

What the AARP!

News and Notes from AARP Michigan

Welcome to AARP Michigan's monthly newsletter featuring quick news, helpful tips, things to do and much more.

In this month's issue, you'll find important information you can use, like the newly discovered health impact from wildfire smoke, money-saving tips to beat inflation, among others. Enjoy!

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ARCHIVE



99 Ways to Beat Inflation and Save!

High prices have everyone looking for ways to cut costs. To keep cash in your pocket, check out these money-saving tips for groceries, travel, utilities and more.

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Data Breach Impacts Medicare Beneficiaries

A cyberhack has exposed the data of more than 600,000 Medicare beneficiaries. Find out what happened and how you can protect yourself.

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Wildfire Smoke May Increase Heart Risks

According to researchers, that hazy air from wildfires isn't just harmful to your airways, but can be a cardiac hazard, too. Find out how to lower your risk.

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Fall Fun Stuff!

Just because summer is winding down, it doesn't mean the fun has to end! AARP has lots of great events to keep you moving, thinking and having fun this fall.

SEE EVENTS



Let's Dance! Learn to Merengue

Celebrate Hispanic Heritage Month with an easy and fun virtual dance class on September 11 at 7 p.m. featuring the popular Dominican Republic dance style called Merengue.

REGISTER >



Honeycrisp Crush: Your Fall Cocktail

Honeycrisp apples and fall go hand-in-hand, so here's a fun way to experience the flavors of the season in a yummy cocktail (remember to drink responsibly).

RECIPE >



Should You Stop Using Paper Checks?

Checks are loaded with personal information that identity thieves are hungry to get, including banking numbers. Find out how to protect yourself.

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Looking for a Volunteer Opportunity?

AARP volunteers make a difference, from advocating for issues to hosting community events. You can even volunteer virtually. It's easy, fun & flexible. Join us!

VOLUNTEER



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