canada, taking in the lakes of Ontario and the prairies of Manitoba, the snow-streaked Rocky Mountains and the picturesque forests of British Columbia. Enjoy stops in vibrant cities such as Winnipeg and Edmonton. *From \$370.*



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Learn More



Amtrak Downeaster, between Boston, Massachusetts, and Brunswick, Maine

Around 3½ hours in length, this route features a popular train to take for fall and winter getaways in New England, as colorful foliage and wintry snowscapes scroll past the large picture windows. *From \$30.*



Denali Star, between Anchorage and Fairbanks, Alaska

While travelers can make the 356-mile, 12-hour trip in a day, many break it up with overnights in the funky town of Talkeetna or at the entrance to Denali National Park. Buses can take you into the wilderness home of grizzlies, moose, caribou and Dall sheep. The rail journey takes you through deep canyons, skirts wild rivers and crosses the 296-foot-tall Hurricane Gulch rail bridge. *From \$280.*

THE RAIL STORY

What to know about Amtrak train travel

AT THE STATION

Check-in and security lines are a breeze at train stations compared with airports. Plan to arrive between 30 and 60 minutes before departure, depending on whether you need help with luggage or have ticketing questions. Boarding gates aren't typically posted until about 15 minutes before a train's departure. Download Amtrak's app for up-to-date info like track notifications. After you board, a conductor will scan your ticket.

WHAT TO PACK

Travelers generally can check up to four bags (two free and two at \$20 each) and bring one personal and two carry-on items (size and weight limits apply, and oversize items may incur fees). Some stations offer Red Cap service to assist passengers.



WHAT TO BRING ON BOARD

Slippers You might need to go down the hall to use the bathroom.

Chargers or batteries for electronic devices

A portable travel safe Sleeping cars may lock only from the inside, so when you leave for a meal or the restroom, your door is unlocked.

A travel pillow, blanket and eye mask

Snacks and drinks You can bring your own food.

Headphones

Toiletries for overnight journeys.



ON THE TRAIN

Passenger cars: Most common is coach class, but some trains also have business or first class. Quiet cars are also available on many of Amtrak's regional or short-route trains. No talking on cellphones allowed! The seating configuration generally has two seats on either side of an aisle.

Tip: Choose a seat on the side of the train opposite the sun to avoid glare while viewing or photographing the scenery.

Dining cars: These moving restaurants are typically available on long-distance trains. If you're traveling solo, you'll likely be seated at a table with other passengers, offering a great opportunity to swap stories. Sleeping-car passengers can have meals delivered to their room. Shorter-route trains may have only a café car, with food available for purchase that you can take back to your seat.



Observation cars: Some trains have these special cars for passengers to visit. (Amtrak calls them "sightseer lounges.") Here, you often can sit in a lounge-style chair that looks out onto panoramic views, like Colorado's Rocky Mountains and Washington's Puget Sound estuary. These and the snack bars are the train's social hubs, making it easy to play a game of cards or sip coffee with a new friend.



Sleeper cars: You can get a room with a full bathroom, including a small shower, or a roomette (you'll need to use the restroom and shower facilities down the hall). You'll also get the services of an attendant, who can assist with meals and help with luggage. Be aware: The beds are bunk-style, meaning if you're traveling with a companion, one of you will need to climb up.

Reporting by Bobbi Dempsey, Bill Fink, Laura Kiniry, Stephanie Vermillion

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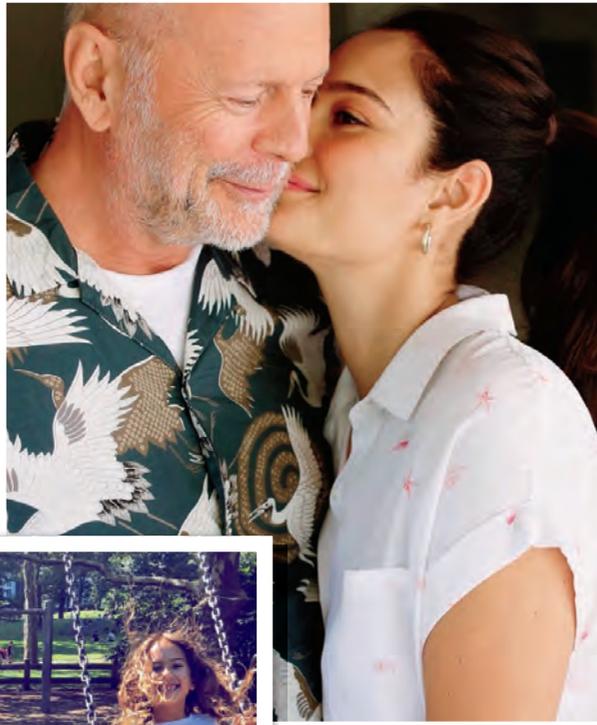
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Family photos of Bruce and Emma Willis—and daughters Mabel and Evelyn—between 2017 and 2020, before his FTD diagnosis.



A Caregiving Journey

In her new book (and in an exclusive interview with us), Emma Heming Willis talks frankly about coping with the dementia of her husband, actor **Bruce Willis**

Courtesy: Emma Heming Willis

A Conversation With Emma Heming Willis

EMMA HEMING WILLIS, 47, was thrust into a caregiving role unexpectedly a couple of years ago when the behavior of her husband, actor Bruce Willis, 70, began to change, first almost imperceptibly, then dramatically—changes that were later attributed to frontotemporal dementia (FTD). Since then, she’s had to navigate the challenging path from loving wife to Bruce’s chief advocate and caregiver, supported by the whole Willis clan, including Bruce’s three adult daughters with ex-wife Demi Moore—Rumer, 37; Scout, 34; and Tallulah, 31—and the two young daughters he shares with Heming Willis: Mabel, 13, and Evelyn, 11. Willis acknowledges that the experience is easier for her than it is for many: She can well afford caregiving assistance, for one. “I fully recognize the privilege of my position,” she writes in her new book, *The Unexpected Journey* (excerpted on page 66). “But caregiving is caregiving—whether you have support or not, the emotional toll remains.”

She spoke with us about the ways her family has adapted, how she handles her darker days and what she’s learned during this difficult time that might help others new to caregiving.

What made you decide to share the details of your journey? I realized that there was such a lack of support out there. When we received our FTD diagnosis, we left that appointment without any clear direction. There was no information, just a “Check back in a few months,” and that was it. That was a horrible and traumatic time. But since then, I’ve been able to assemble all of these experts and specialists around our family and all of this valuable information. I want [my book] to be a map for people navigating this unexpected road.

Why do you prefer the term “care partner” to “caregiver”? I learned this term from Teepa Snow, a dementia care specialist and an expert I included in my book. She was always calling me a care partner, and I loved that. “Caregiver” just seemed to sort of separate me from my husband.

