

Renew

Healthier. Happier. You.

On Solid Ground

Sully Sullenberger

shares how landing a plane on the Hudson River changed his life for the better

PAGE 12



Best Fall Foods:

- Maple's moment
- 3 trends to try
- Eating healthy on the go

Functional Fitness

The basics that keep every body moving

PAGE 29

THE GIVE AND TAKE OF CAREGIVING

SPECIAL FEATURE

7 Habits of the Most Compassionate People

PAGE 16



UnitedHealthcare®

{Welcome Letter}

Take Care

When we started talking about this issue's theme, Living with Care, Compassion and Kindness, we wanted to dig deep to find people, places and ideas that would surprise and inspire you — like lessons and advice from some of the kindest and most compassionate people on Earth (page 16).

In a world that can seem at once disconnected and always “on,” positivity deserves some headlines. And as the holidays approach, we want to focus on all the good things happening and remind ourselves that being kind doesn't have to be a grand gesture (page 7).

We'll explore topics we know you care about and that remind us that being caring and compassionate includes how we treat ourselves. From functional fitness moves that anybody can do (page 29) to lightening caregivers' loads (page 24) and exploring delicious new food trends (page 20), we have you covered.

And while compassion goes far in this world, there's also a place for respect, responsibility and teamwork — all of which have played a big role in the life of Sully Sullenberger. From his heroic water landing on the Hudson River nearly 10 years ago to his work that is making the world a safer and more caring place, Sullenberger is living proof that being a good person really pays off (page 12).

We also know this time of year isn't all warm fuzzies. Many of us struggle with everything from chronic or seasonal depression, to sadness around family get-togethers and making positive food choices surrounded by the season's indulgent menus. We'll talk about that, too.

Whether you have a profound takeaway or simply remember to be a little gentler with yourself and others, we hope you enjoy reading this issue as much as we enjoyed putting it together.

—The Renew Team



We hope you're enjoying *Renew* magazine!

However, if you no longer wish to continue to receive the magazine, and you want to be removed from the mailing list, please mail the prepaid postcard on the following page.



COVER STORY

America's Pilot

A decade after the “Miracle on the Hudson,” Captain Sully continues to inspire those around him.
page 12



Photo (cover and this page) by Jeff Lipsky

We're just a phone call away.

Your happiness and satisfaction with your plan are important to us. We want to make sure you get the information you need. Feel free to reach out to us directly if you ever have questions, want help scheduling a doctor's appointment or need help with your plan. Just call the number on the back of your member ID card to speak with one of our friendly UnitedHealthcare® Customer Service Advocates.



8 a.m. – 8 p.m. local time,
7 days a week.



Or log in to
myAARPMedicare.com.



Do we have the right address, phone number and email address for you? If not, please let us know by calling Customer Service so we can keep you informed about your plan.

We want to hear from you.

Share your feedback about *Renew* or article ideas at
renewfeedback.com/aarp.

Or write us at:
UnitedHealthcare Renew
P.O. Box 410018
Kansas City, MO 64141-0018



AMERICA'S PILOT

Captain Sully Sullenberger on how landing a plane on the Hudson River tested a lifetime of dedication to teamwork and training — and gave him a powerful voice for good.

BY SARAH ELBERT | PHOTOS BY JEFF LIPSKY

Nearly 10 years after the fact, Sully Sullenberger can now admit that he and his US Airways crew were more than “just doing their jobs” on Jan. 15, 2009. Their accomplishment was, in fact, remarkable and would soon be called the “Miracle on the Hudson.”

That day, shortly after taking off from New York City’s LaGuardia Airport and on its way to Charlotte, N.C., Flight 1549 flew into a flock of Canada geese and lost

both engines. Sullenberger, the plane’s captain, says that in 42 years (roughly 20,000 hours) of flying with the U.S. Air Force and as a commercial pilot, he’d never lost one engine — much less two.

“I knew immediately, in the first few seconds, how big a deal this was going to be,” he says. “I knew that this was going to be

one of those events that divides one’s life into before and after — and that was going to be true for everyone on that airplane.”

After processing the situation, his voice calm and determined, Sullenberger told the air traffic controller that their plane couldn’t make it back to LaGuardia. They couldn’t make it to *any* runway. Less than four minutes after taking off, they were bracing for impact on the Hudson River. ►



Which isn't to say that the "Miracle on the Hudson" left Sullenberger unchanged. He suffered the short-term effects of post-traumatic stress disorder (PTSD), which he's shared as part of his involvement in the Make the Connection initiative. The U.S. Department of Veterans Affairs program helps veterans connect with others like them, to hear their stories and know they're not alone.

