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October/November 2022
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Follow the currents of the Mississippi Delta that have inspired storytellers and creators for centuries, where strains of Memphis blues and New Orleans jazz fill the air, and the flavors of Southern cooking comfort the soul. Visit the hallowed grounds of Civil War battlefields in Vicksburg and the South’s largest existing historic mansion during an excursion call to Nottoway.

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Drug Price Reform Is Here
Medicare can negotiate lower prices on our behalf. Here’s what it will mean for older Americans

Prescription drugs help people live longer and healthier lives, but they do no good if people can’t afford to take them. That’s been the awful reality for so many older Americans who have worked hard all their lives, only to scrimp and sacrifice in their later years to afford the drugs they need.

Thanks to a new law passed in August—one I’m proud to say that AARP fought hard for—this fundamental unfairness is beginning to change. The new law will bring relief to the tens of millions of people now on Medicare and to the generations of Americans who will follow. Ultimately, most older Americans will count on the program to help lower the costs of their prescription medicines. That certainly includes people like 69-year-old Dennis Bane of California.

Dennis, a retiree, faced a $3,600 bill for a three-month supply of medicine to control his diabetes. Living on Social Security, he simply couldn’t afford it. He was able to get the same drugs from Canada—for $289. “Something is very, very wrong,” he told us, echoing the sentiment of so many Americans who are forced to pay the highest drug prices in the world.

This is why AARP led the fight to require Medicare for the first time to use its enormous buying power to negotiate better prices with drugmakers. This commonsense reform is the centerpiece of the historic new law. The Department of Veterans Affairs has long negotiated to provide drug discounts for those who have served our country. Costco and Sam’s Club use bulk purchasing every day to cut prices on everything from soup to TVs.

The new law includes a special benefit for the 3.3 million Medicare recipients with diabetes who use insulin. Starting in 2023, it places a $35 monthly cap on insulin copayments. For Cheryl Cark, who lives in Ohio, this is the most welcome news. The 66-year-old retiree spends as much as $1,200 a month for her diabetes drugs. “That’s a financial hardship beyond belief,” she said.

More help is on the way. Starting in 2025, there will be a $2,000 yearly ceiling on out-of-pocket costs for Medicare drug-plan members. This simple solution will provide peace of mind that the drugs we need to live long, healthy lives won’t impoverish us.

It would have helped Gretchen Van Zile, 74, and her husband, Peter. The costs of their 15 medications consumed 40 percent of their monthly income from Social Security and a small pension. To get by, they put off repairs to their Georgia home, sold possessions and paid for their prescriptions with credit cards. Peter even split his pills to save money and ultimately stopped taking his expensive heart medication. Two months later, he suffered a stroke. On April 7, he died. When we spoke to Gretchen, she told us that if the cap had been in place, “I don’t think [we] would have felt like we were headed to the poorhouse.”

And perhaps it would have meant more time together in a retirement that they, like so many older Americans, worked their whole lives to enjoy. The new law is a big step forward, but it is only one step toward making sure all Americans can choose how they live as they age.

AARP will continue fighting to make sure they can. You can count on us.
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Students show signs of anxiety, depression and mental illness. When children, teens and even college students show signs of anxiety, depression or social, emotional or behavioral problems, they should get their reading skills tested. Deficits should be addressed at once. Young people will feel affirmation and hope to learn the cause of their difficulties and experience real progress. When warranted, reading intervention is part of full mental-health care. Even before the pandemic, two-thirds of eighth graders in America were reading below proficiency. There is much work to be done."

Thank you for publishing Barbara Stepko’s article “Teens in Trouble,” about the increase in mental-health issues among youths. There’s an association between reading difficulties and mental illness. When children, teens and even college students show signs of anxiety, depression, or social, emotional or behavioral problems, they should get their reading skills tested. Deficits should be addressed at once. Young people will feel affirmation and hope to learn the cause of their difficulties and experience real progress. When warranted, reading intervention is part of full mental-health care. Even before the pandemic, two-thirds of eighth graders in America were reading below proficiency. There is much work to be done.

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The interview gave me goose bumps. Mr. Perry is truly a gorgeous soul.

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What a great job. Keep up the good work!

Robert Washington, Facebook

Love Tyler Perry.

I even named my dog Madea.

Ann Hook, Facebook

I cannot even look at him without smiling. XOXO.

Bobbi Olson Cantlon, Facebook

Ten years ago, my husband and I signed a prenup [“Difficult Decisions About Your Family’s Finances”]. It was marriage number three for both of us. We had both been single (widowed/divorced) for less than a year, and we each had much less than $1 million in assets. We used the same attorney, but that worked well for us (we only had one attorney fee). We declared our assets and debts and any future division. Ten years later, it is mostly a moot issue. We own a home and cars together and have beneficiaries designated for investments. I highly recommend a prenup for the initial peace of mind. The last sentence of the article says it all: “It’s much better to talk about it up front.”

SHARON PARKS
Sanford, North Carolina

As the designated “ironer” in our family, I was intrigued by the article on steamers [“Dear Iron: I’m Breaking Up With You”]. But it was disconnected from reality. A steamer won’t press a dress shirt or put a crease in my khakis. Many people now wear athleisure, but that’s not a reality for us who still work outside the home. When the expert said the starched-and-pressed look is not current, it struck me as a put-down. Some of us still like to dress up and look nice!

I absolutely love Tyler Perry.

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Tyler, you’re doing a great job. Keep up the good work!

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I don’t smoke, party, do drugs or drink liquor. That’s partly why I can still hit those high notes. But I’m not gonna lie—I don’t exercise, except for walking my puppy, Mr. Cuddles.

I stay up until 4 a.m. and watch TV or cook and clean. If I see a spiderweb, I start cleaning. And I like to play cards. My friends get so mad when I say, “Give me the money!”

When my sister Jackie died, my husband and I adopted her two children. Then we adopted the two boys across the street after their mother died. And I have my natural son, Zuri. Taking care of them never stopped my performing, and my performing never stopped my taking care of them.

“I’m still very shy, but if you put a light on the stage and give me a mic, I come right out. You should never hide your light.”

When my band Labelle released “Lady Marmalade” in 1974, I didn’t know it was about a hooker until a group of nuns criticized the song. But no one song changed my life. I changed my life.

My choir director heard me singing background and said, “You should be a lead singer.” I said, “No way. I’m not going to stand up in front and sing by myself.” Then I did a duet with her son and got my first “Hallelujah!”

When I started out, we drove a station wagon from Philadelphia to Los Angeles, eating sardines or putting a hot dog on a light bulb between shows to keep it warm. Paying dues shows who you really are. You shouldn’t be given things right away just because you have a great voice.

During the Jim Crow era, we went through things white artists did not go through, and it made us stronger. Black folks always just have to fight harder.

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7 Surprising Uses for Carrots
Even Bugs would be delighted by these tasty innovations and transformations

1 **Salad dressing** Blend carrots with ginger, rice vinegar, olive oil, garlic and toasted sesame oil for a zesty salad topper.

2 **Tacos** Toss chopped carrots with oil and chili powder; roast until caramelized. Pile into tacos with avocado, radishes, cilantro and sour cream.

3 **Waffles** Add ½ to 1 cup shredded carrots to your favorite waffle recipe (or mix).

4 **Bacon** Use a vegetable peeler to create long, thin slices. Mix soy sauce, garlic powder, smoked paprika, olive oil and a little maple syrup; brush on. Air fry at 350°F for 10 minutes.

5 **Noodles** Spiralize carrots. Boil briefly or sauté until tender, then toss with butter, Parmesan, lemon zest and pepper.

6 **Hummus** Roast chopped carrots with cumin, then blend in a food processor with tahini, lemon juice, garlic and olive oil.

7 **Energy bites** In a food processor, combine carrots, walnuts, dates, nutmeg, vanilla, cinnamon and a pinch of salt until well blended. Roll into balls; no cooking needed.
—Beth Lipton

PHOTOGRAPH BY MAREN CARUSO
How Five Chefs Transform Leftovers

When life gives you lemons, you know what to do. But what about too much rice, pasta or fish? Some smart solutions:

<table>
<thead>
<tr>
<th>LEFTOVER</th>
<th>WHAT TO MAKE</th>
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<tbody>
<tr>
<td>Rice</td>
<td>Rice Crackers</td>
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<td></td>
<td>“I form a dough ball of rice, rice flour and flavorings in the food processor. I roll it flat, then bake. When cool, I break it up to serve with dip.” —Leanne Valenti, chef-owner at Bento Picnic in Austin, Texas</td>
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<tr>
<td>Cooked Beans or Grains</td>
<td>Veggie Burgers</td>
</tr>
<tr>
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<td>“I’ll pulse with roasted vegetables, bread crumbs and egg, then form patties and panfry.” —Katie Reicher, executive chef at Greens Restaurant in San Francisco</td>
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<tr>
<td>French Bread</td>
<td>Pain Perdu Bread Pudding</td>
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<td></td>
<td>“I layer day-old slices in a pan, soak them with sweet cinnamon custard and bake.” —Steve McHugh, executive chef at two restaurants, Cured and Landrace, in San Antonio</td>
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<tr>
<td>Chilled Salmon</td>
<td>Tartine Spread</td>
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<td></td>
<td>“I flake it with savory, herbal and citrus flavorings, plus olive oil.” —Kaytlin Dangaran, executive chef at Bistro at the Sarasota Art Museum in Florida</td>
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<tr>
<td>Spaghetti</td>
<td>Bird in the Nest</td>
</tr>
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<td></td>
<td>“My twist on the classic subs pan-crisped, cold, sauced pasta for the bread. Great for brunch.” —Lisa Dahl, chef-owner at Pisa Lisa in Sedona, Arizona</td>
</tr>
</tbody>
</table>

This is more efficient than a linear peeler for making carrot ribbons for a salad, a swath of citrus for a cocktail, shavings of hard cheeses like Parmesan, and chocolate shavings. —Paul Virant, owner and executive chef at Gaijin in Chicago
Art and History
Four new museums to explore this winter

▲ MUSEUM OF BROADWAY, NEW YORK
The appeal: This is the first permanent museum to celebrate the Great White Way. The collection: The four-story museum will feature interactive experiences that explore how shows get made, as well as Broadway history. Opens: November 15 Info: themuseumofbroadway.com

NATIONAL MUSEUM OF MILITARY VEHICLES, DUBOIS, WYOMING
The appeal: It is the largest private collection in the U.S. The collection: The museum features more than 500 tanks, Jeeps, trucks, landing craft and other vehicles dating from 1897 to the present, plus 200 historically significant firearms. Opened: May Info: nmmv.org

INTERNATIONAL AFRICAN AMERICAN MUSEUM, CHARLESTON, SOUTH CAROLINA
The appeal: The venue will tell the stories of the African American journey at a powerfully symbolic site: Gadsden’s Wharf, where an estimated 100,000 enslaved Africans landed. The collection: Through artifacts and digital presentations, visitors will learn about the struggles for justice and equality. Opens: January 21 Info: iaamuseum.org

The Car Color of Money
WANT TO SEE some green? ISeeCars.com found that vehicles in less-popular colors tend to retain their value better than common hues.

<table>
<thead>
<tr>
<th>Color</th>
<th>Market share</th>
<th>Depreciation*</th>
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<tbody>
<tr>
<td>Yellow</td>
<td>0.2%</td>
<td>4.5%</td>
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<tr>
<td>Orange</td>
<td>0.4%</td>
<td>10.7%</td>
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<tr>
<td>Purple</td>
<td>0.1%</td>
<td>13.9%</td>
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<tr>
<td>Red</td>
<td>10.3%</td>
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<tr>
<td>Green</td>
<td>0.7%</td>
<td>14.0%</td>
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<tr>
<td>Blue</td>
<td>9.0%</td>
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<tr>
<td>Gray</td>
<td>15.5%</td>
<td>14.3%</td>
</tr>
<tr>
<td>White</td>
<td>23.9%</td>
<td>15.5%</td>
</tr>
<tr>
<td>Black</td>
<td>25.2%</td>
<td>16.1%</td>
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</table>

*Decline in resale value over three years since purchased new

THE HOT NEW LUGGAGE: AN UNDER-SEATER

BAG FEES have been common for some time, but you may be surprised to learn that some airlines now charge as much as $75 for you to use the overhead bin. Enter this luggage trend: the under-seater.

Form follows function These bags are small—usually around 16 inches by 14 inches by 8 inches—to conform with airline limits. Be aware, however, that this is your personal item. What fits I managed to pack all this: two pairs of shorts, a pair of light pants, a swimsuit, workout gear, pajamas, undergarments, three tops, a sundress, a pair of flat sandals, a pair of sneakers, a skeleton kit of makeup and toiletries, a laptop, chargers and a book.

Several styles An under-seater can be soft- or hard-sided and have two rolling wheels or four spinners. These bags typically come with organization compartments, including padded laptop sleeves, cosmetic bags and exterior pockets. Cost considerations Prices for these bags can range from about $100 to more than $300. —Maisy Fernandez
Who’s Reading the TV?
A 25-year-old explains why her generation is turning on closed captions for shows

AS A KID, I never watched TV with closed captions unless someone sat on the remote and turned them on by mistake. But in college, when I watched a movie with friends, it was pretty much guaranteed that words would be on screen—on purpose—to keep people from repeatedly asking, “What did he say?”

We were not alone. One industry study shows that 80 percent of people 18 to 24 regularly turn on closed captions when watching TV. Another study shows that about 50 percent of Americans surveyed use closed captions most of the time. Why?

Well, I find it easier to keep up with dialogue when closed captions are on. And I can think of a couple of other reasons why this may be a wider trend.

Movies and shows that are not in English—like Squid Game, from South Korea—are gaining popularity. As American viewers get more comfortable with subtitled programming, they see the benefits of reading dialogue, even for shows in English. Captions are all over social media too. TikTok videos often include them so that you can watch on your phone with the sound off.

So prevalent are captions now that they don’t even register with me. It’s just how I watch TV. —Jenna Gyimesi

FITNESS INFLUENCERS OVER 50

SPEND SOME TIME on social media platforms Instagram and TikTok and you can find a regular stream of people showing off their workout routines—and resulting physiques. But not all of these influencers are 20-somethings. Fitness gurus over 50 have attracted large followings by owning their age while rocking strong, well-toned bodies.

Who’s Reading the TV?

Ellen Ector, 70, @EllenEctorfit, 177,000 Instagram followers
Ector owns a fitness studio in Atlanta with her daughter and launched the viral Instagram hashtag #blackgirlsworkouttoo.

Joan MacDonald, 76, @TrainwithJoan, 1.6 million Instagram followers
MacDonald has been chronicling her physical transformation, dishing out tips with inspirational advice and video tutorials.

Darrin Robinson, 53, @darrinrobinsonfo401, 636,600 TikTok followers
Robinson chides middle-aged slackers. “It’s not about having a six-pack; it’s about you being able to do all your day-to-day stuff.”

Ernestine Shepherd, 86, @shepherdernestine, 72,600 Instagram followers
Shepherd once held the world record as the oldest competitive female bodybuilder. She shows others how to stay fit into their 80s.

Anthony Gonzalez Jr., 57, @OldManMuscle01, 61,200 followers on TikTok
Gonzalez helps men with their fitness commitment. “What man does not want to be a sexy beast?” —Ronda Kaysen

Stop the Spam Calls!
HERE’S A FRESH WAY: Get a second phone number. Give the alternate number to companies while preserving your main one for family, friends and trusted sources.

Google Voice
This free service (voice.google.com) lets you sign up for a number that you can use on your computer and a phone app.

Burner
With this paid app, you can set up alternative numbers. When you no longer need a number, “burn” it, and it disappears.

Phoner
This paid service lets you access a second number, with the option of keeping it long term or just using it for a short period.

TextFree
This app adds a second line to your phone at no cost, but you get only 60 minutes of free calls each month. —Chris Morris
‘You’ll Always Be My Baby!’
How to Cope When Old Family Dynamics Disrupt Holiday Visits

When everyone packs into Grandma’s house for the holidays, no matter their age, family members often fall (or get dragged) into their old childhood roles. Even adults who now have kids of their own and successful careers can be made to feel like children again. And that can create conflict. Here’s how to survive your holiday get-together, according to family therapists.

