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Inside the August/September Issue of AARP The Magazine

Cover Interview: Pop Icon Cyndi Lauper Shares Her Secrets for Reinvention and Why Rules, Especially About Aging, Just Don't Apply
 Entertainment: Bob Costas, William Shatner, and the Monkees Discuss Their Careers, Legacies and Life Adventures
 Not-So-Smartphones: How Your Cell May Be Hurting You
 World War ZZZ: America's Sleep Crisis
 All That Glitters: Older Americans Lose Millions Through Coin Scams
 Great 48-Hour Summer Getaways
 Checkup for Your Medicine Cabinet: Purging Your Meds Safely

WASHINGTON, DC — In the August/September issue of *AARP The Magazine (ATM)*, readers at home and online will enjoy an exclusive cover interview with musical icon and pop star **Cyndi Lauper**. At age 63, Lauper is still that girl with an edge who just wants to have fun. She remains an entertainment powerhouse whose secret to success is not giving a “hoot,” staying true to herself and her unconventional artistic vision, no matter what others might say. A pink-haired Lauper provides a thoughtful account of how she remains relevant in today's rapidly changing entertainment landscape; opens up about her personal life, including an abusive childhood; and reveals how she has coped with aging.

The August/September issue of *AARP The Magazine* also includes an array of fascinating articles about entertainment, money, travel and health.

Entertainment – Read exclusive celebrity interviews from top entertainers in music, film and television.

- **What I Know Now:** Veteran sportscaster **Bob Costas** expounds on hosting his 11th Olympics and explains why the Olympics are a competition unlike any other in the world. He also offers a verdict on O.J. Simpson and reveals the one item he won't leave home without.
- **Still Beaming After All These Years:** **William Shatner** discusses the early years of *Star Trek*, his daughters growing up on set, the incredible power of the franchise, and finding peace with being forever Captain Kirk.
- **That Was Then, This Is Now:** **Micky Dolenz** and **Peter Tork**, the two remaining members of the rock band The Monkees, are still at it five decades later. The duo discusses their new record, their work with the late Davy Jones' vocals, and the group's lasting legacy.

Money

- **All That Glitters** – Fueled by fear and deceptive marketing, older Americans lose millions of dollars through gold coin scams. Rather than invest through purchasing mining shares, or buying into a fund that tracks the metal's price, older Americans prefer physical bullion, which makes them more vulnerable to con artists. A 2014 report from the U.S. Senate Special Committee on Aging estimated that more than 10,000 Americans have been victimized by precious metal cons, with losses around \$300 million.

Health

- **Be Smart with Your Phone:** We spend an average of five hours a day on our mobile phones. The August/September issue of *ATM* lays out four ways these gadgets could be harming your health and the steps you can take to curb the side effects. From “text neck” to “bum thumb,” you'll want to know what to do to avoid these serious health risks at all costs.
- **World War ZZZ:** Experts say Americans get an hour or two less shut-eye every night than ever before. *ATM* analyzes what is keeping us up and if there is a way to make a restless nation go to bed. With suggestions like upgrading your bedroom with a new mattress and pillows, to breathing exercises to help induce an altered state of consciousness, you will have the tools needed to get your best sleep in decades.
- **You Must Remember This:** As we get older, we tend to start having normal memory lapses that have more to do with the increasing amounts of information being thrown our way than any real cognitive decline. But it might become frustrating for spouses to keep up with the constant “Do you know where I left my keys?” or “What's the name of our neighbor's daughter again?” The August/September issue of *ATM* provides a quiz to tell if your spouse needs a checkup, plus stealth strategies to charge up your mate's memory. Activities such as napping and doing home repairs are proven to help you maintain memory and preserve brain function.

- **Checkup for Your Medicine Cabinet** – Full of old vitamins, expired meds and questionable supplements, your medicine cabinet could hold unknown perils. Here's how to clear out dangerous drugs and stay safe. *ATM* experts offer five tips that include checking expiration dates, knowing the dangers of common painkillers, and being aware of risky herbal remedies.

Travel

- **Summer Getaway Guide** – Just because the summer is winding down doesn't mean you can't plan one last fun summer getaway. If you have 48 hours to spare, *ATM* points to four great places around the country to spend them. From wine in Sonoma to music in Nashville, this list will surely give you inspiration to take a trip in the dwindling days of summer.

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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.

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