T raveling with your
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needs at least 6 months
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in the local language
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people they will meet.
3. As much as possible, stick
to the meal times, sleep
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are used to at home. It is
the best way to make sure
your kids get enough rest
and food so they can enjoy
the sights and sounds.
4. Give the children a
couple of options of
where to go and what
to eat to help them feel
like they have some
control over their day.
5. Be open to unplanned
adventures so you can
show the children the
joy of the unexpected
and maintain your sense
of humor when things
don’t go as planned.

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
corporation in the District of Columbia, for its unrestricted
charitable use and purpose.”

Helpful Hints: 5 Tips for Traveling with Children

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your legacy.

Easing Burdens for My Family

by Carmen Briggs

M y older sister
Rosa was always
very good at taking
care of herself, so
her gradual
withdrawal
from us in her later years was
a drastic change. After her
husband died, Rosa stopped
going out as much. She scarcely
saw her friends and family and
even stopped answering the
phone for our weekly calls.

Thanks to AARP Foundation,
I had read about the problem of
senior isolation in our country,
and I tried to help Rosa get more
involved in her community.
But because she didn’t drive
and public transportation
was limited, it was almost
impossible for her to get out.

It wasn’t until after she died that
I truly understood how much
isolation can change someone.
When Rosa died, she hadn’t
created a will. She’d always been
organized and prepared, so it
was shocking that she hadn’t
written a will. It has made
things more difficult for me as
I tried to manage her estate.

As I’ve worked to get her affairs
in order, it has been stressful
and difficult to imagine what
she would want: what’s fair to
every member of our family;
and how she would have chosen
to distribute her assets.

I rest easier knowing that when
it’s my time, my family won’t be
burdened with that additional
stress. They will know my
exact intentions because I
created my will years ago. I also
decided to leave some money to
charity—and AARP Foundation
was on the top of the list.

They are one of the only
organizations working to
address senior isolation. In a
sense, leaving a gift to AARP
Foundation is a way to honor
our sister Rosa. If we can prevent
others from experiencing what
Rosa went through, I want to be
a part of that.

Carmen Briggs lives in Nevada.
She and her late husband,
Andrew, have been supporters
of AARP Foundation since
1988. She hopes that telling
her sister’s story will encourage
others to plan ahead.

INSIDE: Is It Time to Create or Update Your Will?

AARP Foundation

Securing Your Future, Making Your Mark
Winter 2017
\section*{Is It Time to Create or Update Your Will?}

Have you ever considered how you will be remembered by friends, family, and future generations? If you are like me, you probably want to be remembered as someone who made a difference, especially for vulnerable seniors in our country.

The best way to create your own legacy is to prepare a will. But for many of us, the task of creating or updating our will is one of those “to-do’s” that always falls to the bottom of the list. It’s tempting to ignore this kind of planning, but you owe it to yourself and your family to be prepared.

If you answered “yes” to any of the questions on this checklist, it’s time to create or update your plan.

When you are updating your plans, please consider leaving a gift to AARP Foundation to join the fight to help end senior poverty for millions of older adults in this country.

\textbf{Benefits to You:}
- Retain control of your assets during your lifetime
- Change your beneficiaries at any time
- Provide for loved ones and AARP Foundation
- Make your gift in honor or memory of someone special
- Leave a gift of any size

For additional information, we are glad to provide you with a complimentary copy of our \textit{Writing Your Life Story} brochure. Request your copy by returning the enclosed reply form or call us 1-800-775-6776, option 6, or email us at legacy@aarp.org.

\textbf{To determine if now is the time to create or update your plans, use this short checklist:}

- ☐ Yes ☐ No Has it been three or more years since you last reviewed your plan?
- ☐ Yes ☐ No Have you retired, changed jobs, or made changes to your retirement plan?
- ☐ Yes ☐ No Have you recently sold a business or property?
- ☐ Yes ☐ No Has there been a birth or death in your family?
- ☐ Yes ☐ No Have your children reached adulthood (age 18)?
- ☐ Yes ☐ No Has your health or the health of a loved one changed?
- ☐ Yes ☐ No Has your marital status changed?
- ☐ Yes ☐ No Have you recently moved to another state?
- ☐ Yes ☐ No Have the circumstances of your executor or beneficiaries changed?
- ☐ Yes ☐ No Have you decided to leave a gift for a favorite charity in your plan?

