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November Issue of AARP Bulletin Explores “The Good Life” for Retirees in Four U.S. Communities, Rising Concerns Over Antibiotics, and Medicare Sticker Shock in 2017

WASHINGTON, DC — What does it mean to “retire well”? The cover story of the November *AARP Bulletin* profiles four very different U.S. communities—The Villages in Central Florida; Easthampton, Massachusetts; Madrid, New Mexico; and Baltimore, Maryland—and how retirees enjoy life in each. In addition, this month’s *Bulletin* includes stories on the significant increase in Medicare Part D prescription drug plan premiums in 2017 (“Sticker Shock Ahead for Some Medicare Users”); knowing whether or not temporary memory loss should cause concern (“Hmm...What Did I Come In Here For?”); crafty ways to reengineer simple household items to make caregiving tasks easier (“Caregiving Tips”); and a feature on the Arlington Ladies, who ensure that no active duty or veteran military service member is buried alone at Arlington National Cemetery (“A Personal Touch at Duty’s End”).

Stories in the November *AARP Bulletin* include:

In Search of the Good Life (Cover Story): For many, a fulfilling retirement is defined by more than the size of one’s bank account. While good health and strong financial resources are important, neither satisfies the need for joy, community and purpose. In four distinct regions of the country, *AARP Bulletin* asks retired Americans about their vision of “the good life” and how they achieve a sense of harmony with their surroundings.

How to Master Your Online Shopping: As the holiday season approaches, learn tips and tricks to master online holiday shopping. While you can shop for virtually anything on the internet, there are price-cutting tricks and tools that you may not be aware of. Experts teach you how to search smarter, compare prices and avoid scams.

The Antibiotics Emergency: In an era when remarkable new medications are curing some of the deadliest afflictions and helping us to live healthier lives, the world has largely abandoned the development of antibiotics. Today, very few drug companies are developing new antibiotics and the timing couldn’t be worse as antibiotic-resistant bacteria are on the rise.

Hmm...What Did I Come in Here For?: Call them what you want: momentary memory losses, brain freezes or mind blips. Whatever term you use, these lapses become more alarming as we age (even though they are not, as many fear, signs of Alzheimer’s). Learn what happens in our brains that cause these lapses and tips to improve your memory retention. For more information on how to track and measure your holistic brain health, visit **Staying Sharp online** and take our Brain Health assessment.

Sticker Shock Ahead for Some Medicare Users: In 2017, premiums for Medicare Part D prescription drug plans will increase by an average of 4.6 percent, marking the largest jump in several years. Beyond premiums, however, experts advise paying close attention to changes in co-pays for drugs. More drugs will be subject to co-insurance—a percent of the full cost of the drug—as opposed to set-amount co-pays, and most enrollees won’t know what this amount is. Online tools are available to help beneficiaries compare plans head-to-head.

Caregiving Tips: About 40 million Americans serve as unpaid family caregivers to their parents, spouses, partners, and other adult loved ones. To make this demanding job a little easier, the November *Bulletin* offers some simple “hacks” using household items. Avoid spills by wrapping drinking glasses with colorful rubber bands or make forks and toothbrushes easier to grip using foam hair rollers, or paint keys with nail polish to quickly grab the one you need.

A Personal Touch at Duty’s End: A moving portrait of the Arlington Ladies, who since 1948 have attended the burials of service members at Arlington National Cemetery. These unsung heroines provide family members a sense of personal comfort within the highly regimented protocol of a military burial as a way of continuing their service to our country.

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About AARP Bulletin

The definitive news source for AARP’s members, *AARP Bulletin* (<http://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' 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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