Tips for Adult Children
✓ Set Boundaries Before getting together, tell parents, siblings or other attendees of any off-limit topics, such as politics or stories from your childhood.
✓ Prepare for the weird Visualize how you wish to react if treated inappropriately. Is it best to respond with humor, with sternness or by doing a breathing exercise?
✓ Designate a support person Prearrange to have a friend available to talk by phone when you need a break from your family, says Mudita Rastogi, a clinical professor and licensed marriage and family therapist.

Tips for Parents
✓ Talk ahead of time Before the kids and their families come home for the holidays, arrange an honest conversation about what they’re hoping to get out of the visit and their preferences around the agenda, Rastogi says.
✓ Don’t keep them down People grow and change—even your own babies. Keep an open mind and get to know them as adults, rather than focusing on who they were as children.
✓ Schedule time apart Group activities are a recipe for conflict, Rastogi says. Schedule one-on-one time with family members to create space for quiet time.

—Kelsey OgelTree

Are You Misreading Your Pet?
Learn the secrets behind their signals

Dog Barking
What you think it means Someone is invading my space.
What it really means “Barking can be, ‘Oh, I’m so excited to see you,’” says animal behaviorist Jill Goldman. “But it also can mean, ‘Keep your distance. I’m very territorial. Don’t come any closer.’”

Cat Rolling
What you think it means Rub my belly.
What it really means Well, not that. “Most cats do not love belly rubs,” says feline behaviorist Marci L. Koski. “That’s where the Venus cat trap comes into play. You put your hand on the belly and then, whoo, there go the claws.”

Dog Smiling
What you think it means All is well.
What it really means “Tension in the mouth is a sign of stress,” says trainer Courtney Case.

Cat Rubbing
What you think it means I like you.
What else it can mean “It’s also a way to leave their scent behind,” Koski says. “This deposits facial pheromones that are used in marking territory.” —Craig Rosen

Your Home Office, Version 3
Hybrid work is common. Tips for a long-term workspace:

Upgrade your location.
Survey your home anew and reconsider your office spot. Do you need a formal dining or living room anymore?

Gear up.
Laptop stands, cellphone stands and ergonomic footrests are innovations that can boost productivity.

Consider your virtual space.
Many videoconferencing systems let you make a virtual backdrop. Use a simple landscape photo.

Work, life, balanced.
Many couples now work from home at the same time, so savor the interactions. —Marie Proeller Hueston
What’s the Big Idea?
New nonfiction on our cells, our minds and the universe

Creative Cooking
Find inspiration in some new cookbooks this fall, including Giuseppe’s Italian Bakes by recent Great British Bake Off winner Giuseppe Dell’Anno (November 22) and Diasporican: A Puerto Rican Cookbook by Illyanna Maisonet, with recipes for arepas and more (October 18). For dessert, The Cookie Bible, by Rose Levy Beranbaum, features all the classics (October 18).

Newsmaker
Paul Newman’s memoir The Extraordinary Life of an Ordinary Man, compiled and edited by David Rosenthal, arrives October 18. What most surprised the book’s editor at Knopf, Peter Gethers? “What a brilliant writer [Newman] was, how extraordinarily honest and insightful he was, how insecure he was.”

Reviews
Starry Messenger: Cosmic Perspectives on Civilization by Neil deGrasse Tyson
The popular astrophysicist offers a lyrical and slightly (ahem) starry-eyed call for readers to stop and marvel at the vastness of space to improve our earthly lives. He argues that a greater appreciation for science, devoted to objective truths and rational thinking, can both enhance humanity’s health and security and heal its divisions.

Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions by Temple Grandin
The animal-welfare and autism advocate, like many other innovative and creative people, processes thoughts through pictures. Yet our society rewards verbal, linear thinkers. She imagines the problems we’d solve if we began “harnessing the power of every kind of mind.” (October 11)

The Song of the Cell: An Exploration of Medicine and the New Human by Siddhartha Mukherjee
The Pulitzer Prize-winning author of The Emperor of All Maladies: A Biography of Cancer writes about how our understanding of the cell—“a living building block contained within the larger living being”—has revolutionized medicine and could lead to major advances in cancer treatments and more. (October 25) —Christina Ianzito

Also of Note

For more reviews and book news by Christina Ianzito, go to her new column at aarp.org/weeklyread.
Now Playing
New movies recommended by AARP critic Tim Appelo

**HOCUS POCUS 2**
*In theaters · October 21*
- BETTE MIDLER (76), Kathy Najimy (65) and Sarah Jessica Parker (57) play 17th-century sisters executed for witchcraft, now back and hungry for revenge. Can three high school kids prevent them from spoiling Salem’s Halloween?

**HALLOWEEN ENDS**
*In theaters · October 14*
- JAMIE LEE CURTIS, 63, was a teen when she won fame as Laurie Strode, the babysitter stalked by Michael Myers, a serial killer wearing a white William Shatner mask, in the first *Halloween* (1978). Now she continues the $750 million horror-flick franchise, as Strode, who morphs from victim to Myers’ ultimate foe, has her epic showdown with him. “It was deeply emotional and cathartic,” Curtis told *Salon.*

**MY POLICEMAN**
*In select theaters · October 21*
- A 1950S COP (Harry Styles) falls for both a young teacher (*The Crown’s* Emma Corrin) and a curator (David Dawson). Rupert Everett, 63, plays the curator in the 1990s, when he's had a stroke but still conveys urgent emotions.

**TICKET TO PARADISE**
*In theaters · October 21*
- DIVORCEES (George Clooney, 61, and Julia Roberts, 54) travel to Bali to prevent their lovestruck daughter (*Justified’s* Kaitlyn Dever) from making their mistake: getting married. Clooney and Roberts are friends in real life, and this is their fifth movie together—their bickering is apt to be amusing.

**HOCUS POCUS 2**
*Amazon Prime · November 4*

**DIVORCEES**
*In theaters · October 21*
- George Clooney, 61, and Julia Roberts, 54

**MY POLICEMAN**
*In select theaters · October 21*
- Harry Styles

**TICKET TO PARADISE**
*In theaters · October 21*
- George Clooney

**DIVORCEES**
*Amazon Prime · November 4*
- George Clooney

**MY POLICEMAN**
*In select theaters · October 21*
- David Dawson

**TICKET TO PARADISE**
*In theaters · October 21*
- David Dawson

**DIVORCEES**
*In theaters · October 21*
- David Dawson

**MY POLICEMAN**
*In select theaters · October 21*
- David Dawson
WHOOPi GOLDBERG’S TRAGIC TRUE CRIME MOVIE

‘Till’ highlights the crime that ignited the civil rights movement

IN TILL (October 14), Whoopi Goldberg, 66, plays the grandmother of Emmett Till, the 14-year-old, Chicago-born boy murdered in 1955 for allegedlywhistling at a white woman while visiting his relatives in Money, Mississippi. Goldberg produced the movie with James Bond film producer Barbara Broccoli, 62, Clemency director Chinonye Chukwu, and Keith Beauchamp, 51, director of the 2005 documentary The Untold Story of Emmett Louis Till.

After Till’s killers were acquitted, they sold their confession to Look magazine for a reported $4,000. Till’s mother, Mamie Till-Mobley (played by Watchmen’s Danielle Deadwyler), spent $3,300 to retrieve his body before authorities could hide his injuries from the public. “She said she was not going to close the casket and wanted people ‘to see what they did to my son,’” Goldberg told Good Morning America. Till-Mobley’s campaign opened the nation’s eyes and helped spark the civil rights movement. “It was because of Till’s death that Dr. King decided to take on the Montgomery bus boycott,” said Beauchamp, who cowrote the new film and helped finance it with a Kickstarter campaign. “There is no better time to tell the story,” said Goldberg. “It’s a mother’s story.” —T.A.

ONSTAGE WITH AARP

Starting this fall, AARP Theater offers members and nonmembers access to a series of free online plays, musicals and other performances through our Virtual Community Center. The performances will kick off October 8. For more information, go to aarp.org/theater.

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Harry Hamlin
The film and TV actor riffs on stardom, enduring marriage and the power of a pinkie ring

To the moon, Harry!
My father was a rocket scientist, head of the Jupiter rocket program at an aerospace company. He built the engine that went to the moon, and I now have his patent. But he also thought the space program was nonsense. He said, “There’s no reason to go up there—there’s nothing there!”

Being humane
I loved them, but my parents were bigots. The words they used were atrocious. I was 15, what did I know? Then I went to camp in New Hampshire and a counselor roughly me up, saying, “That’s not the way the world works!” That was a huge life lesson.

A fork in the road
I went from an Episcopal boarding school wearing a coat and tie every day in a Rust Belt town in Pennsylvania to Berkeley. I wanted to become an architect, but those classes were mostly full. So I took drama, and they started putting me in play after play.

Personal impact
Forty years later, people still come up to me and say the film Making Love [in which his character comes to terms with being gay] changed their lives. I get emotional every time—I cry.

Rejecting Clint
Warner Bros. offered me a huge deal in 1978, a type of contract that was called the Clint, after Clint Eastwood. And I turned it down. I didn’t want to be a big movie star. You’re always looking over your shoulder at who’s coming up next.

Advice from the lord
I once talked to Laurence Olivier about how he used props to help him find characters, like that green umbrella he used for one role he was having trouble with. He said, “OK, now I know who I’m playing.” For Anne Rice’s Mayfair Witches I wear a pinkie ring—that’s my green umbrella.

Mr. Mom
After our daughters [Delilah, 24, and Amelia, 21] were born, we lived in Los Angeles, and I said to my wife, “I’m not going to leave until they leave. That’s when I’ll do theater in New York again.” I wanted to be there for them, and I was.

His marriage secret
The secret is to not expect anything. Expectations are resentments waiting to happen. My relationship with Lisa [Rinna, married 25 years] has always been to take it one day at a time. And we give each other a lot of rope.

Healthy at 70
I walk about three miles a day and listen to books. That’s my only fixed routine. I lift some weights. I cook my own food—everything’s fresh. I don’t eat anything processed. I took turmeric for a shoulder problem, and now it’s gone.

Finding happiness
I don’t know what happiness is. Is it a new car? Is it making a lot of money? Great sex? I have no clue. Someone once said, “A man is just about as happy as he makes up his mind to be.” That’s how I do it.

―As told to Natasha Stoyoff

Actor Harry Hamlin, 70, will appear in the AMC series Anne Rice’s Mayfair Witches in 2023, and is a cofounder of TAE Technologies, a clean fusion energy company.

PHOTOGRAPH BY NIGEL DICKSON
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Non-Smoker Current Monthly Rates

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Tobacco or nicotine users within the last 12 months will pay a higher rate.

Premiums above are the rates New York Life currently charges. Your initial premium is based on your age at issue; premiums increase as you enter each new five-year age band and will be based on the current rates at that time. Age bands begin at ages 45–49 and end at ages 75–79. Coverage ends at age 80. Premiums are not guaranteed; however, your rates may change only if they are changed for all others in the same class of insureds. If relevant statements of age or facts are not accurate, New York Life will make a fair adjustment of premiums and/or insurance. Residents of FL: Jason Montgomery is a licensed Florida agent for service to Florida residents. Residents of MT have rates different from those shown. An alternate product with different rates is available in NY. Please call New York Life for details and higher coverage options.

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* Term rates increase over time.


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Another good reason for sailing with Hurtigruten – the nearly 130-year-old company is a leader in sustainability. Among the company’s fleet are the world’s first hybrid electric-powered ships.

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MoneySaver

That Costs How Much Now?

Inflation, painful of late, has factored into our lives for decades. Overall, prices are up 127 percent since 1990, when many of us were coming of age. (Median household income, up about 125 percent, has almost kept pace.) But not all prices have risen at the same rate.

By GEORGE MANNES

Find your way to financial stability.

Every day, millions of people 50 and over struggle to cover basic expenses. Finding resources to help can feel overwhelming.

That’s why AARP Foundation helps older adults connect to benefits like tax credits and SNAP benefits that put money in their pockets and stretch their dollars where they need it most.

Find out more at aarpfoundation.org
Our family goes to the beach every year. Should we buy a vacation property that we can rent out when we’re not there?

That’s a wonderful idea, as long as you have favorable answers to two key questions, says Will Rogers, a private wealth adviser at Ameriprise Financial in Evans, Georgia. “People often go from the dream phase to reality without a thorough evaluation,” he points out. “Then, three months after the purchase, they find what they’ve bought is financial stress and a second job.” The two questions he says you should ask yourself first:

- Are you comfortable with all the expenses? Even if you’ve determined you can afford the purchase price, the ongoing expenses of maintaining a rental property are often large—potentially larger than for your primary home. “You need to be conscientious about ongoing costs such as maintenance, landscaping and improvements,” Rogers says. These costs vary by location, so you’ll have to do your research.

Assuming the vacation property is not easily accessible from your primary home, you would probably need to hire people for everyday tasks such as cutting the grass, restocking essentials and cleaning after each rental—as well as for occasional issues like letting a cable repair person in or dealing with a downed tree limb in your yard.

“When something breaks, who’s going to be called to fix it? Consider that you’ll have to pay to get a few light bulbs changed,” Rogers notes. In a resort area, he says, you may be able to hire a management agency to oversee what’s needed. Otherwise, talk to other homeowners to get referrals. Finally, insurance costs for beach rentals can be a shocker; be sure to get quotes before buying.

- Can you manage the worst-case scenarios? Consider: The family that was going to rent for a month is a no-show. A bad storm shuts down access to the property. “If you don’t get the rental income you’re hoping for, will your back be up against the wall?” Rogers asks. “If so, buying probably isn’t a good idea. If you have a mortgage on the property, a check has to be written every month whether you have tenants or not.” He adds: “I may sound like I’m throwing cold water on the idea of buying. I’m not. It can be a great thing to do. You just have to thoroughly evaluate if it’s great for you.”
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Security and expertise you can trust
Accounts are FDIC-insured and backed by the financial expertise of Goldman Sachs.

Special offers for AARP members
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No-Penalty CD: Can withdraw balance beginning 7 days after funding.

To learn more, visit Marcus at marcus.com/aarp-savings or call Marcus’ Contact Center 1-833-956-2277 for AARP Digital Banking from Marcus by Goldman Sachs.

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**CHOICE #2**

Our home needs remodeling. Should we dip into our cash to pay for the work or take a loan?

**CASH IS THE** best option if you can avoid dipping into retirement accounts or disrupting your lifestyle, says Robert Gilliland, a senior adviser at Concenture Wealth Management in Houston. “It’s the least expensive way,” given today’s high interest rates.

But few people have the cash to cover high-cost remodeling projects. Your next best option is to use the equity in your home, Gilliland advises. Skip refinancing your mortgage, though, if your current interest rate is less than today’s going rates, he says. That leaves two decent options: a home equity loan or a home equity line of credit (HELOC). A home equity loan is a lump sum that you pay back over a term of five to 30 years at a fixed interest rate. A line of credit allows you to borrow smaller amounts whenever needed. Initial rates on a HELOC typically run lower than for a home equity loan, but HELOC rates are variable, so the cost could get more expensive if rates rise. “Generally, a loan works well if you know specifically how much you’ll need,” Gilliland says. “And a line of credit is best if you don’t know your ongoing cash needs.”

**CHOICE #3**

The housing market is cooling, but I think it’s the right time for me to sell. Is it better to hire a real estate broker, or can I sell my home myself?

**HIRING A BROKER** is almost always the best choice, says Jeff Ostrowski, a mortgage and housing specialist at Bankrate.com. It’s understandable that you want to weigh your options, however. Sellers have had the upper hand in a low-inventory market since 2020, and broker fees—paid by the seller—typically run around 5 percent to 6 percent of a home’s sale price, evenly split between the buyer’s and seller’s agents. By handling your own sale and paying a commission only to the buyer’s broker, you can save from $7,500 to $9,000 on a $300,000 home sale.

If you have experience selling a home, a solid understanding of the real estate market, time to spare and a high tolerance for paperwork and bureaucracy, you could be fine selling your house alone. But a good broker, who comes with strong references and a proven track record, can more than offset his or her fee. Ostrowski notes. “Even if you can easily find a buyer,” he says, “there are a lot of moving parts to seeing that sale through that few people are equipped to handle by themselves.”

