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## Inside the December Issue of AARP Bulletin

Health Special Report: A Second Chance at Better Health; Fear of Falling: Danger Zones to Watch Out For; A Better Flu Shot This Season; Money Special Report: What Smart Investors Should Know About the Markets in 2016; Scam Alert: Season's Cheatings; Financially Speaking: Risky Pension Bets; Social Security: No Benefit Hike Coming Next Year; Letter from the CEO: Calling All Candidates to Get Specific on Social Security; A Conversation with...Buzz Aldrin

**WASHINGTON, DC**—As December is a time for bringing a close to the year and setting sights on the new year ahead, the December issue of *AARP Bulletin* highlights ways everyone can prepare for a healthy and economically prosperous 2016.

### **Special Reports**

This issue of *AARP Bulletin* boasts two special reports offering health and financial tips for the New Year. A special report highlights second chances at better health and profiles older Americans who have handled, and in some cases tackled, some of the most common chronic health ailments like arthritis, back pain, obesity and digestive disorders. The issue also provides an insightful month-by-month financial calendar with a special report on what smart investors should know about the markets in 2016.

### **Taking Care of Your Health in 2016**

**Fear of Falling:** Steven Tyler, Kelsey Grammer and Paula Abdul have all survived life-threatening falls in the past showing that dangerous falls can happen to anyone. In fact, between 2000 and 2013, the number of adults who died from falls doubled each year, and increased from 10,273 to 25,464 with medical costs of more than \$30 billion per year. This in-depth article features tips to help people avoid fall danger zones.

**A Better Flu Shot This Season?** *AARP Bulletin* provides essential information about a new flu shot that can better protect people from contracting the flu virus. Additionally, *AARP Bulletin* equips readers with 5 ways to protect themselves against the virus during flu season.

### **Financial Health in 2016**

**Expert 2016 Market Advice:** From the global economy to oil prices and even the presidential election, a lot can drive the bears and the bulls in next year's financial markets. In this issue of *AARP Bulletin*, Wall Street experts tell you what to look out for.

**Scam Alert! Season's Cheatings:** From gotcha giveaways and charity cons to rogue "retailers" and nefarious notifications, the holiday season is a prime time for schemers to dampen the holiday spirit. *AARP Bulletin* covers the top 4 scams during the holiday season, how to identify them and what you should do to protect yourself.

**Financially Speaking - Risky Pension Bets:** AARP's personal finance expert, Jane Bryant Quinn, offers advice to people who are lucky enough to have a pension about whether they should take a monthly guaranteed payment for life, or choose a lump sum early payout.

**Social Security: No Benefit Hike Coming in 2016:** *AARP Bulletin* covers the reasons why the cost-of-living adjustment (COLA) is being withheld in 2016 and how it can impact millions of Medicare enrollees.

**Your AARP: Calling All Candidates:** AARP CEO Jo Ann Jenkins urges both Democrat and Republican presidential candidates to "take a stand", get specific and share their plans for the future of Social Security.

**A Conversation with...Buzz Aldrin:** The second moon walker talks about colonizing Mars, JFK's wish to reach the red planet, and his battle with depression. Aldrin provides his insights about what could be the greatest danger on Mars: "...it will be mental status. It is the growing isolation, the irritation, the realization that this is the way it's going to be."

### **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](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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