

# AARP

The Magazine

**EXCLUSIVE**  
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**Shares Her**  
**Secrets**



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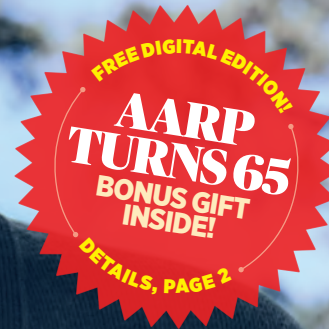
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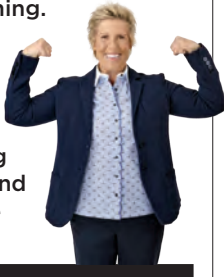


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**ON THE COVER:** Henry Winkler photographed by Shayan Asgharnia in Los Angeles on July 27, 2023. Producer: Cat Cook Knox; wardrobe stylist: Veronica Graye; groomer: Wyvetta Taylor. Stewart: Weston Wells/Courtesy Martha Stewart



# Extra, Extra, Read All About It

On AARP's 65th birthday, we have a gift for you—a free bonus issue

**S**O, HERE'S some news you can use. We're about to publish a new and completely different edition of AARP THE MAGAZINE. It's a free, fully digital version of the magazine you love, with all the great information, news and service you've come to expect. It will be available to you—as a member and loyal reader—on our digital app on November 10. These stories can also be found at [aarp.org/bonusissue](http://aarp.org/bonusissue) and on Apple News+. With this all-digital issue, we're celebrating the 65th anniversary of AARP (born in 1958) by going deep into the subject of aging in America. We'll get into how the world has changed since our founder, Ethel Percy Andrus, first conceived of empowering older people through unity. I guarantee you'll be surprised by what you read.

You'll also find a report on "super agers," people who remain sharp and vital at 80 and beyond; expert advice on whether—and where—to downsize; a feature on the "new normal" for healthy people with chronic health conditions; a brain-fitness test; and the single best exercise for strength and mobility. And we'll spotlight some prominent people who defy the stereotypes of aging, including businesswoman and best-selling author Martha Stewart, ready to talk about her boundary-breaking appearance—at 81—on the cover of *Sports Illustrated's* swimsuit issue. We'll salute fellow age defiers, like David Hockney, one of the world's greatest living artists, who is



Available online November 10



## Spotlight on Latino Culture

**TO MARK** Hispanic Heritage Month this year—celebrated from September 15 to October 15—the issue you're holding contains several special stories, including a roundup of Latin American soups and salsas (page 12), an interview with members of the revered rock band Los Lobos (page 14), wisdom on aging gracefully from comedian George Lopez (page 28), and news that actor Mario Lopez is now 50 (page 88). We hope you'll find something here to celebrate.

working with vigor into his 80s, and Dusty Baker, manager of the Houston Astros baseball team, who won his first World Series at 73. We've included our Martha Stewart interview here in print (page 56), together with an excerpt (page 60) from a piece about how life has changed since AARP started. Back then, only 9 percent of Americans were 65 or older; today the proportion is nearly double that, and we're changing the world.

**How to get the app** A QR code on page 4 sends you to full instructions. But you can also find the AARP Pubs app in the Apple App and Google Play stores or at [aarp.org/pubsapp](http://aarp.org/pubsapp). If you do it now, you can read not just the bonus issue but back issues of this magazine—including exclusive digital extras in every issue—along with the *AARP Bulletin* and newsletters such as *The Arrow* and *The Girlfriend*. After you've read our all-digital issue, I'd love to hear what you think of it.

Bob

Clockwise from far right: Brian Guido; AARP (collage); Logo by Alex Perez; Weston Walls/Courtesy Martha Stewart



## Bring on the Holiday Magic

Welcome the season with festive home décor and rave-worthy gifts from hosts who know the most.



Watch and shop all season long on QVC.com



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**> THE CHILD I NEVER KNEW**  
 At age 65, John Capouya received an email from a stranger saying, "I'm your daughter." Read the poignant tale of how two lives suddenly became beautifully entwined.

**> BASKETBALL MEMORIES** In an excerpt from the new book *When the Game Was War: The NBA's Greatest Season*, by Rich Cohen, you'll step back into 1988 and one of the league's most galvanizing championship battles.



**PLUS** **> LATIN FLAVORS**  
 Our expanded Upfront Eat section in this issue's digital edition includes Latin American chefs sharing their favorite holiday dishes; surprising uses for unused cilantro; and more.



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Our August/September issue featured Sheryl Lee Ralph.

**RALPH'S RISING**

Thank you for your great cover story on Sheryl Lee Ralph ["Nothing but Class"]. As a fellow Rutgers grad and retired educator, she is an inspiration to me. For all of us, she is the ultimate in class, wisdom and caring.

**FRANK WECKERLY**  
*Haddon Heights, New Jersey*

I've been a fan of hers since she hit the scene in *It's a Living*. She deserves to be celebrated for her success.

**AUNTIE-SAFER MARLA**  
*Facebook*

**MY EARS ARE RINGING**

I very much enjoyed your article "Learning to Live With Tinnitus." I had a 12-day bout of COVID-19 in December 2020. I was diagnosed as a long-hauler, with irregular heart rate and tinnitus. My heart rate got back to normal, but the



tinnitus is still here. It has disappeared for as long as two months, but it always returns.

**FAITH CLIFTON**  
*Greenville, South Carolina*

**CARE FOR ANOTHER**

Thank you for "AARP Takes on Caregiving." As the caretaker for my mother, who has now progressed to advanced Alzheimer's, caretaking is definitely a huge strain emotionally and financially. It's a lonely journey to shoulder, and it's the ultimate "learning on the job" role! I cannot tell you how many times Medicare, state programs and hospitals have said "no" when I asked for simple

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**Excellent article!**  
*Lori Badgett,*  
*Facebook*

**Proud to say I saw her on Broadway in the original Dreamgirls production.**  
*Michelle Caldwell-Tennill,*  
*Facebook*

**What a beautiful woman!**  
*Larene Persons DeVine,*  
*Facebook*

**I want her to write a memoir. She's amazing! Such talent and wisdom.**  
*Brenna McShane,*  
*Facebook*

services for my mother. Our federal and state governments must start doing better for the senior population.

**BARBARA KAYE**  
*Los Angeles, California*



**THE SMALL SCREEN**

I enjoyed "10 Shows That Changed Our Lives." You couldn't go wrong with any of Mr. Appelo's picks. If I could piggyback on them, I'd add *60 Minutes*. Although not a TV show in the traditional sense, in my view, it changed the landscape of TV news programs and is still going strong to this day. Walter Cronkite, Howard K. Smith, David Brinkley and others are forever enshrined in the memories of many of us. Thanks for producing a useful magazine.

**MICHAEL TATE**  
*Bronx, New York*

**PROPER PAPERWORK**

"When Best-Laid Plans Go Wrong" was a godsend. I thought we had all our ducks in a row. As I type this, I'm printing out the power of attorney forms my mother's financial firms require.

**KAREL JUHL**  
*Kalamazoo, Michigan*



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# Upfront The **A** List

## 6 Life Lessons From Kyra Sedgwick

### 1 Remember Becoming You

About my show *The Summer I Turned Pretty*: When I was 12, I was at camp in this new bathing suit, and all the boys were suddenly looking at me. I was a real tomboy, and I thought, *Oh my God, what's that?* I just turned totally red and flew my body into the pool. But I can remember so vividly feeling very autonomous, very much like my body was mine.

### 2 Change Direction

My husband [Kevin Bacon] was, like, why aren't you directing? I'm such a huge film buff, and as an actor for so long, I've gotten to see it done well and not well. And I want to do it well. But Kevin said it enough, and I finally agreed. Directing is my main focus, and I love it—you're a much bigger part of the storytelling, involved in every single facet.



### 3 Spark Your Relationship

The key for Kevin and me has been to find something interesting outside of our comfort zone and bring it back into the relationship—a book or a new animal, a way of seeing the world. Photographing our farm has definitely helped. The goats and alpacas, horses, pigs—they're all just endlessly fun and interesting to watch.

**"I feel like we're growing up and learning new things all the time."**

### 4 Favor Love

I'm a really big fan of seeing people fall in love on-screen. It can even be cartoon characters or animals. But seeing love blossom? I'm totally in. My favorite, though, is *The Philadelphia Story*—like, wow, they're bickering, but they really like each other. That's just fun and cool.

### 5 Let Go on Sundays

One of the things I post on Instagram is Sunday Saddies, which is about that creeping feeling of despair and desolation that sometimes happens on a Sunday and how to get out of it. The headline for me is "Never Contemplate Your Life on a Sunday." [Laughs.]

### 6 Dream Big

My dream rom-com costar crush would be Oliver Platt. I've always thought that, even before his *Bear* resurrection. He's so tall, so witty, and I just think we could have a sexy mind thing as well as a physical thing. —As told to Gayle Jo Carter

Golden Globe winner Kyra Sedgwick, 58, stars in Season 2 of Prime Video's *The Summer I Turned Pretty* and directed an episode of the forthcoming HBO series *The Girls on the Bus*.


# Secrets From a Flight Attendant

Keep your cool this fall with these smart tips from a veteran of the skies

**L**AST YEAR'S holiday travel season made news for all the wrong reasons, as delayed flights caused frustrations for many travelers. Heather Poole, 52, a longtime flight attendant and author of *Cruising Attitude: Tales of Crashpads, Crew Drama, and Crazy Passengers at 35,000 Feet*, offers advice on how to make your trip more pleasant.

 **Allow for screwup time.**

The only thing consistent about air travel today is inconsistency. Leave two days early if you're heading to a special event. Schedule connecting flights with layovers of at least 90 minutes. Book early flights so you have all day to deal with whatever may go wrong.

 **Download before you go.** The airline's app is where you'll find flight info, your boarding pass and in-flight entertainment. I also like the FAAwait app; one tap shows which airports are experiencing delays.

 **Pack like a pro.** Flight attendants travel with only a rolling carry-on and a tote bag. Just pack black clothes and be done with it. Bring only two pairs of shoes. If you leave something at home, use this as an excuse to buy something new.



 **Scan security.**


A short line may not be the best path. A long line of frequent fliers (look for solo passengers holding laptops) will move faster than a line with a family with a baby.

 **Be sure to eat!** With air travel, you can never be certain when you'll get your next meal. And don't forget to share packaged snacks with the crew. There could be more attention in it for you.

 **Always bring a sweater.** Airplanes are like movie theaters: They're freezing! And wear sneakers, to move quickly through the airport. Closed shoes have

another benefit: That isn't always water on the restroom floor.

 **Make eye contact.** Say "hello," "please" and "thank you" to your flight attendants. Courteous passengers are the ones I go above and beyond for. To make a flight attendant's day, say, "I don't know how you do it." It's nice being seen. Coffee-chain gift cards are nice too.


 **Let it go!** You can't control delays, cancellations, bad weather, your seat-mate's arm hair rubbing against you, the smell of tuna two rows behind you or a crying baby across the aisle. Getting stressed out will only ruin your trip. Do what I do and create a playlist of calming music.




## Sleeping In Is the New Going Out

*Hotels add tech and other features for better slumber*

**HOTELS ARE** waking up to the idea that what many vacationers want is a good night's sleep. Enter "sleep tourism," with new amenities in some rooms.

 **Special lighting** Subtle night illumination and lamps that dim can help you sleep, and lights that simulate dawn can help you awaken slowly.


**Aromatherapy** This includes essential oil diffusers, which can promote restfulness.

 **Choice of pillows** Menus include buckwheat, memory molding and options that may reduce snoring.

**Weighted blankets** Using firm, controlled pressure, they create a feeling of calm.

**Audio tech** Speakers play soothing sounds while the bed syncs with gentle motion to ease you to sleep.

**CBD-infused beverages** The cannabis derivatives can reduce anxiety and improve sleep.

 **Masks and earplugs** Traditional options are available. —Veronica Stoddart

# Group Dynamics

Message threads with multiple people have their own etiquette

WHETHER IT'S A GROUP TEXT with buddies or a Facebook Messenger thread involving extended family, many people use chat tools to communicate in a closed environment. David Tuffley of Australia's Griffith University School of Information and Communication Technology has studied the generational differences in group messaging. His guidelines:

### Keep it light

Many younger people think of group chats as a place to make throwaway comments or share a funny thought, Tuffley says. But older adults may have been raised in a culture where communication was more intentional. Think of a group chat as a fun space, like a party, rather than the place to unload about serious matters in your life. Save those conversations for phone calls.

### Don't become a spammer

We think of spam as unwanted commercial solicitations, but there's a similar dynamic in a group chat: Nobody likes it when one person monopolizes the conversation, Tuffley notes. If you're sending endless pictures of your dog, remember that everyone in the thread will receive a notification each time you post. Choose your messages wisely.



### Refrain from private conversations

If you're riffing with one person, it can be easy to forget there's an audience watching. Take one-to-one catch-up talk elsewhere.

### Protect sensitive information

Whether you're sharing someone's address or the password to a streaming service, remember you have even less control than usual over where personal data ends up when multiple people are receiving it.

### Be patient

Everyone takes different amounts of time to reply to a message, and that's OK, Tuffley says. Younger people tend to be much busier online and may not respond to your posts right away. "The younger generation has an explicitly acquired skill set for managing the flow of information," he points out. In other words, if you're getting ghosted, don't take it personally. —Niamh Rowe

## CARE AND FEEDING OF MODERN BATTERIES

LITHIUM-ION batteries power our lives. They're in cell-phones, laptops and more. But reports of overheating and fires have raised safety concerns. What to know:

➤ **Fires are rare.** They occur about once for every 10 million batteries, says the Fire Protection Research Foundation.

➤ **Don't be cheap.** Always buy batteries and devices that are certified and have the UL Solutions mark or that of another respected lab.

➤ **Use the right charger.** A charging cable that's not recommended for a device could overheat the battery. The Occupational

Safety and Health Administration also advises being wary of so-called ultrafast chargers.

➤ **Charge smart.** It's OK to charge your smartphone on your nightstand, but under your pillow?

That's a bad idea, says the National Fire Protection Association.

Also, keep your devices out of direct sunlight, don't leave them in a hot vehicle and avoid charging them in high heat. —Chris Morris



### ASK THE TECH GURU

**My coworkers search my name online and seem to learn everything about me. I know this info is in the public domain, but I don't like it. How do I delete my details? —Herb W.**

**Jason R. Rich, author of personal-tech books for AARP, answers:**

You can't delete search results that contain your personal information. But you can limit the data coming from the websites where search engines get info.

Opt out of email lists. Such vendors generally



sell your information to data brokers. As to your home, you can remove photos the previous seller posted on listing services, but your house price and other info are all public.

There are also free and paid services that can remove much personal info, such as DeleteMe and Optery. Credit-reporting agency Experian offers an info-removal service too.



# Food-Delivery Frustrations

*What to do with all the waste that comes with convenience*

**P**ILING UP IN my kitchen is an unsightly stack of reusable grocery bags. Why so many? Because I subscribe to a delivery service, I don't go to the store. But I don't want to pitch the bags and other food packaging, so I talked to experts about what to do. This is their advice.



### ▲ UTENSILS

The Association of Plastic Recyclers says not to put tough-to-sort plastic forks, knives and spoons into curbside recycling. Your best bet is to tell the restaurant you don't need them.



### ▶ SINGLE-USE BAGS

Don't put thin plastic bags—including those from bread and produce, plus resealable storage bags and shipping pillows—into curbside recycling. They can harm recycling sorting equipment. Instead, find a retailer that has bins specifically for plastic-bag recycling. Search for such a location in your zip code at [earth911.com](http://earth911.com).



### ▶ PLASTIC CONTAINERS

Clean plastic containers and place them with other curbside recycling, alongside bottles, cans and paper.



### ◀ COLD PACKS

Most frozen cold packs contain gel that should be placed in the regular trash. A small number of cold packs contain nontoxic "drain safe" gel, which you can pour down the sink.

### ▼ REUSABLE BAGS

These thick plastic bags (similar to cloth) can't be recycled. Your best alternative: Donate them to a local food bank.

—Stewart Wolpin



## NOT EVERY FLAME IS THE SAME

You don't necessarily need to lug logs into your home for the glow of a fire. Here's a look at the fireplaces available



### WOOD BURNING

**What people love** The nostalgia factor. "I love the crackle and smell of a wood fire, and the fact that you have to be present when you build and tend to it," says Nadia Schonfeld, 55, of Mount Kisco, New York.

**What to consider** These require regular maintenance. And the fine particulate matter they produce may be a concern for those with respiratory issues.



### NATURAL GAS

**What people love** The simplicity of an on-off switch. "Sometimes a client will install a gas unit within an existing fireplace," notes architectural designer Diana Zaglio of McPhee Associates in Dennis, Massachusetts.

**What to consider** A gas unit needs proper ventilation. Annual inspection of the gas line and installation of a carbon monoxide detector are recommended.



### ELECTRIC

**What people love** Ease of use. LED or halogen lights create the look of fire, and the units can blow warm air like a space heater. "Electric fireplaces have just enough light and heat to make them fun," says Domenica Brockman, 55, of Ithaca, New York.

**What to consider** No ventilation is required, so there are no real downsides, except for the lack of a natural flicker.



### VIRTUAL

**What people love** Just turn on your TV and stream a fireplace video from YouTube or another service. "Some videos add instrumental music or holiday carols over the sound of the fire," Brockman says.

**What to consider** Besides no ambient heat, of course, there is also the cheesiness factor. And it can take some effort to find the video you like. —Marie Proeller Hueston

# Latin American Comfort Soups



**I**F YOU'VE EVER offered soup to soothe hurt feelings or fed it to someone who was unwell, you know it's a food imbued with emotion. These are some Latin favorites that define "comfort food" and that any home cook can make. (Recipes for all are easy to find online.)

## 1 MEXICO Sopa de Fideos

For this classic chicken soup, fideos (or broken vermicelli) are sautéed until golden. Tomatoes, onions and garlic jump into the pot, followed by chicken broth. Traditionally the soup is served with lime juice and hot sauce.

## 2 COLOMBIA Cuchuco

This substantial soup is made with corn, barley or bulgur; pork ribs; and root vegetables. It's seasoned with a bit of onion and cilantro. Some cooks add beans, but green peas are also traditional.

## 3 PUERTO RICO AND CUBA Asopao

A thick soup or watery stew—depending on whom you ask—it is made with chicken (or shrimp), rice and vegetables. Similar to gumbo, it gets its golden color from annatto (an orange-red spice) and tomato sofrito enhanced with cumin.

## 4 BRAZIL Moqueca

A seafood and coconut soup, it is usually served with rice and finished with a splash of red palm oil (or dendê oil), found in supermarkets and online. This soup will remind you of a beachfront vacation.

## 5 GUATEMALA Caldo de Frijoles

Leftover broth from cooked black beans is enhanced with chicken bouillon and served with toppings that include cooked rice, chopped cilantro, cubed avocado, sliced radishes or, simply, herbed croutons. Sometimes the soup is thickened with mashed beans. —Sandra A. Gutierrez is an award-winning cookbook author. Her newest book, *Latinísimo: Home Recipes from the Twenty-One Countries of Latin America*, just came out.

➔ More soups, beloved Latin holiday dishes and surprising uses for cilantro, only in our digital edition! See [aarp.org/pubsapp](http://aarp.org/pubsapp).



**SALSA, 4 WAYS**  
It's so much more than just dip for chips



### ◀ PICO DE GALLO

A classic combo of diced tomatoes, chiles and onions. Used as a base for variations such as mango salsa.





## Viva la Pantry!

Chefs say to stock up on these items to add Latin flavor to your cooking



**Dulce de leche** It's caramelized cow's milk, often sold in a jar or can. Drizzle it over ice cream, use it to flavor cakes, or eat it by the spoonful.

**Sofrito** A blend of onions, peppers, garlic, cilantro and more, it is sold in jars. Use it on rice, beans and chicken.

**Guava paste** Try this thick spread, made from the tropical fruit, instead of fruit jams, or serve slices with cheese.

**Coconut milk** Add this to stews and include it when cooking rice, preparing desserts, and making alcoholic and non-alcoholic drinks.

**Masa harina** It's a form of corn flour in which the corn kernels are first soaked in an alkaline solution. Use it to make tortillas or to thicken stews. —*Marisel Salazar*

Food stylist: Julia Choi-Rodriguez; prop stylist: Kristine Treviño; illustration by Loris Lora

### ◀ SALSA VERDE

A zesty mix of tomatillos, green chiles (usually serranos or jalapeños) and fresh herbs. Great on sopas and chicharrones.



### ◀ SALSA ROJA

Tomatoes, spicy dried red chiles, onions and garlic, cooked and pureed. Use it in tacos, over eggs or on roasted vegetables.



### ◀ SALSA DE CHILE DE ARBOL

This red-chile and vinegar sauce has considerable heat. Enjoy it on burritos, seared steak tacos, fried fish and grilled corn. —*M.S.*

## \* From East L.A. to the World\*

*Los Lobos celebrate 50 years of roots rock*

IN 1987, Los Lobos became a global sensation with their rollicking version of the Ritchie Valens classic “La Bamba.” But this East Los Angeles rock quintet is so much more than a hit cover song. Now marking 50 years as a band, Los Lobos are known for a musical stew that draws from rock ’n’ roll and R&B, cumbia and norteño.

Taking a break from shooting a documentary about the band, members Cesar Rosas (guitar/vocals), 69, and Louie Pérez (percussion/guitar/vocals), 70, sat down with AARP to discuss their storied career.

\* **After five decades what keeps you going?**

**Pérez:** The two hours onstage is what you’re doing this for. The other 22 have been hurting for a while, because we’re not kids anymore. At the same time, these are my soul brothers. That’s what keeps it all together.



\* **Los Lobos created a richly layered tapestry of sounds. Was it all planned?**

**Rosas:** We’ve always done whatever we felt like doing, which is really cool. We were always organic, man. If you don’t enjoy it, that’s cool. If you do like it, we thank you for it.

