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January/February AARP Bulletin Special Report: Great Second Careers — 16 People who Found Success, Security and Happiness after 50 with a New Job

A new report challenging the brain-health benefits of caffeine, red wine and dark chocolate. 29 places where harmful bacteria hide at your supermarket. The shocking assault by con artists on America's vets and their families. How to get your wishes by command with new voice-activated "smart speakers".

WASHINGTON, DC—Nearly half of older workers have changed jobs since turning 50. Although it may seem daunting to some, starting over doesn't mean you're starting from scratch. In the January/February issue, *AARP Bulletin* highlights 16 people who reinvented their careers after age 50 and reveals how they found deeper joy and satisfaction – and often, financial success. From a corporate attorney turned organic farmer to a cancer survivor reclaiming her health as a skincare entrepreneur, or a former pastor finding a second life as a bed and breakfast owner, *AARP Bulletin* highlights how they achieved prosperity and how you can too.

The special report provides need-to-know insights and advice on how to navigate career changes later in life, whether it's a career path marked by a new job, new start, or even a new business. Additionally, the guide outlines the seven benefits of experience that come into play during a new career, the four common missteps to avoid, and helpful online tools from AARP to find a second career that's right for you.

Other stories in the January/February issue:

Health

- **New Brain Health Study:** Do you remember all those reports on how red wine, dark chocolate and caffeine-rich drinks might help your brain stay sharp? Think again. In this month's issue, *AARP Bulletin* features a special report from the Global Council on Brain Health that challenges the popular thinking about the benefits of all three and recommends the best foods to help keep your brain sharp.
- **How Safe Is Your Supermarket?:** *AARP Bulletin's* January/February issue provides a guide to navigating the microbial villains such as E. coli, salmonella and listeria that may be lurking in your neighborhood supermarket. Learn where and how bacteria may be hiding at your grocery store – in teriyaki sauce disguising almost-expired meat to store-sliced deli meats tainted with listeria – as well as tips on what to look for when choosing your foods and what to avoid.

Fraud

- **America's Veterans Targeted by Crooks:** Approximately 80 percent of America's military heroes have been targeted by a veteran-specific scam in the past five years, according to an AARP report. In this month's issue, *AARP Bulletin* features a special report on the top scams hurting America's finest, how these scams work, tips to combat them, and Operation Protect Veterans – a new joint campaign of AARP and the U.S. Postal Inspection Service.

Tech

- **Hey, Speaker, How Do I Make You Work?:** More than 35 million Americans used a smart speaker at least once a month last year, more than double the usage in 2016, according to an AARP report. In this month's issue, *AARP Bulletin* reveals how these popular smart speakers can help older Americans, the endless possibilities for connecting and commanding other technologies, and five surprising ways to use



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your smart speaker.

Learn more at <http://www.aarp.org/bulletin/>. Interviews with AARP's experts are available upon request.

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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 the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

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