

Calendar

Foreigner Concert

Sept. 23
The Depot, Salt Lake City.
Sponsored by AARP. For details, visit www.depotslc.com.

Staying Sharp Seminars

Nov. 1, Salt Lake City
Nov. 8, St. George
Leading researchers will discuss how the brain works and the latest breakthroughs in neuroscience. For details, visit www.aarp.org/ut; click on "Read the Latest News." To register, call 1-877-926-8300 toll free Or register online at www.StayingSharpSaltLakeNov1.eventbrite.com or www.StayingSharpStGeorgeNov8.eventbrite.com.

Volunteer

Raise your voice.

Make sure health care and financial security are top issues in the 2008 elections. Join the Divided We Fail initiative in Utah.

Help others at tax time.

AARP Tax-Aide volunteers help prepare tax returns at no cost for middle- and low-income people of all ages. Training is provided.

For information on volunteer opportunities with AARP Utah, call Gail Goodwin at 1-866-448-3616 toll free or 801-233-2064, or visit www.aarp.org/ut and click on "Volunteering."



Photo credit: Roi Agneta

Young@Heart, Still Passionate

Proving that rock and roll will never die, the Young@Heart Chorus brings the crowd to its feet with the group's musical enthusiasm at the Capitol Theater in Salt Lake City. The concert marked the beginning of AARP's 50th Anniversary Celebration in Utah.

Get Informed Before You Vote

AARP IS PUBLISHING a Voter Guide for Utah's three congressional districts, focused on the issues that members care about at the federal and state levels — Medicare, Social Security, health care reform and pension issues. In addition, AARP will publish a "side-by-side" guide to where the presidential candidates stand on the Divided We Fail concerns of health care and lifetime financial security.

The State Office is also asking state legislative candidates

in districts where there is no incumbent running to respond to questions in an AARP Utah Voter Guide on state concerns.

"This is a momentous time," said Rob Ence, state director of AARP Utah, "It is critical that we have leaders who are willing to work in a bipartisan manner. We urge everyone to become involved in the political process by becoming informed about the candidates for elected office and then voting for people they believe will

take Utah and the country in the right direction."

AARP Utah recommends that all state residents visit candidates' sites, attend debates and forums, and seek out other reliable sources of information about Utah's potential future political leaders.

To read the AARP Voter Guide, visit www.aarp.org/elections. To read the state Voter Guide, check www.aarp.org/ut for updates on the publication schedule.

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Just over 31 percent of Utah voters cast ballots in the 2006 midterm elections, compared with 37 percent of voters nationally.

For a detailed list of musical and theatrical groups and others in the performing arts in Utah, visit www.utah.com/arts.

People

AARP Utah has added eight new area coordinators to its statewide network of volunteer leaders. They bring AARP's wealth of knowledge to their communities.



In Area 1, Bear River, **Erlene Hedrick**, a former educator and financial clerk, has joined Tom Hogan as co-coordinator.

Charles and Nancy Dubenezic

are the new co-coordinators in Area 2, Weber/Morgan. He is a retired professor of instructional technology, and she is a former nurse and educator.



In Area 4, Salt Lake County, **Nancy McCormick**, a principal and teacher for 30 years, has joined Linda Murphy as co-coordinator.



In Area 5, **Malcolm Walden**, a retired U.S. Army administrator, has joined Beverly White as co-coordinator in Tooele.

In Area 7, Uintah Basin, **Pat Burdick**, a public school tutor and journalist, joins Glenda Brown as the new co-coordinator.



Leonard Miller, a former AARP Driver Safety Program instructor, joins Kyle Bailey as co-coordinator for Area 8.

In Area 9, writer and educator **Bridget Funk** is the new area coordinator.

To reach your area coordinator by phone, call Gail Goodwin at 801-233-2064 or toll free at 1-866-448-3616. To e-mail them, visit www.aarp.org/ut and click on "Volunteering."