\section*{Summer of Service to Seniors\textsuperscript{SM} Provides 3 Million Meals to Communities Across the U.S.}

S\textsuperscript{ince 2015, thousands of volunteers have come together on the national mall in Washington, D.C. to pack meals for seniors struggling with hunger. This year, our Summer of Service initiative expanded the program to engage more communities in our effort to end senior hunger. Though it is often unseen, older adult hunger and food insecurity exist in every community in our nation. More than 10 million adults 50 and older are at risk of hunger every day. Senior hunger can lead to chronic diseases and acute medical conditions such as diabetes, heart disease and depression.}

\begin{itemize}
  \item AARP Foundation President Lisa Marsh Ryerson added that the events also play a critical role in increasing awareness of the problem. She noted, “By expanding our Summer of Service to Seniors to four cities, we’re calling attention to the fact that too many low-income older adults have to choose between buying groceries and other essentials, like medicine. The negative impact of hunger on a person’s well-being is enormous.”
  \item All told, more than 3 million meals were packed, boxed and sent to area food banks. More than 7,000 volunteers made this possible. For Wyatt, it was exciting to watch the number of meals increase throughout the day—but what really felt rewarding was seeing and talking to the volunteers. “Sometimes you’d have four generations of a family standing side-by-side, packing meals together,” she said.
  \item “There would be an older person in a wheelchair, a middle-aged adult, a twenty-something, all the way down to the great-grandkid of four or five years old. It was inspiring.”
\end{itemize}

One of the most powerful moments for Wyatt was meeting a single mom who had come to volunteer. “When she was disabled and unable to work, she had gone to the food bank herself to put food on the table. She was so grateful that she was able to give back to a program that had helped her during a hard time.”

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AARP Foundation is helping to meet the immediate daily food needs of hungry seniors, and working to establish permanent solutions to end senior hunger once and for all. This year’s Summer of Service to Seniors brought our day-long meal packing events to Memphis, TN; Denver, CO; the Twin Cities (Minneapolis/Saint Paul) in MN; and for our third year in Washington, DC.

Jami Wyatt, co-chair of the summer-long event shared, “We wanted to see the impact it would have, not just in terms of how many meals we could pack, but how many volunteers we could engage.”

AARP Foundation President Lisa Marsh Ryerson added that the events also play a critical role in increasing awareness of the problem. She noted, “By expanding our Summer of Service to Seniors to four cities, we’re calling attention to the fact that too many low-income older adults have to choose between buying groceries and other essentials, like medicine. The negative impact of hunger on a person’s well-being is enormous.”

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Our Vision: A country free of poverty where no older person feels vulnerable.

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.

The information provided in this material is presented solely as general educational information and is not intended to be a substitute for professional estate planning or legal advice. As the laws regarding the validity and enforcement of wills or living trusts vary from state to state, you should seek the advice of your tax advisor, attorney, and/or financial planner to make certain a specific gift under consideration is compatible with your financial goals and needs and your estate plan. It is important to seek legal counsel in preparing these instruments. Any tax information contained in this document is not intended to be used, and cannot be used, to avoid any penalties imposed under the Internal Revenue Code.

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It wasn’t until after she died that I truly understood how much isolation can change someone. When Rosa died, she hadn’t created a will. She’d always been organized and prepared, so it was shocking that she hadn’t written a will. It has made things more difficult for me as I tried to manage her estate.

As I’ve worked to get her affairs in order, it has been stressful and difficult to imagine what she would want: what’s fair to every member of our family, and how she would have chosen to distribute her assets.

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