Plus, with mortgage rates rising and the housing market showing signs of slowing down, a broker’s value is increasing. For starters, a broker can more expertly assess the readiness of your home and suggest small improvements with big impact that you might overlook. The broker may recommend an easy paint job and some decluttering instead of a costly new carpet, or a simple recaulking and tile cleaning instead of a bathroom remodeling.

Brokers also analyze comparable listings to set a price, use connections to find potential buyers, develop multipronged marketing plans, handle photography and digital postings, and help determine the best bid. It’s not always the highest offer, Ostrowski says. A lower bid with no mortgage contingency—meaning the sale isn’t dependent on the buyer qualifying for a mortgage—may be better if you want to sell quickly. Once a bid is accepted, a broker can help you manage the paperwork required for the closing.

Karen Hube is a veteran financial writer and a contributing editor for Barron’s.
A Worried Son’s Dilemma
How to tend to an aging mom’s finances and housing when she’s reluctant to change

The Problem
How do you plan for assisted living? After Clara Gonzalez, 87, had a few falls (nothing broken), that was the question from her son, Ramon, 56. Like so many family matters, this one is complicated. First, by location: Clara, fiercely independent, owns a condo in Orlando, Florida, with none of her three sons nearby. Second, by benefits: Ramon thought his mother could sell her place and use the expected $100,000 in proceeds to cover living costs. But he wondered whether that windfall would reduce her Medicaid and Medicare coverage or Social Security benefits.

The Advice
Financial questions often open the door to questions that are not so financial at all. That became clear in a four-way phone call between Ramon, Clara, a Spanish-speaking interpreter and me. While Ramon thought his mother should move right away to an assisted living facility in Georgia near one of his brothers, Clara disagreed. Maybe someday, she conceded, but for now she wanted to stay in Orlando.

This sort of disconnect happens all the time, says David York, an estate planning attorney and coauthor of Entrusted: Building a Legacy That Lasts. “[The son feels] guilt that he’s living his own life,” York says, and he worries about things going wrong for his parent. The result: Children jump to make a change that the parent doesn’t want. “Too often in my profession we’re about the how and the what without thinking about the who and the why,” York says.

In this case, he suggests the family figure out how to keep Clara safe and connected in a place where she wants to live—and provide reassurance to Ramon that she’s doing OK. Technology can help, says Kristen Hanich, director of research for broadband and health care at the market research firm Parks Associates. She suggested a passive monitoring system where home Wi-Fi can be used to detect if a parent isn’t moving around as is typical, or a smartwatch loaded with an app that can detect a fall and send an alert. York also suggested hiring a caretaker to do a wellness check a few times a week or looking into Meals on Wheels, which can provide a social experience as well as a healthy meal.

Turning to Clara’s financial future, Ramon was right to be concerned, but not about Medicare or Social Security; those benefits aren’t based on her current income or assets, so Clara will continue to receive them no matter her situation.

Medicaid, which Clara is covered by along with Medicare, is a different story. Although rules vary by state, an individual receiving Medicaid is generally not allowed to have more than $2,000 in his or her name with the exception of certain assets, such as a prepaid burial, a primary residence and a car. If and when Clara is ready for assisted living, selling her home will provide her money she can combine with her Social Security to pay for a residence of her choice. Because having all that money in the bank will almost always disqualify her for Medicaid, she’ll have to pay privately if she needs to go into a nursing home, until she can once again pass the $2,000 asset test.

The Outcome
When I last checked in, Ramon said Clara was still not ready to move. He’s crossing his fingers that her next incident will be minor—but still trigger her to agree to needed changes. He’s standing by to sell the house and use the money for assisted living in Georgia. Meanwhile, he was looking into more ways to keep Clara safe and connected in her current home.

Ramon is doing the right things, notes Joe Coughlin, director of the MIT AgeLab. The goal is what he calls “household resilience”: Recognizing that someday something will need to happen, and preparing in advance to deal with that situation.

Want Jean Chatzky’s help in sorting out a financial problem? Send an email to rescue@aarp.org.

Jean Chatzky
To the Rescue

How to tend to an aging mom’s finances and housing when she’s reluctant to change

THE ADVICE
Financial questions often open the door to questions that are not so financial at all. That became clear in a four-way phone call between Ramon, Clara, a Spanish-speaking interpreter and me. While Ramon thought his mother should move right away to an assisted living facility in Georgia near one of his brothers, Clara disagreed. Maybe someday, she conceded, but for now she wanted to stay in Orlando.

This sort of disconnect happens all the time, says David York, an estate planning attorney and coauthor of Entrusted: Building a Legacy That Lasts. “[The son feels] guilt that he’s living his own life,” York says, and he worries about things going wrong for his parent. The result: Children jump to make a change that the parent doesn’t want. “Too often in my profession we’re about the how and the what without thinking about the who and the why,” York says.

In this case, he suggests the family figure out how to keep Clara safe and connected in a place where she wants to live—and provide reassurance to Ramon that she’s doing OK. Technology can help, says Kristen Hanich, director of research for broadband and health care at the market research firm Parks Associates. She suggested a passive monitoring system where home Wi-Fi can be used to detect if a parent isn’t moving around as is typical, or a smartwatch loaded with an app that can detect a fall and send an alert. York also suggested hiring a caretaker to do a wellness check a few times a week or looking into Meals on Wheels, which can provide a social experience as well as a healthy meal.

Turning to Clara’s financial future, Ramon was right to be concerned, but not about Medicare or Social Security; those benefits aren’t based on her current income or assets, so Clara will continue to receive them no matter her situation.

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CREATURE COMFORTS

An autumn snuggle session just isn’t complete without a throw blanket, right? Gone are the days of scratchy, crocheted varieties; today’s brands have perfected the art of coziness, whether it’s with chunky knit detailing, supple textiles or fun patterns. Consider one of these on-trend throw-blanket picks.

CB2 Overlook Throw
$129
Weighty and fuzzy, this hand-knitted wool-blend throw can double as a shawl on nippy nights.

Anthropologie Vanessa Throw
$78
A sunny, light-weight throw in washable 100 percent cotton, it is best suited to slightly chilly autumn evenings in a warm climate.

Pendleton Spider Rock Throw
$200
Its intricate jacquard design is inspired by traditional Native American geometric patterns. Woven in wool and cotton, it has a felt binding.

L.L. Bean Wicked Plush Sherpa Throw
$50
Luscious, super-thick fleece on one side; snugly, soft-brushed fleece on the other: pure comfort.

—Shelby Deering

On average, members of Generation X get less sleep than any other American age cohort.

SOURCE: WHY WE CAN’T SLEEP: WOMEN’S NEW MIDLIFE CRISIS, BY ADA CALHOUN

2022 Is Scary!
Easy Halloween costumes for stressed-out 50-somethings

YOUR WORDLE SCORE
Cut holes for your head, arms and legs in a big cardboard box, then paint it with the telltale grid of mustard, green and dark gray. Or, for maximum bragadocio, just paint a line of five green squares.

ZOOM CALL
Paint a large box gray, then cut a rectangular hole in the front, to mimic a computer screen. Pop the box over your head, to show your face and torso. You’re in business attire above the waist—and anything goes below.

RETIRED TOM BRADY
Put on a football helmet, a bathrobe and a pair of Tampa Bay Buccaneers slippers. This will be especially vexing to Tom Brady fans, who’ll want to remind you, repeatedly and angrily, that he unretired.

SANDWICH GENERATION
Cover one sheet of poster board with photos of your kids. Cover a second one with photos of your parents. Slip in between the two sheets, securing them with bungee cords, and squeeze. Hard. Harder!

SKIN CARE
FIGHT FINE LINES

SKIN-CARE EXPERTS tout retinol, a derivative of vitamin A, for reducing wrinkles, but it can cause dryness. In addition to retinol, some gentler options may be worth considering.

RETINOL • Experts recommend starting with a fragrance-free night cream two or three times a week. (Wear sunscreen during the day; retinol makes the skin more sun sensitive.)

PEPTIDES AND BAKUCHIOL • Peptides are chains of amino acids. Bakuchiol is derived from a medicinal plant. Experts say both are milder than retinol, so they are good alternatives for people with sensitive skin, rosacea, psoriasis or eczema. —Lois Joy Johnson
York City–based marriage and family therapist and the author of *How Could You Do This to Me? Learning to Trust After Betrayal.*

“Suddenly you’re at the point in your life where you take stock, and life is either working the way you’d imagined ... or it’s not.”

Brett Bender, an artist in Philadelphia whose boyfriend of two decades left him when he was 57, agrees: “You think this is your person and you will grow old together. And then you don’t.”

While people in their 50s are more vulnerable to heartbreak than one might expect, they may also be more resourceful in their healing. Marjorie, an IT professional in New York City who asked to be identified by her first name only, has been divorced twice—once at 25 and once at 54. The first time, Marjorie did everything you’d expect a heartbroken 25-year-old to do. “I bought a red car. I slept around. I drank,” she remembers. When Marjorie’s second marriage crumbled, “the stakes were higher: more money, shared real estate, two kids,” she says. “I didn’t drink. I didn’t sleep around. I just had too many responsibilities.”

Such responsibilities—plus changed priorities—tend to make a heartbroken person more resilient, Greer notes: “A man or woman in their 50s is more likely to bend, not break,” under the stress of a shattered relationship than someone younger is.

That’s how it worked for Joe Casale, a former sports agent in Delray Beach, Florida. “Heartbreak in my 20s: devastated, but time is on my side,” he wrote in a Facebook message. “Heartbreak in my 50s: more devastated, realizing time is not on my side. Then, you realize it’s not about how much time you have, but what you do with the time you have. That’s when the light bulb goes on. You realize that, like fine wine, you are better with age.”

Still, all the self-knowledge in the world can’t eliminate the pain of rejection by a life partner—or the need to take stock and heal. Therapists who work with newly single people may suggest a three-pronged strategy for healing.

1. **Take in the full picture.** “Recognize that this loss is layered upon other losses,” Gottlieb advises. “Usually you’re being rejected by a life partner, but there are other losses that are happening.”

2. **These icons lost love at midlife and ended up better for it**

   **Jennifer Lopez** At 51, she ended her engagement to A-Rod ... and soon bounced back as half of Bennifer 2.0.

   **Nicolas Sarkozy** Messily divorced at 52, while president of France, he soon met his next first lady, Carla Bruni.

   **MacKenzie Scott** Divorced by multi-billionaire Jeff Bezos at 49, she is giving her record settlement away.

   **Paul McCartney** At 63, he split from his second wife. Happily remarried, he packs gigs at 80. —Niamh Rowe

In your 50s, a breakup is a whole different thing.
not just grieving a particular person—you’re grieving the accumulation of losses over the years,” including compromises made and opportunities forgone to make the relationship work.

2. Disconnect from your ex. “If you’re still caught up in the anger, the rejection or abandonment, you are unwittingly connected to that person,” Greer says. Letting go means minimizing contact if you have kids together or cutting off contact if you don’t. It can be excruciating, but it works. “Recently I had a birthday, and I ended up getting a text from my ex,” Bender says. “Not answering it was one of the best things I’ve done.”

3. Reconnect with the world. The way we get over loss and move on is replacement, Greer explains. That doesn’t have to mean jumping back into the dating pool before you’re ready. But anything that gets you out of your sorrow and excited about something is worth trying. If it’s not romantic, so much the better.

Gottlieb is a big fan of meetups. “Do you like art, hiking, birding, investments?” she asks. “These days there are meetups for everything. There will be married people and single people in these groups, and you may very quickly realize that you’re not alone.”

To cope with her breakup, Williams, the science writer, decided to research romantic loss. The result is her recently published book, Heartbreak: A Personal and Scientific Journey. Critical to moving on in your 50s, she found, is learning to quell the anxiety about the future that a sudden rupture is likely to create. You may be worried not just about yourself but about your children, who for many at this time are vulnerable teens and young adults. “It’s really important to calm down the anxiety, because no real healing can happen until you can get out of that,” she says.

Five years out from her split, Williams has been surprised to discover she feels better than ever: “I’m a more openhearted, empathetic and compassionate person, more comfortable with myself.” Though there is a new boyfriend, she says she’s “definitely more cautious” than before. Nevertheless, she adds quietly, “I still believe in love of all kinds.” —Judith Newman

MY FIRST TIME ...

BALANCING DAD’S CHECKBOOK

MY FATHER’S failing health had led our family to the moment where someone had to take charge of his finances. The most logical someone was me. Except that I was the baby of the family, and a woman. For Dad—a Southern gentleman whose ideas about gender norms dated back to the Eisenhower administration—the psychological insult of this was too much. But bills had gone unpaid. Something had to be done.

I knew I was up to the task, proud of how I’d handled my finances, including buying a house on my own before I married—something my father had never understood. But rather than trying to badger him into recognizing my capability, as I might have done in the past, I came up with a different solution. I enlisted Dad’s longtime friend to supervise, so Dad would feel more confident in the handover. “Lance will help me,” I said. “He’ll make sure I do everything right.”

At my father’s house, Lance and I brewed coffee and chatted as I organized Dad’s accounts, making spreadsheets and notes on upcoming bills. I didn’t technically need him there, but I appreciated his company and his willingness to put my father’s mind at ease. We lost Dad not too long after, and I was glad that this was one battle we hadn’t had to fight. There’s a time in life for youthful pride and a time to let it go. —Jane Hodges

Life-Goals Inspo

Actress Leah Remini enrolled at New York University—after having left school in the eighth grade. “It’s never too late,” the costar of The King of Queens, 52, wrote in May, during her first finals week. “It’s tough, but it’s worth it.”

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The amount you pay today is the amount you’ll pay for as long as you keep this coverage — right up to your 120th birthday.

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**DIAPHRAGMATIC BREATHING** The diaphragm is "hugely important" for pelvic-floor health, says Nora Arnold, a physical therapist and pelvic-floor therapist at Johns Hopkins Medicine in Washington, D.C. Take a slow, deep breath in through your nose, letting the air gently expand your belly, she advises. Slowly breathe out; repeat.

**THE HUNDRED** To do this basic Pilates move, lie on your back, extend your legs at a 45-degree angle to the floor, and vigorously pump your arms up and down next to your body. If you do 10 sets of 10, that's one Hundred.

**PLANK AND CHATURANGA** Holding a yoga plank—with arms straight—strengthens your core, notes physical therapist and pelvic-floor specialist Erica Michitsch, co-owner of Solstice Physiotherapy in New York City. Next, try a chaturanga pose, by bending your arms.

**SWIMMING LAPS** A great way to tone your core and pelvic floor while relieving stress is in the pool, where gravity exerts less pressure. Swimming combines core-muscle work and breath work.

**AIR SQUAT** This move strengthens the pelvic floor by pulling in your core. Stand with your feet shoulder-width apart, then bend your knees, keeping your back straight and your heels down. The goal is to get your hips below your knees. Be careful not to hold your breath. —Cari Shane

**Rightsize Your Coverage**

Do you have the best insurance for your 50s?

**AUTO** You may qualify for discounts for, say, a distant student driver or low mileage.

**HOME** A new home-based business may mean you need to increase your liability coverage.

**UMBRELLA (LIABILITY)** If young adults or older parents are living with you, you may want to add them to your policy.

**LIFE** You may not need term coverage anymore if your kids are grown. —Joanna Nesbit

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Adam Sandler, photographed for AARP on August 3 in the gym at Beth Tzedec Congregation in Toronto.
Adam Sandler arrives at Toronto’s swankiest cocktail lounge with his own take on “smart casual.” Polyester shorts extending below the knees. A relaxed-fit Hawaiian shirt. Chunky high-tops and tube socks. At 56, the actor and comedian looks more like someone heading to basketball camp than one of Hollywood’s most dependable and powerful stars. This is typically how Sandler rolls. Even after more than 30 years of fame that has included an iconic run on Saturday Night Live and more than 80 movie roles pretending to be other people, Sandler doesn’t seem comfortable being anything but himself.

I’m just thrilled he showed up. Sandler rarely gives interviews, and it took weeks to pin him down on a time and a place. It turns out that those details are still in flux.

“Don’t you think it’s noisy in here?” he asks as we shake hands. There are traces of New England in his sandpapery voice. When he phoned me earlier, his cell number came up on caller ID as “Manchester, NH,” where he grew up, the youngest of four siblings in a middle-class home. “Maybe we should walk. Yeah, let’s walk,” he says.

Into the balmy evening we go, and down the rabbit hole into what it means to be the Sandman at midlife.