FROM THE GRASSROOTS

Team AARP Utah Rides to Help End MS

Every hour in the United States, someone is diagnosed with multiple sclerosis (MS), an unpredictable, often disabling disease of the central nervous system. MS affects more than 30,000 people in Utah. AARP Utah joined the effort to help fund MS research and programs by forming a team to ride in Bike MS 2008: Harmon's Best Dam Bike Ride. Fourteen State Office staff members, friends and relatives raised more than \$8,700 to ride 40, 75 or 150 miles in the two-day event in June in Logan. All told, more than 3,000 riders raised \$1.7 million in the event. The 2009 Bike MS will take place next June 27 and 28. To join Team AARP Utah for next year's ride, e-mail Bob Wassom at bwassom@aarp.org or call 801-233-2063.



Photo credit: Liz Ence

Bike MS 2008 brings out the red jerseys in Utah. Standing, from left, are Liz and Rob Ence, Bob Wassom, John Landrigan, Joe Walker, Ken Morgan, Gail Goodwin and Farrukh Malik. Kneeling, from left, are Kate Fielder, Donna Scholl, Laura Polacheck and Lenny Goodwin. Not shown: Bob and Marie Halpin.

IN YOUR POCKET

Rate Increases Put the Spotlight on Efficiency

Both Rocky Mountain Power and Questar Gas filed for rate increases this year before the Utah Public Service Commission. AARP Utah has intervened to try to keep increases fair to consumers. The cases are ongoing, but one thing is for certain: rates will go up, probably much more than usual. What can you do to keep your electric and gas bills affordable? Some tips from the U.S. Department of Energy (DOE) include using compact fluorescent light bulbs, air drying dishes instead of using the dishwasher "dry" cycle, turning off computers at night, using a power strip for home electronics (and turning off the power strip when not in use) and lowering the thermostat on your hot water heater to 120 degrees. Checking your home's insulation is one of the most cost-efficient ways to reduce energy costs, especially in a state with extreme temperature changes

Confer or Celebrate: Fall Is the Time

Fall brings events for a wide range of interests, from AARP celebrations to sports, culture and education.

50th Anniversary Events on Tap. Join us as we celebrate the founding of AARP in 1958. Events are planned throughout the state. Visit www.aarp.org/ut and click on "Read the Latest News" for details.

Utah Aging Alliance Fall Conference, Oct. 7 – 8, Zermatt Resort and Spa, Midway. The theme is "Being in the Boom: A New View of Aging." To register, visit www.utahagingalliance.org or call 801-538-3926.

The Ceremony of Weaving Navajo Rug Show, Nov. 7 – 9, Deer Valley. Sponsored by Adopt A Native Elder; all proceeds from rug sales go directly to elders. For more, visit www.anelder.org or call 801-474-0535.

Huntsman World Senior Games, Oct. 6 – 18, St. George. Join athletes 50 and older to celebrate the spirit of competition. For details, visit www.seniorgames.net or call 1-800-562-1268.

Films To See Before You Vote, a continuing series sponsored by the SLC Film Center. Free and open to the public. For movie titles, times and locations, visit www.slcfilmcenter.org.

such as Utah. Homes built before 1980 often lack proper amounts of insulation. Air leaks from attic entrances, recessed lighting, water and furnace flues, window frames and electrical outlets can also waste energy dollars. Caulking and weatherstripping leaks and installing storm windows can help reduce your energy bill by 10 percent, according to the DOE. For more information on energy-saving programs go to www.eere.energy.gov.

ON THE WEB

New AARP Site Offers Online Communities

AARP Utah's newly redesigned Web site offers quick access to the latest news as well as a new interactive option: online communities, groups that tackle topics from caregiving to cats, tennis to trains, health to hobbies — even one called "Where Music and Science Meet." To register go to www.aarp.org/ut and click on the red "Sign up" button in the upper right of your screen. Our statewide online community has gone live at www.aarp.org/community/AARPUT.

