

What the AARP!

News and Notes from AARP Michigan



2023 Income Increases Social Security and Minimum Wage

Things will be looking greener this January thanks to some boosts in income. This includes the biggest increase in Social Security in nearly four decades.

[Read more here.](#)

Wage earners in Michigan will also be seeing more green thanks to a bump of 23 cents to the minimum wage.

[Learn more.](#)



For Your Health Six Ways Kindness is Good for You

There is no better time to start living a kinder life than right now, but did you know that doing so can be a benefit to your health?

Learn how by [reading this article.](#)



"The time is always right to do what's right." Dr. Martin Luther King Jr.

Give back on MLK Day and every day.

In honor of Dr. King's legacy of service, AARP invites you to lend a helping by at food pantries and soup kitchens to address food insecurity in your community.

Find opportunities at [Createthegood.org](https://www.createthegood.org)



Video of the Month Managing Your Debt

Start this new year off on a good financial foot by using AARP's three tips to help you better manage your debt.

[Watch the video here.](#)

Quick Stat

8 in 10

adults age 30-plus carry debt from month to month
AARP 2022 Survey

In the news ...

COVID Surge Begins in Michigan Nursing Homes

A significant winter surge of COVID-19 appears to be gaining a foothold in nursing homes here in Michigan and across the country, with cases among nursing home residents and staff rapidly accelerating in early December. To learn more and to find out what you can do to keep a parent, spouse, sibling or other loved one in a nursing home safe, [read the AARP news release.](#)

The Zone

Game of the Month CLASSIC SOLITAIRE



Work to keep your brain active by playing a game of Classic Solitaire.

[Click here to play.](#)

NOTE: For game rules, hit the pause button.

Whipping Up Salsa

If you are interested in spicing up your appetizer game, look no further. Learn how to make delicious salsa from scratch. [Click here for the tutorial.](#)

Movies for Grown Ups

Love movies? Then check out AARP's free virtual movie line up for January. [Click here.](#)

Upcoming Events

Click the links below to learn more and register.

- [Jan. 4: Learn a Latte: Winter Safety Tips](#)
- [Jan. 4: QPR Suicide Prevention Training](#)
- [Jan. 11: Working Virtually From Home - Is It For You?](#)
- [Jan. 18: Learn a Latte: Life-Saving Blood Donations](#)



**Wed., January 25
State of the State
Address**

Available to watch on:
Local TV, Facebook, YouTube or
michigan.gov/StateOfTheState