

HAPPY
NEW
YEAR

QuickFACTS®

"By the time we're ready to admit we've reached middle age, we're beyond it."

Anonymous

INFORMATION ABOUT AGING, LONGEVITY, AND THE MATURE MARKET

Welcome to QuickFACTS, a monthly fact sheet produced by MetLife's Mature Market Institute. Our focus is the emerging market of people 50+. We compile recent news and developments on workplace, retirement, caregiving, and longevity issues that impact our business and our customers. Ideas and comments for the editor are welcome by e-mail at fradding@metlife.com or by phone, 203-454-5302.

A 2010 QuickFACTS Retrospective

As the New Year gets underway, we decided to share with you a month-by-month retrospective of some of the 2010 stories that caught our attention over the past year. We hope that it provides you with food for thought as we enter the New Year.

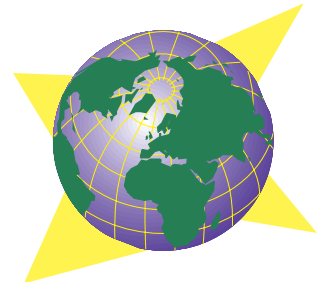
International Ageing*

Danish researchers, who analyzed data from several international studies, found that more than half of the people born in wealthy nations in 2000 and beyond could expect to live to 100 or more. Additionally, even if health conditions do not improve, three-quarters of babies born in 2000 and later could expect to live to 75. Preliminary evidence suggests that with extended working lives, shortened work weeks could extend health and longevity.

Kate Kelland
Half of Babies Born in Rich World Would Live to 100
Reuters
October 2, 2009

Click for link to article

*British/Australian spelling



Concerns for Retirement Security



About half of private sector employees are covered by some kind of employer-sponsored retirement plan. Close to one-third of households have no pension coverage at all and in retirement must rely on Social Security alone. Furthermore, about 20% of workers who are eligible to participate in a 401(k) plan fail to contribute. Many employees changing jobs move in and out of coverage resulting in inadequate 401(k) savings. Others do not start to save for retirement at a young age or withdraw small balances when changing jobs. All of these factors contribute to putting retirement security at risk.

Alicia H. Munnell and Laura Quinby
Pension Coverage and Retirement Security
Center for Retirement Research at Boston College
December 2009, Number 9-26
Click for link to document

The Joy of Pumping Iron

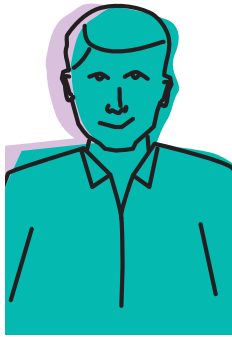
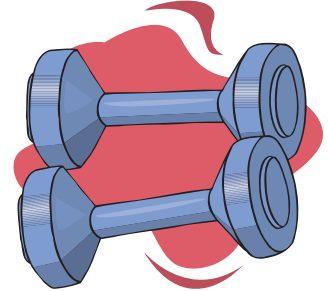
Over a four-year period, researchers at the Rush Alzheimer's Disease Center in Chicago studied the breathing strength and nine muscle groups of 970 men and women ages 54-100 (with an average age of 80), to determine the relationship between muscle strength and the risk of being diagnosed with Alzheimer's disease. The study found that those who ranked in the top 10% for muscle strength were at a 61% lower risk for developing Alzheimer's disease than those in the lowest 10% for muscle strength.

More muscle power means lower Alzheimer's risk

Medline Plus

November 9, 2009

Click for link to article



Family Caregivers: Enlisting the Help of Other Informal Caregivers

Both caregivers and care recipients in the 2009 *Caregiving in the U.S.* study are on average older than those in the previous 2004 study. Family caregivers were more likely to report that other unpaid caregivers were providing assistance as well (68% in 2009 as compared to 59% in 2004), while they were less likely to report the use of paid help, which declined from 41% in 2004 to 35% in 2009.