\* **Don’t you think it’s about time you got inducted into the Rock & Roll Hall of Fame?**

**Rosas:** I’d get all uptight if we were, because we’d have to go make a speech. But if it happens, that would be great.

**Pérez:** We’re not playing it down. If it happens, great. And if it doesn’t, it’s OK. We’re still doing what we do.

\* **Is it still fun to play “La Bamba”?**

**Rosas:** We retired it quite a few years back. But people still love that song, you know. And if you don’t play it, they get disappointed, so we brought it back.

\* **Any unfulfilled musical dreams that you would like to realize?**

**Pérez:** We’re not closing the doors to anything. Right now we just need a nap.  
—Ernesto Lechner



## Marching On

This band director works hard to stay in step

**MANY OF** us can have challenges relating to younger people in the workplace. Now, imagine your job involves music. We talked with Patrick Dunnigan, 66, director of the Florida State University marching band since 1991, on how he keeps the 400-plus-piece Marching Chiefs’ program current.



🎵 **Playing popular hits**

That’s been a thing since the 1970s. I remember when I was a high school band student myself. My mind was blown when the band director had arranged all these songs by Chicago.

**Getting buy-in**

We want the kids in the band to play the music that’s a part of their lives. So, we keep that in mind when we’re selecting music.

**Staying up to date**

I’m now the square guy—I used to be the hip guy—but that’s OK. That’s part of the process. I’m always surprised how much I enjoy learning about the new stuff. I’ve enjoyed discovering artists like Doja Cat and Taylor Swift. I would never have started listening to Taylor Swift if the kids hadn’t been talking about her all the time. —Craig Rosen



## GET TO KNOW: RHIANNON GIDDENS

**THIS YEAR,** Americana artist Rhiannon Giddens, 46, won a Pulitzer Prize for an opera she co-composed with Michael Abels called *Omar*. In August, she returned to more mainstream music with her new album, *You’re the One*. She offers these words of wisdom: “It’s never too late to learn something new, to add your voice to what’s going on. I started playing fiddle and banjo when I was 23 or 24, and now I make a living with it. It’s never too late. And give yourself permission to not know what you’re doing.” —Alanna Nash

## Big-Name Memoirs

Dolly, Sir Patrick, Barbra and other celebrities share their life stories this fall

### The Tiny Slice

"It's no harder to think big than it is to think small. The only hard part is giving yourself permission to think that way. Well, I don't just give you permission, I demand it of you."

—From **Be Useful: Seven Tools for Life** by **Arnold Schwarzenegger**, 76 (October 10)

### Hollywood Stars

In **Making It So** by **Sir Patrick Stewart**, 83, the *Star Trek* actor tells about growing up poor in northern England, where he discovered a love for the stage that led to fame and acclaim.

**Jada Pinkett Smith**, 52, unspools her life story, including her marriage with actor Will Smith, in **Worthy**, focusing on her search for self-worth, which, she told *People*, "has been a real struggle. ... I think that *that* will be the part that will be most surprising to the reader." (October 17)

**If You Would Have Told Me** by **John Stamos**, 60, with cowriter Daphne Young, is the actor's story of his upbringing within a Greek American family, roles on *General Hospital* (Remember Blackie? Great hair!) and *Full House*, as well as his period of alcohol abuse. It's got "laughs, tears, and some filler, just like life," Stamos writes. (October 24)



### Music Legends

**Behind the Seams: My Life in Rhinestones** by **Dolly Parton**, 77, with cowriter Holly George-Warren, is the second book in a trilogy Parton began with 2020's *Songteller: My Life in Lyrics*. Her latest is "a look at my life in costume and hair," she's said. (October 17)

Take a nostalgia trip to a funkier era with **Sly Stone**,

80, the musical genius behind Sly and the Family Stone ("Everyday People"), in **Thank You (Falettinme Be Mice Elf Agin)**, cowritten with Ben Greenman. The title echoes the band's 1969 hit song. (October 17)

**Willie Nelson**, 90, reveals the origins of 160 of his classic tunes in **Energy Follows Thought: The Stories Behind My Songs**, cowritten with David Ritz

and Mickey Raphael, just in time for Nelson's induction into the Rock & Roll Hall of Fame. (October 31)

The long-awaited memoir from **Barbra Streisand**, 81, **My Name Is Barbra**, arrives on November 7, with the icon's tales about her acting aspirations, famous friends (including Marlon Brando), marriage with James Brolin, and remarkable career. —Christina Lanzito

### STELLAR BIOS AND MORE

**Magic: The Life of Earvin "Magic" Johnson** by **Roland Lazenby** (October 24)

**A.K.A. Lucy: The Dynamic and Determined Life of Lucille Ball** by **Sarah Royal** (October 10)

**Mapping the Darkness: The Visionary Scientists Who Unlocked the Mysteries of Sleep** by **Kenneth Miller**

**Madonna: A Rebel Life** by **Mary Gabriel** (October 10)

# Based on a True Story

Some of Hollywood's most unbelievable new films spring from real events



## KILLERS OF THE FLOWER MOON

In theaters • October 20

In the 1920s, the world's wealthiest people per capita were Oklahoma's oil-rich Osage Native Americans—but cattle baron William "King" Hale (played by Robert De Niro, 80) had a plan to murder and rob them, and perhaps his dimwitted nephew (Leonardo DiCaprio, 48) was mixed up in it. It was the first big case for FBI director J. Edgar Hoover, and now it's a 3½-hour prestige movie by Martin Scorsese, 80.

Based on David Grann's book on Hale and the Osage murders



## PAIN HUSTLERS

On Netflix • October 27

Emily Blunt plays a desperate single mom recruited by a pharmaceutical firm to hawk deadly drugs in a racketeering scheme. Among her costars are Catherine O'Hara, 69, and Andy Garcia, 67.

Inspired by the Insys Therapeutics scandal



## ORDINARY ANGELS

Also coming soon

A recovering-alcoholic hairstylist in Kentucky (played by Hilary Swank, 49) rallies her townsfolk to get a widower (Alan Ritchson) and his 3-year-old daughter to Omaha, Nebraska, for a liver transplant on the stormiest day in Louisville history. —Tim Appelo

Based on Sharon Stevens' heroic story



## PRISCILLA

In theaters • October 27

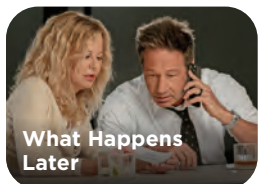
Over-50 viewers helped make the film *Elvis* a \$288 million hit. Now the icon's widow, Priscilla Presley, 78, along with cowriter-director Sofia Coppola, 52, tells her side of the legendary love story, with Cailee Spaeny and Jacob Elordi as the Presleys.

Based on Priscilla's memoir *Elvis and Me*



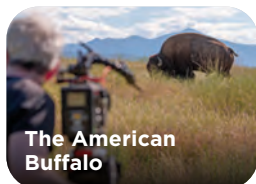
## Also Playing

AARP critic Tim Appelo gives more recommendations for the latest intriguing movies and TV shows



What Happens Later

In theaters November 3 • Meg Ryan, 61, both directs this Nora Ephron-style rom-com and costars with David Duchovny, 63.



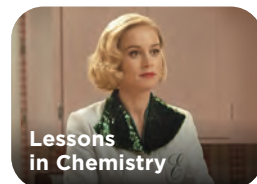
The American Buffalo

On PBS October 16-17 • Ken Burns, 70, documents what he calls "the biggest slaughter of animals in the history of the world."



The Persian Version

In theaters October 13 • An Iranian American girl dances to the forbidden "Girls Just Want to Have Fun" in a brash, fun, fizzy film.



Lessons in Chemistry

On Apple TV+ October 13 • Brie Larson plays a sexism-battling chemist who becomes a 1960s cooking-show sensation.

# 3 Things You Should Know About Your Medicare Coverage Options

## There are different Medicare enrollment periods

**Initial Enrollment Period (IEP)** The seven-month window when someone turning 65 is eligible to enroll in Medicare.

**Special Enrollment Period (SEP)** A specific time frame when people in special circumstances can enroll in Medicare or make plan changes.

**General Enrollment Period (GEP)** A three-month Medicare enrollment window for those who missed their Initial Enrollment Period. It runs from **January 1 to March 31**. Keep in mind, late penalties may apply to those who miss their IEP.

**Annual Enrollment Period (AEP)** The time each year when you can change your Medicare coverage choices, from **October 15 to December 7**.



## Additional coverage can help control expenses

Having the right Medicare plan that fits your unique needs may help you save on health expenses in the long run. Original Medicare (Parts A & B) helps pay for doctor visits and hospital stays, but it doesn't cover everything. Medicare Parts A & B do not generally cover routine dental and vision care and most prescription drugs.



## Medicare Plan options

**Medicare Advantage plans (Part C)** combine Part A and Part B benefits. Many Medicare Part C plans also include prescription drug (Part D) coverage. Members may take advantage of additional benefits, like dental, hearing, eye exams, and more.

**Medicare Prescription Drug coverage** is available with a stand-alone Part D plan. You can also get prescription drug coverage as a part of a Medicare Advantage plan. Coverage and costs may vary by plan.

**Medicare Special Needs plans** are Medicare Advantage plans that help meet the needs of people with unique financial or health care needs. A licensed sales representative can determine your qualifications.



It's important to understand your current coverage and if it will continue to meet your needs and budget in 2024. Speak to a **UnitedHealthcare® Medicare Plan Expert\*** to explore **AARP® Medicare plans** and find the plan that's right for you.

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\*A Medicare Plan Expert is a licensed insurance sales agent/producer. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage and/or Prescription Drug Plans: A Medicare Advantage organization with a Medicare contract and/or a Medicare-approved Part D sponsor. For Dual Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll in a Medicare Advantage or Prescription Drug Plan. AARP does not employ or endorse agents, producers or brokers. Benefits vary by plan/area. Limitations, exclusions and/or network restrictions may apply.



## THE HEART OF THE '60s

Think you know all about Carlos Santana, John Lennon and Joan Baez?

### CARLOS (In theaters)

Carlos Santana, 76, grew up poor and sexually abused in Tijuana, Mexico; fused blues and Latin styles at 19 in San Francisco; got famous overnight at Woodstock in 1969; then turned his focus to spiritual life. At 52, he roared back to number 1 with the album *Supernatural*, proving, as he says, "the world doesn't belong to 17- to 27-year-olds." *Carlos* shows why he belongs to the ages.

### THE LOST WEEKEND: A LOVE STORY

(Streaming and on Blu-ray October 13) John Lennon called 1973-'75 his lost weekend in L.A., but his then-lover May Pang, now 72, shows he gained too. Sober, fun and kind, she reunited him with his neglected son, Julian, and helped produce records such as his first post-Beatles number 1 hit, with Elton John. Lennon planned to buy a house with her, then returned to wife Yoko Ono, now 90. Pang tears up at the memories, and so may you.

### JOAN BAEZ: I AM A NOISE

(In theaters)

When Baez, 82, became a folk music star at 18, she says, she was "the right voice at the right time." She sold out Carnegie Hall, marched in Selma and helped propel the career of Bob Dylan, who, as she sang in "Diamonds and Rust," broke her heart. This ambitious film shows how she wrestled with the demons of fame, quaaludes and family secrets—and how gracefully she has aged. —*Tim Appelo*

# Diana Nyad

*The endurance swimmer on shame, glory, love, teamwork—and walking*

## Hearing the clock

I got a sense early that life would go by alarmingly fast. At 9 years old I used to imagine being my age now and thinking I had to sleep less so I could do more.

## Legacy of abuse

As a teen, I just wanted to be a student and an athlete. But sexual abuse by my swim coach—starting when I was 14—threw me into silence and humiliation. I have tried to let go of anger. At 74, I'm living the best life I can. But you don't say to someone who's been through a trauma, "Are you over it?" They're not and never will be.

## Finding love

In high school I didn't know gay people, didn't see them on TV, didn't have gay friends. I came out at 21 and have been open and proud since. I've also been madly in love three times and am still close to each of those women.

## Marathon swimming

In my 20s, I took up marathon swimming. I swam around Manhattan in 1975. Three years later I attempted to swim from Havana to Key West—and failed. In 1979, I swam 102 miles from the Bahamas to Florida. Then I gave up swimming for 30 years.

## Spectator sports

As a broadcaster, I covered the Olympics, tennis, the NYC Marathon, and more—I thought there would be enough art and talent in reporting to keep me engaged. But it started to run thin.



## Getting back in the water

When I turned 60 in 2009, I wondered, *Is this how I want to spend my life?* I wanted to be a doer again. So I got back in the water and set my sights on the Cuba-to-Florida swim. I failed three more times.

## Team up

I was a better endurance athlete in my 60s than in my 20s and finally completed the Cuba-to-Florida swim in 2013 at age 64, in just under 53 hours. When I got to Key West I said to the crowd: "Never ever give up. You're never too old to chase your dreams." And: "It looks like a solitary sport, but it's a team."

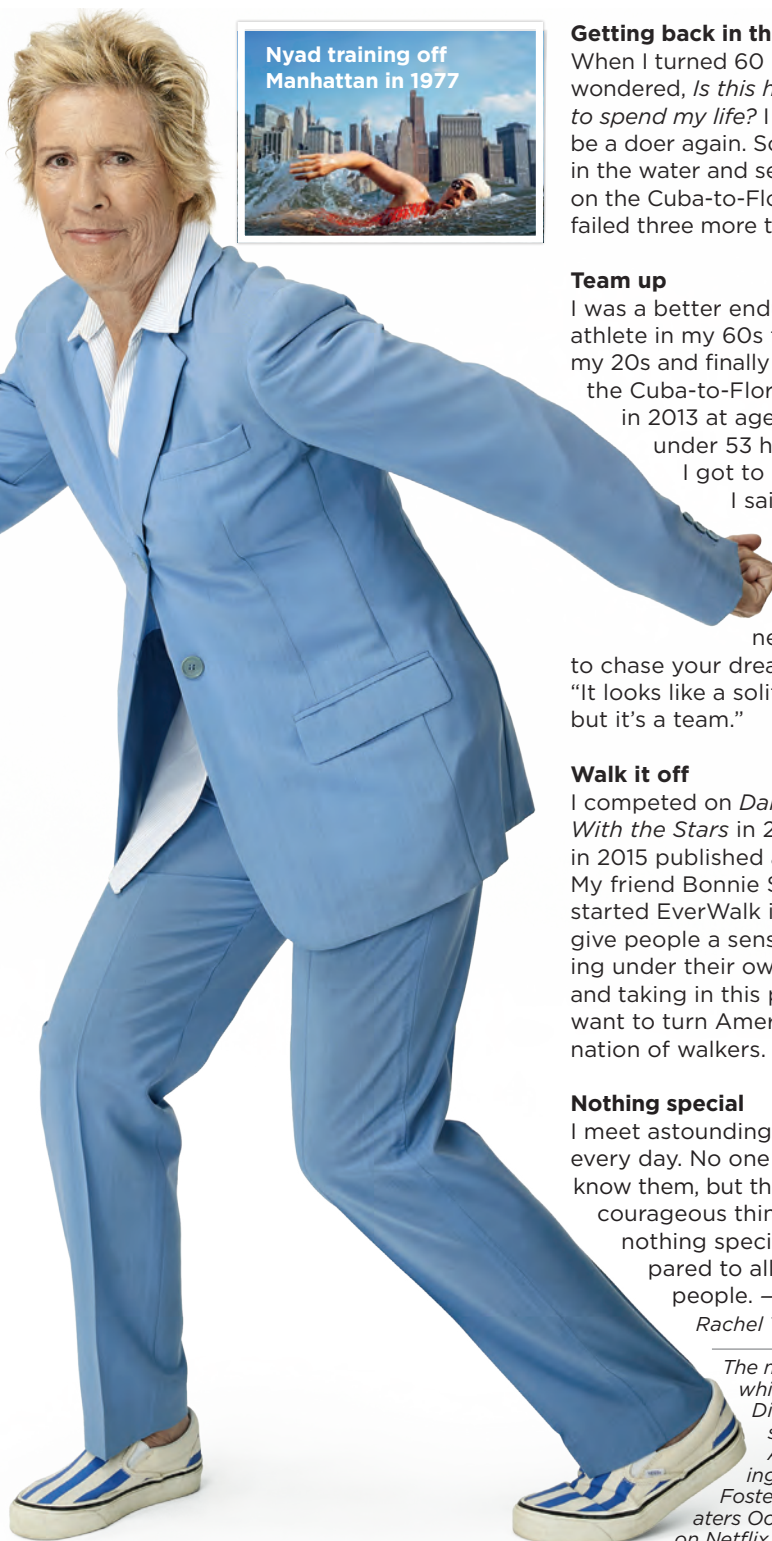
## Walk it off

I competed on *Dancing With the Stars* in 2014 and in 2015 published a memoir. My friend Bonnie Stoll and I started EverWalk in 2016 to give people a sense of moving under their own steam and taking in this planet. We want to turn America into a nation of walkers.

## Nothing special

I meet astounding people every day. No one will ever know them, but they're doing courageous things. I'm nothing special compared to all those people. —As told to Rachel Toor

*The movie Nyad, which recounts Diana's epic swim, stars Annette Bening and Jodie Foster. It's in theaters October 20 and on Netflix November 3.*



Wardrobe stylist: Rebecca Ramsey; hair and makeup stylist: Kerrie Urban/The Wall Group; Top right photo: Nancy Moran/Sports Illustrated via Contour RA by Getty Images



# Money Saver



## Store-Brand Savings Surprises

Yes, house-brand items cost less, but the deals we found were a mixed bag *By KAREN HUBE*

**HOW MUCH CHEAPER** are house-brand products than their name-brand counterparts at your grocery store? To get an idea, in June, we had reporters in three cities price a 32-item shopping list two ways: once with nationally known brands and once with the store's private-label alternative, if both were available. (Turns out only 19 products came in both name- and store-brand versions at all three stores.) Here's what we found at an Albertsons in Las Vegas, a Giant outside of Baltimore and an H-E-B in Austin, Texas.

**27 PERCENT** The average savings on store-brand products  
But savings varied by store.

The average savings when a particular store carried both name-brand and house-brand versions:

<b>34%</b> Giant BALTIMORE	<b>26%</b> Albertsons LAS VEGAS	<b>18%</b> H-E-B AUSTIN, TX
----------------------------------	---------------------------------------	-----------------------------------

### Savings varied widely by product type.

These average price gaps stood out:

**CAMPBELL'S TOMATO SOUP**

House brands were **14%** less than the name brand (\$0.26 difference)

**PHILADELPHIA CREAM CHEESE**

House brands were **51%** less than the name brand (\$3.53 difference)

### Other standout store-brand deals:

**SALT**

Morton Salt **\$1.43**

vs.

H-E-B Salt **\$0.54**

**62% LESS!**

**WHITE BREAD**

Wonder white bread **\$3.79**

vs.

Giant white bread **\$1.39**

**63% LESS!**

**PASTA SAUCE**

Prego traditional pasta sauce **\$4.29**

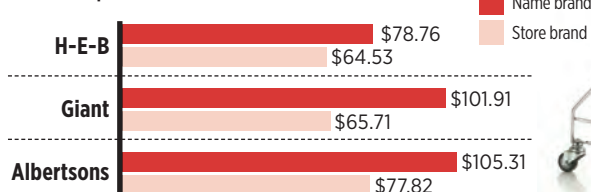
vs.

Albertsons Signature Select traditional tomato basil sauce **\$2.29**

**47% LESS!**

**But bigger savings on house brands doesn't necessarily mean a lower bill.**

Although H-E-B's house brands had the smallest average discount versus name brands, the store still had the lowest prices in both categories. Here's how much the carts differed for the 19 products each store had in both versions.





BROUGHT TO YOU  
BY MARCUS BY  
GOLDMAN SACHS

# Find a Better Credit Card

*Cash rebates, travel points, balance transfer offers and more make exploring new options worthwhile* By PENELOPE WANG

**I**F YOU HAVEN'T reviewed your credit cards recently, it's time to take a close look. As inflation has soared, pushing shoppers to alter their spending habits, banks have revamped many of their credit card offerings, trimming or adding perks and adjusting rewards systems. Those changes may limit the cash rebates or points you can earn, as well as complicate the task of managing your benefits.

Reviewing your own spending patterns will also be helpful. Perhaps you're taking that long-awaited overseas trip, and you want to earn points with that spending. Or maybe you're staying closer to home, and you rarely use your high-fee travel card. You may want to tweak your card lineup to cut costs, maximize rewards and maybe even nab a sign-up bonus.

One important caveat: If you haven't been paying your balance in full every month, clear out those debts before you start credit card shopping. The rewards won't be worth it if you're incurring interest on unpaid balances. As inflation has risen, credit card interest rates have climbed to an average of 20.53 percent in August 2023, the highest level since 1985, according to Bankrate.com.

If carrying a balance isn't something you're doing, however, these tips can help you find the best credit card for different types of spending goals. (Be sure to check offer terms before signing up, since they can change at any time.)



