



How you **live** — the way you eat, exercise, manage stress — is the main way you can affect the quality of your life. It also should be a factor in planning for your next act.

There are lots of good, practical reasons why you might want to know how long you're going to live. Sure, it would be nice to know when you need to get your emotional life in order. But the mysterious future also figures into important financial decisions that older adults have to make, often when they still feel pretty young. How on earth can you know **YOUR LIFESPAN** money you'll need? How long will we be in old age if you don't know whether you'll live 15 or 20 more years or 40? Which form of Medicare should you choose? When should you retire? What should you dominate? Your lifespan can also be important for medical decisions. Is it time to stop screening for a particular cancer? Would surgery do more harm than good? Doctors are loath to make predictions, partly because they're not very good at it and partly because they know too well that life is unpredictable. Everyone knows a health nut who died young of cancer. We've all heard the stories of centenarians who credit their long lives to whiskey or cigarettes. *Christine Aronson, a geriatrician at See LIFE SHAW on G4.*

Laura of 'General Hospital' talks about aging and maturing

If a journalist lives long enough, she'll get to interview the star of a TV show she was obsessed with in her youth. Last week — pinch me — that aging journalist was me.

For 45 delightful minutes, I chatted up actress Genie Francis, best known to daytime-soap viewers as "Laura" of *General Hospital* fame.

In my college years, I adored the show. On Nov. 17, 1981, with 30 million other viewers, I raced home to watch "Laura" marry "Luke," played by actor Anthony Geary, on what remains the most-watched episode of any daytime drama.

Dubbed a "super couple" by TV Guide, "Luke and Laura" were a rare phenom in pop culture: a soap-opera love duo known beyond the studio boundaries of the telenovela that fill the small screen of America's weekday afternoons. Since then, Francis has left and returned to *General Hospital* numerous times. *See FRANCES on G10.*



Genie Francis in 2015. Years after her days of "GH" and other roles, she opens up about the business, the need to let go, and her home life as an empty-nester. *See FRANCES on G10.*



55+ THRIVE CONFERENCE OCT. 13
 Join celebrity keynote speaker Genie Francis for a day of education, inspiration and resources for the 55+ community, at Philadelphia Marriott Downtown. Register at www.philly.com/55thrive. Full details on G10-11.

MEDICARE

We have answers to your questions on Medicare

Here is what you need to know about the options.

By Sarah Cantz
 Medicare's fall open enrollment, which runs Oct. 15 through Dec. 7, is an opportunity to review your benefits and make changes in time for 2019. But signing up or re-viewing your coverage can seem daunting. We asked Inquirer readers what they'd like to know about Medicare, and brought an excellent list of questions to this panel of experts: **Daphne Sampson**, director of Pennsylvania Department of Aging's APPRISE Program, which offers free health insurance counseling to seniors. **What's the difference between traditional Medicare and Medicare Advantage?** Traditional Medicare is managed by the federal government and offers coverage for hospital services (Part A) and outpatient services, such as primary-care doctors, specialists, and routine care (Part B). Medicare Advantage plans are run by private insurance companies approved by the federal government. These managed-care plans must cover all the same benefits as traditional Medicare (within their provider networks), but may offer extras, such as dental, vision, or hearing services. **How do I know which is right for me?** Which plan you choose depends on your needs and your **See MEDICARE on G4.**

► Daphne Sampson, executive director for CARE, who also will be at the Inquirer's 55+ Thrive event Saturday, Oct. 13, for a panel discussion on Medicare. **► Frederic Riccardi**, vice president of client services for the Medicare Rights Center, a consumer education and advocacy nonprofit in New York.

MEDICAL MYSTERY | G2

The technician could not find her left ovary.

ENCORE 2019

YOUR GUIDE FOR PLANNING AND LIVING YOUR SECOND ACT

ENCORE, the retirement resource for adults 55+ in the Delaware Valley.

This special section includes editorial content targeted to those planning for or already enjoying the retired life.

2019 Publication Dates	Sun, April 7, 2019	Sun, July 7, 2019	Sun, Oct 6, 2019	Sun, Dec 15, 2019
SECTION	REAL ESTATE	BUSINESS	HEALTH	LLL/TRAVEL
Advertorial Deadline	3/25/2019	6/24/2019	9/23/2019	12/2/2019
Space Deadline	4/1/2019	7/1/2019	9/30/2019	12/9/2019
Material Deadline	4/3/2019	7/2/2019	10/2/2019	12/11/2019

60% Sunday Inquirer readers are age 55+

Sunday Inquirer readers are 52% more likely to retire in the next 12 months

Sunday Inquirer readers are 78% more likely to be retired than the average Philadelphian

27% Sunday Inquirer readers have a HHI \$100k+

Source: Scarborough R1 2018; Base: Philadelphia DMA

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