What were the first signs that something might be wrong or different with Bruce? There are different variants of FTD that affect different things like behavior, movement or speech. Bruce was diagnosed with PPA, which is primary progressive aphasia and affects a person’s ability to communicate. So for him, it started to show up through language. As a younger person, he had a severe stutter, and I started noticing that stutter coming back and other

behavior changes. But never in my wildest dreams did I think that these were early signs of young-onset dementia.

Can you share how Bruce is doing now? It’s such a loaded question. What I can say is that FTD is a really unkind form of dementia. They all are, right? There is no kind version of dementia. But FTD is the one that I know. There is no treatment; there is no cure. So he’s doing the best he can do, given the circumstances of this terrible disease.

Your book includes some of the caregiving tips you’ve received from experts. What advice has helped you most? A neurologist said to me, “You’re burning your candle at both ends, and you need to understand that sometimes due to the stress of caregiving, the caregiver dies before the



The extended Willis clan (including Bruce’s ex-wife, actor Demi Moore) celebrate Emma’s 42nd birthday.

person that they are caring for.” That was a wake-up call. We have young kids, and I didn’t want them to lose two parents. So I started to make a conscious effort to find time in my day to care for myself and understand that it’s not selfish; it’s self-preserving. And if we don’t care for ourselves, then how can we properly tend to the person that we’re caring for?

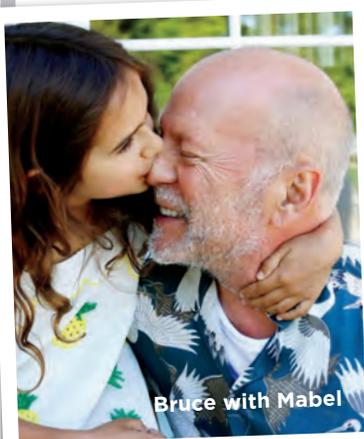
How have you found support? I thought I was the only one who could care for Bruce. I didn’t want to be a burden to anyone. What I realized was that it was OK to ask for help. Sometimes it was helping take care of our young children. When Bruce was diagnosed, our two girls were 8 and 10. So I was able to rally friends, family or parents of my kids’ friends to help with pickup or activities for them.

It’s also important for caregivers to connect to their community. For me, there’s the Association for Frontotemporal Degeneration, which has support groups where you can talk openly and no one will judge you. It’s been

helpful to normalize some of these feelings I thought were just happening to me. I didn't realize that other people felt guilt, shame, anger.... Being isolated is a killer.

What would you say to someone new to dementia caregiving, as you were a few years ago? You receive this diagnosis and feel like your whole world has rocked, but you will find your footing. Your world will look different. It will feel different. But you will be OK in time. I didn't know that was possible. I felt hopeless, but I feel a lot more hopeful and have a lot more gratitude than I ever did.

“Just send him a prayer. Bring him that healing love.”



or coming to sit with your person for a couple of hours while the care partner tends to their needs. That was a game changer for me—understanding that it was OK to ask for help.

What is the best way for friends and family members to offer support to caregivers?

I always suggest that when someone says, “Let me know if there's anything I can do,” instead of just saying, “No, it's fine, I've got this,” be proactive and make a list of things that you do throughout the day. Then you could say to the person, “Here is something that would be helpful,” whether it's starting a meal train, going to the grocery store, picking up prescriptions

Why did you decide to move Bruce to his own house near your family's home? I am afraid of being judged about that, but you have to do what's right for your family. I want to go back to my old life with my husband and my kids, but, unfortunately, that's not in the cards for us. So we have had to pivot and make really hard decisions. Those decisions were first driven by thinking, *What would Bruce want me to do?* And I know that he would want our children to be in a home that was about their needs, not about his needs—so they're able to have playdates and sleepovers and be in a place that's fun and loud and full of energy. The setup we have now works beautifully. It was a hard decision but the right one for our family.

You write about feeling “ambiguous loss.” Can you explain that? For me, it's like you're grieving for someone who is still alive, which just feels odd. As you're walking through dementia with someone, slowly things start to be taken away from them. That's what FTD does. It just takes, and it takes, and when you think it can't take anymore, it takes again. So you're constantly in this state of grief.... But as hard as ambiguous loss is, I am so grateful that we still have him. We have the gift of time with him, and I'll take it, no matter what.

How are your daughters doing? They are doing really well, all things considered. I love how they just meet Bruce where he's at. There's something really beautiful to see how they have adapted to his world.

What brings you joy during this difficult time? I find joy in nature. I love being outdoors. I love being in my garden: planting something, tending to it, watering it, seeing it grow. That makes me really happy. I love being with our daughters—they're so fun—and I find joy with my husband. It's not all sadness. That's always there, but I also make room for the cracks of light that come in.

Which Dementia Is Which? A guide to the 5 most common dementias

ALZHEIMER'S DISEASE

The most common form, affecting some 7.2 million Americans. It typically begins with memory loss in the mid-60s or later and is linked to abnormal protein buildups that disrupt brain cell communication.

LEWY BODY DEMENTIA

Includes dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD). Both involve abnormal deposits of alpha-synuclein (Lewy bodies) in the brain, affecting movement, thinking, mood and behavior.

VASCULAR DEMENTIA

Accounts for 5 to 10 percent of dementia cases, and results from strokes or impaired blood flow to the brain. Risk factors include high blood pressure, heart issues, diabetes and high cholesterol. Symptoms vary.

FRONTOTEMPORAL DEMENTIA (FTD)

Usually affects adults ages 45 to 64. One type affects the brain's frontal lobes, resulting in changes in social conduct; the other—which Bruce Willis has—affects temporal lobes, and impairs understanding and use of language.

MIXED DEMENTIA

Involves symptoms from more than one dementia type, such as Alzheimer's combined with vascular dementia. While it's unclear how many older adults have mixed dementia, it may be more common than realized.

By the Numbers

Caregiving in America Today

BRUCE AND EMMA WILLIS' caregiving journey is just one of many that begin each year. A new report, *Caregiving in the U.S. 2025*—by AARP and the National Alliance for Caregiving—provides a comprehensive look at the state of caregiving in America. Here, we break it down by the numbers:

63 million American adults provide care to adults or children with a medical condition or disability.

51 The **AVERAGE AGE** of a caregiver

61% of caregivers are **women**.

40% of caregivers **live with** their care recipient.

The most common main condition requiring care is **“old age” or aging (13%)**, followed by **Alzheimer’s or other dementias (11%)**.

29% are sandwich-generation caregivers—caring for **children or grandchildren** under 18 living at home while also caring for an **adult family member or friend**.

NEARLY 30% of caregivers have provided care for **5 years or more**.

24% OF CAREGIVERS provide **40 or more hours of care each week**, equivalent to a full-time job.



of caregivers take on **medical or nursing tasks** like administering injections and managing catheters.

38% of caregivers report that they have experienced **high emotional stress**.



of working-age caregivers are **employed** while also providing care.