“Ada-a-a-m! The legend! I love you, bro,” a white-haired guy shouts from the back of an Uber.

“Love you too, buddy. Get home safe, OK?” Sandler says.

A sweaty woman in yoga pants does a fishhook turn into our path.

“No way! Can I get a picture? My boyfriend won’t even believe this!” Sandler says.

A new comedy, You Are SO Not Invited to My Bat Mitzvah!, based on the YA novel, with his entire family. Jackie Sandler, his wife of nearly 20 years, and their daughters, Sadie, 16, and Sunny, 13, almost always appear in his films, and his mother, Judy, 84, arrives for her scenes tomorrow. They’re core players in a tight-knit clique that shows up time and again in Sandler flicks. His former SNL castmate Rob Schneider has been in 18 of his movies. Steve Buscemi, 15. David Spade, 12. Sandler’s longtime friend and assistant Jonathan Loughran, 40-plus.

If being a grownup means getting to do what you want, with whomever you want, and making a ton of money for you and yours along the way (Sandler has a nine-figure production deal with Netflix, where his feel-good basketball movie, Hustle, is garnering early Oscar buzz), then he has clearly excelled at adulthood.

“Just want to say you’re amazing!” a woman shouts from across the street as we get walking again. “I feel like I’ve known you my whole life.”

Adam Sandler is Hollywood’s most reliable slinger of base, puerile humor. Now, at 56, he’s getting his best reviews yet in grownup dramas. Is he going all philosophical and introspective with age? You decide.

By David Hochman

PHOTOGRAPHS BY EMILY SHUR
I feel that way too. Sandler and I are both Gen Xers born in late 1966, both Jewish, both raised on Mel Brooks movies, MTV and homemade mixtapes in that last spell of freedom before we all became internet zombies. As we walk, Sandler tells me that his earliest memory of getting laughs in public was at a movie theater at a suburban mall. “I’d be there with my 10 buddies, watching Star Wars or Young Frankenstein, and when the lights went off, I’d scream something, like, ‘I’m scared! Hold me,’ and the whole place would just lose it.” I swear, I remember that kid.

Sandler was always the ultimate man-child, and an easy target for film critics with his goofy fake voices, squinched-up faces and tushy jokes. But something has shifted since his days of unapologetically juvenile comedies like Billy Madison, Happy Gilmore and The Waterboy. After 28 Raspberry Award nominations for cinematic underachievements (more than any actor except Sly Stallone), he has lately been turning out the best work of his career in such dramas as Uncut Gems. Next year, in the serious sci-fi drama Spaceman, he plays an astronaut reckoning with mortality. Like the aging NBA scout he plays in Hustle, these roles explore what it means to grow older and grapple, literally, with one’s place in the universe.

As we head into a quiet park to talk about life and work, it’s hard to separate those thoughtful characters from the man himself. In The Meyerowitz Stories, a drama that earned Sandler praise for his affecting performance, he played a sad dad with a limp that he refuses to get checked out. Sandler is limping now, too, and he admits he’s been avoiding treatment. “I’m kind of in agony every minute, and I’ll probably need a hip replacement,” he says with a crooked grin. “But don’t worry. You’re my age. You’ll need hip surgery soon too. You’ll see.”
Q: What turned things around?  
Well, I talk to a shrink sometimes. He’s given me a plan. Sometimes just holding in a sentence, taking a beat for a minute before saying something stupid. When I do that, I realize it wasn’t that important to say it in the first place, and I don’t spend two hours making everyone around me feel weirdness for no reason. I’m also better at appreciation. I appreciate other people’s talent now rather than competing with it—in every field, in every sport, every part of showbiz. A lot of young comedians, a lot of the new cast on SNL, they just make me laugh now. I’ll watch somebody and say, “Man, they’re great. I never would have thought of that joke or that approach.” Or my kids will throw on some fresh song or podcast and I’ll go, “That’s so cool.”

Q: Your daughters are nearly as old as you were when you got into show business.6 Does that freak you out?  
It brings up emotions, definitely. My wife and I go to sleep talking about the girls. They have so much ahead, and I feel nervous for them, excited for them. As a parent, you just want to make sure your kids are OK when it’s time for them to take off. But teenagers are complicated. They’d rather spend time with friends than sit at home with us all the time. They make fun of me if I do something idiotic with my phone. They’ll say, “Here, gimme the phone. You do it like this.”

Q: You and your wife7 seem to have a good thing going. How do you do it?  
Nobody wants to hear about Adam Sandler’s secret to marriage, but I guess here’s the secret: Jackie and I like spending time with each other. We try to make each other laugh, try to listen, try to include each other, try to support each other. We try our best—that’s all. And we don’t ever think of not being together. We always talk about our future together.

Q: Fans adore you, but your critics can be harsh.9 Does that sting?  
Sometimes. Mostly because I invite all these amazing people I care about to make movies with me, and I wish they didn’t have to read s*** about whatever we’ve made. But I don’t get too shook up. I always remember something my father said. He was a tough bastard. He went through ups and downs in his life, like not having work for a year or two and not telling us. I recall one time that something didn’t go right for me. I bombed onstage or didn’t get an audition. I was upset and probably embarrassed. And he said, “Adam, you can’t always be happy. People aren’t always going to like you. You’re going to fail.” I said, “But I just want to be happy, man. I don’t want all that other crap.” He said, “You won’t actually know you’re happy if you don’t feel that other stuff.”

Q: You’ve accomplished so much. What’s left to do? Are you a bucket list maker?  
Well, I haven’t been to Israel and I’m the Zohan10 for God’s sake. I’m excited to get there. And I wish I was better at guitar. I have moments of really concentrating for a month to learn a song note for note. But then three days later if somebody says, “Play it,” I’ll be, like, “Oh, s***. My fingers forgot everything.” I suck at golf compared to the really good golfers I play with, and I wish I could get to that next level. I wish I could speak another language, like fluent Hebrew. I wish I could cook, but that’s probably not going to happen. When I was making Spanglish, I worked with the great chef Thomas Keller to learn to make a BLT. For three months I made.

(CONTINUED ON PAGE 86)

Some Adam Sandler Hits  
The actor’s films have grossed more than $4 billion at the box office.

<table>
<thead>
<tr>
<th>Year</th>
<th>Film</th>
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<tr>
<td>1995</td>
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<td>1996</td>
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<td>The Meyerowitz Stories</td>
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<tr>
<td>2019</td>
<td>Uncut Gems</td>
<td>Comedy</td>
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**Billy Madison**, 1995  
A 27-year-old dimwit is forced back to grade school by his dad.

**Happy Gilmore**, 1996  
Ice hockey player takes a wild swing at golf.

**The Meyerowitz Stories**, 2017  
Sandler holds his ground in acclaimed drama.

**Uncut Gems**, 2019  
Down-on-his-luck diamond dealer makes a daring gamble.

**The Wedding Singer**, 1998  
Singer fails for waitress played by Drew Barrymore.

**Punch-Drunk Love**, 2002  
The director aimed to make “an art house Sandler film.”

**Hustle**, 2022  
Imagine Rocky with hoops. Sandler is an NBA scout desperate to find a recruit.
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Sometimes, the best winter getaway isn’t taken to escape the cold weather, but to embrace it. These outdoor pursuits will create lasting memories—and none require a pair of skis.

By Rachel Walker

Winter may be hibernation season for some species, but for humans who enjoy nature and travel, it can be a season for adventure and fun. You say we’re avoiding the moose in the room: that it will be cold, right? Relax: If you haven’t been to an outdoors store in a while, you might not realize how far we’ve come in winter gear that is toasty, comfy and surprisingly lacking in bulk. Another benefit is that winter travel is rarely crowded or rushed. And here’s the best part: You don’t have to know how to hurtle down a mountain to enjoy the great northern outdoors.
**Snowshoeing in Vermont**

**THE FIRST STEP** is always the most awkward. But once you get the hang of it—which you will quickly, by the second or third step—snowshoeing opens up a new world, with the snow-covered landscape yours to explore. “It is peaceful, quiet and beautiful out in the woods,” says Vermonter and avid snowshoer Vicky Vautour, 70. “There is no waiting in lines, crowded trails or freezing cold.” Snowshoeing generates a significant amount of body heat, thanks to the aerobic effort, but the activity can be slow-paced and not so rigorous.

Most ski resorts and Nordic centers, such as Smugglers’ Notch Resort in Vermont, rent snowshoes and offer lessons or guided tours. Using ski poles can bolster balance, and snowshoeing also works up an appetite—bring snacks and water. And because snowshoeing can be a quiet and gentle activity, you’re less likely to scare away animals, Vautour says. “When I go with my grandchildren, I love to open their eyes to the wonders of the outside world of nature.”

**Sleigh Rides in Idaho and Colorado**

**TOWERING AT** 16 or 17 hands tall (that’s about 5½ feet), Percheron, Clydesdale and Belgian draft horses harnessed to an open sleigh enchant riders who pat their velvet-soft muzzles. The sleighs are crafted of wood, with padded seats and warm wool blankets. But the best part of winter sleigh rides comes when the horses’ beauty and power works in sync with the sleigh, and you find yourself moseying along a snow-covered valley at 3 or 4 miles per hour. “It’s pure enchantment,” says Calvin Chatfield, 67, stable manager at Idaho’s Sun Valley Resort. “In the evening on a nice clear night, you look up and there are more stars than you can imagine.”

**While You’re There:** Venture to the town of Sun Valley, which was a favorite destination of Ernest Hemingway. Bibliophiles will love tracing his legacy of preferred watering holes, browsing the Hemingway collection at the Community Library and visiting his memorial.

**WHERE ELSE:** In addition to the Mountain West, you can enjoy sleigh rides in New England, the Pacific Northwest and upstate New York.

**How Much:** Rates typically start at about $60 per person.
WHILE YOU’RE THERE: Durango has a strong artisanal culture that includes at least six craft breweries, a specialty ice cream shop and about 30 galleries and museums.

WHERE ELSE: Hot springs exist almost across America. For a list, visit hotspringsofamerica.com.

HOW MUCH: Day rates typically start at around $20 per person.

WINTER WONDER: Humans aren’t the only ones to enjoy hot springs. Macaques, or snow monkeys, start their winter days soaking in hot springs in the mountains of Japan.

Soaking in Colorado

ONCE CONSIDERED the purview of hippies, hot springs today have re-imagined themselves as components of the wellness and self-care industry. The water soothes muscles and ligaments, eases aches and pains, and helps manage stress.

At Colorado’s newly renovated Durango Hot Springs, visitors can choose from 26 soaking pools, eight private Japanese-inspired cedar soaking tubs, a hot spring-warmed swimming pool, a mineral water rain tower and a cold plunge pool.

“When there’s snow on the ground, the pools are really steamy, especially in the evening,” says Glenwood, Colorado, resident Vicky Nash, 58. “It’s mystical, and when it’s snowing, it’s absolutely beautiful.”

Dogsledding in Maine

IN THE MAHOOSUC Guide Service yard in north-central Maine, you’ll encounter five to eight Yukon huskies on the gang line—harnessed and prepped, eager to run. You’ll get on the sled with one or two other people, while the musher releases the dogs and stands at the back, giving commands.

Since 1990, owners Polly Mahoney, 63, and Kevin Slater, 67, have been raising sled dogs. They offer day trips with either a tour to a frozen lake with mountain views or a forest journey. Overnight trips travel to canvas tents with balsam fir bough floors and heated by wood stoves—inside it smells like a Christmas tree—and the guides cook the meals. “It’s a real bonding experience,” Mahoney says. “We bring people together and see longtime friendships form that endure.”

WHILE YOU’RE THERE: Maine’s Bethel region, known for its cross-country skiing and snowshoeing as well as its cozy bars and restaurants, is also the home of Sunday River Resort, a downhill ski and snowboard destination.

WHERE ELSE: A plethora of commercial dogsledding options are also available in the Mountain West, Pacific Northwest and Alaska.

HOW MUCH: Day trips start around $450 per person.

WINTER WONDER: Puppies begin their sled training at about 6 months old and work with older dogs in the pack.

WHAT TO PACK TO STAY WARM

LAYER UP
Begin with a base layer—long underwear made from synthetic fabrics or wool. For the second layer, choose fleece, down or wool for insulation. Then choose a windproof, water-resistant layer, known as a shell.

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UNLIKE OTHER off-road motorized activities, snowmobiling does not have a steep learning curve. Nor does it have to be extreme or exhausting—though it can be those things if you want. Most first-time snowmobilers stick to groomed winter trails where they can pilot their machines almost as easily as they can drive a golf cart.

“We’ve taken everyone from an 84-year-old polio survivor to entire families on our tours,” says Idaho-based Selkirk Powder Company founder Ken Barrett, 57. “The benefit of going with a guide is that we’ll have the machines ready, have first aid, and we know where the best view stopping points are.” After going with a guide, you can try renting a snowmobile and exploring on your own; most winter locales have extensive trail networks, and coveted destinations include Idaho’s Priest Lake, Montana’s West Yellowstone and Eagle River, Wisconsin. “You can have fun anywhere, go as fast or as slow as you want,” says Bret Rasmussen, 64, a snowmobile guide and skills educator based in Preston, Idaho. “You can build a fire in the backcountry and roast a hot dog or go on a scenic ride. It’s all about the experience.”

HOT WINTER FESTIVALS

Saint Paul Winter Carnival, Minnesota (January 26–February 5, 2023) Celebrating its 137th year, the country’s oldest winter carnival features ice and snow sculpture competitions, scavenger hunts, parades and more. info: wintercarnival.com

Fire & Ice Festival, Pennsylvania (February 17–26, 2023) After a successful 10-day run in 2022, this festival returns with ice sculptures, music, a scavenger hunt, a pub crawl, kids’ activities and more. info: littitzpa.com/event/fire-ice-festival/

Oregon Winter Fest (February 17–19, 2023) Live entertainment, ice carving, dog agility, fun races and local craft showcases mark this event. info: oregonwinterfest.com

Saranac Lake Winter Carnival, New York (February dates to be announced) An ice palace serves as the backdrop to this Adirondacks event. info: saranaclakewintercarnival.com

WHERE ELSE: You can find snowmobile trails in New England, the Upper Midwest, the Mountain West, California, the Pacific Northwest and Alaska.

HOW MUCH: Tours start at $180 for a driver; passengers are about half that.

WINTER WONDER: Snowmobiling is an economic powerhouse, pumping about $26 billion annually into the U.S. economy.

Rachel Walker lives in Boulder, Colorado, and also writes about travel and adventure for Outside, Runner’s World and The Washington Post.

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Ice Fishing in Minnesota

WHEN NORTHERN Minnesota’s myriad lakes freeze in early winter, anglers flock to the ice. They head out onto the frozen lakes and use sonar plus their own memories of fish migration patterns to detect schools of fish beneath the surface. After drilling holes in the ice with power augers and jigging their lines with tasty bait—a minnow’s head or wax worms—they sit and wait. And this is when the beauty of ice fishing reveals itself. Deer and wolves might appear in the distance. Summer afflictions like mosquitoes and wood ticks are noticeably absent. Quiet takes on another dimension. “There’s a purity when the lake is covered with snow,” says longtime fishing guide and Minnesota native Brian “Bro” Brosdahl, 56. “Even the sound of wind is different. You don’t have waves or water lapping. In winter, you can hear your heart beating.”

But despite temperatures that can drop to minus 20 or lower, don’t think this experience would leave you out in the cold. Ice fishermen often set up portable shelters with insulation that traps enough heat to cause some folks to sweat.

The ice fishing season begins when the lakes are frozen enough to safely walk on, often late November or early December, and it continues into spring. Brosdahl meets clients at first light, typically around 8 a.m., and they may travel to several lakes during the day.

Ice fishing isn’t just a Minnesota thing, either. It happens wherever there are fish and temperatures cold enough to build up a massive ice crust on a lake. Best of all, anyone can do it—and it doesn’t have to be fancy, says retired fishing guide Jeff Currier, 57. “I moved to Jackson Hole in the late 1980s but couldn’t afford a season ski pass,” he says. “No big deal. I just went ice fishing all winter and became obsessed with it.”

WHILE YOU’RE THERE: Northern Minnesotans cherish excuses to get out in the cold and thus have a plethora of winter festivals to explore. From the St. Paul Winter Carnival—the nation’s longest-running winter carnival, in its 137th year—to Grand Marais’ Hygge Festival with its emphasis on coziness, frozen turkey bowling and frigid river plunges, there is no shortage of winter celebrations throughout the state.