This fall AARP will be launching an online community in Utah County, focused on opportunities and events in that area, as the first regional Utah site. Members there will receive an announcement in the mail. Stay tuned for announcements about other regions of the state throughout the coming year.

Utah has the lowest rate of smoking in the U.S. — 9.8 percent. And that's less than half of the national average rate.

Get more tips on saving energy from the Utah Energy Conservation Coalition by visiting www.utahenergy.org/faq.html.



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Betty Lynn Davis

Lou Jean Flint

Ruby Hammel

AARP DRIVER SAFETY PROGRAM

Dennis Wilson

State Coordinator

AARP TAX-AIDE

Jack Dahl

State Coordinator

UTAH RETIRED SCHOOL

EMPLOYEES ASSOCIATION

Roger Miner

Liaison

55,035

Number of uninsured
Utahns age 50 – 64.

Q&A

Alzheimer's: A View From the Inside

AARP works with the Brain Institute at the University of Utah to put on four Staying Sharp forums annually (see Calendar, page 1). This fall, the institute offers more exciting opportunities to learn about the aging brain, including an unusual art exhibit that captures the emotions of Alzheimer's disease. AARP talked with **Amy Mozdy, PhD**, the institute's interdisciplinary research manager, and with **Norman Foster**,



MD, director of the Center for Alzheimer's Care, Imaging and Research at the University of Utah.

Q. What's slated for fall 2008?

A. Mozdy. The Brain Institute is thrilled to co-sponsor an art exhibit at the Utah Museum of Fine Arts called "The Later Works of William Utermohlen." Utermohlen was diagnosed with Alzheimer's disease in 1995. From 1995 to 2000, he chronicled his experience with Alzheimer's disease and dementia in a collection of self-portraits.

Q. What do the portraits teach us about Alzheimer's disease?

A. Foster. We usually think about how Alzheimer's disease is experienced from a caregiver's perspective, from the outside in. What Utermohlen's paintings give us is an understanding of what it feels like to

experience Alzheimer's disease from the inside.

Q. Utermohlen's paintings are likely to stir emotions. Will you be providing any outlets for people to talk and learn more?

A. Mozdy. Yes. We invite everyone to a free film series of popular films dealing with dementia. These films will be shown on four Wednesday evenings in November and December at the Utah Museum of Fine Arts. A medical expert will introduce each film and will field questions following the screening. We're also hosting a symposium on art and the brain at the museum on Nov. 8.

"The Later Works of William Utermohlen" will be on view from Nov. 1 to Jan. 11. The film series will run Nov. 5 and 12 and Dec. 3 and 10. For details, visit www.brain.utah.edu.

FROM THE TAX-AIDE COORDINATOR

Your Neighbors Need Your Help



Tax-Aide is a cornerstone of AARP's community service.

By midnight on April 15, 2008, the 119 Utah AARP Tax-Aide volunteers had completed federal and state tax returns for more than 7,000 state residents. The Tax-Aide program is the largest volunteer program in AARP and, with approximately 32,000 volunteers nationwide, one of the largest volunteer programs in the country.

To do the same job, private tax services would charge an estimated \$100 to \$200 per return, making the value of Tax-Aide services approximately \$1 million.

Although our training and focus are on providing free tax assistance to older adults, we do not limit our services to them. Our volunteers are certified to assist people of all ages, working on a wide range of tax returns at many income levels.

The Utah AARP Tax-Aide program has approximately 40 sites, primarily in the greater Salt Lake

and St. George areas. As the program grows, we are always seeking to add counselors.

We process all returns on computers provided by AARP and the Internal Revenue Service (IRS) and we file electronically, so our major requirement for a counselor is to be comfortable with a computer and to have an e-mail address.

We work closely with the IRS and the Utah Tax Commission to provide training on tax law and the IRS-provided tax software system. All of the tax counselors are required to pass IRS certification tests. We also need other people, who don't have tax training, to assist in scheduling and coordination at the sites.