23% find it difficult to care for their **own health**, and ...

20% of caregivers rate their **health as fair or poor**.

Go to aarp.org/caregiving for the complete report and much more from AARP on caregiving, including personal care, medical management and financial guidance.

At Disneyland
in 2019



I needed to be able to find that balance because I didn't want our daughters' world to be clouded by FTD. It didn't happen overnight. In those early years, I was too much on the dark side, and I made a conscious effort to open our world up for the sake of our daughters, for the sake of myself and for the sake of Bruce.



For exclusive video of Emma Willis, visit aarp.org/emmawillis or scan this code with your phone.

his fans bring to him lifts things up. I'm so grateful for them. I'm so grateful for their love and their kindness and their compassion. It has been really meaningful and really beautiful.

In the final analysis, what do you hope to achieve with your advocacy, and with your new book? I'm trying to raise as much awareness as possible about FTD. I don't feel comfortable with public speaking, but I need to get out of my shyness and raise my voice so we can get people to a diagnosis earlier. What I love about the book is that you can open it up, read a paragraph and take something away from it. And I've been encouraging neurologists to understand that they need to support the caregiver, even to give them one sheet of paper with just a couple of contacts and some information. Or I hope this book will be in their office and they can say, "We are so sorry that you've received this diagnosis. But here is something that will help you." That's my whole reason for writing it. —*Interview by Christina Ianzito*

Turn to read the excerpt



The AARP
**Book
Excerpt**



‘That Wasn’t the Bruce I Knew’

The husband I adored remained oddly quiet. I decided it was time to talk to a doctor (adapted from my new book, *The Unexpected Journey*)

By Emma Heming Willis

WHEN I SUSPECTED something was “off” with Bruce but couldn’t put my finger on what it was, I went through every possible explanation in my head. Was there a problem in our marriage? Was it Bruce’s sleeping difficulties?

Maybe it was his hearing loss. In the ‘90s when he was filming *Die Hard*, there was a scene where he had to

fire a gun underneath a table. When it was shot, oddly, Bruce wasn’t wearing any protective earplugs or covering, and he lost a large percentage of his hearing in one ear. When we first got together, this never posed a real problem.

Years later, however, I began to notice him sort of check out if we were at a dinner party or meal with the entire family. He would sit back and let everyone else do the talking without

contributing much. Mind you, when we would get the family together, Bruce was usually the only man at a table full of women with me, our two girls, and his three older daughters speaking a mile a minute and over each other with excitement. Initially, I thought he was just letting us have our girl time to “yak it up,” as he would say, rather than try to get a word in.

But, in hindsight, that wasn’t the Bruce I knew. Especially when it came to connecting with his daughters. Bruce was a family man at heart. Early on in our relationship and before we had children together, he wanted to spend as much time with his older girls as possible. If we were traveling, he was always dying to get back to them, calling the feeling a “gravitational pull,” which always brought him back to his girls. This was something I loved about him. Today, I understand that him checking out at the table was likely due to cognitive overload—difficulty processing conversations, which is common in primary progressive aphasia (PPA),

the variant of frontotemporal dementia (FTD) Bruce has. It was an early symptom of his disease.

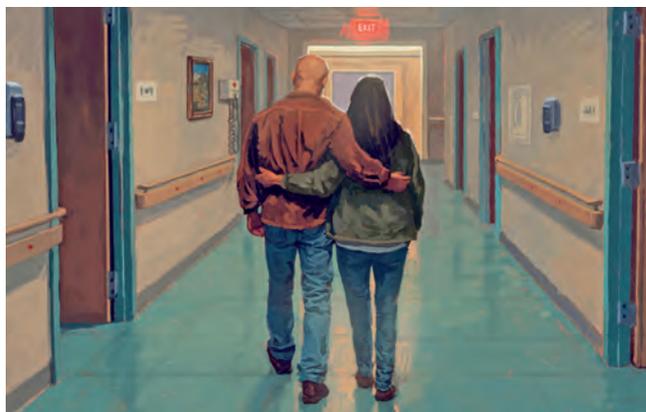
MANY FAMILIES spend years living with a lot of confusion around symptoms prior to a diagnosis. From speaking to other care partners, I have learned how subtle (or not so subtle) symptoms of certain forms of dementia like FTD or Lewy body, for example, can rock a whole family system and destroy it. For FTD in particular, in those early years, no one suspects the diagnosis because most people have no clue what FTD is. They assume their person is being rude, apathetic, withdrawn, depressed, irritable, impulsive, reckless, or lacking empathy—an array of behaviors that seem like personal choices rather than symptoms of a disease. This shift in behavior, language, and/or personality is frustrating and can ruin relationships. FTD is not your doctor's first or second thought either. Often FTD is misdiagnosed as a midlife crisis, depression, or bipolar disorder, to name just a few, because the symptoms can apply to those conditions.

Bruce Miller, M.D., the leading expert in FTD, a professor of neurology at the University of California, San Francisco, and head of the Global Brain Health Institute, explains: "Many of the symptoms are elusive, and different for each neurodegenerative disease. It's tricky to determine that a change in language or personality is FTD or another form of dementia. Most of us think about the brain as important for memory and language. But the brain is also responsible for our social interactions—how we relate to others and how we nurture and empathize with them."

Most of us don't know this or any-

thing else about FTD, and all you see and experience is that something is incredibly different with your loved one. Also, if you're like I was, you may feel strange bringing these things to the attention of your partner's doctor—especially if that doctor is not your doctor, too.

Initially, I was uneasy going over Bruce's head in that way. Something about the morality of it didn't sit well with me. If you feel that way, too, consider the advice of Yolande Pijnenburg, a professor of young-onset dementia at Alzheimer Center Amsterdam in the Netherlands: "If



"I felt some relief in finding out that Bruce had aphasia and then later finding out he had FTD."

your feeling gets stronger that this change in behavior is something that person can't help, you have to trust that feeling because you're actually acting to benefit your partner."

Subtle changes due to dementia can go on for years, and all that time your person looks fine on the outside. Even more bewildering is that there might never be a moment when he or she expresses concern that something is wrong to you or to a doctor. There's actually a medical term for this: anosognosia. So, if your person isn't raising his or her hand for help, it's easy to think that maybe everything is OK. This makes those early stages con-

fusing, and it's FTD and other early-onset dementias doctors can easily overlook again and again.

"It can take at least two to three years to get a diagnosis, and in that time, many people are misdiagnosed," explains Miller. This delay can be a catastrophe, as families can be completely derailed and dismantled—emotionally and financially—by the personality changes and shifts in their loved ones from their brains quietly dying.

Over time, I began to suspect that the issue wasn't Bruce's hearing or a rocky patch in our marriage, and that instinct made me realize we should go to the doctor. I can't stress enough the importance of trusting your gut when you know something is wrong. Even if test results come back "normal" or a doctor dismisses your concerns, don't stop pushing for answers.