## EVERYDAY SPENDER

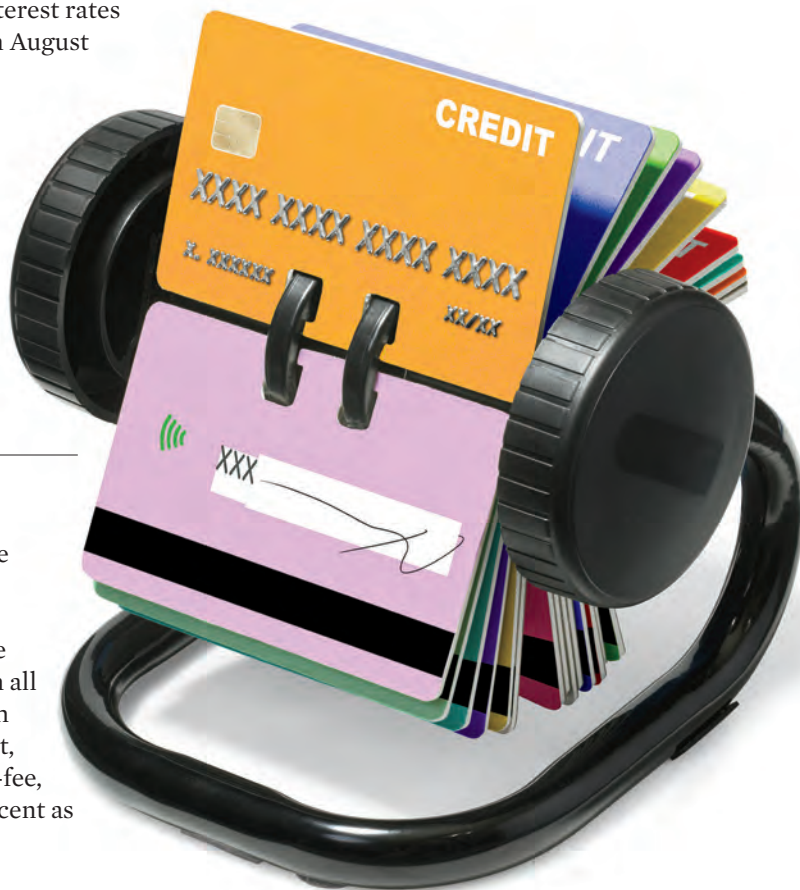
*You want no-hassle cash for daily purchases.*

**Smart option: A flat 2 percent cash-back card**

A cash-back rewards card is a great way to take the edge off today's higher costs, since you automatically earn a rebate for your spending, typically 1 percent to 6 percent of the purchase price. Some cards give you a flat percentage on all purchases. The no-fee Wells Fargo Active Cash Card, for example, pays 2 percent with no limit, and the Citi Double Cash Credit Card, also no-fee, pays a 1 percent rebate on purchases and 1 percent as you pay down your balance.

You can also find cash-back cards that pay higher rewards for purchases in different spending categories. The rebates from the no-fee Capital One SavorOne Rewards Credit Card include 3 percent cash back on dining, grocery store purchases (except at warehouse stores) and certain entertainment and streaming service purchases. Rebates are 8 percent on entertainment booked through the Capital One Offers portal, 10 percent on Uber Eats and 1 percent on other purchases. The no-fee AARP Essential Rewards Mastercard from Barclays gives you 3 percent back on most gas and drugstore purchases, 2 percent on eligible medical expenses and 1 percent on all other purchases.

With some cards, the reward categories shift periodically. The no-fee Chase Freedom Flex Card pays 5 percent on up to \$1,500 in combined spending in categories set by the issuer, which rotate every three months, 5 percent on Chase Travel bookings, 3 percent on dining and drugstore purchases, and 1 percent on other spending. →



Illustrations by Serge Seiditz

In the end, it's hard to go wrong with a straightforward cash-back card. "The flat 2 percent cash-back card is surprisingly tough to beat for simplicity and value," says Ted Rossman, senior industry analyst at Bankrate, who has opted for one himself. But if you can stay on top of different spending categories, you can deploy an additional card for specific purposes.



## TRAVELER

*You want points for airline tickets, hotel stays, car rentals, dining out and more.*

### Smart option: A flexible travel card

Frequent travelers who stick with a particular airline or hotel chain, such as Delta or Hilton, often opt for a credit card tied to that brand. That way, road warriors can earn seat upgrades, free hotel nights, waived checked-bag fees and access to airport lounges, among other rewards. The cards typically provide additional benefits, such as travel insurance, rental car insurance and no-fee foreign currency transactions.

But brand-centric cards may not be the best choice for occasional travelers, says Adam Van Deusen, a financial planner with Kitces.com who has researched credit card rewards. That's because many of those cards carry annual fees, perhaps \$95 to \$500 a year or more, while limiting the highest awards to spending on those brands.

For a more flexible choice, consider a general-purpose travel reward card that offers a variety of options for redeeming points. Chase Sapphire Preferred (annual fee, \$95) lets you apply your points to several loyalty programs, including United Airlines, Southwest and Marriott. But you'll earn the highest number of points—five for each \$1 spent on travel—if you book through its Chase Ultimate Rewards portal. The no-fee Capital One VentureOne Card offers 1.25 miles per dollar spent, but 5 miles per dollar spent for trips booked through Capital One Travel.

It's important to monitor travel cards' points systems for claiming rewards, since they can be complex and change frequently. American Airlines, for example, recently raised the number of points for earning the lowest tier of elite status while adding new tiers of rewards. "It can be challenging to keep up with these programs and to determine if you are getting value," says Van Deusen.

Some travel cards offer hefty sign-up bonuses, but be careful. Typically, the bigger the bonus, the more you'll have to spend quickly—perhaps thousands of dollars within three months of opening the account. "You don't want to overspend to get those rewards and find yourself in debt, especially with rates as high as they are," says Matt Schulz, chief credit analyst at LendingTree.



## LOYAL SHOPPER

*You want deals at your go-to store.*

### Smart option: A flexible branded rewards card

Most major retailers offer a branded credit card, which gives loyal customers discounts, free shipping and other perks. But the rewards are often limited to store purchases. And if you don't pay in full each month, you'll likely be charged a steep interest rate, which can exceed 30 percent. "If you carry a balance, you should definitely avoid store cards," says Bill Hardekopf, cofounder of BillSaver.com.

Other branded credit cards, however, pay rewards on general-purpose spending. The Citi Costco Anywhere Visa Card (no fee for members) pays 4 percent on eligible gas and EV charging purchases up to \$7,000 annually, 3 percent on restaurant and travel spending, 2 percent on Costco purchases and 1 percent on everything else. Amazon Prime members can get a no-fee Amazon Prime Rewards Visa Signature Card, which offers 5 percent on Amazon and Chase Travel purchases; 2 percent on gas, transit and restaurant spending; and 1 percent on other purchases.

You may be able to stack your rewards by combining shopping apps and rewards cards, says Rossman. For example, if you use an online shopping browser such as Rakuten, which gives you a rebate, you can get added savings by paying with the retailer card that gives you the highest reward.



## DEBT CUTTER

*You've been struggling with a high-rate balance.*

### Smart option: A balance-transfer card

If you're seeking to pay down a credit card debt, consider a balance-transfer credit card, says Jill Gonzalez, spokesperson for WalletHub.com. This move will allow

you to shift your debt from a high-cost card to one that charges little or no interest for a set grace period, typically 18 to 21 months. Recently the no-fee Wells Fargo Reflect Visa Card offered a zero percent transfer rate for 21 months.

In order to qualify for a balance-transfer card, you typically need a good or excellent credit score, perhaps 700 or higher. And you'll generally have to pay a fee up front, perhaps 3 percent to 5 percent of the balance, which can be a big investment. "You need to pay off the balance by the end of the grace period, or you won't be doing yourself any favors," says Hardekopf.

If you have trouble qualifying for a balance-transfer card, you might instead try asking your credit card company for a lower rate. "Card issuers are more likely than before to grant rate reductions," says Schulz. A recent survey by LendingTree found that 76 percent of people who asked their card issuer for a lower rate in the past year got one; the average interest rate reduction was 6 percentage points.



## ROOKIE

*A loved one needs a first credit card.*

### Smart option: A secured card

If you have a college-age kid or grandchild without a card, one option is to add the newbie as an authorized user to one of your cards. That can help your relative build a credit history, and it can also provide a learning opportunity for how to manage spending. Another option is to add the person as a joint owner of your card, which is something that Apple and U.S. Bank let you do. Unlike adding an authorized user, this choice will give each of you equal authority to spend—and put you equally on the hook for the bills.

If you'd rather not share plastic, your family member can get a secured credit card, which lets people build a credit history on their own. Secured cards require a deposit, often \$200 to \$300, which sets the credit limit. After the cardholder makes consistent payments for six to 18 months, the deposit is returned, and the issuer may upgrade the card to a traditional unsecured version. Secured cards are offered by most major banks; some, such as the Discover It Secured Credit Card, offer rewards.

To avoid late fees, encourage your family member to set up automatic payments, says Rossman. He or she can also opt to get notifications when transactions take place or the balance approaches the credit limit. Those alerts can be helpful for veteran cardholders as well. ■

*Penelope Wang is an award-winning personal finance journalist who has worked at Consumer Reports and Money magazine.*

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# BAUSCH + LOMB



**Jean Chatzky**  
TO THE RESCUE

## When Should She Claim?

*A couple struggles with the question of when to collect Social Security benefits*



### THE PROBLEM

If you are the higher earner in your marriage, you probably know the best strategy for claiming Social Security: Wait. For each year you delay between age 62, when you can first draw benefits, and 70, when those benefits top out, your monthly check rises as much as 8 percent. This can make a big difference to your spouse should you die first, since your partner will receive your larger benefit as a survivor instead of his or her lesser one. But when should you claim if you're the other spouse? That was the question from Patty Ronau-Cramer, 60, and Dave Cramer, 68, who live near Toledo, Ohio. "Would it make sense for me to claim at 62?" wrote Patty. "This whole Social Security thing is confusing."



### THE ADVICE

Yes, to call Social Security "confusing" is an understatement. So for guidance, I reached out to three financial professionals well versed in its intricacies: Marcia Mantell of Mantell Retirement Consulting, William Reichenstein of Social Security Solutions and Laurence Kotlikoff of the web tool MaximizeMySocialSecurity.com.

The Cramers lead a modest and comfortable life. Dave, retired from jobs as a park ranger and a maintenance man, plays in senior softball and golf leagues. Patty works part-time at a printing company and helps care for her 95-year-old mother, who lives nearby. They're living on Patty's \$1,000 monthly income and Dave's \$1,100 monthly pension, supple-

mented by withdrawals from their \$10,000 savings account. They have roughly \$500,000 in retirement savings that they haven't touched, and they've paid off their mortgage.

The Cramers' planned expenditures are modest, too. They like to go camping, and Patty would like to upgrade from the tent they use to a camper. They'll eventually have to replace their furnace and windows. But what they really want, Dave says, is time: "Time to do things we both enjoy on an everyday basis."

That feels particularly urgent, because Patty's older sister waited until her full retirement age to retire and claim Social Security. Her husband died soon afterward. "My sister kept putting things off," says Patty. "I just want to quit my job and be happy."

But claiming at 62 has a cost. It would limit Patty's monthly benefit to \$1,120, not the \$1,600 she'd get by starting at 67, her full retirement age. That difference adds up to almost \$5,800 per year. Social Security's inflation-adjusted benefits help insure your quality of life as you age, and the value of that insurance rises the older you get. Kotlikoff, for example, estimates that if both Cramers live to be 100—remember, Patty's mom is 95—Patty would give up nearly \$50,000 (the value today of future cash flows) by retiring at 62, not 67.

On the other hand, by retiring at 62, Patty would replace her salary with a slightly higher Social Security benefit and have more time for pleasures like camping with Dave. Should Dave's life span be closer to the average, the financial benefit of Patty's delay in claiming isn't so clear. ("I know this might sound morbid, but there's more longevity on my side of the family than Dave's," says Patty.) The key to this scenario is Dave's maxing out his benefit by waiting until 70 to claim. That way, his monthly payment, which would have been about \$1,900 at his full retirement age, will begin at \$2,482. If Patty outlives him, she'll start receiving his full benefit instead of her own. "They get lots more income while both are alive," observes Mantell, "and he protects her income if he is the first to die."



### THE OUTCOME

The Cramers have decided: When Patty turns 62 next fall, she'll join Dave in retirement and claim Social Security. Dave will wait until he's 70, in 2025, to claim his maximum benefit. "This will give us an opportunity to travel and be together more," says Dave. Patty agrees: "If I were to wait to full retirement age, he'd be 75. Who knows what's going to happen?" ■

**Want Jean Chatzky to write about helping you sort out your financial problem? Email [rescue@aarp.org](mailto:rescue@aarp.org).**

ON THE DOWNSIZE

## COOKING FOR TWO? CONSIDER THESE

A smaller home usually means a smaller kitchen, so here are some smart, cheapish appliance switches. —Sheryl Jean

SWAP THIS ...

... FOR THIS!

**Stand mixer**



**Electric handheld mixer with multiple speeds**

Weights less; inexpensive; can be stored in a cupboard; \$20 to \$180



**Coffee maker**



**Pour-over cones**

Perfect for one or two people; make coffee right in a cup or buy a companion carafe; \$5 to \$30

**Standard blender**



**Compact blender**

Makes personal-size portions; doubles as a food processor; \$20 to \$110



**Electric steamer**



**Steamer basket**

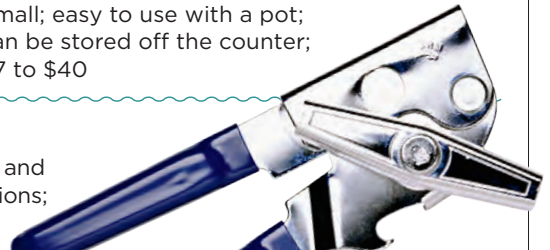
Small; easy to use with a pot; can be stored off the counter; \$7 to \$40

**Electric can opener**



**Manual opener**

New models are easier to use and even feature left-handed versions; less than \$25



### Being 60

"I think once you pass 50, it's every person for themselves—do whatever you need to do to age gracefully, because there is no one set pattern. I believe in rest and hydration, and in doing everything that's just a little less exciting than when you were in your 40s."

—Comedian **George Lopez**, 62, stars with his daughter, **Mayan**, in the NBC comedy *Lopez vs. Lopez*, which has been renewed for a second season.

—Comedian **George Lopez**, 62, stars with his daughter, **Mayan**, in the NBC comedy *Lopez vs. Lopez*, which has been renewed for a second season.



**75%** of boomer workers say they'd take a pay cut to work fewer hours if AI could help them get their work done. And 80 percent of boomers say they use AI for work tasks now.

SOURCE: CHECKR AI WORKPLACE SURVEY, 2023

# Love Lost, Then Found

*It took 47 years for high school sweethearts to find each other again*

**Jimmy Neeley:** We had a class together. That's how I first noticed you.

**Becky Neeley:** It was 1969. That was your senior year and my sophomore year at Longview High School.

**Jimmy:** I asked you out, and I was the first date you ever had. We dated through that year.

**Becky:** And then after your senior year, you decided to enlist. You were just 17.

**Jimmy:** I was on pins and needles waiting for letters from you. I had already bought an engagement ring and was planning to ask you to marry me. I was pretty sure you'd say yes.

**Becky:** I didn't even look at the ring. I just said, "No, I can't marry you." My mom did not want me involved with anyone in the military during Vietnam. My dad was injured in World War II, so perhaps that was part of it. "Just make a clean break," she said.

**Jimmy:** You went on to college, met your husband and were married for 43 years. Life just took us on different paths. But I always wondered how you were doing.

**Becky:** I became a widow in 2017. I watched my husband take his last breath in our bed, in the house we'd lived in for 30 years. He had cancer. I was 62—I didn't expect to be a widow that young. About a year and a half later, my daughter suggested I become more active on Facebook, and I saw your picture. You were wearing your police uniform, and I thought, *Is that my Jimmy Neeley?* And I saw then that you had become a widower.

**Jimmy:** My wife and I had been together for 34 years, and she had been really ill the last eight years of her life. I had no idea if I'd ever date again. When I got your message, you told me that you understood, because you lost your husband. And I was thinking, well, *It'd be great to have coffee and catch up on old times.*

**Becky:** Our cars pulled up at the very same time. I felt



like I was a teenager again, going on my first date.

**Jimmy:** I was on cloud nine, and I looked forward to talking to you again. I'd call you and we'd spend hours on the phone. It didn't take long for me to realize I was falling in love with you.

**Becky:** My heart was really moving toward a deeper commitment with you. But I was still really scared. Then my son pulled me aside one day, and he said, "Mom, why would you avoid happiness that God put before you?"

**Jimmy:** We went back to the same spot from 49 years before, and I asked you to marry me again. This time you said yes.

**Becky:** Your mom and dad had married on Valentine's Day, so that's the date we chose: February 14, 2020.

**Jimmy:** So you're my valentine. I wake up and every day I thank God he brought you back into my life. I'm just very happy.

*Jimmy and Becky Neeley, now ages 70 and 68, live in Rockwall, Texas.*

**Adapted by StoryCorps for AARP THE MAGAZINE. For more true American stories, go to [storycorps.org](https://www.storycorps.org).**

## BETTER SLEEP AFTER 60



PEOPLE OVER 60 don't sleep as well as their younger cohorts. We asked Emory University School of Medicine neurology professor Donald Bliwise for tips to help you get more z's.

**Be active.** You don't have to run marathons. Walking

or strength training helps.

**Nap, smartly.** A 20-minute siesta can be refreshing. Avoid longer naps and late-afternoon snoozing.

**Keep regular hours.**

Getting up at about the same time each morning is particularly important.

**Go outdoors.** Morning sunlight helps reset your brain's clock, even on a cloudy day.

—*Kenneth Miller, author of Mapping the Darkness: The Visionary Scientists Who Unlocked the Mysteries of Sleep (2023)* →

DON'T WAIT TO ...

# Break a World Record



**BEING THE WORLD'S** best at something takes determination, practice and mad skills. Getting into Guinness World Records demands even more: The act must be measurable objectively (“coolest grandpa” won’t fly); verifiable (“Because I said so” is a no-go); based on one variable, like the longest distance walked backward (8,000 miles) or most bobbleheads collected (2,396); and repeatable and breakable by someone else. Here’s how to get started.



➤ **FIND A RECORD TO BREAK** • Guinness tracks more than 60,000 records, from the tallest stack of pancakes (3 feet 4 inches) to the most Elvis Presley songs identified from their lyrics in one minute (14). Some feel more breakable than others.

The most-tattooed person sounds awfully painful. But the largest collection of Pringles tubes is only 263. As you search for ideas on the Guinness website, consider: What’s one thing I’m surprisingly great at?



➤ **FILL OUT AN ONLINE APPLICATION** • The company will review your request and supply a set of guidelines that are specific to that category and must be followed, along with the evidence required to verify the record. If you’re attempting, say, “most bridal bouquets caught,” Guinness will want independent witnesses and videos of you pushing bridesmaids and Aunt Margie out of the way. Certain records need the presence of an expert, whether that’s someone who can measure your extremely tall dog or the highest suspended performance.



➤ **LEAN IN TO YOUR AGE** • Older people break tons of records. Consider achievements that celebrate your years: vast collections, extensive knowledge about a certain field, records based on longevity. Linda Ashmore, at age 60, became the oldest female to swim the English Channel, then broke her own record at 71. At 61, Melvin Boothe was confirmed to have the longest fingernails ever on a pair of male hands. And here’s one for the books: Bernie Barker held the record for the world’s oldest male stripper, at age 66. —David Hochman



## MyFIRST... TIGHTWIRE ACT!

**I CAN STILL** see him. A speck in the sky, balanced on a wire stretched between the towers of New York City’s World Trade Center. In 1974, Philippe Petit thrilled the world with his daring feat, crossing from one tower to the other. I was 20 years old, and Petit seized my imagination. To walk the wire was to defy gravity, to dance on air. I wanted to, too.

All these years later, scrolling on the internet, I came upon, yes, a portable tightwire! Though it cost nearly a grand, I had to have it. Twelve feet from elevated platform to platform, a 1-inch-thick metal wire stretched tight between them. Sixteen inches off the ground. Not the towers. Still, for me, at 69, a challenge and adventure.

The first time I stepped onto the wire, I felt fear. Sixteen inches seems a long way up while standing on the platform. Sixteen inches from a broken wrist or worse. But then I took a

step, then two, then three, before falling onto the mat I’d placed beneath the wire. It was exhilarating!

After that first time, I’d meet my friend John twice a week, and we’d head to the park, the portable tightwire rig in the back of my car. John, nine years younger, took to the wire with aplomb, soon crossing with ease, even backward. Yet no matter how hard I tried, I could not make a complete crossing.

I made many, many unsuccessful attempts. It got so that I would dream about making the crossing. Then, one day earlier this year, I did it! I did it! John cheered me on, and a few people in the park applauded. I was in heaven, and that feeling has never completely dissipated.

Because the thing you can’t know about the tightwire unless you’ve tried it is that it possesses a soul. And to finally become one with the wire during a crossing is a spiritual, Zen-like experience, one that repeats itself nearly every time I make the attempt. —Champ Clark



### MEMBER CHECK LIST

**ADD AARP PERKS** • Get news, discounts and member benefit updates instantly by using AARP Perks, a web browser extension available to Google Chrome, Safari or Microsoft Edge users. Using the tool generates lots of AARP Reward points. Go to [aarp.org/installperks](http://aarp.org/installperks) to download, or scan the code at right with your smartphone to link to the instructions. →





HOW WE LIVE NOW

# Shipping Container Comforts

To be closer to family, the Bishops created a compound of tiny homes on lakefront property they found near their daughter in Alabama



**Ron Bishop, 69:** We were living in Pennsylvania, and our daughter and grandkids, 6 and 14, lived near Birmingham, Alabama. That was too far away.

**Amanda Bishop, 43:** My parents heard about a property, on a lake near us, that they bought, sight unseen, off a great old friend. It was meant to be a vacation house. The original thought was Mom and Dad would live in an RV.

But it's so stinking hot in Alabama. I said, "What you need is a container house." We started looking online, and they fell in love and ordered a 40-foot shipping container house from an Alabama builder who specializes in tiny homes. I got jealous and ordered a 20-foot one.

**Deborah Bishop, 69:** Downsizing our stuff felt great. All your life you want stuff, you work for

stuff—then you work to get rid of stuff. Retirement worked backward for us too. We retired 10 years ago from running a motorcycle business. But Ron's terrible at not working. He saw an opportunity to start a dock-repair company at the lake. Now he's working five days a week.

**Amanda:** Our two houses are in an L shape. The plot already had water

and power. It took about a year between order and delivery, but the units are amazing. My 300-square-foot home has a Murphy bed that comes out of one wall at night. When it goes up, there's a hammock chair that hooks into the ceiling. The boys have sleeping bunks with gaming TVs at the foot of their beds, so they're happy as clams. We have a round table that can seat eight, which I love because I'm social.

**Deborah:** I'm not social, so I insisted that our home have a larger bedroom and room only for Ron and me to sleep. I love having family and especially grandkids around. But I also love when people go home at night.

