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Inside the February/March Issue of AARP The Magazine

Roseanne and John are Back: In laugh-filled interviews, the iconic TV couple talk about their time apart, their joyful reunion, and what the future holds

PLUS:

- Entertainment: Cinema's Reigning Queen Helen Mirren wins Lifetime Achievement honor at AARP The Magazine's Movies for Grownups® Awards, hosted by Alan Cumming
- Sports: Olympic skater Scott Hamilton reflects on health struggles with wisdom and humor
- Money: A shocking report on the amount of theft from older Americans by family members ... and fresh advice for making your children financially independent
- Health: Exclusive-How telemedicine is transforming health care
- Travel: Cruises of a Lifetime
- Personal Best: Roberto Clemente Jr. carries on father's legacy to feed the hungry
- Your AARP: AARP Block Parties around the country

A peek inside the latest issue of AARP The Magazine, with web exclusives, can be found at www.aarp.org/magazine

WASHINGTON, DC—In the February/March issue of *AARP The Magazine (ATM)*, the irreverent and irrepressible humor of **Roseanne Barr** and **John Goodman** are on display. In interviews, the two – who as the stars of the legendary *Roseanne Show* are among the most popular TV husbands and wives of all time – spar, tease, and reveal their extraordinary loyalty and appreciation for each other. The pair also take stock of the past, and talk about the return of the *Roseanne Show* 15 years after going off the air. In an age when sitcom “grownups” look more and more like college kids, the return of good ol’ Roseanne and Dan is a reminder that the funny bone doesn’t go numb at age 50.

Roseanne’s return to ABC premieres March 27 with the original cast. “I really appreciate the fact that AARP didn’t ask me to do their nude centerfold this issue,” deadpans Barr.

The February/March issue of *ATM* also includes fascinating articles about entertainment, money, travel and health.

Entertainment

Helen Mirren has been called ‘luscious, intelligent and hot,’ and for a good reason. *ATM* provides a very fitting tribute in this month’s magazine to the recipient of the Career Achievement Award at *AARP The Magazine*’s 17th annual Movies for Grownups® Awards. The Oscar-winning actress has captivated audiences with her range, from bawdy, saucy and funny, to stern and imposing. In a profile story, *ATM* gives testament to the traits that have made America fall in love with the British actress over many years. The Movies for Grownups® Awards will be broadcast on TV for the first time, on February 23 at 9 p.m. on PBS’ Great Performances (check local listings).



Eric Clapton, in a rare interview, shares why he allowed a documentary to be made of his life, and how he did – and didn't – participate. The legendary guitarist, who has remained mostly secretive about his life, also reveals the reasons he wanted to share an unfiltered version of his struggles, and his strong reaction to seeing the film for the first time.

Sports

Just in time for the 2018 Winter Olympics, former Olympic Gold Medal skating champion **Scott Hamilton** shares his experience around his lifelong battle with illness and his improbable road to becoming a superstar. He also provides valuable wisdom gained from his achievements, not just how to attain true success but the dark side that can come with triumph at the highest level.

Money

In an alarming investigative story, *ATM* reveals the shocking reality that the most likely perpetrators of fraud aren't professional scammers, but rather members of your own family. "Fraud in the Family" contains three unbelievable tales of family-driven fraud, as well as top tips to prevent it from happening to you.

With the new reality that nearly one-third of adults ages 18-34 are living with their parents due to financial challenges, *ATM* offers a guide with tips for readers to help children make it on their own without jeopardizing your finances or relationships.

Health

ATM turns the spotlight onto Mercy Virtual, America's only virtual care hospital, where over 700 medical professionals care for patients via computers and video cameras across seven states. Especially for older Americans, in-home health monitoring and real-time diagnoses and treatment adjustments by a virtual doctor or nurse, is a game changer. But is the care they provide of high quality, and does the practice really benefit anyone? To find out, *ATM* sent renowned doctor David L. Katz, M.D., the founding director of Yale University's Prevention Research Center at Griffin Hospital, author, and frequent TV commentator, to investigate.

For national heart health month, *ATM*, working in partnership with the American Heart Association, reveals the 7 most deadly lifestyle sins for your heart, and how to adjust daily habits to put you on the best path for health and long life. Few realize how skipping that walk or eating that extra cookie can have such a profound effect on your heart!

Author Barbara Hannah Grufferman reveals the secrets she learned in transforming her health and attitude from blah at age 50 to exuberant at 61. The secret: little changes that you commit to for 60 days. She shares many that worked the best for her, from bathing her face each morning in ice water to upending her breakfast menus.

Travel

In its latest edition of Bucket List Cruises 2018, *ATM* recommends the best seafaring adventures for differing tastes to cross off your list. Imagine the old-world elegance of a transatlantic crossing, explore the exotic species and beauty of the Galapagos islands, or sail through the Panama Canal and enjoy the wilderness of Central America.

Personal Best

Carrying on the legacy of his Major League Baseball star, late father and namesake, Roberto Clemente Jr. serves as the global ambassador for Food for the Hungry and its Striking Out Poverty Initiative. Roberto talks about bringing food, clean drinking water, and baseball to disadvantaged communities worldwide.

In "Burned to the Waterline," renowned journalist Donovan Webster tells the powerful, tragic story of how mistakes he made cost the life of a man; his journey to prison for it; and the huge challenges he's faced rebounding after his release.

Your AARP

ATM provides the cities nationwide that will be home to AARP Block Parties beginning in the Spring, featuring entertainment, prizes and activities for the whole family. AARP members will receive a little something extra too! Learn more at aarp.org/events.

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About AARP The Magazine

With more than 38 million readers, AARP The Magazine is the nation's largest circulation magazine – and the

definitive lifestyle publication – for Americans 50 and older. AARP The Magazine delivers targeted content in three demographic versions – for readers age 50 to 59, 60 to 69 and 70-plus – including health and fitness features, financial guidance, consumer information and tips, celebrity interviews, and book and movie reviews. AARP has been publishing a magazine for members since its founding in 1958. AARP The Magazine is published bimonthly in print and continually online. Learn more at www.aarp.org/magazine/.

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 nation'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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