If your doctor isn't listening, find one who will. You know your person best. Keep advocating for them and yourself.

I felt some relief in finding out that Bruce had aphasia and then later finding out he had FTD. With those diagnoses, I finally understood that those crazy marital issues were not Bruce. Neither were those off moments and subtle shifts in his personality. They were the result of his brain being dismantled and taking part of the husband I knew and loved with it.

You weren't doing any of this on purpose, I thought as I looked over at him. You were there the whole time. ■

Emma Heming Willis, a British model and actor, is married to and the caregiver of actor Bruce Willis.

Adapted from The Unexpected Journey: Finding Strength, Hope, and Yourself on the Caregiving Path by Emma Heming Willis, published by The Open Field, an imprint of Penguin Publishing Group, a division of Penguin Random House, LLC. Copyright © 2025 by Emma Heming Willis.

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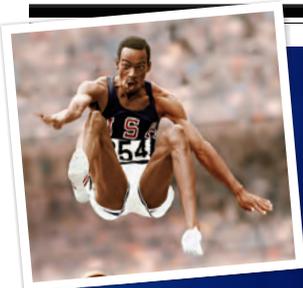


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REAL/PEOPLE



Beamon on the conga drums and, *inset*, setting his Olympic record



Inspiring stories
of friends and
neighbors, in
their own words

INSIDE • HOW SHE ROLLS P. 66

**MANY DECADES AFTER THE BATTLE,
A VIETNAM HERO GETS HIS DUE** P. 67

IN HIS DAD'S FOOTSTEPS P. 70

The Jumping Jazzman

From Record-Setting Athlete to Recording Artist

Olympic long jump legend Bob Beamon on returning to his first passion: music

THE KEY TO LEARNING something new is total commitment. You've got to shut out the part of your brain that finds excuses. It's like when I was getting ready to take my long jump in the 1968 Olympics in Mexico City. I'd worked hard, and it was my time to perform well. I won a gold medal that day and set an Olympic record—8.90 meters (29 feet, 2.5 inches)—that hasn't been broken yet.

But my first passion was not sports; it was percussion. When I was around 9, I asked my family to get me a pair of bongos, and I taught myself. I would play with my friends, just banging on whatever we could find to make a sound.

At the same time, I was doing well in track and field and basketball. It got to the point where I thought, *OK, I've got to make a choice, and it's going to be sports.*

I never forgot music, though. I was always surrounded by it: I have a collection of 8,000 albums. About three years ago, I contacted my cousin Al Brisbane, the bassist with the band Stix Bones and the BONE Squad, and said, "I need to make music again." He introduced me to Stix Bones, the band's leader, who agreed to help me get my hands back in shape. I worked with Stix and Bobby Thomas Jr., who played with Weather Report, three to four hours a day for a year.

Then Stix invited me to make an album with the band. In my honor, they called it *Olimpik Soul*. It's jazz mixed in with hip-hop and a lot of other beats. The album came out last year.

Even though I had to work hard to get to where I am musically, I can't say I ever got frustrated. I would use mistakes to think about how I could be better. Music is bigger than me. I'm always trying to be as big in my playing as what I can hear in my head. —As told to Beth Levine

Bob Beamon, 79, who is also a graphic artist, lives in Myrtle Beach, South Carolina.



Ed Lacey/Getty Images

The Bookstore That Comes to You

Rita Collins never dreamed how far her traveling shop would take her

PEOPLE TOLD me it wouldn't work. My small town of Eureka, Montana, didn't have a bookstore, so in 2014 I took a course on how to start one. Day one, they said, "A town of 1,400 won't support a book business unless you already own a building on Main Street." I didn't, so I started brainstorming—and landed on the idea of a traveling used-book store.

Within six months, I'd found a used van. Friends designed and built the shelves. I asked everybody I knew for book donations—that's how I get most of my stock. I didn't have a business plan. I thought, *Worst case, I'll sell the van.* I called it St. Rita's Amazing Traveling Bookstore and Textual Apothecary. The "Rita" isn't me, though. She's one of the patron saints of impossible causes.

At first, I set up around my county. Before I knew it, I was in Indiana, Tennessee, South Dakota, California. I've logged more than 100,000 miles in nearly 40 states, almost always staying with friends or friends of friends.

If the van could talk, I think she'd say she feels intrepid, going to all these places. And meeting all these people! The kindergartner who insisted she was going to learn to read before first grade. The cop I thought was going to write me a ticket until he quietly asked, "Do you have any Louis L'Amour books?" (I did.)

Last year, I traded in my van for a newer one. It fits 700 books. Hardbacks are \$9, paperbacks are \$7, kids' books a dollar. I like to keep it simple. A customer once asked, "You do realize this is a first edition of *Dune*?" I said, "I'm happy for you."

Reading can bridge divides between us. It opens our mind to travel, spirituality, languages, cooking, fantasy worlds. I love that my van invites



Collins, set up for business in Baltimore

people in, sparks conversations. I'm basically just covering my costs, but I'm very glad when someone finds a book that speaks to them.

Sometimes people like to dwell on things they did in the past. What I love about this bookstore adventure

is that it's about what's ahead. As long as we're alive, we have a chance to make new stories to tell. —As told to David Hochman

Retired teacher Rita Collins, 74, recently relocated to Baltimore. Her 2026 plans include a bookshop trip through Alabama and the Carolinas.

A Medal of Honor, Long Overdue

U.S. Army veteran Dwight W. Birdwell on waiting more than 50 years to receive full recognition for his courage in battle

I AM HESITANT to talk about what happened that day—January 31, 1968. A lot of brave men lost their lives or were gravely wounded. At Tan Son Nhut Air Base near Saigon, we were two platoons, no more than 80 U.S. Army troops total, facing at least 1,000 Vietcong soldiers who were trying to capture the base. In the fighting, one of our platoons was completely wiped out. Those of us who were left in the other platoon received fire from both sides. My tank commander was seriously wounded, so I took charge. At one point, I ran through gunfire to collect more ammunition from disabled vehicles. I was wounded in my face and torso, but our platoon was able to keep the enemy at bay until help arrived. Then we gained the upper hand and secured the safety of the air base—and Saigon itself.

My commanding officer on that day, Lt. Col. Glenn Otis, let me know that he was going to initiate a process for me to be considered for the Medal of Honor, the nation's highest honor for valor in battle. But before he could complete the process, he was gravely wounded and evacuated. I was awarded the Silver Star, which is nothing to sneeze at. But it's not the same thing.

I am a citizen of the Cherokee Nation. I got a lot of flak for that in Vietnam. People said, "Don't give him



firewater or he'll go crazy" or "He'll scalp us while we're sleeping." Along with Mexican soldiers and Black soldiers, I faced this kind of prejudice again and again. And I had to wonder whether the color of my skin had anything to do with my not getting put in for the Medal of Honor.

