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Inside the October Issue of AARP Bulletin

Oprah Joins Americans 50-Plus on a Search for Meaning AARP Unveils a Special Report on Brain Health and the Latest Advice on Staying Sharp Medicare Spike: One in Seven Could See Premiums Jump Is Marriage a Good Financial Move for Older Couples? Beware of Fall Scam: October is a Month Filled with Opportunities for Fraudsters

WASHINGTON, DC— Inside the October 2015 issue of *AARP Bulletin*, readers will enjoy an exclusive Q&A with Oprah Winfrey as she opens up about spirituality and her toughest tests of faith. Starting from childhood to today, Winfrey reveals her own spiritual journey and shares her daily spiritual practice.

Winfrey also outlines her new seven-part series *Belief* on OWN, an original project which seeks out the interconnected meaning of faith around the world. She also provides an overview of the stories that will appear in *Belief*.

Brain Health: In this *AARP Bulletin* special report, top experts share the best foods to eat for better brain health in “Eat Your Way to Brain Health.”

Additionally, readers get a closer look at the growing dilemma of money and dementia and how financial firms are starting to tackle the issue of serving clients with diminished mental capacity—something not covered under federal regulations and addressed by only a few states.

Your Money: AARP’s personal finance expert, Jane Bryant Quinn, breaks down the financial pros and cons of marriage for older couples and discusses how getting married later in life can affect retirement, health insurance and other essential financial issues.

Spike in Medicare: AARP reports one in seven Medicare beneficiaries will see their Part B premiums for doctor visits and outpatient care jump by an unprecedented 52 percent next year—by far the largest hike in Medicare’s history-- unless the government intervenes to somehow soften the blow. *AARP Bulletin* outlines who will be affected and highlights recommendations to help understand how to best deal with the increase.

Scam Alert: For fraudsters and con artists, October is a month filled with opportunities targeting people who are in retirement or approaching it. In this month’s issue of *AARP Bulletin*, author and scam expert, Sid Kirchheimer, warns readers about what to look out for when enrolling for Medicare, tweaking investment portfolios and more.

Your AARP Where We Stand: AARP CEO Jo Ann Jenkins reflects on the AARP Foundation’s recent *Celebration of Service* event, and highlights the community service work that AARP performs annually on that day in conjunction with the number of volunteers and partner organizations across the country. As a result of the event the AARP Foundation packed more than 1 million meals for hungry and food insecure older adults, making this one of the largest meal-packing events ever held.

About AARP Bulletin

The definitive news source for AARP’s members, AARP Bulletin (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; 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.

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