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AARP Foundation has been at the forefront of conversations to ensure that newly designed homes are more safe, practical, and accessible for aging in place. But there are still more than 100 million existing homes in the United States that also need solutions to accommodate aging residents.

That’s why AARP Foundation worked with AARP, Home Matters, Wells Fargo, Home Depot, and Dwell Magazine to hold the “Home Today, Home Tomorrow” Design Challenge in 2016. Groups from across the country were invited to submit contest entries, we saw a number of creative ideas for how a person can make their home better for aging in place. Roll-in showers allow for easy wheelchair access. These are all ideas that can increase safety and accessibility in any house, in any part of the country.

In February, the remodeled home was completed and given to a retired Army veteran, Walter Moody, and his family. The winning design will also be used as a model for other AARP Foundation projects in communities all across the country.

We’re Here to Help
We are happy to answer any questions you may have about leaving a gift in your will, trust, or other estate planning documents. For more information about how you can make the lives we touch part of your lasting legacy, please call us at 1-800-775-8770, option 6, or email us at legacy@aarp.org. We’re here to help you create your legacy.
D o you want to know one of the easiest ways to leave money to the people and charities you love? Simply name them as beneficiaries of your retirement plans and other financial accounts. Why? Because funds from these accounts pass directly to your beneficiaries and do not require probate. All it takes is your signature on a beneficiary designation form. It’s an easy way to make your mark on the world for generations to come.

The following accounts can be donated to AARP Foundation, simply by signing your name to a beneficiary designation form. It’s an easy way to make your mark on the world for generations to come.

- Funds from an IRA, 401(k), or other qualified retirement plan
- A fully paid life insurance policy
- Certificates of deposit
- Bank accounts (checking, savings)
- Brokerage accounts
- Contributions remaining in a donor-advised fund
- Life insurance

Simply request a beneficiary form from the account manager and list AARP Foundation as the beneficiary. You will also need our tax id number, which is 52-0794300. For more information about this tax-smart way of giving, please contact us at 1-800-775-6776, option 6, or email us at legacy@aarp.org.

Sign Your Name, Make Your Mark!

Spring’s Antiaging Foods
5 healthy edibles you should be devouring now
by Shelley Emling

E veryone grows older, but there is a way you can add years to your life: Make smarter food choices. Indeed, the following five fruits and vegetables are the best antiaging edibles the season has to offer. They will not only make you feel better, but they may help you look better, as well.

1. Beets: Sworn beet haters take notice. This ruby gem boasts so many healthy benefits, it absolutely has to find a way into your shopping cart, whether or not you like its earthy flavor. A fiber-rich food, beets contain an amino acid called betaine that can help lower your blood pressure, reduce your risk of inflammation, and help prevent and reduce the accumulation of fat in the liver. Win-win-win. When it comes to aging, beets contain powerful antioxidants that help keep skin supple and youthful and carotenoids that can ward off the macular degeneration that occurs as you grow older.

2. Asparagus: Asparagus not only boosts heart health, thanks to its vitamin K (which prevents blood clots), but this succulent vegetable also contains a special antioxidant called glutathione that’s believed to help slow down the aging process. What’s more, the veggie’s other key vitamins, B9 and B12, may help ward off cognitive decline. Indeed, a study from Tufts University found that older adults with higher levels of folate and B12— which is harder to absorb as you age—performed better on cognitive tests than those with lower levels. If that weren’t enough, asparagus is also rich in lycopene, which has been found to protect the prostate and help lower the risk of prostate cancer.

3. Carrots: Carrots are rich in beta-carotene, which actually gets its name from the classic vegetable. The body converts this beta-carotene into vitamin A, which in carrots is called retinol, an ingredient found in many antiaging creams. Along with being good for your skin and hair, vitamin A helps boost your immune system, preserves good vision and may help fight cancer.