**Ron:** At 400 square feet, this place feels like a palace compared with an RV. The sunsets over the lake are beautiful. And if cozy living gets too cozy, there's always another dock that needs fixing.

—As told to David Hochman

**For more on the Bishops and videos of other tiny homes and their owners, see the AARP series *Going Tiny With AARP* at [youtube.com/aarp](https://youtube.com/aarp).**



DO YOU REMEMBER ...

## THE SEARS 'WISH BOOK'?

AS A CHRISTMAS-OBSESSED kid in the 1960s, to me the holidays began with the promising thump of the Sears *Wish Book* after it was pushed through the mail slot. A cornucopia of toys, apparel and even live singing canaries, the *Wish Book* was first published in 1933, peaking at 834 pages in 1992 before dwindling down to around 150 pages during its last years. It hit mailboxes in late August, which gave me four months to initial the items of interest, apply one to five stars, and begin hoping for deliv-

ery on Christmas morning. It worked! Recently flipping through web versions, I rediscovered my "bike with engine that roars" just like a real motorcycle (\$25.99) and the gold initial ring (\$11.95) I'd hoped would make me a junior high chick magnet, plus the unicycle (\$24.99) that taught me the limits of my athletic abilities. Alas, by 2011, discount chains and e-commerce had siphoned off shoppers, and the *Wish Book* was no more (except for a brief reappearance in 2017). —Peter Moore

# Treasures From the Dylan Vault

In Tulsa, Oklahoma, there's a museum dedicated to the life and works of Bob Dylan. A new book, *Bob Dylan: Mixing Up the Medicine*, takes you inside and shares rare and never-before-seen photos and artifacts from the collection—glimpses into Dylan's seven-decade (and counting) career. Here are just a few of the book's many private images.



## In the Beginning 1957

Bobby Zimmerman, with guitar, grew up in Hibbing, Minnesota, and spent four summers at a camp in Wisconsin. Fellow camper Louie Kemp, right of center, who later produced one of the singer's tours, said he saw Dylan's first public performance at the camp, when he played Hank Ballard's "Annie Had a Baby" with Larry Kegan, left of center, in dark jacket.

Adapted from *Bob Dylan: Mixing Up the Medicine*, written and edited by Mark Davidson and Parker Fishel, published by Callaway Arts & Entertainment. Copyright © 2023 by The Bob Dylan Center.

## Brothers in Song 1964-2003

Johnny Cash reached out to Dylan to express his admiration; the feeling was mutual, and the two became close. (Here they are, together in London, in 1966.) A few years before Cash's death in 2003, Dylan performed Cash's "Train of Love" at a tribute concert. Said Dylan in introducing the tune, "I used to sing this song before I ever wrote a song."



**JOHNNY CASH** N.Y.C.  
April 8 1999

Hi Bob  
It was 1955 and I was in the dressing room at Louisiana Hayride with Sam Phillips, Elvis and Luther. Sam asked me if I had written anything new. I sang the first two verses of "Train of Love." He said, "Finish it and lets record it." — Memories — you brought them all back. — Nice memories. Thank you Bob, for doing my song. You looked great and sounded great. And thank you for the kind words. With much love and respect, Your Friend, John Carr

## Inspiration From a Fellow Poet 1975

Poet Allen Ginsberg rekindled Dylan's love of Beat poetry and prose. On tour together in 1975, they communed at novelist Jack Kerouac's grave. Earlier, Ginsberg had recorded an album setting William Blake's *Songs of Innocence and Experience* to music; he wrote Dylan about the effort in 1969.



Dear Bob —  
 R.D. 2 Cherry Valley

Enclosed a pamphlet with a reading & memorabilia, whatever you or our's first reaction, by Brian di Prima.

I am almost finished with recording the twenty or more melodies to Blake's *Songs of Innocence & Experience* that I have been working on now for a full year or so of this project. I couldn't manage to deal with the business men in time & so finished the production myself, and learned studio manners & means as I went along. Despite any misgivings the music itself may be good. The worst thing is my own voice, half the time strained & wavered. But half the record is archetypal eternal tunes, adequately recorded. I wonder what you'll make of it.

Enclosed also a little book from England. Good luck. No ever — faithfully in Poetry.

P.S. I beginning to appreciate the definition and attitude of your work.



## Blood on a Track 1993

The singer revered blues artists of the past. In the 1990s, Dylan covered “Blood in My Eyes,” a 1932 record by the Mississippi Sheiks, and shot a video for it in London. Dave Stewart, *above left*, of the duo Eurythmics, directed in black-and-white.

## Portrait of the Artist 1999

Dylan, shown at age 58, has sat for countless photo sessions, including this one at the defunct—and now demolished—Ambassador Hotel in Los Angeles, where Robert F. Kennedy was assassinated in 1968.



## Ready for “Rolling Thunder” 1975

At a Greenwich Village club, Dylan met singer and Nashville star Ronee Blakley, *second from right*. He soon asked her to join him and other performers including, *from left*, Bobby Neuwirth and David Blue on his rollicking “Rolling Thunder Revue” tour.



## Friends 1987

Caught in a rare smiling pose, Dylan sat happily with Beatle George Harrison at a Los Angeles concert featuring poet and singer John Trudell, *left*, and slide guitarist Jesse Ed Davis, *right*. The concert turned into a jam session, with Dylan, Harrison and their pal John Fogerty of Creedence Clearwater Revival each taking the stage to play full sets.







Fonz and friends:  
Winkler bonds  
with Maisie, left,  
and Sadie.

# Henry Winkler's 6 Lessons of Reinvention

*Post-Fonz, the actor–typecast, dyslexic, too nice for words—struggled to find meaning, and work. Then along came friends and fate, therapy, patience and his first Primetime Emmy*



**By Tom Chiarella**

PHOTOGRAPHS BY SHAYAN ASGHARNIA

**A** **TINY PINK PIANO** sits in the vestibule of Henry Winkler's house in Los Angeles—a 2-foot-tall pink piano. Before we begin our talk, I reach down to plink the keys.

"This is a fun house," I tell him.

"It's alive!" Winkler agrees. The house is bright and loaded with detail. There's not a somber piece of furniture in sight. The windowsills are littered with ceramic animals. Jolly little Buddhas take up spare shelf space. Outsize jars of candy beckon, and plates of cookies wait for children to happen by. In the sun-room, there's a tent, a dog fence and an undersize table with six chairs set up for small children, topped with paper for drawing. And about a billion markers.

"There are no plastic covers on our sofas. This house is meant for the lives of all of the children to be as free and as fun-filled as possible," says Winkler. "And you know, if there's a spot here, a spot there, big deal. The laughter, the squeals, the running, the food throwing, the toy playing is worth a spot or two."

Grandchildren (Winkler has six) burst in the front door unannounced. Winkler, 77, stops everything, greets each with a delicate kiss. Dogs lope through. Stacey, his wife of 45 years, patrols amid the chaos.

Bright-eyed and sprightly, Winkler moves from room to room as the cover shoot for this magazine

## “I never resented the Fonz. He put a roof over my head. But after *Happy Days*, I struggled with being locked out of opportunity.”

goes down. He narrows his eyes when concentrating on a memory, leans forward and finishes anecdotes with a smile that invites you to join in. An attentive host, he asks questions, learns names and fairly jumps through wardrobe changes, cardigan to cardigan. “I like cable knits,” he tells me. “And cashmere.” He holds out an arm. “Feel,” he says. “Marvelous, right? Thom Browne. Too expensive. Too much. But still.” He tilts his head and shrugs, unintentionally flashing a little Fonz, the indelible character he played on the hit TV show *Happy Days* in the 1970s and ’80s.

What you don’t see in the house is the 2018 Primetime Emmy Winkler won for his depiction of an egocentric Hollywood acting teacher in the HBO hit *Barry*. Or any of the numerous awards he had previously won. This is not a museum of Winkler’s career but a living testament to who Winkler is now, and how he got here, having segued from discouraged schoolkid with a learning disability to Ivy League drama student, from leading man to unemployed character actor, from director and producer to best-selling coauthor of dozens of children’s books, and most recently into one of television’s beloved comeback kids.

Working from home today, Winkler is promoting his new book, *Being Henry: The Fonz ... and Beyond* (available October 31). It’s a quick-paced, unusually intimate narration of Winkler’s wild early success, his mid-career struggles, the deeply earned (and ongoing) personal growth that followed, and his triumphant return as a memorable character actor, including the lessons he learned on the way.

“The old Henry got me here, but the new Henry is more fun,” he says.

### LESSON 1 Take the good with the bad

**WINKLER GREW UP**, a child of German Jewish immigrants, in 1950s-era New York City. As a boy, he struggled with an undiagnosed case of dyslexia, the neurobiological learning disability characterized by difficulties decoding written language. (See, opposite, “What Exactly Is Dyslexia?”)

“I was so verbal, yet I couldn’t do anything in school. It drove my parents crazy. They embraced the conclusions of my teachers, which was ‘You’re not living up to your potential,’ which eventually became ‘You are lazy and stupid.’”



Winkler limped through high school and an undergraduate degree in theater at Emerson College. In 1973, after graduate work at the Yale School of Drama and a short run in New York theater, he moved to Los Angeles. Just weeks after arriving, he landed the initially small part of Arthur Fonzarelli—Fonzie—on the new sitcom *Happy Days*. Over the show’s 11 seasons, he became an international superstar.

“We have to talk about *Happy Days*,” I tell him, almost apologetically.

“It’s OK,” Winkler says quietly. He knows how much he owes the show. Fonzie had only six lines of dialogue in the pilot. Still, he immediately delighted audiences. The writers quickly shifted the emphasis of the show, giving Winkler more and more screen time, until Fonzie eventually became a focus. His explosive popularity never waned.

By way of example, Winkler describes his first date with his future wife, Stacey Weitzman, in 1976, after three seasons

as Fonzie. Stacey wasn't familiar with his character or the show. "She wanted to go to the movies," he says. "And I told her that might be difficult. She wanted to know why. I said, 'I don't know how to describe it to you.'

"When we got to the theater, I told her we should sit in the back. She didn't understand, so we sat in the middle of the theater. And the entire theater came over and said hello. And Stacey said, 'Oh!'"

Throughout the run of *Happy Days*, Fonzie was promoted and merchandised mercilessly, enough so it would be easy to write him off now as a lunch box caricature. The show eventually ended—though it was seven years after Fonzie literally jumped a shark while waterskiing—the source of the catchphrase that describes the point where TV shows (and other stuff) pass their moment of cultural relevance.

Winkler remains proud and protective of the legacy of Arthur Fonzarelli. Still, there was a cost to having played the popular television icon.

"I never resented the Fonz. He put a roof over my head," says Winkler. "But after *Happy Days*, I struggled with being locked out of opportunity."

## LESSON 2 Learn to do whatever you set your sights on

IN THE YEARS that followed, Winkler could not get cast in movies, so strong was the association with Fonzie. He refers to it as a kind of personal walk in the desert. "I knew it was necessary to figure out something else because I was completely stymied," he says. "I couldn't just sit there. I had a family, and I am a doer."

Winkler went to work. In 1984, his lawyer said he would start up a production company for him. "I told him, 'I'm an actor. I can't do that other thing,'" Winkler recalls. "But it turns out you can even learn what you can't do, then you get good at it."

So, Winkler produced, and he excelled at it. In 1985, he won a Daytime Emmy for a children's after-school special. His company put together *MacGyver*, the popular and weirdly inventive show about a secret agent, which Winkler executive produced for seven years.

During that time, Winkler also directed two films with big stars: *Memories of Me*, with Billy Crystal, and *Cop and a Half*, with Burt Reynolds.

But acting roles, his first love, had dried up.

## LESSON 3 Always say thank you

THE END OF Winkler's first walk in the desert began in 1994, when *Saturday Night Live* cast member Adam Sandler dropped Winkler back into pop-culture

relevance by name-checking Arthur Fonzarelli in his wildly successful "The Chanukah Song." Winkler followed up by calling Sandler to thank him for the mention, sparking an unlikely but immediate and lasting friendship.

"Adam Sandler is shy. Adam Sandler probably has ADD. Adam Sandler does not dress well," Winkler states flatly. "And Adam Sandler is brilliant—and loyal." Sandler ended up casting Winkler as Coach Klein in his hit comedy *The Waterboy* (1998). Since then, Sandler has put Winkler in several of his films, including *Click*, in which he played Sandler's father.

Winkler narrows his eyes, in an expression that should really be his alone, and riffs on the source of his connection with Sandler.

"Loyalty was a founding rock on which I built the Fonz. He really took care of those boys—Richie, Potsie, Ralph—no matter what he said to their faces." And again, for just a second, the Fonz lives. Then Winkler tilts his head and is back. He's loyal too. "I just saw Adam in New York City two weeks ago, taking his daughter to drama camp. Great family man."

(CONTINUED ON PAGE 85)

## What Exactly Is Dyslexia?

"THE STRUGGLE, the humiliation, the frustration is like living with a 3,000-pound weight on your shoulders," is how Henry Winkler describes his lifelong battle with dyslexia. He's hardly alone: Up to 1 in 5 Americans have this learning disability, among them California Governor Gavin Newsom, Nobel Prize-winning biologist Carol Greider and actor Whoopi Goldberg.

Dyslexia is caused by biological differences in the

brain that make it difficult to map speech sounds to letters or sequences of letters, so it's hard to recognize written words. In the 1950s, dyslexia wasn't widely recognized as a condition, and many people with it grew up being labeled either "stupid, unmotivated or oppositional," explains Rebecca Resnik, a psychologist in Bethesda, Maryland. "Older adults may still carry that shame." Actors, of course,



Hank Zipper, hero of the series Winkler coauthors, has dyslexia.

have to read. Winkler says he has developed a process—a "negotiation"—for dealing with a script, which gives him a way to absorb the words and sentences on his own terms: "I put it down and walk around and look at it. You negotiate it. You think. You figure out exactly how to do it."

Dyslexia runs in families; if one parent has it, there's a 40 to 60 percent chance a child will be born with it too. If you suspect you

may have undiagnosed dyslexia, a specialist can test you and set up a treatment plan if it's needed. (Find a specialist in your area through the International Dyslexia Association's provider directory, at [dyslexiaida.org](http://dyslexiaida.org).)

New technologies can also help: Audiobooks are easy to get, and many publications offer audio versions as well. Pen-size reading devices can scan text and read it aloud. In addition, text-to-speech software lets you convert a digital device's text so that it's read aloud.

# Big Sun and

At these off-the-beaten-path winter vacation destinations, you'll find unique



View from the Jupiter Inlet Lighthouse

## WATER, WATER EVERYWHERE JUPITER, FLORIDA

Average high temperatures: upper 60s and 70s in January and February; 70s in March



**DON'T LET** the lavish mansions or surrounding golf courses fool you. Jupiter, some 90 miles north of bustling Miami, is a laid-back beach town. "Until I-95 bisected Jupiter in the 1980s, it was a quaint little coastal seaside town with a freshwater river that was filled with freshwater animals like alligators and otters," says Rick Clegg, 66, a Jupiter resident since 1979. "Now it's a lot more accessible but still has a small-town feel."

Sitting at the confluence of the Intracoastal Waterway, the Atlantic Ocean and the Loxahatchee River, Jupiter begs to be explored by boat or paddleboard. Talk about serene: One 7-mile stretch of the river is off-limits to motorized craft. "You're almost

entirely in the shade of the grand cypress canopy," Clegg says. "It feels prehistoric."

But we all know that the beach is one of Florida's main draws. Jupiter has nearly 3½ miles of beaches, some ADA accessible and others dog-friendly. "At every high tide, aquamarine water floods into the Jupiter Inlet and is simply rapturous," says Clegg. While there, check out the 108-foot-tall Jupiter Inlet Lighthouse. Hardy travelers can climb to the top, but you don't have to go all the way up to appreciate the views.

When you need to dry out, catch a spring training game, starting in February 2024, at Roger Dean Chevrolet Stadium, where the St. Louis Cardinals and Miami Marlins play.

**Don't miss:** Learn about sea turtles and participate in their recovery at the nearby Loggerhead Marinelife Center in Juno Beach. It includes an outdoor "hospital," several aquariums and a beach from which healthy turtles return to the ocean.



## A SMALL TOWN THAT'S BIG ON ART OCEAN SPRINGS, MISSISSIPPI

Average high temperatures: 50s and 60s in January and February; 60s in March



**THE SECRET COAST:** Even locals call it that. Mississippi's Gulf Coast is a 62-mile stretch of scenic shoreline that includes 29 miles of white sand beaches, and Ocean Springs serves as a great home base, especially if you like art. The late, famed painter Walter Inglis Anderson, a preeminent 20th-



# Small Crowds

experiences while avoiding packed beaches and overpriced hotels *By Rachel Walker*



century Southern artist, lived in Ocean Springs. See his work at the Walter Anderson Museum of Art. Walter's brother Peter was a renowned potter, and the annual Peter Anderson Arts & Crafts Festival is a major Gulf Coast event, says Anthony DiFatta, director of education at the museum. "We're like Mayberry with culture," he says.

When you're ready to enjoy the outdoors, take an 11-mile ferry trip to Ship Island in the Gulf of Mexico. Offering only day-use facilities (restrooms, showers, a pavilion and a concession stand) and no overnight resort hotels, Ship Island feels secluded, with pristine waters. Ocean Springs, by contrast, is more built up, with restaurants, boutiques and brick enclosures on the beach for bonfires. Mature oak and magnolia trees line the sidewalks of this charming town.

**Don't miss:** The legendary Ruskin Oak measures more than 28 feet in diameter and sits in a suburban lawn. To see this sprawling tree is to experience the lush landscape of the South.

## A TINY ISLAND WITH A LOW-KEY LIFESTYLE

**SABA**

Average high temperatures:  
80s in January through March



**THIS CARIBBEAN ISLAND**, a Dutch territory, is only 5 square miles, and days revolve around hiking, diving and art. "There are people who come here and after three to four days are completely bored," says local artist Anna Keene, 71. "And then other people feel like they have discovered paradise."

Though Saba's shoreline can be treacherous, a harbor provides safe haven for boats, and a breakwater at Cove Bay creates a safe ocean swimming area. But to truly appreciate Saba's pristine waters and vibrant sea life requires a boat ride into Saba National Marine Park, which protects its coral reef ecosystem. Exploration requires a guide from one of Saba's

dive shops, and divers will encounter healthier reefs than in other parts of the Caribbean, says Otto de Vries, 56, a scuba instructor.

There is one other way that Saba is different: The island—an active volcano—has no groundwater source, requiring locals to collect rainfall and desalinate seawater. "We don't take long showers or luxurious baths on Saba," Keene says. "Travelers should know that in advance."

**Don't miss:** Dive spot Man O'War Shoals stands out for its vibrant sea life: sponges, black coral and lobsters.



Hiking Saba's tropical trails



Tasting wines at the Torre di Pietra Winery in central Texas

## WINE ON THE RANGE

### FREDERICKSBURG, TEXAS

Average high temperatures: upper 50s and 60s in January and February; 60s in March



**FRANCE HAS** the lavender fields of Provence. Texas has the wildflower meadows of Hill Country.

Spanning about 25 counties near the geographical center of Texas, Hill Country is a rolling, geographically complex region. At its heart is the small city of Fredericksburg, famous for its German heritage as well as its vineyards.

Susan Johnson, 68, is quite familiar with Fredericksburg's charms, having lived here since 2002. About a decade ago, after she retired from a corporate career, curiosity led her to plant some tempranillo vines and try to grow grapes. Now Johnson works seven days a week running Texas Heritage Vineyard and Winery. It's one of the region's more than 50 wineries, many of which have tasting rooms and are stops on local winery tours—reservations required.

Although the limestone-rich soils can grow a range of varieties, Mediterranean species thrive in the strong Texas heat and the area's alkaline dirt. "We have to educate our customers because our wines aren't always the most well known," she says. "They're not the traditional cabernet, merlot or chardonnay. But

the wines themselves are delightful." Many of the wineries consider themselves "small batch," meaning they do not distribute through a wine broker and instead sell their libations directly to customers, bars and restaurants.

On that local dining scene, plenty of restaurants host live music at least once a week, which means that "a person can see bands and hear live music any night," Johnson says. After a few days of eating good food and drinking nice wine, move your body up nearby Enchanted Rock, a 1.6-mile out-and-back hike with about 435 feet of elevation gain. "It's absolutely beautiful there," Johnson says.

**Don't miss:** Fredericksburg is also home to the National Museum of the Pacific War, which houses World War II artifacts and pays homage to the life and career of local native Adm. Chester W. Nimitz.

The Sea Ranch Lodge, from inside and out, in Northern California



## ARCHITECTURE AND NATURE, WORKING TOGETHER

### SEA RANCH, CALIFORNIA

Average high temperatures: mid-50s in January; 60s in February and March



#### PLANNED COMMUNITIES

might not seem like tourist destinations. Then there's this oceanfront retreat, contained within a 10-mile stretch of magnificent coastline and intended as a second-home community for San Francisco residents in the 1960s.

The architects set out to build homes, a lodge and other community buildings that worked well with the landscape, says Donlyn Lyndon, 87, one of those architects and now a full-time resident. Design features that were innovative at the time include sloped roofs that work with the wind coming off the Pacific. Half of the 7,000-acre area was preserved as a commons, and hiking trails proliferate. "From the beginning it was very clear that there would be trails that would let you see the landscape without intruding into it," Lyndon says.

Today Sea Ranch draws visitors from around the world. In addition to hiking and eating, whale watching is a popular pastime, as is seeing the harbor seals in the rookery.

**Don't miss:** The Sea Ranch Chapel enlivens the senses with its stone floor, redwood interiors and colorful stained-glass windows.

# Less-Traveled Europe

Winter trips across the Atlantic often lead you to holiday markets, skiing and taking in the northern lights on the continent's upper reaches. But travelers looking for warmer weather and uncrowded escapes can find those too. Be sure to pack a sweater, though; in southern Europe, even mild climates can have a chilly day. *By Rachel Walker*



The Gilão River flows through Tavira along Portugal's rustic Algarve Coast.