Most counselors work one or two mornings or afternoons each week from Feb. 1 through April 15. If you are interested in learning more about the program and how you might volunteer, please e-mail our volunteer coordinator, Bart Wherritt at taxmanutah@msn.com.

"As the program grows, we are always seeking to add counselors."

Jack Dahl is the volunteer AARP Tax-Aide coordinator for Utah.

🏠 One in 600 Utah households received a foreclosure filing in June of this year, the 10th highest rate in the United States.

🗉 For information on and support with Alzheimer's disease, visit the Utah chapter of the national association at www.alz.org/utah.

Resources

To call or visit online:

RXConnect Utah
1-866-221-0265
www.health.utah.gov/
rxconnectutah

Utah Health Insurance and Information Program (HIIP)
1-800-541-7735
www.hsdaas.utah.gov/
hiip_contact_list.htm

Utah Department of Health
1-888-222-2542
801-538-9936 TTY
www.health.utah.gov

Utah Attorney General
www.attorneygeneral.utah.gov

Utah Division of Aging and Adult Services
801-538-3910
www.hsdaas.ut.gov

Utah Division of Consumer Protection
1-800-721-7233
www.consumerprotection.utah.gov

End-of-Life Care Partnership
1-800-677-1116
www.carefordying.org

Benefits QuickLINK
www.aarp.org/quicklink

To read:
To receive the following free AARP publications, and others, call Gail Goodwin at 1-866-448-3616.

Utah's Resource Guide for Financial Security

Consumer Guide to Hearing Aids

Physical Activities Workbook

Medicines Made Easy

Consumer Fraud Kit – Tips on Home Improvement

Fire Sense – Prevent, Detect, Escape Home Fires

DIVIDED WE FAIL

For Most, Retirement Looks Uncertain

WORRYING ABOUT the future? You've got company. Only 27 percent of people age 40 and older are confident that they will have enough money to live comfortably throughout retirement. The rest of us are struggling to figure out how to fund even a modest level of comfort.

Social Security remains our most reliable source of retirement income. It is the only source for nearly 25 percent of retired Utahns; another 33 percent depend on it for at least half their income. But those benefits alone cannot provide financial security, and other sources of retirement income have deteriorated.

Traditional pension plans are down sharply: Only one in five American workers looks forward to a retirement check from the workplace. Some workers are offered a 401(k) or similar voluntary plan. But almost 47 percent of all Utah workers either don't have that option or aren't using it.

Personal savings are headed the same way. More than half of workers who have saved for retirement have put away less than \$25,000, and



national personal savings are at around half a percent of income. Why don't we save more? Because people simply don't have money to spare.

Divided We Fail continues to call on elected leaders to propose solutions to these new realities. You can help by reading and signing the pledge below. Or visit the Divided We Fail Web site at www.dividedwefail.org and click on "Take the Pledge."

Join Divided We Fail

I want to join with millions of other Americans to support candidates who will give us action and answers on health care and lifetime financial security. We need to elect leaders who will end the gridlock in Washington and get things done.

I pledge to:

- Vote for candidates who will ensure that all Americans have access to affordable, quality health care.
- Vote for candidates who will ensure that all Americans have peace of mind about their lifetime financial security.
- Vote for candidates who are specific about what they'll do and how, and who stop speaking in generalities.

I'm using my vote to deliver the message that the time to address these problems is

now. Candidates owe us action and answers, and they must commit to delivering long-term, lasting solutions if elected.

Signature

Name

Address

City, State, Zip

E-mail

- Please keep in touch with me by e-mail about AARP activities, events and member benefits.

Please mail your signed pledge to AARP Utah, 6975 Union Park Center, Suite 320, Midvale, Utah 84047

AARP is nonpartisan and does not own a political action committee (PAC), endorse political candidates, or contribute money to political parties or political candidates' campaigns. AARP educates the public about issues of concern to older Americans and their families through voter guides, issue workshops and candidate forums.

