



QuickFACTS[®]

“Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence.”

Erma Bombeck

INFORMATION ABOUT AGING, LONGEVITY, AND THE MATURE MARKET

Welcome to QuickFACTS, a monthly fact sheet produced by the MetLife Mature Market Institute. Our focus is the emerging mature market. 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.

November is National Family Caregivers Month.

Click here to read President Obama's proclamation.

Humor Therapy Calms Dementia Patients

More than 70% of dementia patients exhibit the set of symptoms called agitation, which includes verbal and physical aggression. In a major study conducted at 36 nursing homes across Australia, humor therapy provided both an immediate and long-term decrease in agitation. In each case, a staff member was trained to be a “LaughterBoss” to work with a professional humor practitioner. The so-called SMILE study found that the playful relationship developed with dementia patients was as effective as antipsychotic drugs in treating agitation without their serious side effects.



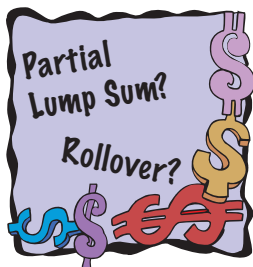
“Humor As Effective As Medication in Treating Agitation in Dementia”

ScienceDaily

September 21, 2011

Click for link to article

A Distribution Menu for Retirement Income



While companies concentrate on encouraging and aiding their employees to save enough to have a comfortable future through a responsible retirement plan, the Institutional Retirement Income Council points out that plan sponsors would also do well to help pre-retirees consider another challenge: How should their funds be distributed once they're on their own? Should they take a partial lump sum payout? Do they want to rollover some portion of their payout? Companies might provide pre-retirees with a model distribution menu containing the key features to be considered in drawing up their individual distribution plans.

Lisa Gillespie

“Helping employees find the off-ramp toward sensible retirement income distribution”

Employee Benefit News

September 12, 2011

Click for link to article

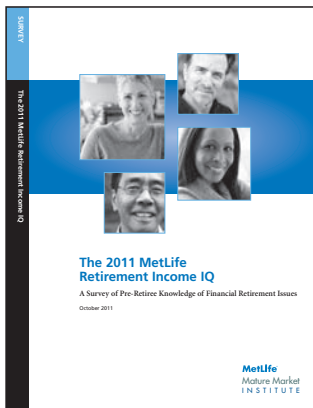
Boomers Turn to Snazzy Car Models

With the changes that come at different life stages, some Baby Boomers are now finding that with their children out of the nest and their income at its peak, those who are in the market to buy a new car are turning away from the big, family vehicles of their past and snapping up sports cars, convertibles, and flashy luxury models of their dreams. According to a study of more than 200,000 buyers from 2009 and 2010 by TrueCar Inc., the Boomers' favorite brands were Mercedes-Benz, Jaguar, and Porsche.

Jonathan Welsh
 "Survey Says: Boomers Prefer Flashy Rides"
The Wall Street Journal
 July 26, 2011
[Click for link to article](#)



Pre-Retirees Take a Financial Quiz



Recent findings from the *2011 MetLife Retirement Income IQ*, a 15-question quiz on retirement issues conducted by the MetLife Mature Market Institute, shows Americans have quite a way to go to learn what they need for a financially secure retirement. Of the 1,213 pre-retirees aged 56 to 65 who took the quiz, the majority answered only five of the 15 questions correctly, leaving persistent misperception and misunderstanding in a number of core areas, such as life expectancy, inflation, retirement income/savings, long-term care insurance, and to some extent, Social Security. In the 2008 version of the study, most respondents correctly answered six of the 15 questions.

2011 MetLife Retirement Income IQ
 MetLife Mature Market Institute
 October 11, 2011
[Click for link to study](#)

More Older Workers Changing Jobs

Growing numbers of older workers are leaving their current jobs and taking up new ones with a different employer. In 1983, for example, the average length of time men 55 to 64 years of age had spent at their current jobs was 15.3 years; by 2008 it had plummeted to 10.1 years. Statistics suggest that the changes were mostly voluntary, but the data don't reflect the fact that negative employment conditions can also lead to a resignation. Studies do indicate that the new job usually pays less than the old, though the workers often say they have less stress and experience greater job satisfaction.

