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WASHINGTON, DC— To kick off National Family Caregiver's month, *AARP Bulletin* releases a special in-depth report on the state of caregiving in America. This month, *AARP Bulletin* highlights an invisible army of 40 million heroes making sacrifice every day to help provide care for loved ones. According to a recent AARP report, their collective 37 billion hours of unpaid caregiving is worth \$470 billion. Additionally, readers get a closer look at how the faces of caregiving are changing, from men filling more traditionally female roles to millennials giving back in unexpected ways.

The November issue of *AARP Bulletin* also highlights helpful tech devices that make life easier for caregivers who are juggling work and caring for loved ones.

A Late Tour of Duty: *AARP Bulletin* profiles military service members over the age of 50 who have decided to serve their country by going back for another tour of duty.

Your Money: AARP's personal finance expert, Jane Bryant Quinn, answers some of the toughest questions about making a graceful exit from the stock market, and what older investors can do to protect their investments and accumulated wealth.

Are You Being Targeted at Work? *AARP Bulletin* highlights the five signs you might be facing age discrimination by posing the question: Are you being targeted at work? Experts on career counseling and age discrimination picked five telltale signs to watch for.

Save Money in Medicare in 2016: An *AARP Bulletin* analysis shows that in 2016, Medicare Part D drug coverage can differ in cost by as much as \$100, \$200 or \$500 for a prescription.

What You Should Know About the Shingles Vaccine: Getting the shingles vaccination in your 50s may offer earlier protection against the disease, but the CDC recommends the vaccine be given at age 60. The *AARP Bulletin* explains the differing opinions and recommendations on when the shingles vaccine should be given to adults.

Scam Alert! Beware: Free Credit Score Rip-Offs: Most people have seen those commercials touting free credit score reporting. In this month's issue of *AARP Bulletin*, author and scam expert Sid Kirchheimer warns readers about the risks that come with 'free' offers from these reporting companies.

Your AARP: A Salute to Hidden Heroes: AARP CEO Jo Ann Jenkins salutes the 5.5 million military family caregivers who support our veterans from spouses, parents, and siblings to other loved ones performing an array of functions at home.

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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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