4. Strawberries: This delicious fruit (especially in spring and early summer) is an excellent source of vitamin C, which is thought to help lower cancer risk. In addition, the alpha hydroxy acid in strawberries helps get rid of dead skin cells, making skin look more youthful. Indeed, a study by MCP Hahnemann University School of Medicine in Pennsylvania found that treatments with alpha hydroxy acids might reverse the signs of aging. Strawberries also are rich in fiber and help balance blood sugar, and the polyphenols they contain support immunity and healthy cell renewal.

5. Radishes: Radishes don’t generally spring to mind when one thinks about healthy superfoods in the same way as kale might. But this root vegetable has a lot to brag about. Acting as a major detoxifier, it contains a long list of healthy nutrients—everything from folate to copper to potassium to magnesium. Studies have shown that radishes fight cancer while getting rid of all those nasty toxins in the liver. If that weren’t enough, they have vitamins A, C and K, which boost cell production and repair and found that treatments with alpha hydroxy acids might reverse the signs of aging. Strawberries also are high in fiber and help balance blood sugar, and the polyphenols they contain support immunity and healthy cell renewal.

An Easy Way to Improve Lives

Sample Language

To include AARP Foundation in your will, you may wish to share the following language with your estate planning attorney:

“I hereby devise and bequeath (insert a sum, percentage, specific property, or residue/remainder) to AARP Foundation, federal tax ID #52-0794300, a non-profit charitable corporation in the District of Columbia, for its unrestricted charitable use and purpose.”

Save Taxes and Make a Difference

If you are over age 70 1/2, you can make tax-free donations to qualified charities, such as AARP Foundation, directly from your Individual Retirement Account (IRA). This donation can satisfy your required minimum distribution and you don’t have to pay taxes on the distribution. For more information about this tax-smart way of giving, please contact us at 1-800-775-6776, option 6, or email us at legacy@aarp.org.
Everyone grows older, but there is a way you can add years to your life: Make smarter food choices. Indeed, the following five fruits and vegetables are the best antiaging edibles the season has to offer. They will not only make you feel better, but they may help you look better, as well. Happy spring!

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That’s why AARP Foundation worked with AARP, Home Matters, Wells Fargo, Home Depot, and Dwell Magazine to hold the “Home Today, Home Tomorrow” Design Challenge in 2016. Groups from across the country were invited to submit innovative solutions to transform a home in Memphis, TN, with affordable plans to develop creative housing solutions to let seniors age in place.

By publicizing the competition, we also raised awareness about the growing need for innovative housing solutions for seniors. Across all of the contest entries, we saw a number of creative ideas for how a person can make their space better for aging in place. Adding lever switches for appliances can give an older person more independence in what they are able to do in their home. Roll-in showers allow for easy wheelchair access. These are all ideas that can increase safety and accessibility in any house, in any part of the country.

In February, the remodeled home was completed and given to a retired Army veteran, Walter Moody, and his family. The winning design will also be used as a model for other AARP Foundation projects in communities all across the country.

Poverty isn’t a part of the American Dream. But for a startling number of older adults, it’s a fact of life. AARP Foundation is disrupting the status quo and advancing bold solutions to the fundamental challenges that stand in the way of happier, more secure lives for seniors.

When you work with seniors all day, live with seniors, and are a senior, supporting AARP Foundation is an obvious decision. You see their good work in action. And you understand how important it is to have them fighting for you.

I’m 66 years old, and I run the front desk at a senior day center in New York City that serves more than 1,800 low- and middle-income seniors. I also live there. So when I say I have thousands of examples of why AARP Foundation is important, it’s no exaggeration.

There are a number of charitable organizations whose missions seem very long-term and abstract. With AARP Foundation, I can see their work in action every single day. I’ve used their Tax-Aide service for several years. And I can take you down the hall and introduce you to seniors who struggle with poverty, hunger, and housing—the issues that AARP Foundation is focusing on.

I always tell people, AARP Foundation helps people like us. They listen to what our needs are, and they respond. That’s why I decided to make the Foundation a beneficiary of my retirement account. It was very easy to do, and it makes me happy to think that my contribution will help take care of older men and women when they most need it.