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March AARP Bulletin Special Report

What They Know That You Don't: Insider Secrets of Doctors, Plumbers, Cops, Mechanics, Vets, Waiters and 14 Other Pros

PLUS:

- Walking prescriptions: A walk is a proven way to treat a host of ailments, but not everyone should take the same path
- Progress & hope for 5 health conditions
- How will the tax overhaul affect your 2018 return? We ran the numbers for 6 households to find out
- Death notice double-cross: Be careful with obituaries – scam artists are reading
- A pioneering referee, Dee Kantner, 57, still has hoops madness and reflects on a career of calling the shots in a man's world

WASHINGTON, DC—In the March issue, *AARP Bulletin* spills over 90 secrets from experts and professionals that will save readers money, time and hassle. The feature reveals tips on cutting costs at the doctor and dentist, protecting your home from burglars, making the most of dining out, stretching your dollars when shopping online, and considering options when buying or selling your home.

From a flight attendant's tips on choosing the best seats on a plane and packing for your next trip, to a car mechanic's recommendations on vehicle maintenance, *AARP Bulletin* uncovers what the experts know that you don't and the well-meaning advice you should ignore. Watch and share our "What the Experts Won't Tell You" videos for the best insider tips from a [veterinarian](#), [realtor](#) and [fishmonger](#).

Other stories in the March issue:

Health

- **Walking Prescriptions:** Walking has been scientifically proven to help treat a host of ailments. But not everyone should take the same path. In this month's issue, *AARP Bulletin* prescribes specific, unique walks that can help remedy high blood pressure, arthritis, depression, insomnia and diabetes.
- **Progress & Hope for 5 Health Conditions:** Not so long ago, a diagnosis of multiple sclerosis, Parkinson's disease or lupus meant lifelong disability, chronic pain and even an early death. But thanks to a flurry of medical advances in recent years, these and other once-debilitating conditions are, or soon may be, tamed. This fascinating roundup reveals the latest advances and treatments for each of these conditions.

Money

- **The New Tax Law and You:** The recently passed overhaul of the U.S. tax code is already affecting the way many companies do business. But how will the plan affect the income taxes of older Americans? In this month's issue, *AARP Bulletin* has H&R Block run the taxes of seven hypothetical households for 2017 and 2018 to reveal how their taxes will change next year. You will be shocked to discover who actually will pay



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more!

Fraud

- **Death Notice Double-Cross, Be Careful With Obituaries—Scam Artists Are Reading:** It's never wise to let strangers know your name, address, birth date, birthplace, family members' names or even hobbies, whether you post the info on social media, take surveys or fill out product registration forms. But obituaries can take the risk to a whole new level. When published in newspapers and websites, they can spoon-feed scammers the precise nuggets they need. Here's advice on honoring the departed without putting the rest of your family at risk.

Careers

- **How I Continue to Rule the Court:** Dee Kantner, 57, a trailblazing college and professional basketball referee, *shares what it's like* to be running fast with elite athletes and reflects on making a career of calling the shots in a man's world.

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

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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.

About AARP Bulletin

AARP Bulletin is the definitive news source for AARP's members. The Bulletin reaches more than 38 million readers through each of its ten print editions annually, with additional news and in-depth coverage online. AARP Bulletin delivers the story behind the key issues confronting Americans 50 and older, including health and health policy, Medicare, Social Security, consumer protection, work, personal finance, and AARP state and national news. The 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. Learn more at <http://www.aarp.org/bulletin/>.

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