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Inside the April/May Issue of AARP The Magazine

Celebrity Cover Interview: Sally Field on Life, Past Loves and Being a Working Actor at Nearly 70 Entertainment: Loretta Lynn, Don Cheadle, Bryan Cranston, Graham Nash and Dr. Phil Share Their Thoughts Personal Best: Our National Parks 2016 Health Special: 50 Smart Ways to Feel Great Now! Money Saver: 9 Home Upgrades That Pay You Back

WASHINGTON, D.C. — In the April/May 2016 issue of *AARP The Magazine*, readers at home and online will enjoy an exclusive celebrity cover interview with actress and two-time Academy Award® winner Sally Field. Field reflects on her new stage of life, how she kissed a younger man in her latest film, and her past relationships.

Entertainment – This month's *AARP The Magazine* includes exclusive celebrity interviews from top entertainers in music, film and television.

- Country Strong: Loretta Lynn discusses her near-death experience at 4 years old, receiving the Medal of Freedom from President Obama and her accidental hit song. Her modest upbringing and music-oriented family shaped her into the charismatic country star she is today.
- Just Nash: 14 years after releasing his first album, Graham Nash is back with his second album, *This Path Tonight*. In this interview, Nash discusses his latest music and his professional life without Crosby and Stills.
- What I Know Now – Dr. Phil McGraw: Everyone's favorite psychologist discusses his huge transition at 50 to start over in the television business, how he is a real homebody, and his transformation to a yes-man. His unique childhood provided him with the experiences to be able to relate to the people who appear on his show.
- Cheadle Channels Miles Davis: Don Cheadle not only plays Miles Davis in the new film, *Miles Ahead*, but he also served as director, cowriter and co-producer. In this article, Cheadle shares why this project was one of the most difficult of his career.
- Breaking Good: Bryan Cranston's generation largely reviled President Lyndon Baines Johnson. In the HBO film *All The Way*, Cranston stars as the embattled president and rethinks LBJ after reading a letter written by Jackie Kennedy.

Personal Best: Our National Parks – AARP celebrates the National Park Service's centennial year with national park stories and insights from such park lovers as filmmaker Ken Burns, Theodore Roosevelt descendant Kermit Roosevelt III, poet Jourdan Imani Keith and travel expert Samantha Brown. They discuss a few of the stunningly beautiful national parks our country has to offer including Independence National Historic Park, Arches National Park and the Grand Canyon.

2016 Health Special: 50 Smart Ways to Feel Great Now! – AARP gets readers to "Eat This, Not That" in an article that aims to create a life-altering list of a few simple fixes that can have lasting benefits. Learn about food swaps that can help reduce blood pressure, improve mood, lower blood sugar and keep the brain healthy. To help with the transition to a healthier lifestyle, the article even calls out the best options to select at favorite fast-food outlets. The healthy new lifestyle you will enjoy with these changes is topped off with some easy exercises to keep you nimble for whatever life brings your way.

Money Saver: 9 Home Upgrades That Pay You Back – The biggest asset many people 50 or older have isn't their 401(k) or IRA. It is their house. If you've been thinking about cashing out to downsize or move to a less costly region, learn what steps to take to maximize your gain. This means laying out money to give your home the curb appeal it needs to sell quickly, and at the highest possible price. *AARP The Magazine* shares the best improvements to make to reap top returns.

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About AARP The Magazine

With nearly 36 million readers, AARP The Magazine is the world's largest circulation magazine and the definitive lifestyle publication for Americans 50+. AARP The Magazine delivers comprehensive content through health and fitness features, financial guidance, consumer interest information and tips, celebrity interviews, and book and movie reviews. AARP The Magazine was founded in 1958 and is published bimonthly in print and continually online. Learn more at www.aarp.org/magazine/. Twitter: twitter.com/AARP

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' by changing the way America defines aging. With staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and promote the issues that matter most to families such as healthcare security, financial security and personal fulfillment. AARP also advocates for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation magazine, AARP The Magazine and AARP Bulletin. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. To learn more, visit www.aarp.org or follow @aarp and our CEO @JoAnn_Jenkins on Twitter.

MEDIA CONTACTS:

Matthew Lawrence, Rogers & Cowan, 310-854-8168, mlawrence@rogersandcowan.com

Paola Torres, AARP, 202-434-2555, ptorres@aarp.org

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