WHERE ELSE: Wherever there are lakes that freeze, there is ice fishing.

Check with angling shops in New England, upstate New York, the Upper Midwest, the Mountain West, Washington state and Alaska.

HOW MUCH: An expedition can run $200 per person.

WINTER WONDER: The Brainerd Jaycees Ice Fishing Extravaganza, billed as the world’s largest ice fishing contest, takes place every January on Gull Lake and draws upwards of 10,000 participants. The contest awards over $150,000 in cash and prizes; proceeds go to local charities.
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**Winter Wildlife Safari in Wyoming**

**WHEN IT COMES** to wild places in the continental U.S., the Greater Yellowstone Ecosystem is unrivaled. A massive and remote area that spans some 22 million acres, including Yellowstone National Park, it’s one of the largest nearly intact temperate-zone ecosystems on earth. Home to elk, moose, foxes, coyotes and grizzly bears, this region attracts hordes of summer crowds, who come in part to view wildlife. As the temperatures drop, those crowds thin to a trickle of adventurous and curious folks who immerse themselves in the wildness of the place from the comfort of a snow coach and with a wildlife expert as their guide.

Wildlife Expeditions offers tours in Yellowstone and Grand Teton National Parks. These entertaining and educational tours might provide viewings of elk, moose and bison. To see these animals in the winter—when the harsh climate and unforgiving landscape demand intense effort—is a lesson in survival and natural processes, says Mike Rowell, lead guide for Wildlife Expeditions of Teton Science Schools. “Hopefully it gives them a deeper understanding and appreciation for nature and the species in this wild place.”

While Yellowstone may be the prime spot for animal safaris in North America, a couple of other options for winter wildlife tours are Alaska (wolves) and Colorado (elk, birds and small mammals like pika).

**WHILE YOU’RE THERE:** Jackson Hole’s cultural offerings include the renowned National Museum of Wildlife Art, Dancers’ Workshop (a 50-year-old organization that hosts acclaimed troupes), the Jackson Hole Playhouse theater and the Center for the Arts.

**WHERE ELSE:** The Greater Yellowstone Ecosystem has something of a monopoly on commercial winter wildlife watching, thanks to its size and native animal inhabitants. However, animal lovers will find elk herds in and around Estes Park, Colorado, in Idaho and in Pennsylvania’s Elk Country.

**HOW MUCH:** Wildlife Expeditions’ tours at Yellowstone start at around $2,750 for up to four people.

**WINTER WONDER:** Bison, which can be seen at Yellowstone, are among the world’s best winter-adapted mammals. The shaggy beasts significantly slow their metabolism in the winter to conserve energy.
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MEDICAL BREAKTHROUGHS THAT ARE CHANGING LIVES NOW

MAXIMIZE HEART HEALTH • PREVENT VISION LOSS • REVERSE BRAIN DISEASE • DETECT CANCERS • BOOST LUNG POWER
The news is full of ‘promising’ developments that may ‘one day’ lead to a brighter, healthier future. But for our annual survey of the latest medical breakthroughs, we decided to focus on **game changers that are improving lives today**. Each of these astounding new technologies and treatments is available, now or in the near future, to make your life, and the lives of millions of other Americans, better. **By Sari Harrar**

**HEART DISEASE**

**BREAKTHROUGH: ‘Smart’ Stethoscopes for Early Heart Disease Diagnosis**

Charles Griggs eats healthily most of the time, and plays golf and basketball whenever he can. Yet he’s long had a nagging worry about his heart. “As an athlete growing up, I always seemed to get tired first,” he says. “I wondered if I had a slight heart murmur.”

Last summer Griggs, 61, a public relations professional from Jacksonville, Florida, participated in a health screening, and one tool the doctor had on hand was a “smart” stethoscope, which can detect the slightest of murmurs. Griggs’ heart was fine, but several people screened that day showed signs of heart disease. “Five to 10 percent of people we screen have some form of valvular heart disease or atrial fibrillation,” says Antoine Keller, M.D., a cardiothoracic surgeon and cofounder of HeartSense, a nonprofit project aimed at detecting heart disease and other risks in underserved populations. “This stethoscope allows doctors to identify heart murmurs before they can be heard. It changes the paradigm for early diagnosis.”

Heart-valve disease affects 8.5 to 13.2 percent of adults over age 65, boosting their risk for heart failure, stroke and blood clots as valve flaps thicken and stiffen with age, weakening the heart’s ability to pump blood. Early diagnosis can improve a patient’s prognosis, but conventional stethoscopes often miss it—so people have no warning. In a 2017 British study of 251 older adults with no cardiovascular symptoms, regular stethoscopes detected just 32 percent of early valve problems and only...
43 percent of more serious cases. The smart stethoscope, called the Eko Duo, is a stethoscope plus electrocardiogram (ECG). Cleared by the Food and Drug Administration (FDA), it amplifies heart, lung and other body sounds up to 32 times, performs a single-lead ECG, and analyzes the data on a smartphone app for subtle signs of heart disease, including heart murmurs and atrial fibrillation (A-fib). The analysis uses machine-learning algorithms developed with one of the world’s largest repositories of clinically validated heart sounds, says co-founder and CEO Connor Landgraf. In studies, the Eko Duo detected murmurs 88 percent of the time and A-fib 99 percent of the time.

Smart stethoscopes like the Eko Duo could help close gaps in the diagnosis and treatment of patients from low-income, underserved and rural communities, Keller says. African Americans, for example, are 54 percent less likely than white individuals to be referred to a specialist for heart-valve problems and 14 percent less likely to have severely damaged heart valves replaced. Still, Keller points out, using smart stethoscopes to find these diseases is just one part of the larger solution. “If you don’t take care of your wellness, you’ll have to take care of your illness.”

When Melinda Roth, 63, tried to read the eye chart during a routine vision check in 2017, the view from her left eye had gone completely dark. “I couldn’t see anything,” she says. “I accused my doctor of playing a joke on me.” A visit to the emergency room at Wills Eye Hospital in Philadelphia revealed that Roth had age-related macular degeneration (AMD), the leading cause of severe vision loss in people 50 and older.

In her left eye, Roth had “wet” AMD, a fast-moving, advanced stage of the disease, in which abnormal, leaky blood vessels damage the macula, the part of the eye responsible for reading, driving, recognizing faces and more. The standard treatment is regular eye injections of drugs to reduce blood vessel growth and leakage. But Roth’s doctor asked her if she would like to join a clinical trial of an “eye implant device” that eliminates or reduces the need for injections by releasing a steady dose of the anti-VEGF drug.
ranibizumab (Lucentis). She said yes.

The device, called Susvimo, is the size of a grain of rice. It was implanted in the upper part of Roth's left eye, under the eyelid, where it can't be seen or impede her vision. She received the implant but began her treatment by getting the monthly injections. “After two or three shots, my vision began to improve,” she says. “It went from black to gray to as if there's a lace curtain in front of my left eye.”

Once her implant was fully operational, she no longer needed injections in her eye—though some people with the implant still get occasional supplemental injections to control blood vessel growth, says Carl D. Regillo, M.D., chief of the retina service at Wills Eye Hospital and principal investigator in Susvimo’s phase 2 and 3 clinical trials.

For Roth, it was a relief. While the shots didn’t hurt, she says, “nothing can prepare you for the doctor coming at you with a needle in your eye. The hardest part is keeping your hands down, not shooing them away.” Roth still needs regular eye exams and six-month refills of the implant.

The FDA approved the device in October 2021. Research shows it works as well as monthly injections, although it has a higher rate of side effects, including redness, pain and light sensitivity, as well as infection, cataracts and erosion of the surface of the eye.

The real value of the implant is in maintaining steady doses of the anti-VEGF drug. “If there are gaps in treatment, you lose disease control, resulting in permanent vision loss for many of our patients,” Regillo says. “In the real world, patients often can’t get to the office frequently enough to maintain the gains from their early visits. The patient may not be able to drive to the office themselves and may rely on caregivers. It becomes logistically difficult and anxiety-provoking. The shots don’t hurt, but they aren’t pleasant.”

**Eye Drops That Replace Reading Glasses**

In a recent study, a statistically significant proportion of people using pilocarpine hydrochloride (Vuity) eye drops saw improvement in the blurry near vision caused by presbyopia (age-related lens changes that affect focusing and impact reading). Improvement in reading vision was seen in as soon as 15 minutes and lasted through six hours. The drops were approved by the FDA in October 2021. The drug improves near vision by decreasing pupil size. It may, however, interfere with night vision, so people who are using the eye drops should be particularly careful driving after dark.

**Contact Lenses for Itchy Eyes**

Allergy sufferers often have to skip contacts when their eyes water and itch. Acuvue Thera- vision with Ketotifen daily disposable lenses release the antihistamine ketotifen to ease itchy eyes, providing relief for up to 12 hours. The FDA approved them in February 2022.
MARK WITMAN AND HIS son, Aaron, celebrate baseball season every year by watching the movie Field of Dreams and playing catch in Witman’s backyard in Greencastle, Pennsylvania. Worsening symptoms of his Parkinson’s disease, however, were making the decades-old tradition “really difficult,” says Witman, 59. But after undergoing incision-less brain surgery called focused ultrasound in January 2022, he says throwing the ball was once again “real smooth.”

Like a magnifying glass concentrating sunlight, focused ultrasound aims beams of sound energy deep into the brain, heating up and destroying cells associated with the movement problems in both Parkinson’s disease and essential tremor, a nervous system disorder that also causes involuntary shaking. The procedure doesn’t cure the underlying causes of these conditions, which together affect at least 8 million Americans, but research shows this FDA-approved procedure can calm shaking, stiffness and other movement problems that interfere with everyday activities. In a recent study, focused ultrasound reduced tremors by 38 to 50 percent for people with essential tremor. Another study found that, in addition, it eased tremors, muscle rigidity and uncontrolled movements caused by the Parkinson’s medication levodopa by about 76 percent. Lingering side effects in one study included numbness and tingling.
(9 percent of users), imbalance or unsteadiness (4 percent) and muscle weakness or walking disturbance (2 percent each).

Focused ultrasound is best for tremors that affect one side of the body, says Howard M. Eisenberg, M.D., a professor of neurosurgery at the University of Maryland School of Medicine, who performs the procedure using a focused ultrasound system called the Exablate Neuro. “Helping one side can have a major effect on quality of life.”

Another Parkinson’s treatment, deep brain stimulation, can relieve symptoms on both sides of the body, but it carries a higher risk of infection and involves threading electrodes into the brain through holes drilled into the skull. “Deep brain stimulation has distinct advantages,” Eisenberg says. “But the majority of people who choose focused ultrasound find deep brain stimulation too intrusive.”

Nancy Heavrin, 74, an artist from Free-land, Maryland, had the focused ultrasound procedure in June 2022 after three decades of uncontrollable arm movements due to essential tremor. She opted for focused ultrasound to calm tremors on her dominant right side. “You’re awake during the procedure, so they can monitor the progress,” Heavrin explains. “I drew a spiral and a line on a piece of paper and held a bottle of water up to my mouth. I could not believe it. The tremor was just gone from my right hand. I started crying.”

The therapy is currently FDA-approved for treating symptoms on one side of the body, and studies of bilateral procedures are underway.

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JOYCE ARES’ CANCER journey began with a shock—but just as surprising was how quickly it ended. Diagnosed with stage 1 Hodgkin’s lymphoma after having an experimental blood test in 2020, she underwent short rounds of chemotherapy and radiation. Now, with no signs of cancer, she’s back to cooking for dinner parties and visiting family. “I’m thrilled they found it early,” says Ares, 76, a retired real estate broker from Canby, Oregon. Ares’ early cancer was discovered with a blood test that detects early cancers.
the Galleri multi-cancer early detection (MCED) test from the health care company Grail. “Her cancer had no symptoms,” says her husband, Richard, 77. “Her doctors said it would never have been found at such an early stage without the blood test.”

Galleri screens for more than 50 different cancers by searching a blood sample for tiny scraps of DNA cast off by cancer cells. While it’s not yet approved by the FDA, it can be ordered by your health care provider under an FDA provision called laboratory-developed tests. The Galleri test costs $949 and, unfortunately, is not yet covered by most insurance. A second type of MCED test, called OneTest, sells for about $189 and looks for 20 or more cancer types. Other MCEDs are in development as cancer researchers and biotech entrepreneurs race to close a lethal gap: There are currently no reliable screening tests for more than 50 percent of deadly cancers.

“The earlier the stage, the more confined the cancer is, the better the outcomes with chemotherapy, surgery and radiation,” says radiation oncologist Nima Nabavizadeh, M.D., an associate professor at Oregon Health & Science University (OHSU) and principal investigator of a second stage of the prospective study Ares participated in. Despite that, today we have good screening tests for only a few types of cancers.

The promise of early detection through MCEDs has stirred big hopes, but major questions remain. False positives, which also happen with mammograms and other cancer screening tests, can lead to expensive, invasive and anxiety-provoking procedures such as biopsies; so can test results that uncover nonthreatening, slow-growing cancers that likely need no treatment.

Nabavizadeh notes that a follow-up study of 20,000 midlife and older adults he is leading at OHSU will look at an array of issues, such as false positives. “Are we picking up cancers even earlier than PET scans or MRIs can find them—or are they truly false positives? It’s still an active area of investigation.” OHSU is considering opening a high-risk clinic, he says, to follow patients with puzzling results.

Do early detection tests save more lives? The National Cancer Institute has set a goal to launch a study comparing MCED tests within two years.
LUNG HEALTH

BREAKTHROUGH: Inhaler Sensors That Monitor Your Meds

A digital inhaler attachment helps make sure you get the correct dosages.

LISA HALL HAS landed in the emergency room at least once a year since childhood, gasping for breath with flare-ups of severe asthma and, more recently, COPD (chronic obstructive pulmonary disease, a progressive lung disease). “When you can’t breathe, it’s like a snake squeezing your chest,” she says.

Last year she began snapping bottle-cap-sized Bluetooth sensors from Propeller Health onto her medication inhalers and was shocked to discover that she wasn’t using some drugs correctly. “I wasn’t waiting 15 minutes between two medications for COPD,” says Hall, 53, a grandmother of six from Sauk Centre, Minnesota. “Or I wouldn’t use my inhaler if I couldn’t remember whether I already had.” Now she no longer worries about forgetting doses, because a smartphone app linked to the sensors keeps track for her.

At first, Hall admits, she thought the sensors might be “just a gimmick.” But she has not needed to visit the emergency room even once since she started using the app to monitor her health, she says.

Propeller Health’s FDA-cleared sensors join a wave of digital inhaler technology available for people with asthma—which affects about 8 percent of midlife and older adults—and COPD, which is the sixth-leading cause of death in the U.S. Nearly a third of older adults currently miss doses on their inhaler schedule, and 74 percent use their inhalers improperly, according to studies.

By helping people stay on track with controller drugs, digital technology could help reduce the need for bigger doses or additional medications, says Rajan Merchant, M.D., an asthma, allergy and clinical immunology specialist at Dignity Health Woodland Medical Clinic in Woodland, California. In a 2021 study of adults with COPD, researchers found that sensor users needed less rescue medication. A 2018 study of 224 people with asthma found that emergency room visits and hospital stays dropped with sensor use.

There are other sensors on the market that offer similar tracking and data sharing, but some are prescription only (such as Cap-Medic and Digitalers sold for specific asthma medications by Teva Pharmaceuticals). Most require a smartphone for setup, although Propeller has an option that uses an internet-enabled hub that plugs into a wall outlet, to track inhaler use and send data to your doctor, chosen caregivers and computer. Costs range from $80 (free from some health care providers) to $100 or more.

Hall, meanwhile, likes another app feature: It shows local weather and air-quality info, warning her about factors that could trigger an asthma flare-up.

Generic Inhaler Drug for Asthma and COPD

In March 2022, the FDA approved the first generic version of the widely prescribed metered-dose-inhaler, two-drug-combo Symbicort, a move expected to make it more affordable. The drug, with the generic name Breyna, helps by reducing inflammation and relaxing airways.

