

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.

From an overview of Michigan voting changes to Greek versus regular yogurt and support for people who care for family members, we have curated articles just for you!

View archived newsletters here:

ARCHIVE



Ten Part-Time Jobs to Beat Inflation

With the cost of living high, a part-time job can help. Keep in mind that some jobs offer employee discounts that can help save you money.

SEARCH



Beat the Winter Blues with These Tips

In Michigan, seasonal affective disorder (SAD) is estimated to range from 20% to 40% among the population. Learn how you can fight those winter blues!

DISCOVER



What You Need to Know to Make Your Voice Heard

Michigan's presidential primary is Tuesday, Feb. 27. Be informed on election law changes before you vote.

LEARN



Greek Yogurt vs. Regular Yogurt: Is One Better?

Making yogurt a grocery staple is a healthy habit, but is there a difference in the benefits between Greek and regular yogurt?

FIND OUT



2024 IRS Tax Deadlines You Can't Afford to Miss

Tax Day is fast approaching, but do you know when it is? Find out and get all the key IRS tax deadlines to ensure you do not miss a beat.

SEE THE DATES



Podcast: More Smiles for More Miles

We often do not see the joyful moments going on right in front of us. Here are three small ways you can brighten up your daily life.

LISTEN NOW



2024: The fight to Support Family Caregivers

More than 1.7 million Michiganders are caring for a family member. Learn how AARP is fighting to increase caregiving resources and support across the state.

READ



Black History Month Series Amplifies Artists

This Black History Month, join AARP Michigan as we shine a spotlight on Black artists who make our communities thrive by celebrating the arts in all its forms.

REGISTER



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