## TAVIRA, PORTUGAL Beauty by the River

**THE ALGARVE** Coast in southern Portugal is known for its rugged coastline where massive cliffs drop into the warm Atlantic and white sandy beaches slip into aquamarine waters. The riverfront town of Tavira, about 16 miles from the Spanish border, is the ideal base camp for a winter vacation to this area because of its historical sites, gorgeous beaches and strategic location, says Betsy Ball, 60, cofounder and partner of Euro Travel Coach. "Plus, it's one of the prettiest towns in the Algarve." A critical port in ancient times, Tavira is renowned for Moorish architecture and cultural sites, including the still-intact, seven-arch Roman Bridge that spans the Gilão River. The small city also boasts

more than 30 churches, castle ruins, cobblestone streets and a picturesque old town. Hiking trails lead through forests and coastal routes. "The winter weather is really comfortable for hiking," Ball says.

Beyond Tavira, travelers will discover small beachside towns, islands accessible by ferries and superlative seafood, Ball notes. Because the majority of the Algarve's visitors come in the summer, winter travelers will have fewer hotel and restaurant options, but those that are open year-round are frequented by locals. "Portugal is absolutely wonderful for hospitality," Ball says. "The people are unique and friendly, and they love to share their culture."



Soft sandy beaches on the Atlantic



## JEREZ DE LA FRONTERA, SPAIN

### The Spot for Sherry

**ALSO KNOWN** simply as Jerez, this is Spain's sherry capital and a foodie's delight. "I didn't like sherry until I visited this area, and I left a convert," Ball says. Sherry is a Spanish fortified white wine, and it hails from this area of Spain ("sherry" derives from the English rendition of "Jerez"). Travelers can visit production sites and partake in sherry tastings. Jerez is equally famous

for its thriving flamenco tradition, centered on traditional Spanish music and dance; the town's winter flamenco festival offers two weeks of performances and classes. Jerez is also home to the Royal Andalusian School of Equestrian Art Foundation, a world-renowned horsemanship center.

Beyond the city's borders is Sierra de Grazalema Natural Park, known for its expansive mountain views and abundant hiking trails. Venture farther to visit several other "white hill towns," named for the white painted buildings designed to stay cooler in the scorching summer. "This is the part of the Andalusia region



where you can immerse yourself in the culture and visit places with more of an authentic, local feel," Ball says. "You could spend months here and still not see it all."



Bountiful food at an open market in Uzès; below, a nearly intact Roman aqueduct



## UZÈS, FRANCE First-Century Charm

**SOUTHERN FRANCE** is awash in olive groves, lavender fields and medieval towns. Add in the mild Mediterranean climate, and Provence—the coastal southeast region of France—is an ideal warm-weather destination. Uzès is a charming town northwest of Marseille but without that city’s hustle or the crowds. “The French do food and wine so well, and Uzès is no exception,” Ball says. Artisanal markets feature fresh vegetable and fruit sellers, cheesemongers and more. Narrow,

cobblestone streets and winding roads date back to the Roman occupation in the first century. Renowned for its preserved ancient monuments, architecture and art, Uzès was also the origination point of the Eure Valley’s 52-kilometer Roman aqueduct that ferried water from Uzès to Nîmes; visitors can marvel at the engineering prowess at the Pont du Gard, aqueduct ruins that transferred water for five centuries. While there, explore other nearby towns, including Nîmes, famous for its Roman amphitheater. Adventurous travelers might opt to cycle, as the picturesque roads are conducive to cycling year-round. And you need not worry about being fit enough to pedal. “Electric bikes are quite popular there,” Ball says, “which make the travel and the hills relatively easy.”

## OPATIJA, CROATIA A Playground of the Past

**THIS TOWN ON** the Adriatic Sea has drawn Europeans for its healthy air and waters for more than a century, says Wanda S. Radetti, founder of visitcroatia.com. “It was the playground for Europe before the French Riviera became so popu-

lar.” Stroll the Lungomare, a roughly 7-mile promenade connecting Opatija with other coastal fishing villages. Completed in 1911, the Lungomare represents Opatija’s renown as a late-19th-century retreat as it traverses lush groves of holm oaks and laurel. Throughout the year, the oils from magnolia and laurel trees perfume the air, says Radetti. Croatian pastry shops abound, and in the winter, oysters are a local specialty. In addition to the natural and man-made beauty, winter visitors to Opatija—and Croatia in general—will be astonished by the light reflecting off the water and cliffs. “We call it ‘illumination,’ and it is absolutely beautiful,” Radetti says. Although Croatia has seen an uptick in tourism in recent years, the numbers still lag behind other European destinations, which means that winter visitors will have ample opportunity to experience authentic Croatian hospitality.

Boats line a pier in Opatija along the Adriatic Sea.



### Before Traveling to Europe ...

- **Complete your passport renewal early.** The rule of thumb is to renew if it’s set to expire less than six months *after* the return date of your trip, according to travel agents Mike Salvadore and Connie Antinopoulos. Allow about three months for the renewal process. For an additional \$60, you can choose expedited service; that’ll trim about a month.
- **Apply for a travel authorization.** Starting in 2024, this will be required for Americans traveling to Europe. Tourists can apply for the \$8 authorization online through the

- European Travel Information and Authorization System (ETIAS). Authorization is valid for up to three years.
- **Get your cards ready.** If you haven’t yet, upgrade your credit cards so you can pay via tapping; much of Europe has embraced cashless, no-touch transactions. When using a card, always pay in the local currency; that will get you the most favorable exchange rate. Do carry some euros for smaller transactions, like at street markets.
- **English is widely spoken in Europe,** but you might want to download a translation app on your phone just in case. Practice using it before traveling so that you feel comfortable using it on the go. —Julie Goldenberg

The road into Jerome, where artists and locals have brought a mining town back to life



## HISTORY AND HIPPIES IN THE DESERT

**JEROME, ARIZONA**

Average high temperatures: 50s in January and February; low 60s in March



**IN ITS HEYDAY** as the home of one of the world's most lucrative copper mines, Jerome had a population of roughly 15,000 people.

But plummeting copper prices in the 1950s decimated the town, shrinking the population to around 50.

Jerome might well have disintegrated into Arizona's high desert landscape if not for the resourceful renegades who made their way here in the 1960s and found an inexpensive refuge, says Judy Jaaskelainen, 78, a member of the Jerome Artists' Cooperative Gallery. "That's when the hippies and artists came in," she says. "Artists are not generally wealthy, but they are innovative."

These new residents found beauty and opportunity in the historic buildings, says artist Marjorie Claus, 76, also part of the Jerome Artists' Cooperative Gallery. "They're the business-people of today," she says, "contributing to the community and making a tight-knit place." The buildings are fixed up now, as Jerome's population has swelled—to about 500 residents.

Travelers can sate their thirst and hunger at saloons and restaurants located in the same places where miners drank and dined a hundred years

ago. From the hillside town's perch at an elevation of about 5,200 feet, visitors can find unimpeded views of the nearby Verde Valley and, farther north, the San Francisco peaks, Claus says. In 1966, Jerome was designated a National Historic Landmark District, which limits new development and retains its charm. "There are no gas stations in town, no Walmart," Claus says. "Jerome is small, and it will always be small. But there is still so much here to explore."

**Don't miss:** In a town as historically rich as Jerome, it's worth taking a tour to understand the storied past. Jerome Ghost Tours may not uncover actual ghosts, but they will deliver an extensive and entertaining history of the town and area.



## COWBOYS IN PARADISE

**WAIMEA (ALSO CALLED KAMUELA), HAWAII**

Average high temperatures: 50s in January through March

**SOME 40 MILES** northeast of the famed beaches of Kona on Hawai'i's Big Island is a picturesque ranch town where rolling hills nestle between two volcanoes. Renowned for clean mountain air, cool temperatures and lush forests, Waimea (pronounced WHY-may-uh) is "the most beautiful place on earth," says native artisan Micah Kamohoalii.

It's also the heart of Hawai'i's paniolo, or cowboy, culture and home to the state's largest working ranch. Waimea is a quiet and peaceful refuge, ideal for travelers who want to experience authentic Hawaiian culture, says Neil "Dutch" Kuyper, 56, president and CEO of the Parker Ranch. "If you need Bloomingdale's and Nordstrom, Neiman Marcus and Whole Foods, this is not the town for you," Kuyper says. "But if you want a couple of farmers markets where you can get good groceries, and you appreciate a good view, it's perfect."

Waimea also serves as a home base to explore the island's storied beaches without paying premium prices at oceanfront resorts.

**Don't miss:** At the Paniolo Preservation Society, visitors learn how the first cattle were gifted to Hawai'i in 1793 and how Mexican vaqueros mentored Hawaiians on ranching. ■

*Rachel Walker has written about travel for Outside and Sierra magazines.*

**Sunset along the Pacific, west of Waimea; in the hills nearer to town, ranches prevail.**





# MEDICAL BREAKTHROUGHS

CHRONIC  
PAIN

WOMEN'S  
HEALTH

CARDIOVASCULAR  
DISEASE

DIABETES

MEN'S  
HEALTH

BRAIN  
HEALTH

**NEW RESEARCH IS  
CHANGING THE FUTURE  
FOR OLDER AMERICANS.  
HERE'S A SAMPLING OF  
THE GOOD NEWS**

By Sari Harrar



**BREAKTHROUGHS IN  
CHRONIC PAIN**

**‘Whole Health’ Relief for  
Pain Management**

**HEATH HAUG SERVED** for 22 years in the Army, Marine Corps and National Guard, followed by two decades as a cop. “I beat my body up,” he says. “My back, feet, my knee. It takes a toll.”

But now Haug, 54, of Christiansburg, Virginia, has found relief through the Salem Veterans Affairs Health Care System’s (VAHCS) innovative Prevail Center for Chronic Pain. The program gives veterans basic coping strategies through an online or face-to-face “pain school,” after which they meet for an hour with a caregiving team—made up of a psychologist, a pharmacist, a dietitian, a physical therapist and a physician specializing in pain—that creates a personalized, six-month treatment plan focused on healthy eating, exercise, spirituality and reducing stress.

Haug has lost 12 pounds by eating more produce and less packaged food. He’ll soon start cognitive behavioral

therapy for insomnia and has received injections to ease arthritis in his spine. Soon he hopes to get back to hiking with his wife. “The pain’s going to be there,” he says. “I’m learning ways to minimize it to lead a normal life.”

Haug is among Prevail’s first group of 280 participants, who have reported that their pain is no longer controlling their life, says clinical psychologist Rena Courtney, director and creator of Prevail.

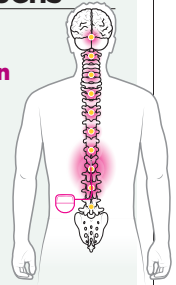
“We start by asking, ‘If you were in less pain, what would you be doing more of?’ We get answers like ‘I’d be playing with the grandkids,’ or ‘I’d be hunting or fishing,’” Courtney says. “We tell them that’s how we’re going to know if we’re successful—if you’re doing more of that in six months.”

Chronic pain affects approximately 37.8 million midlife and older Americans, and nearly a third have high-impact pain that makes daily life difficult. In 2019, the Department of Veterans Affairs called on the National Academies of Sciences, Engineering and Medicine to study the potential of the whole health care model that Courtney and others at the VA are using to address chronic pain.

Prevail is offered only at the Salem VAHCS; Courtney suggests civilians with chronic pain look for pain programs affiliated with medical schools or ask their doctor for referrals for help with diet, exercise, stress, sleep and mental health. The VA’s free,

**Drug-Free Help for  
Diabetic Nerve Pain**

Early in 2023, the FDA approved use of the Eterna, Proclaim Plus and Proclaim XR Spinal Cord Stimulation (SCS) Systems to relieve lower-extremity pain caused by diabetic peripheral neuropathy (DPN). The devices send mild electrical signals to the spinal cord, reducing pain by an average of 53 percent in studies.



**Virtual Reality for  
Back Pain**

A virtual reality program called RelieVRx,

by AppliedVR, successfully reduced back pain by half for 46 percent of users who followed the program daily for eight weeks. Users of the prescription-only system put on a VR headset to learn cognitive behavioral skills for pain management such as deep relaxation and breathing exercises. Sessions last two to 16 minutes. The program is currently available in some health systems and through the Department of Veterans Affairs.



Heath Haug says his life is less limited by pain.

online Personal Health Inventory ([va.gov/wholehealth/phi.asp](http://va.gov/wholehealth/phi.asp)) can help you get started.

What matters is taking a holistic approach to pain management, says Courtney—one that treats the biological and emotional aspects.

“When I ask, ‘What happens to your pain when you’re stressed,’ every single person says it gets worse,” she says. “If pain were just biological, that wouldn’t matter.” →

**NEW USES FOR NALTREXONE**

► Once prescribed for alcohol and opioid overuse, the drug naltrexone is getting new attention for its potential to ease pain from Crohn’s disease, fibromyalgia, rheumatoid arthritis and more. University of Kansas Medical Center scientists recently reviewed naltrexone, concluding that it shows promise, but more research is needed.



Opposite: Illustration by Sean McCabe. This page, clockwise from top right: Brown Bird Design; AppliedVR; Shuran Huang



## BREAKTHROUGHS IN WOMEN'S HEALTH

# 3D Ultrasound for Better Mammograms

A new no-compression scan for dense breasts

**LORI MILLER USED** to feel relieved when her mammogram results arrived in the mail. “They’re always normal,” she says. But in recent years, there’s been a puzzling postscript. “The letter explains that I have ‘dense breasts,’ which makes it harder to find cancer on a regular mammogram,” she says. That made her “normal” results feel less than fully reassuring.

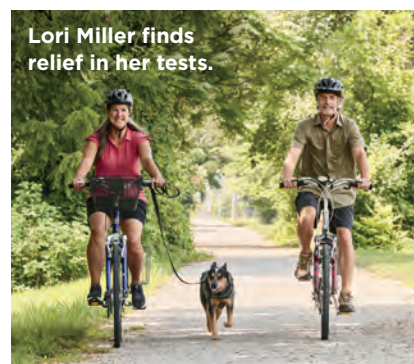
This year, Miller, 58, a retired industrial engineer from Pontiac, Michigan, tried something new. First, she had a conventional mammogram. Then she walked down the hall at the Barbara Ann Karmanos Cancer Institute in Detroit for a three-dimensional whole-breast ultrasound screening called SoftVue, recently granted pre-

market approval by the Food and Drug Administration as an add-on cancer check for dense breasts. Called a 3D whole-breast ultrasound tomography system, the new technology sends sound waves to create a 360-degree image of the breast that offers a more comprehensive look at the tissue and details of any changes—without compressing the breast or sending radiation completely through it. The results? Normal. “It was nice knowing the results would provide increased cancer detection,” Miller says.

Cancer risk is up to four times higher in dense breasts, possibly because dense tissue has more cells that can become abnormal, and women with dense breasts may have higher levels of estrogen, which can increase the risk of cancer. Conventional mammograms may miss up to 40 to 60 percent of cancers in dense breasts, says Rachel

Brem, M.D., director of breast imaging and intervention at George Washington University in Washington, D.C.

Clinical data has shown that scans with SoftVue, plus a conventional mammogram, found 20 percent more cancers than mammograms alone—and were better at weeding out false positives, says Brem. “This is a new kind of ultrasound,” she adds. “It gives us more information about tissue character.” A 2020 study found that the system measured breast tumor changes early in chemotherapy—



Lori Miller finds relief in her tests.

## ON THE HORIZON

### BONE HEALTH INSIGHTS FROM ASTRONAUTS

▶ A growing stack of studies is delving into bone loss in astronauts on spaceflights and aboard the International Space Station, with results that could mean stronger skeletons and better fracture prevention on Earth. And insights into how bone strength and density recover from space travel may yield new targets for osteoporosis-fighting treatments in the future for women and men.



potentially useful for seeing if treatment is working or not. The system can also detect the stiffness of breast tissue and differentiate between malignant and benign masses, another study found.

About 40 percent of women in their 50s and 30 percent of women 60 and older have dense breasts, but just 38 states require breast-imaging centers to inform women of the issue. (A new FDA rule requires all U.S. mammogram facilities to notify patients about their breast density starting in September 2024.) The American Cancer Society suggests women with dense breasts discuss screening strategies with their doctors; options include 3D X-ray mammography, other types of ultrasound tests or an MRI, often along with a standard mammogram.

“Women with dense breasts really need additional screening,” Brem says.

### MORE WOMEN'S HEALTH BREAKTHROUGHS

**New Hot Flash Drug**  
The FDA in May approved a nonhormonal treatment for menopausal hot flashes and night sweats. Vezolah (fezolinetant) blocks a receptor on brain cells that plays a role in temperature regulation. The drug, intended for moderate to severe hot flashes, significantly reduced the number and severity of episodes in clinical trials.



### High-Tech Help for Incontinence

In a study, participants using a prescription-only pelvic-floor

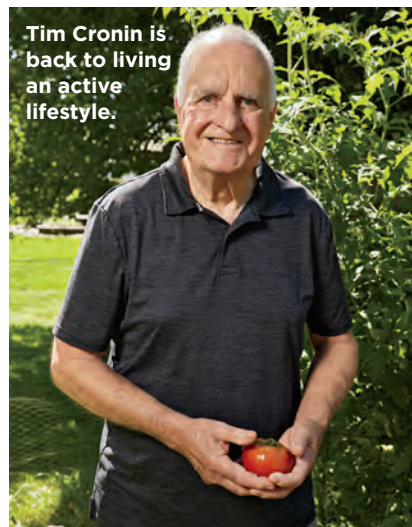
training device called the Leva Pelvic Health System, which delivers feedback to a smartphone app, reported significantly greater improvement in incontinence versus those exercising on their own.

## BREAKTHROUGHS IN CARDIOVASCULAR DISEASE

### Device Busts Lung Clots Three Ways

**TIM CRONIN, 82**, grew short of breath as he raked leaves in his Warrington, Pennsylvania, yard one Monday in November 2019. By Friday, he could barely breathe. Large blood clots—pulmonary embolisms—had blocked blood flow in his lungs, boosting pressure on the right side of his heart and restricting delivery of blood to the rest of his body. Fortunately, his doctors had a new clot-busting treatment.

Cronin became an early recipient of the Bashir Endovascular Catheter, a device that's threaded through the blood vessels to the lungs, then opens into an expandable infusion basket in the clot, creating multiple channels to allow for blood flow, while the catheter's arms spray a clot-dissolving drug directly into the blood clot. “People clapped and yelled hooray when the first catheter was put in place,” recalls Cronin, who was awake during the procedure. He needed two, to open blockages in both lungs. He spent the first night at Doylestown Health with the device in place, returning



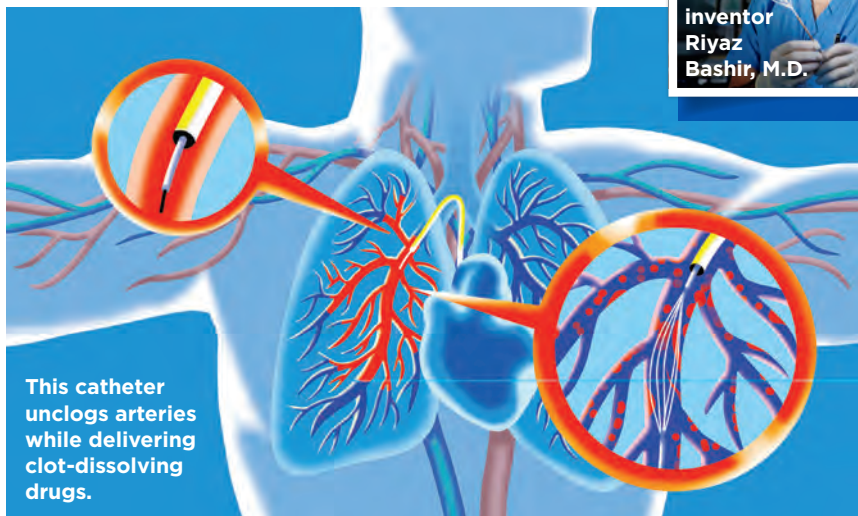
Tim Cronin is back to living an active lifestyle.

home a few days later, after the clots had diminished. Several months after that, he rode his bike about 125 miles during a weeklong beach vacation.

Pulmonary embolisms (PEs) are the third-leading cause of cardiovascular death in the U.S. behind heart attack and stroke, hospitalizing 350,000 people per year and causing more than 100,000 deaths. The clots usually form in deep veins in the legs and travel upward to the lungs. But the Bashir and Bashir S-B Endovascular catheters, cleared by the FDA in 2023 for pulmonary embolisms, are part of a growing number of treatments for medium-risk PEs, which affect up



Device inventor Riyaz Bashir, M.D.



This catheter unclogs arteries while delivering clot-dissolving drugs.

## MORE CARDIOVASCULAR BREAKTHROUGHS

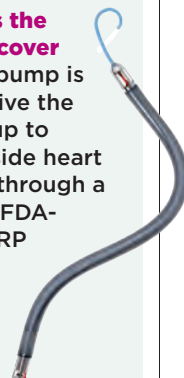


### Women's Heart Centers

A study found that women with a common, but often-overlooked, type of heart disease caused by narrow or spasming arteries had major improvements in chest pain, anxiety, blood pressure and cholesterol levels when they were treated at a women's heart center.

### A Little Pump Lets the Heart Rest and Recover

A tiny, temporary pump is now available to give the heart time to get up to speed after right-side heart failure. Implanted through a groin incision, the FDA-approved Impella RP System helps the heart move blood to the lungs to receive oxygen.



to 65 percent of people with the condition. PEs need aggressive care to prevent heart and lung damage.

While our bodies produce natural clot busters of their own, when blood can't flow, those natural compounds can't reach the obstruction.

"I wanted to design a device that could create multiple channels for blood to flow into the clot, bringing in the body's own clot-dissolving chemicals," says device inventor Riyaz Bashir, M.D., director of Vascular and Endovascular Medicine at Temple University in Philadelphia. "That can mean life and death for a patient. All

of a sudden blood starts oxygenating, and the patient starts feeling better."