Lisa Hall has better control over asthma and COPD.
MY NEWS

These people left unfulfilling jobs to launch successful
Christine and Mark Carter

To reset her life, Christine Carter left a corporate sales job to open Music Record Shop in St. Louis with her entrepreneur husband. They had heard rumors that vinyl records were starting to make a comeback, so they took the leap. The Carters now run a 4,000-square-foot retail store that doubles as a live music venue. When touring bands come through town, they sign records, and the Carters donate $5 to local charities for each one sold.

Joanne Chang

After graduating from Harvard in 1991, Chang worked as a management consultant. But a few years in, she says, “I decided to try my hand at a hobby I had always enjoyed immensely.” So she studied baking and then took a restaurant cooking job. In 2000, she opened Flour in Boston; the company has since expanded to nine locations. Chang, 53, has now written five cookbooks, opened a restaurant with her husband, Christopher Myers, called Myers + Chang, and won a prestigious James Beard Award.
After leaving his Rochester, New York–based job as an engineer at Kodak in 2001, Myers, now 55, pursued his dream: selling home-baked bread at a farmers market. He later launched his own store, Flour City Bread. When the pandemic hit, he co-launched Friday Grocer, which lets customers order farm-fresh food for pickup each Friday. “I am very optimistic,” Myers says.
MARKETING EXECUTIVE  PHOTOGRAPHER

Hanad Ali
A few months into the pandemic, Ali, now 46, strolled his Washington, D.C., neighborhood and posted his photos on social media. Other photographers saw them and asked to join Ali on his walks. Encouraged by his new companions, he became a full-time photographer. Still, Ali keeps up the group walks on the side. “Be with a stranger for a few hours, and you skip by the pleasantries pretty quickly,” he says. “I’ve made some close friends.”

PHOTOGRAPHER  CAMP COUNSELOR

Pamela Palma
During the pandemic, as her photo business struggled, Palma opened Wild Ones Art Camp, an art and nature camp for kids 6 to 11. The camp was influenced by Palma’s upbringing in Argentina. She and her sister didn’t have many toys but often played outdoors. “Most days, we had fields, farms to run through and rivers to explore,” she says. “And that’s what I remember: living outside, being free and running around with no one to watch us and tell us what to do.”

CONSULTANT  WOOD TURNER

Julie Vogel
While working from home during the pandemic as an education consultant, Vogel, now 56, found she had more time to pursue her hobby of crafting wooden bowls. It eventually became a side job. “Wood turning helped me in the evening and weekend hours, when I really felt stuck at home,” Vogel says. “Additionally, wood turning has a beginning, middle and end point for each piece. In a high-pressure job, it’s more difficult to see an actual end point.”
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In a new book, the beloved singer shares her memories of the lands that span the U.S.-Mexico border.

Linda Ronstadt
A FAMILY ALBUM

Onstage around 1970

My parents in 1937

Lalo Guerrero, a family friend
The Rió Sonora region is one of the prettiest corners of Mexico, a landscape etched by sunlight and carved by wind and softened by lush evergreens. This stretch of desert happens to be my foothold in the world. I believe in genetic memory, that sense of a place that lives in the bloodstream and passes down the generations. Wherever I’ve lived, wherever I travel, my soul is always winging it down the road, south over the border, back to my land and my roots in Sonora. I feel the pull like a summons from my father’s parents and their parents and grandparents, from a chain of ancestors, most of whom I never knew. I am a daughter of that world, though I grew up in middle-class comfort in 20th-century Tucson, far removed from any need for desert self-sufficiency. I didn’t have to herd sheep and cattle, or make livestock fences from mesquite or rope from cactus fibers. And yet while I am not one of the 19th-century Mexican Ronstads, I do have this in common with them: I love Sonora and feel rooted when I’m there. And my sense of connection to my ancestors is strengthened by my own vivid sensory memories of Sonoran things they also knew and loved, particularly those involving music and food. Those two basic human needs were satisfied together, wonderfully, by the pachanga, the all-day family picnic that was one of the greatest pleasures of growing up in that part of the world.

It is amazing that a place so roasted by sunlight and heat can summon life in such variety and abundance. The Sonoran Desert is fierce and forbidding, but it is also wildly, amazingly fertile. Self-sufficiency and sustainability can
be hard to achieve anywhere, but it is especially challenging in a place where water is so scarce. And yet while rain is infrequent, in certain times of the year it arrives with ferocious power. We learned as kids to be alert for cloud-bursts, even distant ones, because of flash floods. Any streambed, arroyo or irrigation ditch could be dry one minute and a deadly wall of rushing water, brush and boulders the next. That’s the desert for you—first it gives you too little, then too much, and it’s ready to kill anyone who isn’t paying attention.

I was born in Tucson in 1946 and lived there until I was 18. Our family was my mother, my father and their four children, of whom I and my older brother, Peter, remain. There are also many, many aunts and uncles and cousins and nieces and nephews and more distant relatives in Arizona and in Mexican Sonora. I’ve said that our family tree is more like an anthill, one that extends into two countries. For family and friends and holidays, I still go home to Tucson when I can. A big family gathering or holiday can get Ronstadts pouring out from all over town. No two of us are exactly alike, but when we get together, most of us will be ready to sing and play music and cook and eat.

But whenever I’m back in my hometown, after a few days, I get hungry for more. Hungry for wider skies and dustier sunlight, for paloverde blossoming in the arroyos and the giant columns of cactuses, saguaro and organ pipe ennobling the hillsides. Hungry for the five-hour drive southeast to the village where my father’s father was born. I’ll call some friends, and maybe some of my cousins or nephews and nieces, and we’ll all get rolling. We’ll head east and down, crossing the border at Naco, taking the highway to Cananea, then following the river all the way down to Banámichi.

We will check in to our hotel, and at some point, when things get quiet, I’ll step out the door and walk across the empty street to relax on a bench in Plaza Miguel Hidalgo and think about my ancestors. Sitting here, it’s hot as hell. The desert sun in late afternoon hits you hard in the chest and face. The glare whitens everything. But it’s a lovely little plaza any time of day. The skinny cypresses and sycamores give it a formal look, like an Italian cemetery, though they don’t give decent shade.

If I sit on the bench long enough, though, I can watch the church bell tower, painted blindingly white, reddened in the glow of dusk and turn to gold. The sun will set behind it, beyond the river, the crickets will start buzzing, and the moon will come out, then the stars.

Linda Ronstadt is a multiplatinum recording artist and the author of the autobiography Simple Dreams: A Musical Memoir. This story is adapted from Feels Like Home: A Song for the Sonoran Borderlands, by Linda Ronstadt and Lawrence Downes, copyright © 2022 Linda Ronstadt and Lawrence Downes, released October 4 by Heyday.
The occasion for our meeting is the release of her new book, *Feels Like Home: A Song for the Sonoran Borderlands*. (See excerpt, page 60.) Cowritten with journalist Lawrence Downes, the book focuses on the emotional and physical landscape of Ronstadt’s childhood in the American Southwest, as well as on her Mexican heritage and the connections between the two countries.

“There’s a specific area of the Sonoran desert where I grew up that has a border fence in it, but I didn’t particularly notice the division,” she explains. “When I go to Mexico now, the energy is still there, in full bloom. People in the little town where my grandfather was born ride horses because it’s so hilly. ... It’s a really interesting community down there. It seems almost enchanted.”
York City, 1968

Poneys in New

The Stone

Poneys in New

New York City, 1968

The Stone

Poneys' 1967 cover of Mike Nesmith’s “Different Drum” reached number 13 on the Billboard Hot 100 and launched the band’s young singer on her stellar solo career. But it was in 1980, at the top of her stadium-tour success, that Ronstadt took on a surprising singing challenge: She played the lead in a Gilbert and Sullivan operetta in New York City’s Central Park. And she crushed it. “Using my high voice gave me a lot more dimension,” she recalls. From there, Ronstadt collaborated with former Frank Sinatra arranger Nelson Riddle on a trilogy of Great American Songbook albums, before returning to her family’s roots with the 1987 Spanish-language album Canciones de Mi Padre, an international hit that is still the biggest-selling non-English-language album in the U.S. “I knew these songs because they were on the old records my dad had,” she recalls. “What I wanted to do was not to copy the songs so much as emulate the feeling of great Mexican singers like Lola Beltrán and Amalia Mendoza. I wanted to get that feeling, so I recorded their songs.”

As a child, Ronstadt lived with her family in Tucson, Arizona, on the last 10 acres of what had been a sprawling cattle ranch. “I felt very connected to both my grandparents,” she says. She grew up on their ranch, the same land that they had lived on most of their lives. “We still lived like ranch owners, with horses and chickens. It was their way of life, and it became my way of life too.”

Stardom brought a different way of life to Ronstadt, and it didn’t particularly suit her, she says now. “I didn’t like living on the road—it was too lonely,” she admits. “It makes it hard to keep relationships together, because you keep getting interrupted.” Ronstadt sighs. “Marriage wasn’t for me anyway.” Her high-profile romantic partners over the years included California Governor Jerry Brown, film director George Lucas and singer Aaron Neville.

For a cultural icon of her stature—hands down the most successful female singer of the ’70s, thanks to rare vocal talent, transcendent concerts and a slew of top-selling albums—Ronstadt is disarmingly humble. When I mention my music-journalist obsession with the three albums she released in 1967 and 1968 with the Los Angeles folk-rock trio the Stone Poneys, she chuckles. “Oh, God! We were terrible,” she says. “I don’t think I began to sing very well until 1980.”

The record-buying public had other ideas—the Stone Poneys’ 1967 cover of Mike Nesmith’s “Different Drum” reached number 13 on the Billboard Hot 100 and launched the band’s young singer on her stellar solo career. But it was in 1980, at the top of her stadium-tour success, that Ronstadt took on a surprising singing challenge: She played the lead in a Gilbert and Sullivan operetta in New York City’s Central Park. And she crushed it. “Using my high voice gave me a lot more dimension,” she recalls. From there, Ronstadt collaborated with former Frank Sinatra arranger Nelson Riddle on a trilogy of Great American Songbook albums, before returning to her family’s roots with the 1987 Spanish-language album Canciones de Mi Padre, an international hit that is still the biggest-selling non-English-language album in the U.S. “I knew these songs because they were on the old records my dad had,” she recalls. “What I wanted to do was not to copy the songs so much as emulate the feeling of great Mexican singers like Lola Beltrán and Amalia Mendoza. I wanted to get that feeling, so I recorded their songs.”

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But if marriage wasn’t in the cards for Ronstadt, motherhood was. Far less public than her relationships was her adoption of two infants, whom she pur- posefully kept out of the limelight as they grew up. Mary Clementine, now 31, and Carlos, 28, are a constant source of joy to her, Ronstadt says, and her face beams when I ask about them. “My daughter didn’t know that I sang in English until she was about 6. She had only heard me sing in Spanish,” Ronstadt says. “She is a visual artist and does strange things, like the paintings you see here,” she adds, pointing to an image of the Virgin of Guadalupe portrayed with the face of a cat. “I call her the Catalupe. I’m an atheist, but I love the Virgin of Guadalupe. She’s my special pal.”

Ronstadt’s son—who lives just a mile from his mother and sister—works in IT. “He has a really nice girlfriend that I like a lot, and they come over for Sunday brunch,” Ronstadt says.

When Ronstadt’s children were young, the family lived in Tucson, but they moved to San Francisco in 1997 for reasons both practical and cultural. “In Tucson you have to drive forever to get to where you’re going,” she says. “We were spending a lot of time in the car. But it was also the schools.” Once, when her son was in middle school, she overheard a friend of his ask what church the family attended. “We don’t go to any church,” the boy said. His friend responded that this meant he’d be going to hell—a place Ronstadt doesn’t believe in. She moved the family to San Francisco and put her son in a new school.

It was in 2000 that Ronstadt first began to experience the symptoms of the disease that would end her career: Her throat would tense up while she was singing. “I lost strength really fast,” she says. “I used to exercise on tour—lift weights, do yoga and all that stuff. But then I couldn’t do it anymore.” She was misdiagnosed with Parkinson’s disease, and it was years before doctors were able to provide the correct diagnosis: progressive supranuclear palsy, a rare disorder that attacks the part of the brain that governs physical movement. There’s no cure for the disease, though treatment can alleviate some of its symptoms.

For Ronstadt, the diagnosis has meant a life far more circumscribed than the one she had been planning. “The things I expected to be doing at this point in my life—gardening, knitting, traveling for pleasure instead of work—I can’t do any of those things now,” she says. Still, she adds, the process of writing offered her a chance to travel in a different way—to revisit the places of her past and the beloved people, now gone, whose songs still ring in her memory.

Ernesto Lechner writes about music and Latin culture for Rolling Stone and other publications. He also cohosts the nationally syndicated radio show The Latin Alternative.
SONORAN CHEESE SOUP
Caldo de Queso

This soup embodies what I love about Sonoran cooking: It’s deliciously simple. You can find the queso fresco, a light farmer cheese, at your local Latino market.

Makes about 10 servings

- 3 tablespoons vegetable oil
- 3 medium potatoes, peeled and cubed
- 1 medium white onion, diced
- 1 medium tomato, diced
- 5 green Anaheim chiles (also called New Mexico chiles or California chiles), roasted, peeled and cut into strips
- 1 teaspoon salt (or to taste)
- 6 cups chicken broth
- 1 cup milk
- 8 ounces queso fresco, cut into small cubes
- Salt and pepper to taste
- Flour tortillas, for serving
- Chiltepin chiles, for garnish

In a large Dutch oven or heavy-bottomed soup pot, heat oil over medium heat. Add potatoes and onion and cook, stirring, until onion is soft, about 4 minutes. Add tomato, Anaheim chiles and salt; cook another 5 minutes. Add broth and simmer until the potatoes are soft, then turn heat to low. Slowly add milk.

Test the mixture by forming a piece into a ball the size of a walnut. It should hold together. Proceed to form walnut-sized balls, and then drop a few at a time into boiling water. Cook for 5 to 8 minutes.

Serve meatballs in the liquid in which they were cooked, with lime wedges on the side.

Nutrients per serving:
- 180 calories, 6g protein, 14g carbohydrates, 1g fiber, 11g fat, 20mg cholesterol, 1,050mg sodium

RONSTADT FAMILY MEATBALLS
Albóndigas de la Familia Ronstadt

My great-grandmother Margarita taught my father to cook, but his mom was a great cook too. She made this dish most days for my grandfather when he came home from the hardware store for a hot lunch. I loved having it for dinner at my grandparents’ house. My grandmother set an elegant table, and these delicate albóndigas, made fragrant with mint and cilantro, were often the soup course.

Makes about 65 meatballs, or 8 servings

- 3 pounds ground beef, preferably flank and round steak
- 6 medium tomatoes, preferably plum
- ½ cup fresh mint, finely chopped
- ½ cup cilantro, minced
- 1 small garlic clove, minced
- 2 tablespoons oregano
- Salt and pepper to taste
- ¾ cup olive oil or melted lard
- 6 cups boiling water

Lime wedges, for serving

In a large Dutch oven or heavy-bottomed soup pot, heat oil over medium heat. Add tomatoes just until the skin can be removed easily. Peel the tomatoes and remove the seeds. Puree in a blender. There should be about 1 ½ cups.

Add mint, cilantro, garlic, scallion, oregano, salt and pepper to the meat. Mix well. Add tomatoes and knead mixture. Add oil or melted lard, incorporating it into the meat mixture by kneading.

Test the mixture by forming a piece into a ball the size of a walnut. It should hold together. Proceed to form walnut-sized balls, and then drop a few at a time into boiling water. Cook for 5 to 8 minutes.

Serve meatballs in the liquid in which they were cooked, with lime wedges on the side.

Nutrients per serving:
- 450 calories, 36g protein, 3g carbohydrates, 1g fiber, 32g fat, 115mg cholesterol, 200mg sodium

Nutrients per serving:
Left Behind

Older Ukrainians—isolated, often poor, in bad health and emotionally tied to their family homes—suffer in unique, terrible ways. The Lupinos family is no exception. The youngest are now refugees, and the elders are rooted to their crumbling house on the front line of the war. Their daughter, Tamara, is desperately trying to unite them all. Read Their Story Here.

BY LILY HYDE
PHOTOGRAPHS BY OLEKSII FURMAN
AMARA LUPINOS, a biologist by profession, lives alone in a one-room ninth-floor apartment in an industrial city in southern Ukraine. Tamara, 64, is also a devoted mother, grandmother and daughter who declined better-paying jobs elsewhere to live in Zaporizhzhia, a sprawling city full of Soviet-era buildings perched on the banks of the Dnieper River.