When I got back to the States, I was surprised by the attitude of a lot of people I encountered. Compared to veterans of Korea, WWII and WWI, it was a cold reception.

In 1981, I met up with Glenn Otis, who was then a four-star general. He asked what had happened with the Medal of Honor. When I told him, "Nothing," he said, "Someday, we're going to have that corrected." Later on, he initiated the process, and he designated a retired major named Jerry Headley to see it through in the event of his death. Otis died in 2013, but Headley and a Vietnam vet named Bob Pedigo kept working on

Birdwell wearing the Medal of Honor. Inset, at left: With fellow soldiers, 1967.



the medal process, which is really rigorous. Finally, in 2022, I was awarded the medal by President Joe Biden.

I was very, very honored that day, and I still am. Having the medal has changed my outlook somewhat. It has helped to offset some of the bitterness of the past.

But I must say, as honored as I am: The medal is really for the guys who were killed that day, the guys who were seriously wounded, and their families. I will never forget them or what they sacrificed. I'm the one who received the medal, but it belongs to them too. —As told to A.J. Baime

Former U.S. Army Specialist 5 Dwight W. Birdwell, 77, is a retired attorney in Oklahoma.



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The Cobbler Who Charms the Internet

How Jim McFarland found social media fame by sharing his family's craft

HE'S KNOWN online now as "America's cobbler," but in college, Jim McFarland had no interest in joining his father's shoe repair business. The small chain of Lakeland, Florida, shops "felt like a family curse," recalls McFarland, 61. "It's not an easy way to make a living." But then his father became ill, and McFarland left college at age 20 to lend a hand while he recovered. "I loved my dad more than anything in the world," McFarland says. "I had no choice. I

had to help him."

McFarland eventually took over one of the shops, becoming his family's fourth generation in the trade. Today that shop is the last part of the family business still standing, and McFarland has ridden his profession to social media success. As of this writing, his TikTok account, America's Cobbler, has 1.3 million followers and over 26 million likes. (He also has large followings on Instagram and YouTube.) He's a fierce advocate for investing in

well-made shoes and learning how to take care of them.

"If more people bought good quality shoes, they could rebuild them many times over," he says.

McFarland's TikTok presence started a few years back, when his daughter, Victoria, decided to create an account for him. His first video, in which he shows how to put toeplates on a shoe, debuted in March 2021 and was an instant hit. (Victoria still shoots his videos.)

"I figured some people may just find the craft itself to be cool or informative," Victoria says. "I definitely did not expect people to find it so satisfying to watch."

The videos cover a lot of ground, demonstrating such skills as replacing soles and adding new heels. In comments, viewers compare McFarland's repairs to "a piece of art" and claim the videos relax them.

"This really calms me down for hard times," one person commented.

McFarland estimates that he has repaired close to half a million shoes during his career. But even he has encountered the occasional shoe that's too far gone to save.

"I've got three pairs of boots in my shop right now that would take an absolute divine miracle to repair," McFarland says with a laugh. "That's the hardest part of my job sometimes, telling a customer that their shoes can't be fixed." People can get emotional when they learn it's the end of the line for their treasured footwear, he says. "Sometimes the only hope I can give people is, 'Well, at least your shoe has a sole, so it'll probably go to heaven.'" —Eric Spitznagel



McFarland is a fourth-generation shoe mender.



MEMBERS ONLY
To watch McFarland work, visit aarp.org/jimmcfarland or scan this code.

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CROSSWORD

Albert's Adage

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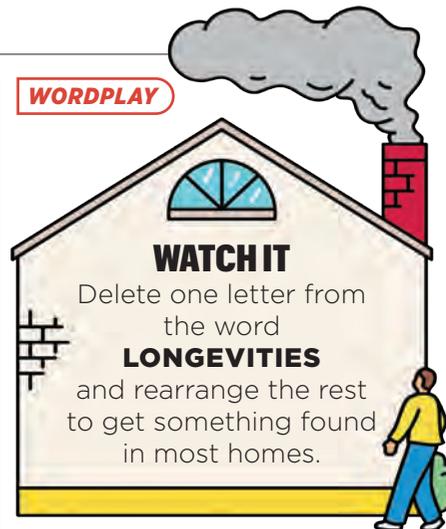
- 1 Twitch
- 4 Russian or Ukrainian speaker
- 8 Autobahn autos
- 12 Canary
- 13 A captain or a clown fish
- 14 Princess-turned-general
- 15 Start of an Albert Einstein quote
- 18 Identification introduction
- 19 You don't want it on your face
- 20 LG appliance
- 23 6 companions on your phone
- 24 Unruly hair
- 27 Middle of Einstein quote
- 31 Filthy home

- 32 Newsstand buy
- 33 Carpet coverage
- 34 Metallic tooth
- 35 Barrel wood
- 37 End of Einstein quote
- 44 Chef's seasoning
- 45 Cube inventor Rubik
- 46 Office assignment
- 47 Corporate officer
- 48 Experiment
- 49 Weep

DOWN

- 1 Endurance sport, for short
- 2 "___ Woman" (Classic Helen Reddy anthem)
- 3 Org. that's in The Loop?
- 4 Bad mood
- 5 SLR attachment
- 6 Reddit Q&A
- 7 Be a naysayer
- 8 Place for personal posts
- 9 Tub trio of rhyme
- 10 Xbox alternative
- 11 Carrier to Copenhagen
- 16 Telethon urging
- 17 Horror film servant
- 20 Royal Navy designation
- 21 Tiny part of URLs
- 22 Take a taste of
- 23 Stat for a Silverado, say
- 24 Scratch up
- 25 Small bill
- 26 Book fair sponsor
- 28 "Don't worry about me"
- 29 Attractive souvenir?
- 30 Confiscate
- 34 Business channel
- 35 Has bought
- 36 Often
- 37 Not just any
- 38 Bit of spelling?
- 39 Consist of
- 40 Crude metal
- 41 CD spinners
- 42 Sticky stuff
- 43 Slack off

WORDPLAY



THINK

COMMON SENSE

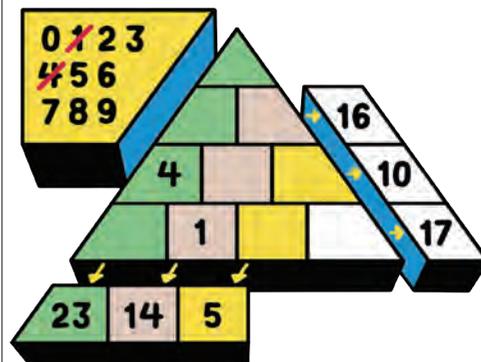
What five-letter word can be found in the dictionary definitions of these three words?



NUMBER FUN

PYRAMID SCHEME

Place each of the eight unused digits from 0 to 9 in the blank blocks so that the numbers in the three bottom rows and the three highlighted diagonal columns add up to the indicated sums.