Alicia Munnell
 "Are Older Workers Job Hopping More?"
SmartMoney
 August 15, 2011
[Click for link to article](#)



Web Watch: Identity Theft Advice



The Consumer Federation of America has established a Web site—www.idtheftinfo.org—to help the public cope with the fast-growing crime of identity theft. The elderly are key targets. The federation is a nonprofit association of almost 300 consumer organizations. Its site offers advice on how to protect yourself from identity theft and links to a quiz that tests how well you're prepared to protect yourself. If you are interested in purchasing anti-identity theft services, it provides a shopping guide, and it also suggests sites where you can receive advice and assistance if you have been victimized.

The Lure of the College Town

In a new kind of back-to-school movement—many retirees are settling in towns that boast major universities. One survey of people 55 to 75 years of age found that more than half had a favorable view of retiring to a university town, and a large number of campus communities have put out the welcome mat. Retirees are attracted by the chance to take courses, find volunteer work at the schools, and enjoy the cultural activities that are part of the academic scene. At a senior housing community on the campus of Lasell College in Newton, Massachusetts, residents are expected to take 450 hours of classes and cultural performances a year.

Andy Sedlack
 “Senior citizens attracted to campus settings”
The Middletown Journal
 September 26, 2011
[Click for link to article](#)



Misplaced Optimism About Health Prospects

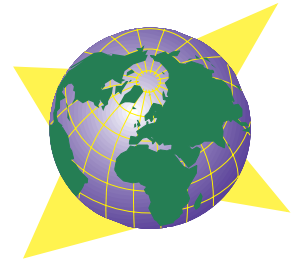


The members of the Baby Boomer generation have always been upbeat about their futures, but in one regard at least, experts believe that optimism may be misplaced. A recent poll found that among respondents 50 and over and still working, just 13% expect their health to worsen in retirement. Yet when retirees were asked if the current state of their health was worse than it was in their last five years of employment, 39% said it was. There was an even greater disparity between the Boomers' expectations as to how much they will exercise in retirement and how much the retirees were exercising.

Julie Rovner
 “Boomers' ‘Delusion’ About Health in Retirement”
NPR
[Click for link to article](#)

International Ageing*

Since 1975, the government of West Australia has required that motorists ages 75 to 78 be examined by a physician each year to assess their continued ability to drive safely. Not any more. According to Transport Minister Troy Buswell, government research showed that these older drivers were not involved in a disproportionate number of crashes. Drivers 80 to 84 will still need an annual medical exam to renew their license, and those 85 and older must also pass a road test each year. In 2008, the government established the mandatory reporting of long-term medical conditions that could impair the driving ability of license holders of any age.



“WA rule changes for elderly drivers”

The Sydney Morning Herald

September 25, 2011

Click for link to article

*British/Australian spelling

How Older Lifeguards Spend the Winter



To serve as a lifeguard at the public beaches on New York’s Long Island, you must pass a rigorous physical test each spring—no exceptions. That’s why, all through the winter, a group of men in their 50s and 60s, who have been lifeguards since age 17 or so, meet at an indoor pool three times a week. As 69-year-old Ed Peters explains, the presence of other people brings forth an extra effort to maintain their swimming edge. The test requires them to cover 100 meters—109 yards—in a minute and 20 seconds. They also must run a quarter mile in two minutes and 10 seconds.

John Hanc

“Keeping Themselves Fit for Going to the Rescue”

The New York Times

September 15, 2011

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MetLife[®]
Mature Market
INSTITUTE

Fay Radding, M.A., R.N., Senior Gerontologist and Editor
203-454-5302

MetLife Mature Market Institute

57 Greens Farms Road, Westport, CT 06880

MatureMarketInstitute@MetLife.com

www.MatureMarketInstitute.com

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