“Here, I’m close to work,” she tells me when we meet near her apartment, “and just an hour’s drive from my parents.”

Before February 24, Tamara’s life had been orderly, if difficult. Work had been stressful recently at the botanical-research institute where she leads the marketing department; there had been COVID absences as well as a lack of funding. In late February, Tamara, an attractive, well-groomed woman with glittery sneakers and a warm, lively manner, was herself still recovering from a long, difficult bout of COVID and a back injury that made it harder than ever to climb the stairs to her ninth-floor apartment.

Still, each day started joyfully, with a check-in call to her parents in the nearby town of Orikhiv. Usually it was her mother, Halyna, 87, who picked up the phone to share her news—as well as updates on Tamara’s father, Mykola, 92, who had survived cancer and two strokes. For Tamara, this was the first of several calls she would make to them each day before they all went to sleep. There were calls to her daughter, Anastasia, 28, too. Tamara is not only the sole
caregiver for her aging parents but a doting grandmother and also a continuing source of emotional support for her daughter, who was then raising her own daughter, 4-year-old Kira, with husband Dmytro, 36, in an apartment on the southern fringes of the city.

At 6 a.m. on February 24, everything changed. Tamara’s phone rang. Her daughter, in a panic, blurted out: “Mom, the war's started. They’re already here. Melitopol is on fire. We’re coming to you.”

Tamara was stunned. War? She had paid scant attention to the reports of Russian troops massing on Ukraine’s borders or to warnings from the United States that a full-scale invasion was imminent. She wasn’t alone. Ukrainian authorities had made few preparations for defense or evacuation, certain that Russia would not venture beyond eastern Ukraine, where a deadly conflict had been simmering for eight years.

But now missiles were falling all over Ukraine. Russia had launched air and ground attacks from the north, south and east, killing civilians and destroying infrastructure. By a terrible twist of fate, four generations of the Lupinos family were caught in the middle of this onslaught. Anastasia lived across the river from her mom, near the road to Melitopol, some 70 miles south, where there were Russian tanks in the streets. And Tamara’s parents lived in Orikhiv, a small town on the road to Mariupol, where the world would watch unspeakable devastation unfold in the weeks ahead.

Anastasia and her family arrived at Tamara’s tiny one-room flat just hours after the Russian invasion began. The elevator was out of order, as usual, so the young couple trudged up the stairs, hauling cases of bottled water. Tamara tried to soothe Kira and answer her questions—but nobody had any answers. That night “the children,” as Tamara calls her daughter’s family, took turns on guard duty so they could alert the others in case of shelling. When the air-raid sirens wailed their warnings, Tamara could not make it down nine floors and to the basement of the school opposite her building. Instead, she spent the first of many long nights of the war sheltering in the bathroom.

The early nightmare days of the invasion unspooled with terrifying speed. By March 1, Russian forces had surrounded Mariupol and were 25 miles from the Lupinos family home in Orikhiv. Cut off from food and medical supplies, Orikhiv, it seemed, would be the next town to fall.

Instead, it held out, and Ukrainian forces dug in, forming a front line just south of town, across agricultural land dotted with historic villages. Then the bombardment commenced. Over the next weeks, those who could get away—largely younger people with children—fled on dangerous Highway H08, north to Zaporizhzhia. Most of the older residents, Halyna and Mykola Lupinos among them, stayed behind.

In a war that forces brutal choices, Tamara Lupinos was caught between saving her parents or her “children.” Her parents, in fragile health, needed her more—but it was now increasingly perilous to get to them. And where would they all go? Her daughter’s family was already staying in her ninth-floor apartment in a city that was being hit sporadically by missiles. “It was constant stress—sirens, sleeping in our clothes,” Tamara recalls. “And I was with my grand-
daughter all the time: ‘La-la-la, time to get up and run to the bomb shelter....’”

Meanwhile, she called her parents every morning. “I asked them so many times to leave.” Still, she knew they wouldn’t; they were tied to their home. Tamara’s brother is buried in Orikhiv. Her father, infirm, couldn’t travel. Safety and comfort elsewhere seemed questionable at best. “My mother tells me, ‘I understand how much you worry, but there he’ll be stuck in one room, and here he can go out and breathe the fresh air, trees, flowers.’”

It’s clearly a conversation Tamara has had with her mother, and with herself, many times. “What can be done?” she repeats. “What?”

For two months after the front line reached Orikhiv, Highway H08—the road between Tamara and her parents—was impassable. It ran through deadly crossfire as Russian forces attempted to cut off the Ukrainian army and advance on Zaporizhzhia. Tamara could not risk visiting her parents or organize a car to bring them to her.

They still spoke several times daily, if the phone connection worked. Relatives and neighbors who had remained in Orikhiv kept an eye on the older couple, as did local social service workers and volunteers. But for Tamara, this was excruciating. “Day and night, I feared for my parents,” she says. “I still wake up in the morning sometimes and think, No, it’s a terrible dream.”

Halyna continued to play down her own difficulties, worrying more about the rest of the family, including Tamara’s aunt, proud and staunchly pro-Ukrainian, who lived in the nearby city of Kherson, which was now occupied by Russian forces. Every morning when Tamara called, before she could even speak, her mother would ask three questions: How are you? How are the children? What about Kherson? “Only afterward would she speak about herself,” says Tamara.

In April, Tamara’s daughter, son-in-law and granddaughter left for western Ukraine, the safest area of the country. They had tried to get Tamara to go with them. She refused; it was too far from her parents.

“When my mother found out the children had left and I stayed, she cried for three days,” Tamara tells me over a coffee that she forgets to drink, she’s so caught up in the painful drama of her family in wartime. “My mother said, ‘Why didn’t you go? The children need you. We’re already old. We need you to take care of yourself.’ Tears everywhere. And my daughter too: ‘Why didn’t you come with us?’”

On May 1, Orikhiv was hit by a heavy wave of Russian shelling. Tamara’s niece called, crying. Her building had been hit, and she could see bodies from her balcony. Then Tamara got a call from her parents’ neighbor. “When did you last speak to your parents?” the neighbor asked. “Call them.”

“I said, ‘Something terrible has happened to my niece.’ And he said, ‘No, no, call your parents. Their house has been hit.’”
COME IN, COME IN! Halyna Lupinos leads me through the veranda and into the living room of the traditional, one-story brick house where she and Mykola live in Orikhiv.

I have traveled south on Highway H08 to visit Tamara’s parents, along with Natasha Lichman, one of eight local social workers who still make daily rounds, by bicycle, to older clients. Low-rise, leafy Orikhiv was founded by German settlers in the early 19th century. The Germans are long gone, but the handsome, solid town hall and other nearby buildings remain their legacy. Before that, this was the heartland of the Cossacks, escaped serfs and soldiers who set up a free state in what is now the city and region of Zaporizhzhia.

Many families, like the Lupinoses, have lived here for generations; “Lupinos” is a quintessentially Cossack surname.

The May 1 missiles, in fact, just missed the Lupinoses’ home, destroying the house next door while blowing out Halyna and Mykola’s windows and damaging the roof. The electricity was cut, and the rose and currant bushes in the back garden were incinerated. The couple were shaken but uninjured—and determined to stay.

For this is where Tamara grew up, where her mother was a teacher and her daughter attended a prestigious local school. The family living room is heartbreakingly beautiful, filled with plants, lace and photographs. When I compliment Halyna, she asks, “What beauty? All the beauty has gone. It all went flying.” Behind the curtains, the front windows are boarded up with cardboard and plastic sheeting, the sills littered with broken glass.

Orikhiv and the surrounding settlements had a prewar population of over 19,000. Three of the nearby villages have been occupied by Russian forces since March 3; the remaining settlements are under constant bombardment, and some are practically uninhabitable, without access to gas, electricity or water. The town council organizes regular evacuation buses. Still, as of late May, about 4,500 people remained, according to Deputy Mayor Svitlana Mandrych.

The vast majority of them are older, mostly women.

“They say, ‘Where will we go? We have always lived here,’” Mandrych explains. “It’s hard to persuade people to leave their homes when they hope this will all end quickly.”

Mandrych meets me at the town hall wearing a black vyshyvanka, a traditional Ukrainian embroidered shirt. She’s mourning her nephew, killed outside a humanitarian aid point nine days earlier. Across the road, in a low white building that once housed a school for girls, relief supplies are stockpiled for local residents, including the Lupinoses.

The eight brave social workers—women, mostly in their 40s and 50s—are waiting in the schoolyard with their bikes. Dangling from the handlebars are reusable bags, bulging with free loaves of bread that the women will deliver to the homes of the elders who’ve stayed behind. The social workers tell me their nerves are badly frayed after another night of shelling. Then they show me their delivery van. The...
holes in its side are a grim memorial to Mandrych’s nephew, killed by shrapnel from a missile that hit while the social workers were picking up bread.

“We’re scared now even of a small gathering of people,” says one, caught between tears and anger. “We’re at home when they start firing, but we still get up and go into town. Every babushka [“old lady,” or “grandma”] gets bread. Every babushka gets humanitarian aid. We look for medicine for the babushki. We bring it to them. We cook for them. And we are working under fire.”

“We do everything possible, and everything impossible too,” says Ludmila Zhbankova, director of social services. The women air some of their grievances to me, about the adult children who have fled this shell-shocked town, abandoning their vulnerable parents to the care of social services, and who then have the audacity to complain that the social workers aren’t doing enough.

“No one complains,” Zhbankova corrects, putting a positive spin on things. “Some daughters do call, the ones who have left, and ask us to block up the windows.”

“Feed the dogs and cats,” a colleague chimes in.

“Most of all, do you know what people need?” Zhbankova continues. “Our heartfelt attention. But if each of us has 15 to 17 people to look after, where can we get that much heart?”

“There’s enough heart,” Lichman says. “But not enough time.”

The rhythm of this town is now dictated by war. Orikhiv’s few remaining residents hurry to complete their errands early in the day, during the brief morning lull in shelling, before rushing back to the relative safety of their homes or basements, to shelter. I follow Lichman’s bicycle back to the Lupinoses’ house, down residential streets lined with blooming irises and poppies—here a house without a roof; another, just an empty shell behind a gate peppered with shrapnel holes, where the smell of burned, smoldering ruins mingles with the sweet scent of blossoming acacia trees.

For the town’s diminished emergency services, every day presents a deadly race to fix windows and roofs, to repair electricity and water supplies, only to (CONTINUED ON PAGE 85)

vulnerable. “As we age, we become better at regulating our emotions and problem-solving,” she says. “But we can also become overwhelmed when confronted with daily stressors. I’m sure many older Americans can relate to the feeling of disorientation that would accompany leaving behind what you know and love dearly.” —L.H.

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Kyiv, Ukraine–based British journalist Lily Hyde, above left, has written about the war and humanitarian crises for Politico, The Guardian and other publications. In May and June, Hyde, who is fluent in Ukrainian and Russian, traveled by train and car with photographer Oleksii Furman, above right, to southeastern Ukraine to conduct interviews and file this special report for AARP The Magazine.
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High Flier

This Is Your Captain Speaking

How commercial pilot Mick Williams learned to be ready for anything

MOST PASSENGERS don’t realize the varied backgrounds of the people in the cockpit. Your pilot might have been a Blue Angel, or someone who has spent significant time as a civilian flight instructor, or someone who flew experimental aircraft. As for me, I went to Navy flight school after graduating college and then flew F/A-18 fighter jets. I saw combat in four different theaters and eventually became a Navy test pilot.

The dynamic nature and complexity of those military ops prepared me to be a commercial pilot, but not the way you might expect. The problems we work through are different. Sometimes a mundane decision like holding a plane for a few extra minutes can have a huge impact for 10 delayed passengers. I embrace the challenge of navigating turbulence or a line of powerful thunderstorms. For me, that’s what I love: being in positions where you’re making strategic decisions that have a positive impact on the lives you are responsible for.

In the Navy, that pressurized decision-making came into play whenever I landed on an aircraft carrier. Or the time I helped a wingman who lost oil pressure over Iraq. On a commercial flight, you don’t get too many off-script opportunities. Your job is to provide a safe and predictable flight. But stuff happens, and you can lean into that wisdom of experience.

—As told to David Hochman

Retired Navy Commander Mick Williams, 50, of Fort Collins, Colorado, flies for Delta Air Lines.
The Battle for Accuracy
Dale Dye uses his military experience to help Hollywood get war stories right

After three tours in Vietnam and a total of 20 years of service, I felt adrift when I left the military in 1984. I think every veteran feels that when he sheds the uniform, you’re out of your element. I sat down one night and said, “Where the hell am I going here?” I listed my assets and liabilities. The only common denominator was that I’d always been a movie fan, particularly military movies. I think I’d seen every one ever made. And I wasn’t happy with some of the stuff I’d seen. In fact, it pissed me off.

What was missing was an insight, a psychological, emotional understanding of who we are as professional military people—what we do, how we think and react to various situations. That takes training.

So, I decided, I’m going to go out to Hollywood. And the lesson there is that when you’re ignorant, you can do a lot of things that people say you can’t do. I had no idea how movies were made. I read showbiz publications, and I saw a notice from a writer-director by the name of Oliver Stone, who was going to film a movie based on his experiences as a combat infantryman in Vietnam. I tracked him down and pitched my theory on training actors by breaking them down and building them back up in a military-type setting, to help them understand the nature of war. That movie was Platoon, and we won four Academy Awards, including best picture and best director for Oliver. That was the big break for my consulting business. I’ve worked on World War II movies, including Saving Private Ryan—and the series Band of Brothers—and films depicting real battles going back to Alexander the Great.

I believe that the basic warrior spirit is essentially the same for all soldiers. I knew that if I kept that in mind and meticulously did my research, then I would be ready to train any outfit, any period, any service.

We owe accuracy to our brothers and sisters who served in combat. Without that accuracy, their story gets shabbily told, partially told or never told at all. That’s a disservice I will not allow.

—As told to T.J. Cooney and Aaron Kassraie

Dye today and, above, with Tom Hanks during the filming of Saving Private Ryan

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Dye, 77, is a retired Marine captain in Lockhart, Texas, and the founder of the technical advisory firm Warriors Inc.

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Handler and Pup Reunion
A young vet thought she’d never see her service dog again. But Kristen Maurer’s group brought the pair back together.

ANGELA LOWE: Military canines are your patrol buddies. You’re with them 12 hours a day. I was Szultan’s first handler at the Air Force base in Charleston, South Carolina. We patrolled together as a psychological deterrent while also looking for potential explosive devices. If there was anything out there he needed to find, I knew that he’d find it.

KRISTEN MAURER: When handlers leave the military, they don’t know if they’ll ever see their dogs again.

LOWE: You have your pets at home and you love them, but the relationship with a working dog is just different. It’s indescribable, how bonded you are. After I got out of the service, I thought about him often.

MAURER: Twenty years ago, when military dogs retired, they were euthanized. I started Mission K9 Rescue in Houston to rescue, reunite, rehabilitate or repair any retired working dog.

LOWE: One day I got a random Instagram message from the handler who had picked up Szultan after me, asking if I would be interested in taking him, because he was retiring. I said yes, because he was always temperamental. I don’t want to say “aggressive”; we’ll say “shady.” He couldn’t have gone to just anybody. But I had only a two-week time span in which to retrieve him. So I called Mission K9 Rescue to see if they could help me figure something out.

MAURER: The armed forces often won’t pay to reunite these dogs with their former handlers, so we do that.

LOWE: I would have loved to go get him myself, but Charleston is about 10 hours away from where I live now, and I couldn’t miss school or work.

MAURER: Shipping Szultan was not an option, because of his temperament. I told Angela we’d drive him to her. My business partner and I flew to Charleston and rented a car to drive him up to her in Pittsburgh.

LOWE: The last time I’d seen Szultan was about four years earlier. I was excited, and nervous about bringing him into my crazy life, because I have three other dogs now. But he did fantastic. Everyone gets along. The first night Szultan was here, I woke up to find him wrapped around my head. He’s my guy. —As told to T.J. Cooney and Aaron Kasraie

Pittsburgh student Angela Lowe, 34, is a retired Air Force staff sergeant. Houston dog handler Kristen Maurer, 57, heads Mission K9 Rescue.