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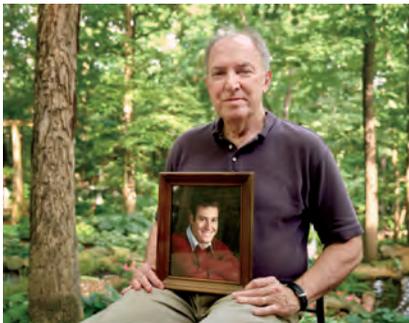
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Jacquelyn Thomas, 62

Kids in Technology, Memphis

This organization provides hands-on learning experiences to youths in science, math and reading. It also offers tutoring for students in Memphis-area schools and runs weekend programs designed to help attract students to science, technology, math and engineering.



Larry McCord, 73

CHADS Coalition for Mental Health, St. Louis

Founded in memory of McCord's son who took his own life, CHADS trains students, parents and counselors to prevent suicide and provides counseling for youths and young adults. The organization's programming has been shown to reduce depression symptoms.

Purpose Prize Winners

Honoring older Americans who spend their lives helping others



SIX OLDER Americans who have made important contributions to building a better world have been named the winners of the AARP Purpose Prize award, which recognizes non-profit founders age 50 and up. Each recipient's organization will receive \$75,000 from AARP and a year of support to grow their organization.

The winners will be honored at a celebration in Washington, D.C., in late October.



Ilyssa Manspeizer, 59
Landforce, Pittsburgh

This career development enterprise offers paid training and work experience in land conservation and environmental restoration. Crew members work on conservation projects around the Pittsburgh area, receive one-on-one career coaching and learn other skills.



Hal Garman, 89, and Spence Limbocker, 82

Gaithersburg Beloved Community Initiative, Gaithersburg, Maryland GBCI runs mentorship programs between older adults and local students and an English language program for adults. The organization also advocates for community improvements, such as the rebuilding of a local school.



Aaron Casillas, 54
Mycelia Foundation, Las Cruces, New Mexico

Mycelia Foundation builds affordable broadband infrastructure for older Americans and others in underserved areas of New Mexico. Its Digital Navigator program also provides bilingual training, free laptops and ongoing technical assistance.



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HOW WE'RE FIGHTING FOR YOU

AARP TAKES ON FRAUD

OLDER Americans consistently rate being defrauded as one of their greatest fears. And with good reason. The Federal Trade Commission put an eye-popping number to it: In 2023, scammers stole as much as \$158.3 billion from Americans. That's \$434 million a day, or about \$300,000 every minute.

For AARP, combating this scourge is a top priority.

The AARP Fraud Watch Network continues to blanket the country with education on fraud prevention through hundreds of state-office volunteer fraud fighters who reach tens of thousands of people in local communities every year. We also produce our award-winning podcast, *The Perfect Scam*, and send biweekly "Watch-dog Alerts" to more than 400,000 subscribers. Go to aarp.org/fraudwatchnetwork to learn more.

The Fraud Watch Network has a free helpline for those who want to check if something is a scam or get help after being defrauded. Call the helpline at **877-908-3360**. And find emotional support at aarp.org/fraudsupport through our Fraud Victim Support online group discussions.

AARP is also working to change the way people think about fraud.

▶ We cofounded the new National Elder Fraud Coordination Center (fightelderfraud.org), which coordinates intelligence gathering to bring criminals to justice.

▶ Our fraud experts serve on the Aspen Institute's National Task Force on Fraud and Scam Prevention to establish the first-ever



national fraud strategy.

▶ We worked with lawmakers to pass legislation in 15 states to help prevent fraud through cryptocurrency ATMs. And we successfully pushed for laws to stop gift-card scams in 10 states.

▶ AARP is advocating for laws to help victims recover their losses through victim restitution funds.

▶ We are also shifting the perspective on victimization (aarp.org/saythis) by spreading awareness that being defrauded is not the victim's fault.

▶ AARP has launched a campaign to create a formula for recognizing and responding to scams: "Pause. Reflect. Protect." Go to aarp.org/fraudwatchnetwork to learn more.

▶ And AARP launched a new video series, *Fraud Wars*, which shares victims' stories to highlight the sophisticated tactics used in fraud. Go to youtube.com/aarp to find episodes. —**Kathy Stokes, director of fraud prevention programs with the AARP Fraud Watch Network**

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B. Paid circulation		
1. Mailed outside-county paid subscriptions	21,929,290	21,653,949
2. Mailed in-county paid subscriptions	none	none
3. Paid distribution outside mails including sales through dealers and carriers, street vendors, counter sales and other paid distribution outside USPS	6,187	4,873
4. Paid distribution by other classes of mail through the USPS	none	none
C. Total paid distribution (sum of B.1, B.2, B.3 and B.4)	21,935,477	21,658,822
D. Free or nominal-rate distribution		
1. Free or nominal-rate outside-county copies	91,527	86,172
2. Free or nominal-rate in-county copies	none	none
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E. Total free or nominal-rate distribution (sum of D.1, D.2, D.3 and D.4)	108,542	103,204
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G. Copies not distributed	410	328
H. Total (sum of F and G)	22,044,429	21,762,354
I. Percent paid (C/F x 100)	99.51%	99.53%

This statement will be published in the October–November 2025 issue of this publication. I certify that all information furnished on this statement is true and complete. —Robyn Motley, Senior Vice President, General Manager

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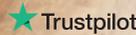
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SYLVESTER STALLONE

CONTINUED FROM PAGE 39

Sistine and Scarlet—who appear with their parents in *The Family Stallone*, a Paramount+ reality show that launched in 2023.

Around the start of his marriage to Flavin, Stallone had agreed to forgo his usual \$20 million fee to take on a more serious acting role in the crime thriller *Cop Land*. He hoped that by changing his voice and demeanor, and by packing on an extra 40 flabby pounds, people might better appreciate his acting skills. In a warm *New York Times* review, Janet Maslin said Stallone “holds the film together and emerges with a shrewdly revitalized career in store.” There was just one problem.

SS: *Nobody wanted me after Cop Land. Even my agents. I was fired from CAA. My personal manager at the time let me go. He said, “I can’t do anything for you. Nobody really wants you anymore.” And I go, “How’d this happen?” I was told these studios feel as though you’re not what you were. Time has passed. Your genre is over. For almost a decade, I couldn’t find work. My former agent, Ron Meyer, was running Universal Studios. And I would go in and say, “Please, I’ll take anything.” He goes, “I’ll try to help you, but it’s not up to me.” And that was it.*

So I wanted to go back to Rocky—I thought, Let me try one more, because that was my safe place. But there I am, 60 years old, and the previous one, Rocky V, was an abject failure, so the original producers didn’t want to do the sixth film, Rocky Balboa. They said, basically, “Over our dead bodies.” Even my wife was going, “I don’t know if it’s such a good idea.”

