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## Inside the November Issue of AARP Bulletin

A Special Report Inside the Medicare Fraud Strike Force; Making Progress Against Alzheimer's; Avoiding Sickness From Stress; Unexpected Joys of Caregiving; Plan a Senior Sunday; Joan Rivers' Last Laugh & More

**Inside the Medicare Task Force:** Since the Justice Department's Medicare Fraud Strike Force was formed in 2007, nearly 2,000 people have been charged with crimes that fraudulently billed Medicare for \$6 billion. Stationed in nine cities, the strike force's main priority is to crack down on health care and Medicare fraud as scams continue to become more elaborate and sophisticated. This month's issue of *AARP Bulletin* delves into the stories of the thieves, victims, and heroes of Medicare fraud. (Page 10)

**Plan a "Senior Sunday":** Social isolation can be a killer. It can be a trigger for a myriad of health problems, nagging loneliness and even, sadly, suicide. As the pace of life picks up in November – the month of Thanksgiving – AARP CEO Jo Ann Jenkins reminds Americans to not forget those seniors in need. As we shift our attention to the upcoming holidays, we can lose sight of the ongoing struggles of those less fortunate. This month's *AARP Bulletin* issues a call to action: Create a Senior Sunday. (Page 42)

**Reaping Rewards from Caregiving:** Studies show that the positive aspects of caregiving can include a longer life span, reduction of stress, and an increase in positive emotions such as compassion, satisfaction, and happiness. This month's issue of *AARP Bulletin* shares the different perspectives of caregivers who selflessly give back to aging family members and reap positive rewards. (Page 18)

**Joan Rivers Shares a Last Laugh:** Shortly before her death in September, Joan Rivers shared with *AARP Bulletin* an amusing moment from her life that details her run-in with a handsome stranger waiting next to her for a taxi. (Page 50)

**How to Make Progress Against Alzheimer's:** By 2050, 16 million Americans will be victims of Alzheimer's disease which is projected to cost Medicare and Medicaid about \$800 billion a year. In an op-ed in the November issue of *AARP Bulletin*, Dr. Kenneth L. Davis, CEO and president of the Mt. Sinai Health System, discusses why making dementia drugs a priority is critically important and well within our reach. (Page 24)

**Don't Let Stress Make You Sick:** Recent research has found that chronic stress – a mainstay of modern life – not only exacerbates a disease, it can actually cause it. This issue of *AARP Bulletin* highlights eight conditions that have been linked to stress as the cause – from common colds to depression to heart disease. (Page 26)

**Divorce Will Cost You:** The divorce rate among the 50+ demographic doubled between 1990 and 2010, accounting for roughly 25 percent of all divorces in 2010 alone. *AARP Bulletin* financial columnist Jane Bryant Quinn discusses why more older Americans are quitting their marriages and the financial pitfalls they may face. (Page 16)

**Next Year's Medicare Changes:** With major Medicare changes fast approaching, the November issue of *AARP Bulletin* includes a special report that helps enrollees avoid rising costs, navigate changes to Medicare Part D, and takes a closer look at collective health care options to determine the best option. (Page 6)

For exclusive online features and original daily content, visit the *AARP Bulletin* ([www.aarp.org/bulletin](http://www.aarp.org/bulletin)) website, the only daily, go-to news source for people 50+. Features include exclusive online columns such as *Ask Ms. Medicare*, *Financially Speaking*, *Scam Alert*, *Save a Buck* and more.

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### About AARP Bulletin

*The definitive news source for AARP's members, AARP Bulletin ([www.aarp.org/bulletin](http://www.aarp.org/bulletin)) reaches more than 23.5 million households each month in print, with additional news and in-depth coverage online. Covering health and health policy, Medicare, Social Security, consumer protection, personal finance, and AARP state and national news developments, AARP Bulletin delivers the story behind the key issues confronting 50+ America. The*

*monthly consumer-oriented news publication has become a must-read for congressional lawmakers and Washington opinion leaders, and it provides AARP members with pertinent information they need to know.*

### **About AARP**

*AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; [www.aarp.org](http://www.aarp.org); AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at [www.aarp.org](http://www.aarp.org).*

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