PHOTOGRAPH BY BILLY DELFS
Until 2008, I thought I had it all. I owned a limousine company that catered to an elite clientele, and life was good. Then the financial crisis hit, and my business went under. I became depressed. My wife would go to work, come home 12 hours later, and I’m still in my pajamas. My three kids were in their teens or older—they had their own lives. I got more and more isolated and withdrawn.

Then I started reading about schools in low-income neighborhoods that didn’t have even basic supplies. How could this be happening in the richest city in the country? One day, I decided I had to do something for these kids. I took the train to the center of Harlem, walked into the first school I saw, P.S. 175, and told the principal I was there to help. I started volunteering, welcoming the kids as they arrived in the morning and monitoring the lunchroom.

My entire world changed. Gone was my self-pity. Most of the kids were eligible for free breakfast and lunch, and about 40 percent of the students lived in homeless shelters. There were plenty of fast-food places in the area but nowhere to get healthy food. I decided to make that my mission.

Across the street from the school, there was an empty city park that had been registered as a garden, but no one was tilling it. The parks department helped me get the rights to become its caretaker. I didn’t know anything about creating a garden, but the kids and I learned together, searching the internet for advice. I call myself a Google gardener.

The idea took off from there. I founded a nonprofit called Harlem Grown. We now have 13 urban farms all over Harlem that produce 6,000 pounds of healthy food a year, free to anyone who helps. All I ask is sweat equity. We pay for seeds, supplies and everything else through fundraising. The nonprofit has 27 employees, including me, and we hire people from the community and pay them fair wages, with benefits.

So, it’s not just healthy food that we’re growing. We’re also helping parents to grow healthy and industrious kids. We currently have 19 “graduates” of our elementary school program enrolled in universities.

I came into this thinking that when I had money, I had success. But these kids truly changed the way I look at the world. I didn’t save them; they saved me.

—As told to Beth Levine

Devoted to Her Art
How fundraiser Josephine Ma transforms into the glamorous star of a traditional spectacle

THE FIRST time I saw a Chinese opera, I was hooked. This was in Hong Kong, where I grew up, and my mother was performing as an amateur in a charity event for the local YWCA. I was 6 and begged for lessons. Although the training is very tough, I was fortunate to study with a world-renowned star, Yim-Hing Law. At 95, she still travels to the U.S. when she can to see me perform.

Chinese opera spans centuries. It involves singing, like Western opera, but also acrobatics, dance and martial arts, and spectacular costumes, hair-pieces and makeup.

I was dedicated to my training. My parents, however, didn’t want me to try to make a living as an opera performer, so they sent me to college. I began a career at Cathay Pacific Airways, where I worked as a secretary, then a flight attendant, then an executive trainer. In 1988, I moved to the San Francisco Bay Area and took a job as a fundraiser at Self-Help for the Elderly, which serves the area’s vulnerable older adults with nutrition, health and housing programs. (I recently retired from that job and have transitioned to a volunteer fundraising role with the agency.)

But I missed the opera. In 1997, I founded a Chinese-opera troupe, Duen Fung Ming, in the Bay Area. Its mission is to train future generations of performers—of all ethnicities, not just Chinese American—and to spread the art to wider audiences in the Western world. The troupe currently consists of more than 60 volunteers, including performers, musicians, the backstage crew and an audiovisual production team. I direct, choreograph and produce our performances, and each serves as a fundraiser for Self-Help. In 2019, just before the pandemic, we raised $200,000 for the agency. We had to take a break due to COVID, but we did a virtual performance last year and hope to do an in-person performance in November, if the pandemic allows.

What I love about Chinese opera is the beauty of the spectacle and the stories, which are taken from Chinese history and mythology. It’s a physically taxing art, not only because of all the movement but because of the weight of the costumes. To wear a crown, you have to wrap three or four yards of ribbon around your head for support—so the crown stays put through all the wild movements.

Now that I’m older, it’s much harder to do some of the acrobatic moves, like fighting, jumping and bending down on one leg. But I still love the opera as much as I did the first time I saw it. —As told to Sharon McDonnell

Josephine Ma, 75, is a volunteer fundraising consultant in Hayward, California, and the founder of the Duen Fung Ming opera troupe.
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Your AARP

Purpose Prize Winners
Five honored for their work helping others

**FIVE OLDER** Americans who have made important contributions to building a better nation have been named winners of the 2023 AARP Purpose Prize. Each of their organizations will receive $50,000.

“We celebrate these inspiring individuals who used decades of life experience to give back in a meaningful way, to create a better future for us all,” says AARP CEO Jo Ann Jenkins.

### ZERQA ABID, 53
**Columbus, Ohio**
Abid is the founder, president and executive director of MY Project USA, whose mission is to help America’s youth by creating opportunities for them to become productive citizens. As a Muslim immigrant with three daughters, Abid decided to create a place to support children, and their families, in her community.

### JIMAN WOODY, 70
**Washington, D.C.**
Woody is the founder, president and CEO of Mary’s House for Older Adults. Her group is committed to developing affordable and welcoming housing. One of its goals is to help provide housing where older LGBTQ/SGL people are comfortable.

### SHARRON RUSH, 72
**Austin, Texas**
Rush is the cofounder and executive director of Knowbility. The mission of this nonprofit is to create a digital world to meet the needs of people with disabilities. Rush says she was inspired by civil rights activists and others who have taken on seemingly insurmountable challenges.

### JAMESETTA FERGUSON, 66
**Louisville, Kentucky**
Ferguson is the president and CEO of Molo Village, CDC. This grassroots organization is committed to taking on the complex issues that the neighborhood of Russell—a once-thriving African American community—now experiences, including poverty, inadequate housing and systemic racism.

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ONE OF AARP’s most important goals is to help older Americans secure the resources they need to live the life they choose. At the moment, between soaring inflation, volatile investment markets and rising personal debt, sound sleep might be hard to come by for those living on a fixed income. That’s why AARP is working harder than ever to help with your financial well-being.

We’ve designed programs that can steer you through turbulent economic waters. And we have dedicated advocates working at the national and state levels to pass laws to protect you. Here are some specifics.

1. **Managing money** AARP Money Map is a free online resource that helps you budget, pay down debt, save or cope with an unplanned expense. By providing a map with detailed directions, it can help you reach your financial goals. And with a personalized dashboard, you’ll always know where you stand. Find it at aarp.org/moneymap.

2. **Retirement security** AARP’s free Ace Your Retirement assessment (find it at AceYourRetirement.org) provides tips to help you take control of your future. Working with the Ad Council, we have developed a site where you can answer a few simple questions to get a free personalized plan for boosting your retirement savings.

3. **Protection from crooks** In 2019, AARP launched the BankSafe initiative, to arm customer-facing bank employees with training and tools to stop the financial exploitation of older adults. Today BankSafe is used by banks, credit unions, financial advisers and retailers nationwide, who have collectively stopped an estimated $116 million from being stolen.

4. **Help with student loan debt** People 50 and older owe almost a quarter—$383 billion—of the $1.6 trillion in outstanding student loan debt. That’s why AARP offers the Savi Student Loan Repayment Tool (find it at aarp.org/studentloans), which helps you take charge of that debt by providing a personalized assessment of your eligibility for national and state repayment programs and forgiveness options.

5. **Video guides** AARP financial ambassador Jean Chatzky offers tips on accomplishing your money goals through short videos. Find them at aarp.org/jeanchatzky.

6. **Managing your Social Security** Get answers on how to maximize your benefits and use our free tools to plan for your retirement income at aarp.org/socialsecurity.

—Gary Koenig, vice president of financial security, leads AARP’s Savings & Planning strategy.
**PUZZLES BY STANLEY NEWMAN**

**NUMBER FUN**

**IN COSTUME**
Each of the eight different letters in the sum below represents a different digit. If 3 and 4 are not used, and T is three times I, what is the unique sum?

```
3 I
+ T
---
```

**INSTA-QUIZ**

**SECOND TO LAST**
A is the last letter of the most U.S. state names, 21 of them. The letter in second place ends the names of five states. What’s that letter?

**WORDPLAY**

**STARTING LINEUP**
There are four uncapsitalized six-letter words that contain each of the first five letters of the alphabet, A through E. What are they?

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**BRAIN TIP**

Take a walk. A 2021 study divided 250 sedentary but healthy people into three groups: walkers, dancers and basic fitness pursuers. After six months, the brains of the walkers showed the greatest health improvements, including better performance on memory tests.
watch them be damaged or destroyed the next day. The hospital has been hit. So have several schools, the pension fund building, the cemetery. Two shops remain open, selling a few basic goods; there is no working pharmacy.

Mykola had a bad fall recently and is almost blind, Halyna says. She has a hernia from trying to lift him. Sometimes she is overcome by nervous exhaustion and has to lie down. She struggles to explain to us what it’s like to be constantly shelled. “Everything trembles. Everything shakes. My husband can sleep sometimes, but I can’t sleep at all. Not. At. All,” she emphasizes. “Wouldn’t it be better to leave the town for someplace safer?” I suggest. But Halyna answers that her daughter, Tamara, has only one room on the ninth floor, no lift, and there are the children....

Looking at the photos on the walls and propped on tables, I see a rich life built upon generations of family and neighbors and former pupils. It started, though, as it’s now ending—with war. During World War II, Mykola helped carry the wounded to the hospital when he was just 11 or 12. Halyna, who worked all her life as a teacher, began her own schooling during that war.

“I’d just started first grade when the Second World War came. There were no pencils, no notebooks, no textbooks, nothing,” she tells me. “And then there was the famine! We suffered through it all. And now it’s happening again.”

Despite difficulty moving about, she insists on walking me to the gate when I leave. “Our childhood was taken away,” she says. “Our youth was taken away by deprivation and hunger, and now our old age is being taken away.”

**LICHMAN, ON** her morning rounds, hurries to finish, but everyone she visits longs to talk. There’s no TV signal anymore, and no postal service bringing newspapers to elderly subscribers, so they are starved for news and company.

Eighty-four-year-old Nina Halchanska waits for Lichman by her garden gate and tells me, “Now there’s no one to cook for me. Natasha hasn’t got time—she’s got other old ladies to go to.” For all the heartbreak of the Lupinoses’ situation, there are others who are worse off. Nina has no one and nowhere to go. She has outlived both her sons; other relatives are far away, in England. She has pain in her hands, diabetes, a broken roof and broken windows. “I’m the only one on the street now. I love people, and there are no people,” she says. “It’s such a shame, this war.”

Lichman tries to cheer Nina by promising to visit again soon; she’ll bring medicine and top up her phone. Most of her clients have no family, and sometimes Lichman visits them even on her days off. “They greet you with tears in their eyes because you still came,” Lichman says.

**AFTER HER** husband’s workplace in Orikhiv was bombed, Lichman continued to work but sent her husband and son to a safer place. Now, after midday, when the shelling starts up, she races home to drop off her bike and feed the dog, then joins me to travel to Zaporizhzhia to visit her family.

As we drive north, passing through numerous checkpoints and farming villages, she shows me photos on her phone of her older clients. That one—look, he was handsome like the French actor Alain Delon when he was young! This couple met in the cemetery. This one writes beautiful poetry but has left Orikhiv.

Lichman finishes longingly: “I really hope our clients who have left will come back.”

**TWO WEEKS LATER,** as the war grinds forward, I call Tamara to check in. The remaining windows in her parents’ house were blown out when another missile landed nearby on June 4. Now they live in darkness day and night, their windows boarded up.

There is no gas in the whole town, and problems with the water supply are approaching critical; the council continues to urge the last women, children and older people to leave.

After her daughter’s family moved to western Ukraine and her parents’ house was damaged again, Tamara thought she could persuade Halyna and Mykola to leave Orikhiv. She looked for a bed to put in the flat and told her mother to pack up documents, underwear and a few clothes. “Nothing matters that’s there in the house. It’s only things,” she told Halyna.

But the couple’s attachment to the house they built and garden they planted are insurmountable obstacles. The once close-knit family remains separated by the war, with no idea when they’ll see one another again.

Tamara spends hours each day on the phone with granddaughter Kira, who loves to play teacher and doctor. “She says, ‘I’m Doctor Kira. Who shall we treat today?’ I say, ‘Granny Halyna. She has a headache.’ ‘Then she needs to lie down and rest,’” says Kira.

During the remaining hours of the day, Tamara makes calls, looking for medicines to send to her parents or plastic sheeting to cover up broken windows, and checking whether social worker Lichman managed to visit them today. And every morning, noon and evening before bed, there are the endlessly repeating conversations with her mother.

“This weekend I said, ‘Enough, Mom. Enough!’ And she said, ‘Child, I understand you, but do you understand me?’ She hopes that all this will end soon. That we just have to bear it a little longer.’”
ADAM SANDLER
CONTINUED FROM PAGE 35

the same sandwich over and over. If you told me to make it now, I’d say, “I don’t f------ know how!” As far as material things, I have everything I need. If my father saw the bill for heating my pool, he’d give me the beating of a lifetime: “What the hell are you wasting all that money for?” But I like being at home with the family so much. I don’t need too many other things.

Q: Forgive me if this is too earnest a question for a comedian, but do you think about how you would like to be remembered 100 years from now?

I can’t believe my life has gone as well as it’s gone. I didn’t have a lot of the pain that some comedians talk about, like problems with drugs and stuff like that. Everybody always had my back growing up. When we had company, my mother would take peanuts out and put toothpicks in little meatballs and say, “Adam, play them a song.” They all loved me. They all laughed, even if some of the guests were probably thinking, We have to watch this f------ kid play guitar right now?

I want people to continue to enjoy what I’m doing. I hope they’ve had a good time with my movies, with what we’ve given them and, whether you’ve liked me or not, appreciate that I’ve tried my best. A hundred years is a long time, so I can’t think about that. I’m just amazed people have trusted me as long as they have in this business, and given us the material things, I have everything I need. I can’t believe my life has gone as well as it’s gone. Maybe at some point I’ll maybe nothing else. Until then, you’re just gonna have to deal with me.

David Hochman is a contributing editor to AARP publications. His story for this magazine on the last days of Stan Lee won several national awards.
Cozy up your commute this fall with WeatherTech. Ensure no cuppa Joe gets left behind with CupCoffee, an adapter that allows mugs with oversized handles to rest in your vehicle cup holder. Then add on Side Window Deflectors to enjoy the crisp fall air even when it starts to rain. Answer the call of fall and visit WeatherTech.com.

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Happy Birthday

Eminem

(October 17) For many music fans, Eminem will always be that controversy-courting enfant terrible who burst onto the rap scene in the late ’90s. But in the lower-profile years that followed, the bleached-blond provocateur (birth name Marshall Bruce Mathers III) matured into something of a hip-hop elder statesman. Now he’s mining early 2000s nostalgia with his Detroit restaurant, Mom’s Spaghetti, named after a lyric in “Lose Yourself,” the Oscar-winning anthem from 8 Mile. And he’s hit two industry milestones this year, joining the all-star lineup of Super Bowl halftime show performers and entering the Rock & Roll Hall of Fame (the first year he was eligible for the honor).

So, has the scowling rebel become a legend? Maybe so. In a recent single from the Elvis movie soundtrack, “The King and I,” featuring CeeLo Green, Eminem raps, “Now I’m about to explain to you all the parallels / Between Elvis and me … one, he’s pale as me / Second, we both been hailed as kings.” —Nicholas DeRenzo

More Milestone Birthdays

Brad Paisley
October 28
Country singer recorded theme song for Naked Lunch podcast—about, yes, eating nude.

Thandiwe Newton
November 6
Actress now uses birth name and is back to Westworld for Season 4.

Jodie Foster
November 19
Lead in next True Detective season will bundle up; it’s set during long Alaskan winter.

Bo Jackson
November 30
NFL/MLB star released CBD line Hero Brand, honoring vets, first responders and more.

Alfre Woodard
November 8
Emmy winner is in The Gray Man, Netflix’s late-summer high-budget thriller.

Martin Scorsese
November 17
Director’s Killers of the Flower Moon probes real-life murders of Native people in Oklahoma.

Illustration by Sean McCabe
VAPORS GO STRAIGHT TO THE SOURCE OF YOUR COUGH
People New Puzzler

Hosted by Leah Remini

All New Episodes Weeknights 6P

People Puzzler

Game Show Network