‘Life Is a Matter of Addition and Subtraction’

In a twist worthy of a screenplay, Stallone and Flavin were having dinner in Mexico on New Year’s Eve 2004 when

film producer Joe Roth came to the table. Roth was interested in working with Flavin, who’d become a star on the Home Shopping Network. Stallone, with his habitual determination, mentioned he’d written a new *Rocky* script and gave a copy to Roth, who liked it and asked his wife for her opinion.

SS: *A week later, Joe calls. “My wife read it, and she cried. I’ll do it.” All’s well that ends well. I wish the original Rocky producers well. I mean, if Al Pacino said to me, “I’m 82, and I want to play Michael Corleone,” I’d go ... no. But I had no other choice.*

I knew another fight movie was not a good idea, but it’s not about fighting. It’s about grief, loss. Because life is a matter of addition and subtraction. But once you hit 50, it’s all about subtraction, and you lose the most precious things. And for Rocky, he lost a life with Adrian. So Rocky didn’t know how to purge himself of this grief, except through flagellation, getting hit, to replace old pain with new pain. He had survivor’s guilt, and that’s what the whole story was about. I mean, I never explained it this way to anyone, but that’s what it was.

‘I Want to Let Loose the Reins’

After the success of *Rocky Balboa* in 2006, Stallone largely went back to the comfort of self-determination: He made a fourth *Rambo* movie; launched the *Expendables* action-thriller franchise, making three of them in five years; revived the *Rocky* character in two *Creed* films, playing Michael B. Jordan’s reluctant trainer; and did a fifth *Rambo* movie. He also did voice work, mostly making fun of his persona, notably in *The Suicide Squad* and *Zookeeper*. Then, in 2022, he jumped into Paramount+’s *Tulsa King*, created by Taylor Sheridan, of *Yellowstone* fame, and starring Stallone as an exiled New York mob capo who has recently served 25 years in prison and is,

to his extreme displeasure, shipped off to Oklahoma, with instructions from his crime boss to develop sources of illegal income in the Sooner State.

The role has Stallone thinking hard about mortality and the legacy he has built, as a man, a filmmaker and, in the end, as an actor, giving life to a collection of indelible characters who persevere against all odds.

SS: *A streaming series was untilled soil for me. It’s much faster than film, and you have to learn much more dialogue, at least my character. To play the role, I just thought, I am now a gangster, but I will retain my personality, my mores, my interpretation of life. That’s a fresh take on that cliché character. I think the hardest thing to do is to pretend you’re something else. It becomes very mannered and actorish. Basically, what you see up there is me as a gangster.*

But Father Time’s got me by one leg; he’s holding on. I think about it quite often. I’m 79-plus. So I want to let loose of the reins a little bit. For the first two seasons, I was monitoring almost every facet of Tulsa King, every character, dialogue, this and that. Starting at 3:30 or 4 in the morning and rewriting every freaking page. It doesn’t turn off. And I never want to go through that again. So I’ve delegated everything to the head writer, and I want to spend more time with my family.

The fate of my character? Well, he’s not going to be shot. He’s not going to be run over. He’s not going to find a lump in his neck and that’s the end. Every gangster goes out on a stretcher. I want this guy, because he already suffered for 25 years keeping his mouth shut, to actually revel in the fact that he went out as a success and didn’t face any kind of death threat or demise.

None of my characters have ever died. None. ■

Writer Rob Tannenbaum contributes to The New York Times and other publications. His last story for AARP The Magazine was on Rod Stewart.

With additional reporting by Caitlin Rossmann

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INFLATION QUIZ

CONTINUED FROM PAGE 25

ANSWERS

- 1. A. 2.9 percent.** Answer D., 9.1 percent, is from June 2022 and is the highest U.S. annual inflation rate recorded in the past 40 years.
- 2. A. Eggs!** The cost of a Grade A dozen rose 170 percent from August 2020 to August 2025. Motor vehicle insurance was up 60 percent; regular unleaded gas, 45 percent; and rent, almost 28 percent. Medical care rose only 11.6 percent, but the BLS isn't measuring out-of-pocket costs. Those rose about 18 percent per person from 2020 to 2022 *alone*, according to the Peterson-KFF Health System Tracker.
- 3.** As reported by the website Trading Economics:

Brazil	5.1%	Nigeria	21.9%
China	-0.4%	Russia	8.1%
Germany	2.2%	Ukraine	13.2%
- 4. B. 3.2 percent.** The BLS warns that this index for older Americans has shortcomings, such as not necessarily reflecting where they shop.
- 5. C. 49 percent.** The figure is 59 percent for households with incomes less than \$25,000. As Federal Reserve Bank of Dallas researchers explain, inflation tends to hit low-income households the hardest, partly because a greater share of their income goes toward higher-inflation necessities such as food, gas and rent.
- 6. C. Paper products.** The good news, says the BLS: Although shrinkflation may grab your attention, it has a one-hundredth of 1 percent impact on the inflation rate.
- 7. False.** When prices rise, each dollar you repay your lender is worth less than it was when you got your loan. You, the borrower, benefit in a way from inflation: As your other expenses rise, your fixed monthly payments cost you relatively less.
- 8. C. They hardly changed them at all.** Regarding inflation, Americans appear to be pessimists.

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.

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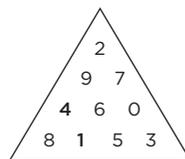
Phone: 888-687-2277 or international callers: 202-434-3525 **Social:** @AARP

CREDITS: TOC Page 4: Clockwise from top: Amber Day; Patrick James Miller; Sean McCabe (Amy Sussman/Getty Images); Courtesy Emma Heming Willis; Glenn Harvey; Tomi Um; Will Brinson; David Needleman/August. **Center:** The Rocky Mountaineer. **Sly Stallone's 15 Most Memorable Roles Page 36:** From left: Columbia Pictures/Photofest; United Artists/Courtesy Everett Collection. **Page 37:** From left: Universal Pictures/Photofest; Orion/Courtesy Everett Collection; Warner Brothers/Courtesy Everett Collection. **Page 38:** From left: Warner Brothers/Courtesy Everett Collection; TriStar Pictures/Courtesy Everett Collection. **Page 39:** From left: Lionsgate/Courtesy Everett Collection; Warner Brothers/Courtesy Everett Collection; Paramount+/Viacom/Courtesy Everett Collection. **All Aboard! Page 50:** Courtesy Amtrak. **Page 51:** Courtesy Laura Kiniry. **Pages 52:** Clockwise from top left: Courtesy Rocky Mountaineer; Courtesy Glacier Express; Courtesy VIA Rail The Canadian; Courtesy Amtrak. **Page 54:** Clockwise from top left: Courtesy Amtrak (4); Courtesy Alaska Railroad. **Big 5-Oh Page 80:** Kate Winslet primary photo: Amy Sussman/Getty Images. Clockwise from top right: BFA/Neon/Alamy; Kevin Winter/Getty Images; DreamWorks/Everett Collection; 20th Century Fox Film Corp/Everett Collection; Focus Features/Everett Collection; Mary Evans/Columbia Pictures/Ronald Grant/Everett Collection; Walt Disney Studios Motion Pictures/Everett Collection. Still: Arturo Holmes/WireImage/Getty Images. Ma: Horacio Villalobos/Corbis/Getty Images. Goldberg: John Lamparski/Getty Images. Winkler: Stefanie Keenan/Getty Images. Hawn: Amy Sussman/Getty Images. Andrews: Amy Sussman/WireImage/Getty Images.