Caregiving in the U.S.: Executive Summary Research Briefings

National Alliance for Caregiving in collaboration with AARP

Funded by the MetLife Foundation

November 2009

Click for link to document

Web Watch

The Center for Retirement Research at Boston College has created a colorful and easy-to-understand guide, the *Social Security Claiming Guide*, that answers questions and clarifies issues crucial to making the very important decision about when to start taking Social Security. The guide is accompanied by a short brochure that gives an overview of the dilemmas facing individuals and couples. The site, http://crr.bc.edu/social_security_guide, also contains links to the various publications referenced in the guide.



Budget Cuts, Parks, and Retirees



The needs of many of the nation's parks and wildlife sanctuaries have converged with a growing number of retirees who are stretching their retirement dollars. The budget cuts and demands facing the nation's recreation sites have forced managers to deal with choices such as having to choose between managing oil and gas permits and maintaining a trail. Cadres of retired volunteers who enjoy travel, being with people, and find deep rewards from helping, are making up the difference in keeping our recreation sites afloat by providing as much as 20-30 hours per week, leading nature walks, guiding visitors, etc. The volunteers socialize after hours, stay in touch via social networking sites, and sometimes even find new romance.

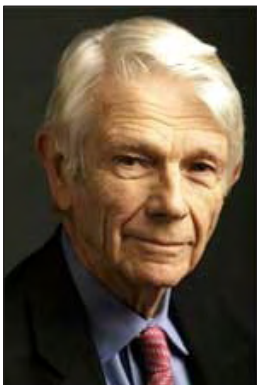
Kirk Johnson
 "Retirees Trade Work for Rent at Cash-Poor Parks"
New York Times
 February 17, 2010
[Click for link to article](#)

Older Workers Reinventing Themselves

Between 2008-2009 the number of self-employed older Americans rose by 5% among 55- to 64-year-olds, and entrepreneurs over the age of 65 increased by 29%. A number of causes seem to be at play. While the unemployment rate for workers 55+ is 7% (less than the national average of 9.9%), older workers tend to be out of work for longer periods. Another reason for the uptick in entrepreneurial activity in this group appears to come from a willingness to make sacrifices that will turn a passion into a way of life.



Laura Petrecca
 "More older Americans start own businesses"
USA Today
 May 25, 2010
[Click for link to article](#)



Remembering an Icon

The MetLife Mature Market Institute joins many others in the field of aging in honoring the life of Robert Butler, M.D. who died on July 4, 2010, at the age of 83. Founding President of the International Longevity Center, Dr. Butler is often referred to as the "father of geriatrics." He served as the first Director of the National Institute on Aging and helped set the country's aging policy for more than a generation. Known for coining the term "ageism," Dr. Butler was a Pulitzer Prize-winning author and a visionary leader who will be greatly missed.

Older Adults Making a Difference

For the past four years, Civic Ventures, a think tank that engages older adults in social innovation, has annually recognized the accomplishments of several such innovators. In 2009, the 69-year-old psychiatrist Judith Broder was among the top winners of the Purpose Prize. Five years ago she founded the Soldiers Project, an organization that uses volunteer mental health professionals to provide unlimited, free, confidential mental health services for military personnel, their families, and veterans who may be too fragile to navigate the military bureaucracy or who fear that seeking treatment may damage their careers.



Heather Joslyn

“Older Americans Win \$100,000 Prizes for New Efforts to Solve Social Problems”

The Chronicle of Philanthropy

October 26, 2009

Click for link to article

Grandparents: A Snapshot



The demographic profile of today’s grandparents is changing. Most are years away from retirement, almost half are paying off their mortgages, and now one in ten is a head of household and living with a grandchild. They are also contributing an increasing amount to their grandchildren’s education. Sallie Mae found that while other extended family members are contributing to the cost of college education, most contributions came from grandparents. In 2009, grandparents contributed \$32 billion toward the cost of their grandchildren’s higher education.

Krista Ramsey

“Grandparents Come to Economic Rescue of Family”

The Cincinnati Enquirer

September 10, 2010

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