The device's catheter has six mini infusion catheters, each with laser-drilled holes that expand into the obstruction and then saturate it with a clot-busting drug. That, plus the assist from natural clot busters in blood, "reduces the dose of medicine, which reduces risk for bleeding," Bashir says. The treatment takes about five hours.

Four years after his lung clots, Cronin takes medication to reduce his risk for future problems. "My heart seems fine," he says. "And I'm back to raking leaves."

## ON THE HORIZON

### AN EXPERIMENTAL 'TATTOO' TO TRACK HEART HEALTH

► University of Texas at Austin scientists are studying a lightweight grid that spreads across the chest like a tattoo, monitoring electrical and acoustical signals from the heart without requiring the wearer to stay at a medical center.

## BREAKTHROUGHS IN DIABETES

### A Continuous Glucose Monitoring Revolution

**DIAGNOSED WITH** type 2 diabetes in 2004, Andy Pincus has made some radical changes. He's lost 52 pounds, walks more than 15,000 steps a day and eats a more plant-based diet.

But earlier this year, Medicare expanded coverage for continuous glucose monitors (CGM), making it significantly easier for Pincus, 70, and millions of others to manage their blood sugar levels. Once used mostly for insulin-dependent type 1 diabetes, CGM use is rising fastest in people like

Pincus with type 2 who typically take oral medications and may use injectable drugs, sometimes along with insulin, to control blood sugar.

To better manage his diabetes, Pincus wears a patch with a glucose sensor on his upper arm that transmits blood sugar (glucose) data to his smartphone. "I take readings several times during the day. When I see spikes and valleys, I think about what I ate that caused that. I've lost weight and my A1c [a 90-day blood sugar average] is lower."

Experts estimate the Medicare rule change makes 1.5 million more older adults eligible for the devices, many with type 2; if private insurance plans follow suit, another 2.5 million people, almost all with type 2, will have insurance coverage. The change is one reason analysts say by 2027, at least 5.9 million people with type 2 diabetes



will be eligible for insurance-covered CGMs. That could grow to 8.4 million if private insurers also expand coverage. "This is great news for patients with type 2 diabetes," says Tamara Oser, M.D., who studies CGM devices at the University of Colorado Anschutz Medical Campus in Aurora.

Compared to finger-stick blood sugar

## ON THE HORIZON

### ARTIFICIAL PANCREAS FOR TYPE 2 DIABETES

► In January 2023, a small British study showed that an experimental "artificial pancreas"—a device that measures blood sugar continually and releases insulin into the bloodstream as needed—was more successful at lowering blood sugar than standard insulin injections for adults with advanced type 2 diabetes. Researchers say larger studies are needed to fully test the device.

## BREAKTHROUGHS IN MEN'S HEALTH

# Cancer Treatment From Inside the Prostate Gland

**TOMMY SAUL, 57**, takes prostate cancer seriously. His father died after a 12-year fight with the disease, the second-leading cause of cancer death in men. So when Saul's annual prostate-specific antigen test (a measure of prostate health) showed that his PSA levels had doubled in 2022 and a biopsy confirmed that he had prostate cancer, his doctors urged

radiation or immediate surgery to remove his prostate gland. Still, despite his family history, Saul hesitated. "I didn't like the side effects—urinary incontinence and erectile dysfunction," Saul says. "But I wanted to live a long time

for my wife and our three sons. That's when we did a lot of research."

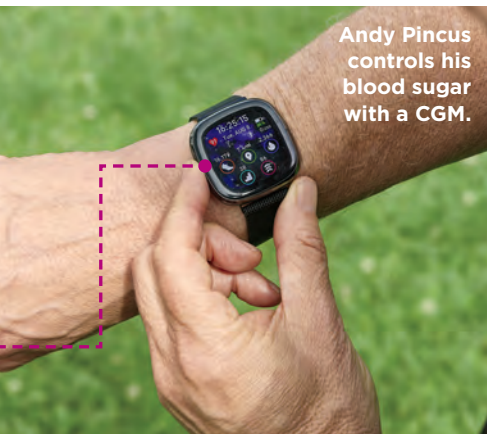
Saul and his wife, Autumn, decided that he was a good candidate for TULSA-Pro, an outpatient procedure cleared by the FDA in 2019 that destroys cancerous tissue from inside the prostate gland with ultrasound heat. Doctors use magnetic resonance imaging to guide the robotic procedure while a cooling catheter inserted in the rectum reduces heat exposure of nearby tissue. Recovery is generally faster than with surgery or radiation. It's intended mostly for men with low- and intermediate-risk prostate cancer that hasn't spread.

"The goal is to minimize side effects," says Yair Lotan, M.D., chief of urologic oncology at the University of Texas Southwestern Medical Center, in Dallas. "We can't guarantee a risk-free experience. But with magnetic resonance imaging to guide the procedure, we can be very precise."

In a recent study of 115 midlife and older men with low- to intermediate-risk prostate cancer who had their prostate gland completely treated via TULSA-Pro, 96 percent of participants saw their PSA levels fall by 75 percent or more within a year, 25 percent had new problems with erectile dysfunction (ED), and 11 percent reported some urinary leakage or incontinence. →



Tommy Saul with his wife, Autumn



Andy Pincus controls his blood sugar with a CGM.

checks, CGM devices help midlife and older adults lower their blood sugar further and keep it in a healthy range longer. In Oser's recent pilot study that used CGM with a lifestyle guide and Fitbit, 67 percent of newly diagnosed type 2 patients obtained diabetes remission. Oser is also testing CGM in prediabetes, which almost 64 million midlife and older Americans have.

Meanwhile, Pincus has used his CGM to see how certain foods, as well as sleep and stress, affect his glucose levels. "CGM has the ability to change lives," he says.

## MORE DIABETES BREAKTHROUGHS



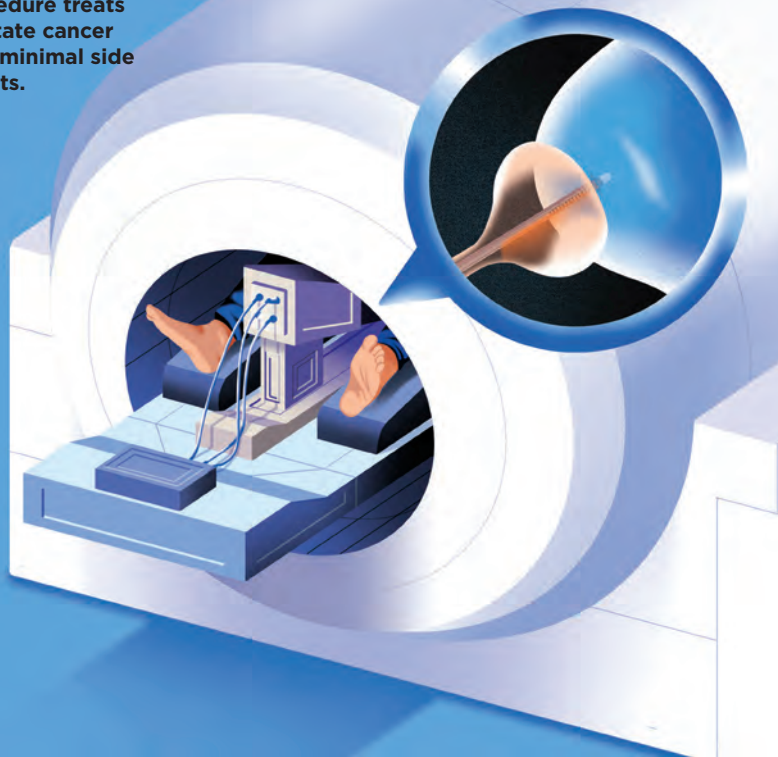
### App Helps You Stay on Track

A prescription-only smartphone app, which uses cognitive behavioral therapy techniques to help people with diabetes develop new habits, received FDA authorization in July. People using the AspyreRx app for 90 days saw their A1c, a measure of long-term blood sugar control, fall significantly.

### Diabetes Drug Sparks Weight Loss

In May 2022, the FDA approved tirzepatide (Mounjaro), an injectable diabetes medication that activates receptors on cells for glucose-controlling hormones. The drug also helps with weight loss; after approval, some dosages were in short supply as people with and without diabetes flocked to fill prescriptions.

The TULSA-Pro procedure treats prostate cancer with minimal side effects.



By three years after their procedures, 13 percent needed additional prostate cancer treatment, but none had severe erectile problems, and 99 percent didn't need pads for managing incontinence.

In contrast, 25 percent to 33 percent of men who undergo standard surgery or radiation treatment see their cancer return, according to the Prostate Cancer Foundation. Up to 23 percent may have lingering incontinence after surgery, and up to 50 percent may have ongoing ED a year or more after surgery or radiation. These side effects can dramatically affect a man's quality of life.

Lotan says ultrasound and other "focal" cancer therapies that treat part of the prostate are active areas of research offering new hope to men with prostate cancer. "Twenty years

ago if you had prostate cancer, it was surgery or radiation," he says. "Now focal therapy is an evolving area."

Saul says he's had no incontinence or erectile dysfunction since his TULSA procedure at the Ronald Reagan UCLA Medical Center, in Los Angeles, in August 2022. "I travel a lot for my job, on jets without restrooms," he says. "And my wife and I have a passionate relationship. We didn't want to lose that."

Follow-up tests show his PSA levels have dropped from 12 to 3, an encouraging sign, and MRI scans of his prostate haven't found any trouble spots or signs of cancer.

"At a different stage of life or a different stage of cancer, surgery or radiation might have been the best option," Saul says. "But this was perfect for me."

## MORE MEN'S HEALTH BREAKTHROUGHS

### ♂ Over-the-Counter Help for Erectile Dysfunction

A nonprescription gel that helps men get an erection within 10 minutes received FDA clearance in June. Eroxon, already sold in Europe, stimulates nerves involved with erections by cooling then warming the penis, which makes blood vessels dilate, according to maker Futura Medical. It's effective for 65 percent of people who try it, the company says.

### New Treatment for Relieving Symptoms of Prostate Enlargement

A new catheter system approved by the FDA this past June treats troublesome urination problems caused by benign prostatic hyperplasia (BPH)—an enlarged prostate. The Optilume BPH Catheter System is a drug-coated balloon that expands in the prostate gland opening, enlarging it to allow for the flow of urine. At the same time, the device releases the medication paclitaxel to help prostate tissue heal. Men with BPH often have to pee repeatedly and urgently, and may have difficulty starting a stream of urine or experience a weak flow. Those who underwent the new catheter procedure not only increased their urinary flow rate by more than 70 percent, but they were still reporting urinary improvement four years later, according to a 2023 study of 80 subjects.



## ON THE HORIZON

### LAB-GROWN HAIR FOLLICLES FOR BALDNESS

▶ Japanese researchers have grown hair follicles in a lab by reprogramming mouse cells, and most sprouted hairs that grew to about a tenth of an inch long. In the future, the follicles could be used to test hair-loss treatments, they say.

**BREAKTHROUGHS IN  
BRAIN HEALTH**

**Nerve  
Stimulation  
for Stroke  
Recovery**

A 2020 STROKE caused by a blocked artery on the left side of her brain left Kathy Reynolds, 69, unable to use her right hand. Despite extensive rehab, she couldn't knit or even cut her own food. "I learned to do things with my left hand and tried holding one knitting needle under my armpit," says this retired teacher from Succasunna, New Jersey. "But there were things I just couldn't do."

In February of this year, Reynolds

had a new type of device implanted just below her collarbone, with a wire under the skin leading to her vagus nerve. During occupational therapy sessions and at home, she or her therapist can turn on the Vivistim System, sending mild electrical pulses to the vagus nerve and on to the brain. Stimulating the vagus nerve changes electrical activity and levels of neurotransmitters in brain cells, nudging the brain's efforts to build new pathways as Reynolds works to recover the use of her right arm and hand.

Long used to quiet seizures for people with epilepsy and for stubborn depression, vagus nerve stimulation (VNS)—paired with extensive rehab—helped people recover more use of their arms and hands in a recent study of 108 stroke survivors published in *The Lancet*. Up to 60 percent of stroke

survivors have lingering problems with use of their hands and arms. "The conventional wisdom up until now is that by a year after a stroke, there really isn't much that helps," says study coauthor Charles Liu, M.D., director of the Neurorestoration Center and professor of neurological surgery at the University of Southern California Keck School of Medicine. But with VNS, "it is possible to achieve meaningful improvements many years after stroke," the study's authors conclude.

It takes hard work. People in the study completed an intensive rehab program of three 90-minute in-clinic sessions per week for six weeks, plus additional sessions at home, repeating the hand and arm movements needed for everyday tasks—such as grabbing, eating and opening containers—hundreds of times. Those who did just



Mild electrical pulses help boost the effectiveness of stroke-recovery therapy.

Opposite, clockwise from top left: Illustration by Glenn Harvey; Noun Project; Urotronic. This page: Illustration by Glenn Harvey

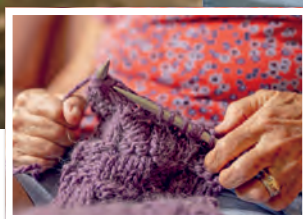
**ON THE  
HORIZON**

**SMARTWATCHES THAT CATCH EARLY PARKINSON'S**

► Researchers analyzed data from 103,712 people who wore a smartwatch-like movement-tracking device for a week. Those who went on to develop Parkinson's disease after wearing the watch showed signs of a unique slowness of movement up to seven years before diagnosis. Researchers say the finding could help detect this neurological disorder earlier and possibly aid in prevention studies.



**Kathy Reynolds is regaining use of her right hand.**



the rehab program recovered some additional use of their arms and hands, but adding VNS doubled the amount of improvement. “The vagus nerve connects many parts of the body to many parts of the brain,” Liu notes. “It’s a natural antenna.” The system helped about half of users. “In general, people have been happy with their improved level of function,” Liu says. “It’s important to understand that VNS is not a panacea; not all your stroke symptoms will be gone.”

In 2021, the FDA approved Micro-Transponder’s Vivistim System, which pairs VNS with hand and arm rehab in people who’ve had an ischemic stroke (the most common type, caused by a blood vessel blockage). Vagus nerve stimulation is the topic of continued medical

research. In the future, VNS and other types of nerve stimulation may be used to jump-start recovery of mobility in legs and feet, too, Liu notes. VNS lab studies have also looked at VNS’s effects on thinking and memory after a stroke.

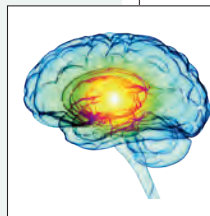
Meanwhile, Reynolds’ recovery is encouraging. She recently succeeded in writing with a regular pen, rather than one with a large foam grip, with her right hand. And she’s using both hands to knit—including a practice piece with a checkerboard pattern. After a short walk with her best friend, the two women sit comfortably together like old times.

“We visit, we chitchat, we knit,” Reynolds says. “There are pathways in my brain that haven’t been working since my stroke. This is making them wake up again.” ■

*Sari Harrar is a contributing editor to AARP The Magazine.*

### **Cerebrospinal Fluid Tests for Alzheimer’s Disease**

The FDA has cleared a new test that measures beta-amyloid proteins in the fluid that surrounds the brain and spinal cord. These proteins build up in people with Alzheimer’s; detecting them early could allow doctors to prescribe medications that may slow the disease’s progression. Other tests for Alzheimer’s biomarkers have also received recent FDA clearance. In studies, results of the tests were comparable to PET brain scans used to detect Alzheimer’s brain changes.



### **Magnetic Brain Stimulation for Mental Health Disorders**

Transcranial magnetic stimulation (TMS), first cleared by the FDA for treatment-resistant depression in 2008, is showing promise for other mental health conditions, including anxiety, PTSD and addiction. It uses magnets to stimulate brain cells. Conventional TMS requires six weeks or more of daily sessions, but the SAINT system, a new type of TMS, got FDA clearance in 2022. One study of people with depression showed a remission rate of 79 percent after just five days of using SAINT.

### **New Gut/Brain Connection Offers Dementia Clues**

University of Massachusetts Amherst researchers analyzed studies of more than 110,000 people and found a link between constipation and declining cognition; those who went three or more days without a bowel movement had “significantly worse cognition”—the equivalent of three additional years of brain aging—compared to those who went every day.

One possible link: The gut microbiome, which plays a large role in controlling inflammation (a risk factor for Alzheimer’s). Talk to your doctor if you experience frequent constipation, recommends UMass researcher Chaoran Ma.



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AARP The Magazine  
**65th Anniversary**

# BONUS ISSUE

To mark AARP's 65th birthday, we're publishing an extra edition of AARP THE MAGAZINE. The issue offers timely advice to lead your best life right now.

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BONUS  
ISSUE  
EXCERPT

# I Work



Martha Stewart, 82, refuses to concede a scintilla of her restless ambition. She was happy to show the world what a beautiful, mature woman looks like in the *Sports Illustrated* swimsuit issue this year, and she counts Justin Bieber and Snoop Dogg among her friends. How does she approach life in her ninth decade? Here's the answer, in her own words.

Photo credits on page 86

# Hard Every Day'



**A**GING ISN'T something I think about. How old I am, slowing down, retiring—I just don't dwell on that. People talk about aging successfully, but I think of it as living gracefully and living to the absolute fullest. I'm about trying new things and learning new things every single day, staying fresh, being interesting and interested, staying curious, staying busy, developing new friendships. I wake up early, early, early—often at 4 a.m.—and read the newspaper to make sure nothing bad has happened overnight. I do Pilates at 6:15 a.m. three times a week. I ride horses. I travel. On a recent trip to Maine, I was hiking and boating and doing all the fun things you do there.

But I also work hard every day on things that challenge me and invigorate me. I'm working on a documentary with R.J. Cutler that traces my life over the last eight decades. It's so interesting to see how it has crossed over with historical events. I was one of the early adopters of personal computers; I got my first IBM computer in 1982. My first serious boyfriend after I got divorced in 1990 was the creator of Word and Excel for Microsoft. I believe my magazine was the first to be designed digitally.

And I continue to think that the most important part of aging well is to stay curious, to try new things every day.

There's so much to do. I'm working on my 100th book, which is about my 100 favorite recipes. And I'm working on my autobiography, which I'm writing myself. These are big, difficult, yearslong projects, but I don't want to have regrets, or "would've, could've, should've," which is a horrible feeling.

I have had two real setbacks—a sad divorce and my well-documented legal issues. That's pretty good, having only two. And I have a couple of regrets, but nothing major. You know, why didn't I collect more art? Why didn't I pay more attention to so-and-so, who was courting me? Why did I blow him off?

At this point, I don't have to have a love affair; having friends is good enough. I haven't had health problems. I don't take any medicine. I have very good blood pressure. And at age 77, I stopped wearing glasses after wearing corrective lenses from the time I was 16! I'm not bragging about it. Something weird →



happened. I got an infection in my eyes and my doctor gave me steroids for it, and the result was 20/20 vision. They call it second sight. I'm pretty fortunate.

My mother was my idol because she was so vibrant and healthy and strong. She had six children, lived to 93 and was the ultimate example of successful living. She inspired me 16 years ago to start the Center for Living at Mount Sinai Hospital in New York, which is the oldest geriatric hospital in America.

We now have two outpatient wards devoted to caring for anyone over age 65. We consolidate patients' records, do exams, and guide them on their medications, diet and exercise. The idea is that aging is not about dying; it's about living well. Because people are aging so differently now. The average life span has increased. By 2034, there will be more people over 65 than under 18. New communities are popping up where older people are caring for themselves and exploring life in new ways.

I also try to set a good example. When *Sports Illustrated* called this year to ask if I would pose in a bathing suit on the cover, I paused for about one minute and said "Oh, why not?" My daughter, Alexis, was very kind—she just said, "Cool. Go for it," which was a lot nicer than, "That's crazy, Mom."

They only gave me two months to get in shape, and I took it on as an assignment. I immediately cut out bad foods, worked out, worked on my arms and on elongating my muscles. And the shoot came out great. People told me it made them feel good about themselves, and that's important to me. If you take care of yourself, you can live an active, healthy, long life.

One thing that energizes me is spending time with younger people. I don't know if it's a conscious effort on my part, but most of my closest friends are at least 20 years younger than I am. People love to ask me about my friendship with Snoop Dogg, and we really are BFFs. It's an education to get into the brain of someone like him. The other day I was reading a big article about the 50th anniversary of rap music. They had 50 interviews with 50 rappers, but they didn't

include Snoop. I thought that was bulls---. So I communicated that to Snoop, and he just said, "maybe I'm not interesting enough." Trust me, Snoop is interesting enough. But I understand. I'm a mover-on-er. I try not to hold grudges or stay upset about silly things. You can rant and rave but then, you know, cool off and let it go.

My grandchildren, Truman and Jude, are probably my greatest teachers. They travel with me all the time. We're going to Japan this year because they love Japanese food, and because there are so many interesting places to visit there. It's the children's enthusiasm for the world that captivates me. Their eyes are wide open. They want to see everything. But so do I. So much is still undone.

I've accomplished a lot but certainly not everything. Who in the world has done everything they've wanted to do? Nobody.

In this life, you just have to work at staying better. That's really all you can do. You work at it. Try to keep up with friendships, projects, relationships, with educating yourself—stay on top of it. Because once you're gone, what can you do? You hope you've done enough.

What do I want people to say about me 100 years from now? Oh, I don't know. Maybe it's just, "Did you make Martha's apple pie? Because it really is the best recipe."

—As told to David Hochman



**Martha Stewart and granddaughter, Jude, above, and with her mother, right**



**▲ BONUS ISSUE EXTRA**  
Martha's world's best apple pie recipe!

## MORE AGE DEFIERS IN THE ANNIVERSARY ISSUE

Honoring those evolving, innovating, creating

**DUSTY BAKER**

Winning the World Series at 73

**DAVID HOCKNEY**

Dominating the art world at 86

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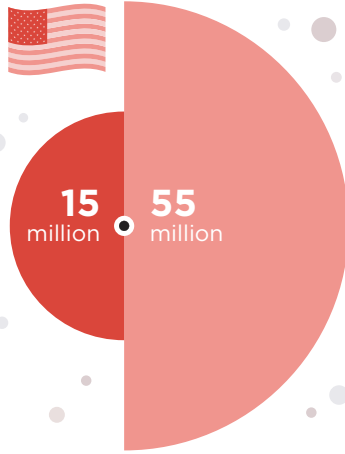
# Our Lives, No

How much (or how little) has the life of a 65-year-old changed between 1958 and today? Here are some surprising answers

By A.J. BAIME WITH DAVID COLTON AND DON POHLMAN

## THERE ARE A WHOLE LOT MORE OF US...

In **1958**, **9 percent** of Americans were 65 and older; together, we totaled about 15 million. In **2023**, **17 percent** of Americans are 65 and older, totaling almost 55 million.



