

## **KEEPING CURRENT IN A RAPIDLY CHANGING ENVIRONMENT**

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Most of us try to keep informed about topics that affect our lives, but sometimes it is difficult to do in such a rapidly changing world. Information about such issues as health, work, economics, technology, housing, security, and so forth have changed relatively drastically in the last two years. According to the “experts” life for all of us will continue to have some future change. So how do we adapt to such change?

One possible way is to keep well informed about what is happening. It is nigh impossible to change what is happening; however, one can change how we respond to what is happening. Listening to the daily news reports is one approach, but many times those are short and indicate only what is happening. Therefore, it might be wise to read more in-depth magazine and/or newspaper articles. My favorites are the *AARP Bulletin* and the Friday issue of the *Wall Street Journal*.

The monthly *AARP Bulletin* always has a special feature that covers a specific topic. For example the December, 2021 issue features “Protect Your Money” a three-page article entitled “Cramer vs. Cramer”, a two-page article on suggesting ten things savvy household managers should do in coming weeks to bolster their finances; “new rules for retirement accounts”; “ten money mistakes to stay clear of now”; and “new rules for retirement accounts”. The January/February, 2022, issue focuses on “Covid, What Next” and highlights viruses and how they will affect many aspects of our lives; and the March, 2022, features “The Path Forward” and provides insights into what might likely happen in the future.

However, the journal also has regular smaller articles on scams, frauds and smartphones; health issues on eating, sleeping, exercising, and mental health; government programs on Social Security, Medicare, and Medicaid; retirement, recreation, and possible living conditions as we age.

It also covers topics related to individuals from young adults or twenty years of age to those turning 60, such as student loans and indebtedness; credit/debit card use; job applications, resumes, and job interviews; and marriage relationships.

Because of AARP’s in-depth coverage of specific topics and general coverage of many various topics it is probably the best magazine for individuals to read for decision-making. It would be worthwhile to purchase a subscription for yourself or ask your local public or school library to subscribe for it.

We can’t control many of the factors that affect us, but we can be well informed and make the best possible decisions to adapt to such circumstances.

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