SOLUTIONS TO PUZZLES ON PAGE 72

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

WATCH IT: TELEVISION
COMMON SENSE: LIGHT



PYRAMID SCHEME:

The numbers from 0 to 9 add up to 45. If you add up the totals for the bottom three rows of the pyramid, you get 43. Therefore the number in the

top block must be 2. The sum of the three shaded diagonals is 42, so 3 must be in the unshaded box. Then, for the leftmost diagonal to total 23, the two missing numbers must be 9 and 8; for the second row's total to be 16, the missing numbers must be 9 and 7. So 9 goes between 2 and 4, next to 9 goes 7, and 8 is at bottom left. After 5 fills out the bottom row, 0 and 6 are easy to place.



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HAPPY BIRTHDAY

Kate Winslet

(OCTOBER 5): The British actor is more than a *Titanic* movie star. She's also a six-time Oscar nominee, with one win (best actress for *The Reader*).

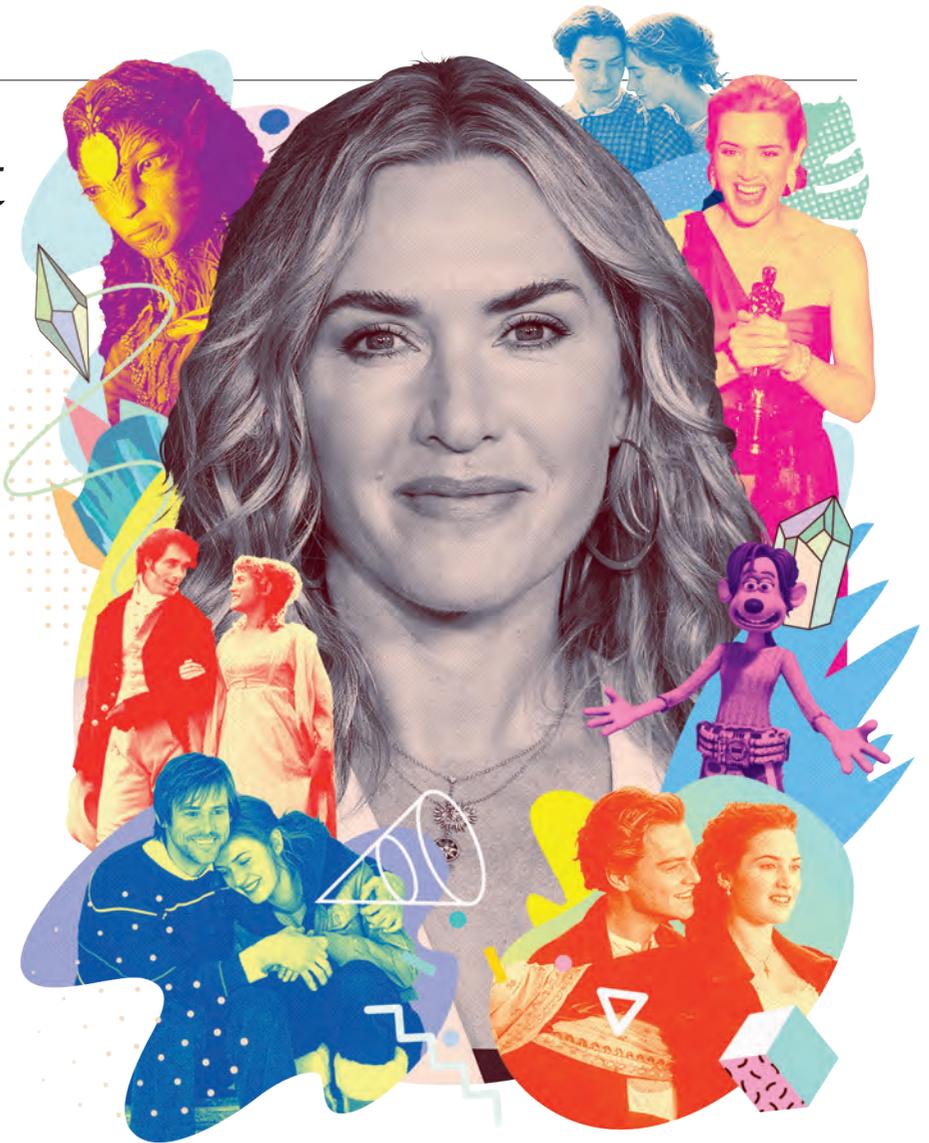
INDIE SPIRIT: Following the global success of *Titanic*, Winslet opted for roles in smaller films, such as *Eternal Sunshine of the Spotless Mind*.

MAKING A DIFFERENCE: After narrating the 2009 documentary *A Mother's Courage: Talking Back to Autism*, Winslet cofounded the nonprofit Golden Hat Foundation, which works to change perceptions of people with autism, and coauthored *The Golden Hat: Talking Back to Autism*.

NEW CHALLENGE: Winslet will make her directorial debut and star in *Goodbye June*, a drama written by her 21-year-old son, Joe Anders.

BIRTHDAY PLANS: "I want to spend the year doing 50 remarkable things," Winslet told *Harper's Bazaar*, "whether that's a particular hike I've never done or acts of kindness. I'm gathering a little list." —Whitney Matheson

★ \$2.3 BILLION
The worldwide gross of *Titanic*



MORE MILESTONE BIRTHDAYS

Ben Stiller
NOVEMBER 30
Comedic actor reprised his role in Adam Sandler's *Happy Gilmore 2*, re-released this year.

60



Yo-Yo Ma
OCTOBER 7
Celebrated classical musician prefers to play an 18th-century cello nicknamed Petunia.

70



Whoopi Goldberg
NOVEMBER 13
The View cohost and actor has cofounded the All Women's Sports Network.

70



Henry Winkler
OCTOBER 30
Barry and *Happy Days* actor hosts *Hazardous History* on the History Channel.

80



Goldie Hawn
NOVEMBER 21
Actor remains active in MindUP, a children's mental health organization she founded.

80



Julie Andrews
OCTOBER 1
Screen legend recently directed a stage production of *The Great American Mousical*.

90



Photo credits and information on page 79

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