## ... AND WE'VE COME A LONG WAY, BABY.

Well-known people who turned 65 in **1958** included Mae West, Jimmy Durante, General Omar Bradley and Mao Zedong.

Celebs turning 65 **this year** include Madonna, Jamie Lee Curtis, Ellen DeGeneres, Andie MacDowell, Kevin Bacon and Ice-T.



**WE BRING IN MORE CASH.**

Median income for 65-plus households

**1958:**  
**\$2,666**

(adjusted for inflation, that's \$28,200 today)

**2023:**  
**\$47,620**

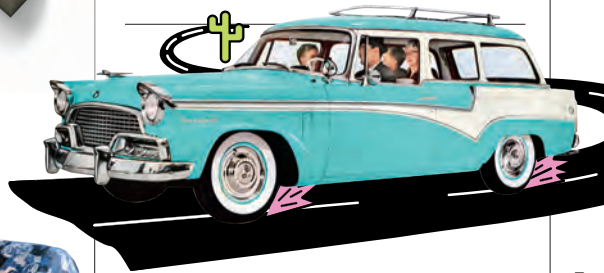


## WE'RE FLYING HIGH ...



In **2022**, airlines flew **853 million** American passengers, even with pandemic-related drops in business travel and tourism.

According to a **1959** report on airline traffic, **49 million** passengers took to the skies the prior year.



## ... AND WE STILL DRIVE. A LOT!

**1958:** The average American motorist drove 9,500 miles, getting 14.2 miles per gallon.

**Average gas price: 31 cents per gallon** (\$3.27 today, adjusted for inflation)

**2023:** The average American drives about 11,000 miles a year, getting 25.3 mpg. **Average gas price: \$3.82 per gallon**

Illustrations by James Clapham; photo credits on page 86

# Now and Then

## BARBIE WAS ABOUT TO MAKE HER DEBUT ...

In **1958**, Mattel was producing the first prototypes for a doll named Barbara Millificent Roberts ("Barbie"), which was to go on sale March 9, 1959.

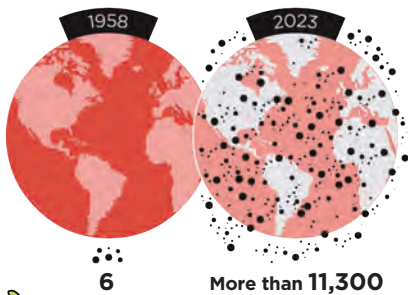
## ... AND NOW, NEARING MEDICAL CARE AGE, SHE'S FINALLY A HOLLYWOOD STAR.

In **2023**, the *Barbie* movie surpassed **\$1 billion** in global ticket sales in just weeks.



## WE'VE CREATED A SPACE JAM ...

Number of satellites orbiting the Earth



## ... AND WE'RE STILL INTRIGUED BY ALIENS.

**1958:** The U.S. seals off Area 51, near Las Vegas, sparking endless conspiracies about aliens and UFOs.  
**2023:** **56 percent** of Americans 65 and over believe intelligent life exists in outer space.



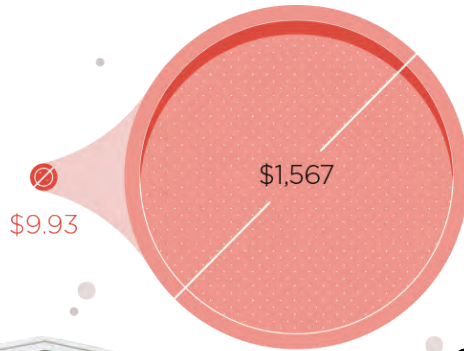
## OUR LARGEST COMPANIES HAVE CHANGED.

**1958:** General Motors, Jersey Standard (now Exxon Mobil), Ford Motor Company, U.S. Steel

**2023:** Walmart, Amazon, Exxon Mobil, Apple

## WE SPENT A LOT LESS OF OUR INCOME ON PRESCRIPTION DRUGS IN 1958.

The annual Rx expenditure per person per year in **1958** averaged **\$9.93**—that's the total, not the copay. **Today**, that figure is **\$1,567**.



## WE PAY MORE FOR OUR HOMES.

The median price of a home in

**June 1958:** **\$19,214**      **June 2023:** **\$410,000**

(\$202,850 now, adjusted for inflation)

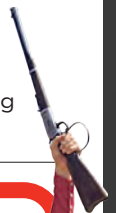
## WE COPE ...

**1958:** People at age 65 had survived the Great Depression, two world wars and a flu pandemic.

**2023:** We've seen the Kennedy assassinations, the Vietnam War, race riots, 9/11 and COVID.

## ... BUT WE'RE OK.

Today, the older we get, the more likely we believe we're living our best possible life.




## AND MUCH MORE IN OUR BONUS ISSUE ...

- > Has our belief in God changed?
- > Do we own more or fewer guns?
- > Do we die of the same diseases?
- > Are we living longer? Living better?

... is in the extended version of this article at [aarp.org/bonusissue](http://aarp.org/bonusissue).

# DRIVING IN

A person is driving a car at night. The interior is dimly lit, with the primary light source being the car's digital instrument cluster. The cluster features a speedometer on the left, a tachometer on the right, and a central display showing a 'Note' and a 'Not connected' status. The driver's hand is on the steering wheel. The background shows a dark road and a blurred night scene through the windshield.

# THE DARK



**When aging eyes meet nighttime roadways, driving can be hazardous. Here's why we struggle to see in the dark, and how you can make the road you travel safer**

**By TOM VANDERBILT**

PHOTOGRAPHS BY KEVIN COOLEY

**MY WIFE** was recently on the phone, trying to arrange a dinner rendezvous for that evening with her parents, both in their 80s.

“How about 7?” she asked, offering a time she thought was reasonable.

“Maybe 6 is better?” her mother countered.

“Let’s say 5,” her father weighed in. Suddenly we were scrambling to get ready, wondering why we needed to rush. Turns out he wasn’t trying to catch some early bird special. The simple reason was he doesn’t like driving at night.

He’s hardly alone. Older drivers—in 2020, there were some 48 million licensed drivers over 65 in the U.S.—tend to “self-regulate,” studies show, and they take themselves out of driving in riskier situations. The most common safety choice older drivers make is not to drive after dark. →

# HOT DEALS

**Healthier You!** Use these tips to help feel your best.

**1. Spend Your OTC Medicare Card.** Your OTC allowance must be used by the end of the year. Don't leave money on the table. Your OTC card can be used for purchases like vitamins, cold and allergy medications, first aid, toothpaste and incontinence products.

**2. Reward Yourself.** Join rewards programs at your favorite pharmacy and cash in on discounts for future healthcare product purchases. Many pharmacies also have buy one, get one 50% off or more – so stocking up can help you save money too. Just check expiration dates.

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15% off your purchase



## HOW TO SEE BETTER IN THE DARK

Driving as little as possible after dark is safety tip number one. But sometimes, especially when the days grow shorter, that simply isn't an option. To maximize your vision:



**1 Use your brights at night in almost all cases, except when there are oncoming cars.**

Drivers often don't see as well at night as they think they do, and high beams give them the best chance of reacting fast enough to an unexpected hazard.



**2 Don't economize.**

When buying a new or used car, look for models with top-rated headlights (go to [ihs.org/ratings](http://ihs.org/ratings) to find a car's safety ratings). When given

a choice, opt for the best headlights available.



**3 If your car is several years old, consider getting your headlights and casings replaced.**

A 2018 study by AAA found that in at least two popular sedan models, degraded headlights and yellowed headlight casings meant that on low beams, the headlights were emitting just 22 percent of the light that new ones would provide, making night driving more hazardous.



**4 Keep your windshield and headlights cleaned,** for obvious reasons.



**5 Reset the illumination levels of your dashboard lights and any in-car screens to low.** Bright light inside makes it harder to see outside.



**6 Don't skip the after-dinner coffee.**

The National Highway Traffic Safety Administration reports that in 2017, 91,000 police-reported crashes involved drowsy drivers.

With good reason. Half of all fatal car crashes happen after dark, according to data from the National Safety Council—even though only 25 percent of driving happens then. At night, drivers are less likely to wear seat belts, more often under the influence of alcohol, more prone to be fatigued.

But there's another problem: vision.

### HOW WE SEE IN THE DARK

Humans are born with two types of photoreceptors in their eyes: rods and cones. In the daytime, we utilize cones—the structures that allow us

to see color. With the onset of night, we shift to a mix of rods and cones; in very, very low light, we rely entirely on rods—which is why, in the darkness, everything appears black and white. “When you age you lose rods before you lose cones,” says Cynthia Owsley, the chair of ophthalmology at the University of Alabama at Birmingham. So while our vision in daylight may be just fine, our night vision becomes less acute. In people with age-related medical conditions that affect sight, this process is even more pronounced, she notes. →

At the same time, our pupils, which regulate how much light enters our eyes, shrink with age, says John Bullough, program director at the Light and Health Research Center at Mount Sinai Hospital's Icahn School of Medicine in New York City. "The older we are, the smaller our pupils are," he says. "Even for the same light level, there's less light getting inside our eyeball." By the time we hit our 60s, he adds, the backs of our eyes are receiving only one-third the light they did when we were 20. "The world just gets darker, day by day," he says. "The only reason we don't notice it is because it's so gradual." As we age, we also become less sensitive to changes in contrast and thus less able to distinguish objects—like road signs or pedestrians—from their background.

And the darker it gets, the more challenged our sight becomes, especially when it's a question of spotting objects along the side of the road. A study by the University of Michigan Transportation Research Institute found that pedestrian fatalities were 22 percent more likely to occur on nights when there was a new—and essentially invisible—moon than on brighter nights with a full moon. Plus, in low-contrast conditions, it's difficult to estimate how fast objects, such as other cars, are moving, and our reaction times are slowed.

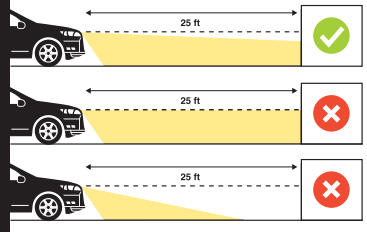
What's more, by the time we reach our late 50s, nearly 1 in 10 of us will suffer from cataracts—a blurring caused by a buildup of protein on the dislike lenses behind our pupils. By the time we hit our 80s, more than half of us will have cataracts. "Everyone who lives long enough, whether their eyes are healthy or not, will experience cataracts," Bullough says.

## HOW TO LIGHTEN UP

The good news is that headlights are, in some cases, getting better at lighting the roadway ahead of us. A testing initiative by the Insurance Institute for Highway Safety (IIHS) found that vehicles equipped with top-rated headlights have 19 percent

### ALIGN UP FOR SAFETY

**Headlight alignment used to be common in annual vehicle inspections, but it's been phased out in most states. As a result, you may be throwing too much light toward oncoming traffic, and less on the road ahead.**



**To check your alignment, shine your low-beam headlights on a wall or garage door about 25 feet away. The top of the bright spot produced by each headlight should be slightly below the height of the headlights. The bright spot should be slightly toward the passenger side. This helps the driver**

**also helps reduce glare for oncoming drivers. If your car is casting a light that looks too high or otherwise out of whack, ask your local auto shop about checking the alignment of your headlights—not a bad request to make, regardless, at your next oil change or state inspection.**

fewer nighttime crashes than do cars with lower-rated lights. As opposed to older headlights, which use a halogen bulb backed by a reflective surface, the best new headlights use LED bulbs with a so-called projector lens, explains Matt Brumbelow, a senior research engineer with the IIHS. "Now you can have a much better beam pattern that gets enough light onto the road," he says.

But even pricey LED lights don't always ensure good illumination. "You might have a really expensive headlight system that doesn't do well," Brumbelow says. "There are lots of LED bulbs not designed to light up the road—they may be there to make a style statement about the car brand." If you're considering a new car and if driving at night is a concern, check out [iihs.org](http://iihs.org), which offers overall safety ratings on vehicles, including for headlights.

Still, having the best headlights is only half the battle. You also need to use them well, especially your high beams. In fact, most of us use our high beams a lot less than we could. Curiously, Bullough points out, "low-beam headlights, initially, weren't ever really designed to be the main headlights for us to be driving with." They were called the passing beams, he says. "And then you had the 'driv-

ing beams,' which were your high-beam headlights."

Over time, owing perhaps to busier roadways and more streetlights, we've defaulted to using our "passing beams" for much of our driving. Even on dark, rural roads without much traffic, some three-quarters of drivers typically use their low beams, according to Bullough. As a result, many drivers are "overdriving their headlights"—driving faster than they would be able to stop based on what their headlights can reveal in front of them.

But while lighting the road ahead is one battle, there's another issue that confounds nighttime drivers: the headlights from oncoming cars.

## CAUGHT IN THE GLARE

Driving at night, you may find yourself occasionally getting "flashed" by oncoming drivers protesting your use of high beams—even when you're using low beams.

"It's relatively easy to put a lot of light on the road," Brumbelow says. "The issue is that you have to do that without glaring other drivers." And in the U.S., headlights tend to have a sharp "cutoff"—a sort of line where it's bright below, dark above, Bullough notes. So when an oncoming car hits a bump, it may (CONTINUED ON PAGE 85)

# REAL/PEOPLE



Wolownick on El Capitan,  
about 200 feet up from  
the Yosemite Valley floor



Inspiring stories  
of friends and  
neighbors, in  
their own words

**INSIDE** ▶ DOGS OF DISASTER P. 74

THE HARD LESSONS OF CARING FOR A  
LOVED ONE WITH DEMENTIA P. 76

EMPTY NEST? TRY DIAPER DUTY P. 79

With her son,  
Alex Honnold,  
subject of  
the 2018  
documentary  
*Free Solo*



## Rock Climber

# Facing Down Fear

To understand her daredevil son, Dierdre Wolownick followed in his footsteps

**I WAS HANGING** 200 feet above a rocky canyon floor when fear took over. Halfway up Lover's Leap, a 400-foot rock face in the Sierra Nevada, I was paralyzed, totally focused on my fear. This was my first big climb, and could have been my last. Someone handed me a rope, but I couldn't grab it.

Let me start at the beginning, at ground level. For years, I'd see news photos and videos of my son, Alex Honnold, a world-renowned climber, and I'd tell myself, *That can't be right. That can't be what he's doing.* I was terrified of heights—for myself and for him.

Finally, at age 60, I decided I needed to understand what he was doing. So I asked him to take me to a local climbing gym. That's how I started doing it myself.

At the gym, I was usually the oldest climber. I lacked the body strength the younger climbers had. But once I learned the skills, 90 percent of my fears for Alex disappeared, because now I understood how careful climbers are and what they do to protect themselves.

That day on Lover's Leap, I had to figure out whether my fear was a rational one I should listen to or a false perception I should talk myself out of. I knew if my climbing partners weren't afraid, I needn't be. So I talked myself through my fear and grabbed the rope.

I made it to the top, and since then, I have gone on many more climbs. At 66, I became the oldest woman to scale El Capitan, the iconic cliff that towers more than 3,000 feet above Yosemite's valley floor. On my 70th birthday, I did it again, celebrating with cake atop the monster granite wall.

As we age, we have reasonable concerns about falling, breaking a bone. Our bodies are different, as are our minds. But some things stay the same. There's a battle with fear you have to win if you're going to do anything worthwhile. —As told to Kimberly A. Edwards

Sacramento, California-area resident Dierdre Wolownick, 72, is the subject of the forthcoming documentary *Climbing Into Life*.



**Left, Merrill with foster pup Maggie; above, F.U.R. hunting for pets in Turkey**

## ‘We Got ’Em’

Retired entrepreneur and veteran Michael Merrill saves animals from disaster zones

**D**RIVING AROUND after a hurricane with 10 dogs and 17 cats in the back of a rental van has its challenges, especially when you’re the guy who’s allergic to cats. After Hurricane Florence in 2018, my then-girlfriend, Susan, and I were doing hurricane rescue missions, transporting animals from an overwhelmed shelter in North Carolina to a humane society in Georgia. A mile from the shelter, a bridge was underwater, so we made a six-hour detour there and back, eventually arriving in Georgia at 5 in the morning.

I didn’t always rescue animals. When I got out of the Army, I started a cellphone company, which morphed

into an internet company, and later I built mobile apps. You make money, you lose money, but at the end of the day, nobody cares. Somebody was always unhappy, and often it was me. I felt like I had to do something more important with my life, so in my early 50s, I started Florida Urgent Rescue, a nonprofit animal rescue. I figured we’d help three or four shelter dogs a month that were on death row and find them foster homes. That turned into thousands of rescues, including some of the toughest cases. One example was a dog named Maverick, who came in from the Bahamas with three broken legs and a fractured hip. After surgery and countless rehab visits, he’s recovered and adopted.

I feel like this is the most important thing I’ve done since I got out of the Army.

With our team of volunteers and foster families, F.U.R. has rescued animals in 13 natural disasters. Last year, we made three trips to Ukraine, working with partners around the world to save 96 dogs and 34 cats. We also reunited people with their pets and helped refugee families evacuating with pets. When the Russians invaded, most shelters and vets offices shut down. Some dogs we saw were locked up, with no food for weeks. One seriously injured older dog was in such bad shape I knew he

wouldn’t survive the trip, and, sadly, he didn’t. But at least we fed him and made him comfortable in the end.

Rescuing animals after the Turkey earthquake in February was a little different. Many people weren’t allowed back into their homes, so they’d post pictures of their missing pets on the Telegram app. We’d go through the crumbling buildings and trap the cats. I can’t tell you how happy these folks were when we called to say, “We got ’em.”

Susan and I got married in 2021. She knows how meaningful this work is for me. We actually got married twice: once in a big ceremony for family and friends and once with just us, our daughter and four of our dogs.

—As told to David Hochman

*Michael Merrill, 61, is a former U.S. Army captain and tech-company entrepreneur. He lives in Jacksonville, Florida.*

# A Loving and Difficult Journey

What Annette Franqui wishes she'd known about taking care of her mom



**W**E KNEW SOMETHING was wrong with my mother, but we didn't know exactly what.

Raised in a big, boisterous Puerto Rican family, she had always been vivacious and warm—an involved, affectionate parent to my sister and me. But soon after she retired at age 67 from her career at a pharmaceutical company, Mom started acting differently. After decades of weekly salon visits, she let her hair grow, and her nails were a mess. Her apartment in San Juan grew ever more cluttered. And she had started to withdraw.

In 2014, I told her I was having surgery and asked her to come to Miami to help out for a few days—a request

she ordinarily would have leapt at.

“I can't,” she said. “I have my dog.” That was not the mother I knew.

In 2015, my sister, Debbie, and I took her to a neurologist. After examining Mom, he told her, with an amount of levity that hurt and offended me, that she had dementia and should just go out drinking with her girlfriends. That wasn't our plan, but Debbie and I knew that we needed one.

We had to figure out how we would help and interact with Mom during her illness. Although we have made mistakes along the way, we have also learned a great deal about caring for a loved one with dementia that might be useful to others starting down the same difficult path.

## Meet Them Where They Are

Something I needed to learn early on was to let my mother be herself—her *current* self. For example, I had wanted her to exercise to preserve her muscle tone and bone strength. Mom was not on board. I would fret about how to get her to work out until my husband, Seth, said, “You're asking a person who just lost their leg to run a marathon. You can't do that. She's a different person now.” I had to let go of some of the goals I had for her.

Part of letting Mom be herself was recognizing when her reality was different from ours. When someone is having a delusion because of dementia, you're not going to talk them out of it. Instead, we learned to meet Mom in her reality when we



## MAKE A BIG IMPACT ON SENIOR POVERTY

### Use your Donor Advised Fund to help seniors in need

More than 37 million older adults do not have enough money to make ends meet. That's 1 in 3 seniors who simply can't afford to pay for utilities, rent, medication, and food.

Making a grant through your donor advised fund to AARP Foundation, AARP's charitable affiliate, is an easy, fast, and convenient way to make a difference for struggling seniors.

For more information, please visit our website at [aarpfoundation.org/DAF](http://aarpfoundation.org/DAF)

**AARP Foundation**  
For a future without senior poverty.

## REAL/PEOPLE

could. There's no harm in playing make-believe sometimes. It can even be a way of connecting.

### Surround Them With Love

One of Seth's granddaughters, Gracie, was 2 years old when my mother was diagnosed. She and my mom were best buddies. So we watched Gracie growing as my mother's disease was progressing, and when Gracie was 5 or 6, the two sort of traded places in their relationship. Some might assume that exposing children to adults with brain disorders would be too confusing for the kids, but that has not been our experience. My mother adores children, and including her in family activities has been a source of delight and even magic for us all.

### Divide and Conquer

Debbie and I have very different personalities. I am the practical one, making sure caregivers get paid and that Mom has all the supplies she needs. Debbie is the emotional one, more suited to taking charge of Mom's hands-on care. Having different strengths is actually a blessing. You can assign roles to whoever will do them best. And you *have* to assign roles. Coordinating care for someone with dementia, even when there are resources to pay for professional caregivers, is not a one-person job.

### Lean on Others

Each member of a caregiving team needs their own support system. I'm fortunate to have a great husband and lifelong friends who have my back. When I have doubts or fears, I can



Mom Ginny Catinchi, seated, with kids Debbie Franqui, left, and Annette

turn to my support system for encouragement and perspective. I don't need to burden Debbie.