Sullenberger has relied on his experience — the years of routine flying and the water landing — to speak about safety and leadership in many industries, whether it's urging drivers to put away their phones or consulting on patient safety. He tries to educate the flying public about the essential and sometimes unappreciated role that pilots play in our lives today. And he's an ambassador for "human skills" as well as technological expertise: showing moral courage, listening, respecting those who report to you, embracing empathy and being willing to set aside your own interests for the common good.

"This event, of course, has given me now a bully pulpit, a greater voice about things I've cared about my whole professional life," he says. "So that's my new mission: To use this bully pulpit for good. Because in my world, not to do so would be a dereliction of duty."

Sullenberger says that doing the right thing is often the harder choice. "It's really, ultimately, in my mind, about core values, about leadership and culture, creating an environment in which we are all willing and able to do our best work," he says. "That's really what sets apart the best from all the rest." •

Sullenberger on...

How airline cockpit culture has changed since he began flying:

"I started flying 51 years ago when captains were not good leaders. They did not build and lead their teams, they were solo acts, they were autocratic, arrogant and didn't listen to others. After decades of technological improvement, we finally began in earnest to attack the human part of the safety equation. We observed how the best captains built and led their teams, how the best crews operated, and we taught everybody else to be as good."



How people and technology work together:

"At least for now, technology can only do what has been foreseen and for which it has been programmed. Even though humans are often the least predictable part of the safety system, they are by far the most adaptable and resilient. So we need both."

Basic civic duty:

"I think it's critically important, especially when we get in a car, to have the sense of civic duty to remind ourselves that as citizens, there really are things that we owe to each other. That we're really not islands unto ourselves and that if we didn't occasionally put our own immediate needs aside and delay our own gratification — if we didn't give these little gifts of civic behavior to each other — civilization wouldn't be possible."

Meeting with current service members of the U.S. Armed Forces:

"It's really been rewarding to visit Air Force bases, Navy bases, Army bases and see the next generations of those who are choosing to serve our country. They have the same courage, integrity and dedication that previous generations did. We're in good hands."

Despite never having practiced a water landing — it simply wasn't possible with existing flight simulators — Sullenberger says he “was confident that I could take what I did know, adapt it and apply it in a new way to solve this novel event that we never anticipated or trained for. I didn't think I was going to die that day, but it was going to require every bit of knowledge, skill, experience and judgment I had attained over half a century to be able to do that.”

And, as most Americans know, Sullenberger and his crew — including First Officer Jeff Skiles — did land that plane on the water, without any casualties. And thanks to the rescue efforts of the ferries from NY Waterway, all 155 people on board made it back to land safely.

“At the beginning, I was intent on saying that we were doing our jobs, we were filling our professional responsibilities,” Sullenberger says. “And all that was true. But I think in retrospect, I've gained a full appreciation of how much we accomplished that day, and that in some ways we were selling ourselves short by characterizing it as ‘just doing our jobs.’”

“So, yeah, I do celebrate it now. I will say that had even one person perished,



“That's my new mission: To use this bully pulpit for good.”

—Sully Sullenberger

I couldn't have celebrated any of this,” he says. “We were fortunate.”

And that story of survival, which played out against a backdrop of Manhattan's skyscrapers and in the midst of a painful economic recession, riveted a nation. For many, Sullenberger, whose full name is Chesley Burnett Sullenberger III, still represents a triumph of will over circumstances — even if he isn't quite as recognizable these days without his signature moustache.

In the years since 2009, Sullenberger has retired from commercial flying but is far from retired. He's written two books: *Sully: The Untold Story Behind the Miracle on the Hudson*, which was made into a movie starring Tom Hanks, and *Making a Difference: Stories of Vision and Courage from America's Leaders*. He's a safety expert and speaker, and he currently serves on the U.S. Department of Transportation's Advisory Committee on Automation in Transportation. And he's very much looking forward to the 10th anniversary of that fateful landing in early 2019 and reuniting with the



Above: Tom Hanks and Captain Sullenberger attend a screening of *Sully* in London in 2016. **Below left:** Passengers wait to be rescued from the sinking US Airways jetliner.

US Airways crew and passengers at the Carolinas Aviation Museum in Charlotte, N.C., where the plane is displayed.

Sullenberger's also active in Northern California, where the Texas native has lived for decades. He's the father of two accomplished daughters in graduate school and is an active philanthropist. He also still flies private planes. Because when you know at age 5 that you were born to do something, you can't just let it go.