### Cherish the Time You've Got

My mother's disease has progressed to the point where she doesn't talk anymore. But even now, there are interactions that let me know she's in there. Sometimes she'll squeeze my hand. Or she'll blow a little kiss.

I'm so grateful that when Mom was first diagnosed, we didn't let her continue to withdraw. We encouraged her to remain as active and social as possible. She had another good five or six years of travel and family adventures. We have a lot of sweet memories from those years.

Caring for a dementia patient isn't easy. And I know it's even harder if your resources are limited. Dementia is a journey you take with your loved one. You know where you'll ultimately end up. But I want caregivers to know that along with the uncertainties and sorrows, there are beautiful things to see along the way. ■

*Annette Franqui, 61, a founding partner at Forrestal Capital in Miami, is the former chair of AARP's board of directors.*



Hamby, left, and Hazelip in Texas and in Australia



## Around the World in 80 Days at 81

Longtime friends Sandy Hazelip and Ellie Hamby shared the trip of a lifetime

**S**ANDY HAZELIP: Our friendship has always meant travel. Ellie is the codirector of Zambia Medical Mission, and I'm a physician. In 2000, shortly after my husband died, I signed up for my first mission trip to rural Zambia with ZMM, to provide health care in the bush. That's where Ellie and I became friends. **Ellie Hamby:** Five years later, my husband passed away suddenly, right when Sandy was moving her medical practice to our city, Abilene, from her home 60 miles away. She called

me and said, "I've got a deal for you. I need a place to stay in Abilene two nights a week. If you'll give me a bed, I'll take you out to eat." That was 18 years ago. It's never stopped. She was just here last night.

**Sandy:** A few years ago we were talking about our upcoming 80th birthdays, and I blurted out, "Ellie, wouldn't it be fun to go around the world in 80 days when we turn 80?" **Ellie:** I said, "Why not!"

**Sandy:** We got a little delayed by the COVID pandemic, but this year we did it, before our 82nd birthdays. We

toured the globe in exactly 80 days.

**Ellie:** On our trip, we experienced so many mysteries. The moai statues on Easter Island, with their enormous heads and torsos carved from hardened volcanic ash. Who created them, and why? The incredibly sophisticated toilets in Japan—we couldn't figure them out!

**Sandy:** We kept a pretty tight budget for ourselves. We'd decide exactly where we wanted to stay—for example, in Santiago, Chile, we targeted the beautiful old square. Then we'd look up the ratings for local lodgings, and among the top-rated places, we'd book the cheapest one.

**Ellie:** The ratings aren't based on the price; they're based on how much people like it. So our average lodging cost was \$29 per night, per person. We always shared a room. The cheapest stay was \$13.50 per person for a place in Cairo overlooking the pyramid of Cheops. Which is a million-dollar view.

**Sandy:** There were so many times when people stepped up to offer help or just to wish us well. What makes the world feel small isn't the relative ease of traveling great distances by plane, train or ship, or even making hotel reservations with a click on the computer.

**Ellie:** I agree. The real gift is experiencing firsthand that no matter where you go, no matter how people dress or what language they speak, we're all much more alike than we are different. —As told to Robin Westen

*Documentary photographer Ellie Hamby, 82, lives in Abilene, Texas. Sandy Hazelip, 82, a hospice medical director, lives in Eastland, Texas.*

# The Zen of Snuggling

Minding infants wasn't in journalist Jaimie Seaton's plan. But plans change



**“P**ETER’S WAITING for you,” my colleague Leah calls out to me as I enter the day care center. After walking through a baby gate and past a play kitchen, I arrive at the spot where Leah sits on the carpet, surrounded by adorable infants.

“Do you want to feed him?” asks another colleague, Cathy, handing me a 6-month-old ball of charm.

“Hello, handsome,” I say, as I scoop Peter up in my arms.

And so begins my shift in the infant room at a small day care center. It’s a job I never imagined I’d be doing. For many of my working years, I was a foreign correspondent, covering police raids in Soweto and protests in Bangkok. I married and had two

children, but the marriage ended, and in 2012, I found myself back in my hometown in New Hampshire, raising my children on my own.

Then they went to college, and suddenly my home was quiet. Writing is a lonely profession. I needed something more.

One day last fall I saw an ad for “baby snugglers.” I had no formal training in childcare, but my experience as a mother was enough.

For nearly a year now, I’ve spent my mornings writing articles and my afternoons feeding and burping babies, changing their diapers, and soothing them when they cry. Being at the day care is the best job I’ve ever had, but I don’t think of it as work. It’s more like a reward. If I’m caught

up on my morning’s writing, I’ll go to the center early.

I know my colleagues and I are there to nurture the children. What I didn’t expect is that these babies nurture me too. When my own children were young, I wasn’t very good at living in the moment. But I’m getting better at it every day. With the babies, the present is all there is.

One day, I arrived there feeling upset about something. As I made my way to the door, I took deep breaths to calm myself, because I didn’t want to bring any negativity to the babies.

I needn’t have worried. The moment I walked in, I was at peace. ■

*Jaimie Seaton, 58, a former foreign correspondent for Newsweek and The Sunday Times of London, is a frequent contributor to AARP Travel.*



# Your AARP®

## Purpose Prize Winners



*Honoring lives spent helping others*

**A**ARP HAS named five people who have helped make the world a more humane and equitable place as winners of the 2024 AARP Purpose Prize. Each of their organizations will receive \$50,000. The organizations of 10 other AARP Purpose Prize Fellows will get an award of \$10,000.

“Our Purpose Prize winners and fellows are shining examples of a simple, yet profound truth: When we find our sense of purpose, we not only give meaning to our own lives, we make the world a better place for everyone,” says AARP CEO Jo Ann Jenkins. Find out more at [aarp.org/purposeprize](http://aarp.org/purposeprize).

The winners include:



**Ken Falke, 61**  
**Boulder Crest Foundation**  
 • *Bluemont, Virginia*

The foundation focuses on the mental well-being of combat veterans and first responders and their families, providing education and training for dealing with PTSD. [bouldercrest.org](http://bouldercrest.org)



**Janice Malone, 68**  
**Vivian's Door** • *Mobile, Alabama*

The nonprofit Vivian's Door helps minority-owned small businesses and Black farmers in south and central Alabama find access to capital and also helps them make useful connections. [viviansdoor.com](http://viviansdoor.com)



**Laura Stachel, 64**  
**We Care Solar**  
 • *Berkeley, California*

We Care Solar promotes safe motherhood and childbirth in frontline health care facilities by providing portable lighting and medical equipment powered by solar energy. [wecaresolar.org](http://wecaresolar.org)



**Peter Jensen, 73**  
**The REACH Institute** • *New York City*

REACH gives vulnerable children access to better mental health care services through improved training for care providers. [thereachinstitute.org](http://thereachinstitute.org)



**Don Schoendorfer, 74**  
**Free Wheelchair Mission**  
 • *Irvine, California*

The mission ships free wheelchairs to people worldwide who cannot afford them—so far, they've helped nearly 1.4 million people in 94 countries. [freewheelchairmission.org](http://freewheelchairmission.org)

Clockwise from top left: Jared Soares; Ken Falke; Amy Gershon; Laura Stachel; Peter Jensen; Janice Malone; Don Schoendorfer; Cary Doyles; Catherine Hasbun

HOW WE'RE FIGHTING FOR YOU

# AARP TAKES ON TELEHEALTH

**W**HEN THE COVID pandemic instantly isolated millions of older Americans back in 2020, telehealth technology quickly became a lifeline for people who could get medical care from home without risking infection.

That has spurred a boom in telehealth. As an organization, AARP has long promoted telehealth as an important priority in the health care arsenal for people 50-plus. Here's how.

► **Expanding coverage.** Normally, Medicare only pays for telehealth if you live in a rural area and you are at a health care facility. During the COVID-19 health emergency, those rules were eased, but some restrictions are set to return on January 1, 2025. AARP wants to make Medicare telehealth access permanent. One bill AARP has endorsed to achieve this is the CONNECT for Health Act of 2023 that is before both houses of Congress.

► **Encouraging state-level efforts.** AARP has successfully advocated for more than 50 telehealth policies at the state level. In Alaska, AARP successfully pushed for Medicaid telehealth flexibilities to be extended so they would continue beyond the COVID emergency. And at AARP's urging, Hawai'i has temporarily allowed some telehealth services to be delivered via an interactive telecommunications system.

► **Increasing access.** Access to high-speed internet connections is crucial for telehealth. AARP worked with the White House and the Federal Communications Commis-



sion (FCC) to invest in broadband connectivity to improve access to health care. That gave many older Americans up to \$30 a month to pay for high-speed internet. AARP also supports permanent subsidies to cover broadband service.

► **Seeking solutions.** AARP Research commissions studies on telehealth. That initiative, which began just prior to the pandemic, has become a long-term effort to identify, and find solutions for, the barriers to virtual and in-person health care services across the country.

► **Teaching skills.** Senior Planet from AARP offers a class about telemedicine options. This lecture includes a telemedicine walk-through and what to expect from an appointment, and how to prepare for a virtual visit and pay with your insurance. Check out this class and others at [seniorplanet.org/telemedicine](http://seniorplanet.org/telemedicine).

—*Megan O'Reilly, AARP vice president, health and family, government affairs*

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**CROSSWORD**

## Fall Is Here

**ACROSS**

- 1 Minor dispute
- 5 Fall \_\_\_\_ (make a retreat)
- 9 Fall \_\_\_\_ (scapegoated fellow)
- 12 Bingo-like casino game
- 13 Musk of Tesla
- 14 MDs' associates
- 15 Fall \_\_\_\_ (begin to make sense)
- 17 Feel poorly
- 18 Floral necklace
- 19 Extremely impressed
- 21 Director DuVernay
- 24 Whale habitat
- 26 San \_\_\_\_ Obispo, California
- 29 Fall \_\_\_\_ (be incorrect)
- 33 Shakespearean monarch
- 34 Came upon

- 35 Offer, as odds
- 36 Bear with a too-soft bed
- 39 Be decisive
- 41 Stew morsel
- 43 Fall \_\_\_\_ (become unpopular)
- 48 Absconded
- 49 Snack with Limited Editions
- 50 Author Angelou
- 51 Fall \_\_\_\_ (have an argument)
- 52 Fall \_\_\_\_ (collapse to the ground)
- 53 Mice, to owls

**DOWN**

- 1 Navigate slopes
- 2 Farm enclosure
- 3 Pantry intruder
- 4 Sander or saw
- 5 Ideology
- 6 Mimicking
- 7 \_\_\_\_-Cola
- 8 Fully grasped
- 9 Slow and steady

- 10 A third of tri-
- 11 Fashion monogram
- 16 Cancún coin
- 20 Certain source of shade
- 21 Leatherworking implement
- 22 Contend (for)
- 23 Unyielding
- 25 S&L convenience
- 27 Nest egg acronym
- 28 Plane domain
- 30 Chapter of history
- 31 Patricia of *Everybody Loves Raymond*
- 32 Make a deep impression on
- 37 Frame of mind
- 38 Spherical hair
- 40 Short-term staffer
- 41 Trusted authority
- 42 Water, in Montreal
- 44 Minimal
- 45 Scratch up
- 46 Nautical assent
- 47 Word on checks

**THINK!**



### DOUBLE-O FIVE

Name the five U.S. presidents whose commonly used first or last name contains two consecutive O's.

**WORDPLAY**

### SOUND THINKING

The consonant sounds in the word **BLARNEY** are **B, L, R** and **N**.

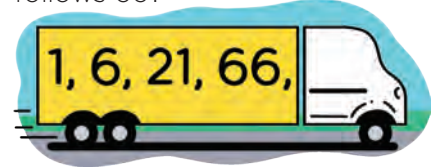
What nine-letter word for a type of performer has the same consonant sounds in the same order?



**NUMBER FUN**

### WHAT'S NEXT?

Each number after the first is derived in the same way from the previous number. What is the number that logically follows 66?



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## WINKLER'S LESSONS

CONTINUED FROM PAGE 41

### Lesson 4: If you can't act, write!

Around the year 2000, though, when Winkler again wasn't getting roles in television or film, he took a chance on a new kind of work. "A friend suggested, 'Hey, write children's books.' At first, I said, 'I can't do that. I can't read. I can't spell. How am I going to write a book?' But I was introduced to the writer Lin Oliver, and we created a process together."

Together, Winkler and Oliver developed the character Hank Zipzer, who made his debut in 2003. Just like the young Winkler, he is a boy struggling with dyslexia. He's funny, capable and popular—just terrible in school.

Twenty-eight books later, the Zipzer series is a fixture in the children's book market here and in the U.K., where it was made into a TV series, with Winkler playing Zipzer's favorite teacher. Winkler even promoted dyslexia awareness in the U.K., and for that, in 2011, Queen Elizabeth named him an Honorary Officer of the Most Excellent Order of the British Empire.

### Lesson 5: Find your best self

Eventually, good roles started to crop up. In 2003, Winkler started playing Barry Zuckerkorn, a hilariously incompetent lawyer, on the cult TV series *Arrested Development*.

Around that time, however, Stacey learned she had breast cancer. Her health crisis unearthed a crisis for Winkler too. As he tells it, at the moment when he should have been most present for his love, he withdrew.

"I went to her chemotherapy infusions, but my support consisted of falling asleep in the chair," he admits. "I was not there. I'm not proud of that."

In the years that followed, Winkler decided to explore what had happened to him. He committed to undergoing therapy as a means of exploring the traumas of his childhood: the demands of his old-world parents and the feeling that he was stupid. "I had covered that up with a Chernobyl-

like layer of cement and let it sit," he says. "I've spent years digging in, jackhammering that cement into small pieces."

### Lesson 6: Stay at the table

His return to acting picked up speed. Over the past two decades, Winkler has appeared in more than 100 television shows and movies. He even snagged a Daytime Emmy in 2005 for his work voicing a part in a children's show.

None of which meant as much to Winkler as the break he caught in 2016 when he was cast as the obtuse, arrogant (yet still likable) acting coach Gene Cousineau in HBO's *Barry*. At the mention of the show, Winkler rolls his eyes back, shakes his head and declares, "*Barry* is a miracle."

Winkler, who had never won a Primetime Emmy despite several nominations, was awarded one after *Barry*'s first season. In his acceptance speech, he said, "If you stay at the table long enough, the chips come to you."

He still revels in the accolade. "Actors sometimes say, 'I don't really care about the winning,'" says Winkler. "'I have my Emmy or my whatever, and it's a doorstop in the bathroom.' They're lying!"

As we wind down, the house remains abuzz with dogs and small children, and Winkler is entranced. Standing there, hands in pockets, he's asked what further advice he'd give to readers. "Don't think about what you don't have," he says. "Embrace and enjoy what's in front of you."

And what's next for him? Is he still keen on work?

"I have my work and writing," he says. "When will the switch flip? When will the dial turn me down?" He shrugs. "I still have the energy." He smiles at the thought of work before he turns back to what's in front of him, the people and the life he loves. ■

*Tom Chiarella is a longtime Esquire writer and a National Magazine Award winner. His last cover story for AARP THE MAGAZINE was on Jeff Bridges (June/July).*

## DRIVING IN THE DARK

CONTINUED FROM PAGE 68

look to you as if the driver is flashing the headlights.

Another issue: SUVs now outsell sedans by 2-to-1. "The same headlight bulb could, in theory, be mounted 2 feet off the ground in a sports car or closer to 4 feet above the ground on a large pickup or SUV," Bullough says, which means that the light it casts could fall 2 feet higher—and potentially right into your eyes.

These two factors are compounded by the way headlights are being made today. The newest headlights don't generate any more light than the old ones. But they can seem to. "A lot of these LEDs have pretty high bluish content, which we seem to be more sensitive to," Bullough says.

Glare can be annoying or even blinding, a phenomenon that increases as we age. After suddenly seeing a bright light, what's called photostress recovery time takes longer when you're older. And the presence of oversize infotainment screens and tricked-out cockpit configurations in newer cars makes the interior of the car brighter—thus confusing the eyes even more.

Fortunately, a solution for both visibility and glare may soon be at hand. "Adaptive driving beam" headlights, already common in other parts of the world, have recently been approved by regulators for use in the U.S.—though it will be some time before they begin to appear on American vehicles. Adaptive headlights feature a camera that helps direct LED bulbs away from oncoming cars, "while your side of the road would still be fully lit by the high beams," Brumbelow says.

Adaptive lights could give drivers about 165 to 195 extra feet of visibility, which, at 65 mph, translates into a couple of seconds of additional reaction time. This could be a boon for older drivers, Bullough suggests. "It almost brings you back to what you could see with low beams in your 20s." ■

*Tom Vanderbilt is the author of several books, including Traffic: Why We Drive the Way We Do (and What It Says About Us).*

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**SOLUTIONS TO PUZZLES ON PAGE 84**

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

**DOUBLE-O FIVE** Theodore Roosevelt, Woodrow Wilson, Calvin Coolidge, Herbert Hoover, Franklin Roosevelt **SOUND THINKING** BALLERINA **WHAT'S NEXT?** 201. For each number after the first, multiply by 3, then add 3.

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3. Paid distribution outside mails including sales through dealers and carriers, street vendors, counter sales and other paid distribution outside USPS	5,732	5,764
4. Paid distribution by other classes of mail through the USPS	none	none
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4. Free or nominal-rate copies outside the mail	17,391	21,446
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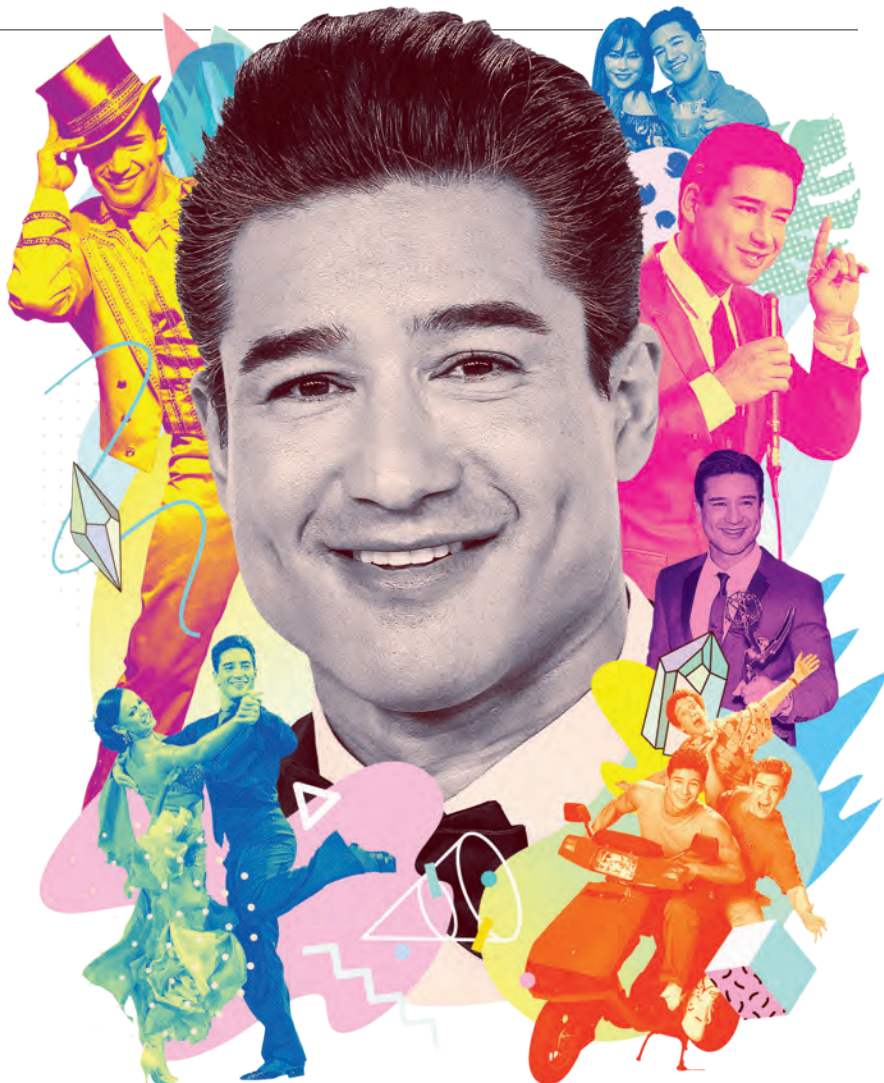


HAPPY BIRTHDAY

## Mario Lopez

**(OCTOBER 10)** You might remember him as high school jock A.C. Slater on *Saved by the Bell*, but Mario Lopez has built a 30-plus-year career as an actor, producer, TV and radio host, and entrepreneur. Lopez parlayed his fame into anchor gigs on entertainment news shows, including *Extra* and *Access Hollywood*. He also has launched lines of shoes and fitness products, plus a tequila brand with boxer Oscar De La Hoya. That's a tight relationship: Lopez coproduced

*The Golden Boy*, a documentary about De La Hoya. Fitness is also a priority for Lopez, who has said that he was in poor health as a child. Though football was Slater's game, Lopez practices Brazilian jujitsu. "Working hard is in everything I do, especially for the family," the father of three told *Fault* magazine in June. "I want them to know that there are no shortcuts in life: Work hard, stay focused, do the right thing, and the right things will happen." —Whitney Matheson



### MORE MILESTONE BIRTHDAYS

**Elisabeth Shue**  
OCTOBER 6  
Karate Kid actor has reunited with her costars in the streaming sequel series *Cobra Kai*.

60



**Tatum O'Neal**  
NOVEMBER 5  
Actor recently opened up about health struggles and relationship with her father.

60



**Ming-Na Wen**  
NOVEMBER 20  
*ER* and *Man-dalorian* actor received a star on the Hollywood Walk of Fame in May.

60



**Tony Shalhoub**  
OCTOBER 9  
Up next for *The Marvelous Mrs. Maisel* star: a *Monk* movie, based on his 2000s TV show.

70



**Chevy Chase**  
OCTOBER 8  
*SNL* alum and *Vacation* star will headline this year's Christmas Con in New Jersey.

80



**Billie Jean King**  
NOVEMBER 22  
All-time tennis great co-runs a women's pro hockey league that is set to launch in 2024.

80

