



QuickFACTS®

"Aging seems to be the only available way to live a long life."

Kitty O'Neill Collins

INFORMATION ABOUT AGING, LONGEVITY, AND THE MATURE MARKET

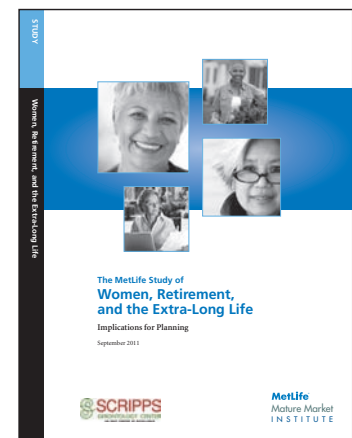
Welcome to QuickFACTS, a monthly fact sheet produced by the MetLife Mature Market Institute. Our focus is the emerging mature market. We compile recent news and developments on workplace, retirement, caregiving, and longevity issues that impact our business and our customers. Ideas and comments for the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

Women's Thoughts on Retirement

A new study of women ages 50 to 70 by the MetLife Mature Market Institute has found that women face a number of unique risks—including longevity, aging single, lower retirement incomes, greater health care costs and added caregiving responsibilities—and have not planned adequately to address these concerns, leading to a significant shortfall. According to the report, women expect to live until age 85, some until age 90, and are more concerned than men about affording health care, long-term care, and outliving their assets. Yet, slightly more than half of the women surveyed know the likely amount of their retirement income/assets and only 44% have calculated the amount of their essential expenses.

The MetLife Study of Women, Retirement, and the Extra-Long Life: Implications for Planning
September 27, 2011

[Click for link to study](#)



Longevity Changes Employer-Employee Relationship

Two major developments—the increase in life expectancy and the shift of responsibility for retirement savings to workers—is leading many employers to rethink their relationship with older employees. Workers are recognizing that if they retire at 65, they will need a plan that will support them for much longer than was true of earlier generations. Companies are finding that many employees want to work beyond 65 to build up their 401(k) savings. So employers are exploring ways to help workers make better decisions in managing their plans, including guidance in such basics as how much retirement income they will need.

Fred Reish

"Long Lives and Lessons for Plan Sponsors"

Employee Benefit News

August 31, 2011

[Click for link to article](#)



Inspired by Purpose

When Eric Lentz was diagnosed with cancer six years ago his doctors gave him a year to live. He then decided to spend whatever time he had left to pursue what had long been his passion—helping children. He created a camp for at-risk or critically ill inner-city children and their families on property he owned in rural Wisconsin. His wife and their two teenagers helped. The project has given respite to dozens of kids and families while providing Lentz with a deep feeling of happiness, a strong sense of meaning and purpose, and adding unexpected years of life.



Amanda Marrazzo
 “Battling Cancer, He Created a Camp for At-Risk Youths”
Chicago Tribune
 July 27, 2011
[Click for link to article](#)

Financial Advisor Jobs on the Rise

**HELP
 WANTED**
**FINANCIAL
 ADVISOR**

According to the Bureau of Labor Statistics, the number of jobs for personal financial advisors will soar by 41% over the next five years. Reasons for this boon to the profession are the millions of workers expected to retire by 2019; Baby Boomers reaching their peak years of retirement savings are causing a rise in personal investments. Also, many companies are replacing traditional pension plans with retirement savings programs that require financial managerial aptitude.

“Financial Advisor Jobs”
Economy Watch
 August 31, 2011
[Click for link to article](#)

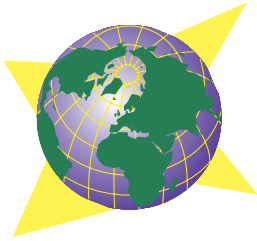
For Young Musicians, a Late-Life Bonus

A Northwestern University study has found that people who have spent most of their lives making music can reap a reward in their later years: better hearing. Many older people have trouble catching conversations in crowded restaurants. The study tested the ability of a group of musicians and non-musicians, ages 45 to 65, to understand sentences spoken in a noisy environment, and the musicians had a 40% advantage over the non-musicians. That’s because they had spent so many years training their ears and brains to distinguish between low and high notes and different tonal qualities. Of course, if those years had been devoted to very high-decibel listening, their overall hearing might have suffered.



Patti Neighmond
 “How Music May Help Ward Off Hearing Loss As We Age”
NPR.org
 August 22, 2011
[Click for link to article](#)

International Ageing*



Down Under they call them “kippers”—“kids in parents’ pockets eroding retirement savings.” One survey found that 25% of Australians ages 20 to 34 were living with their primarily Baby Boomer parents. In most cases, the adult children are completing their education or looking for work, and it’s cheaper for parents to keep them at home rather than paying their rent elsewhere. Half of those 25 to 29 years of age who live with parents have at one time or another left and returned; the majority last less than two years on their own. The parents may complain about the cost, one researcher says, but most of them admit they enjoy having their grown-up kids around.

Bina Brown
 “Boomers Go Bust Over Kids”
Sydney Morning Herald
 September 11, 2011
Click for link to article

*British/Australian spelling

Relocating Retirees Take Their Friends Along

When they retire, many Americans are pulling up stakes and moving to communities where they can share services ranging from tennis courts to a caretaker who can help with shopping chores. But a major concern for those thinking about relocating is the loss of their existing social network. More and more of them are solving the problem by recruiting their friends to follow suit. These retirees on the move sometimes settle in an existing shared community and lure old friends to join them, or they try to convince their friends to help in organizing a new community.

Ann Carrns
 “The Company You Keep”
New York Times
 September 16, 2011
Click for link to article



Web Watch: Talking to Your Doctor



The Department of Health and Human Services has developed a web site dedicated to helping people get the most out of their encounters with physicians, nurses, and other health care aides. The site, <http://www.effectivehealthcare.ahrq.gov/options/why/>, urges that viewers prepare for a medical appointment by filling out and giving the doctor a “health priorities snapshot” of their lives and by studying the various treatment options available for their particular ailments so they can ask the right questions and better understand the answers. Among suggestions for making the most of a doctor visit: take written notes and bring a friend or relative along to help ask questions and remember answers.

Two Working Centenarians Honored

Each year, Experience Works, the nation's largest training organization for the elderly, marks National Employ Older Workers Week by selecting two people to serve as America's Outstanding Oldest Workers. The 2011 choices: Hedda Bolgar Bekker, 102, and Mazerine Wingate, 101. Bekker, an Austrian-born psychologist, founded nonprofit mental health institutions in Los Angeles and still sees patients for 16 to 20 hours a week. Wingate, son of a South Carolina sharecropper, still drives to his job at a U.S. Post Office in Maryland where he works four hours a day, six days a week.



"Announcing America's Outstanding Oldest Workers"
Sacramento Bee/PR Newswire
 September 20, 2011
Click for link to article

Assisted Living Centers Need a Male Touch



Yes, women live longer than men, but there may be another reason why just 26% of the people in assisted living facilities are male: In their appearance, their activities, and their general ambiance, the centers are designed for women with little or no effort to make them attractive to men. Floral window treatments and "Manicure afternoons" don't have the same male allure that a poker night would. Studies indicate that men do adjust well to the facilities once they're aboard and programs are developed to meet their individual needs, but they're apt to strongly resist enrolling.

Pam Gerhardt
 "Assisted Living Facilities May Be Wise to Appeal More to Men"
Washington Post
Click for link to article

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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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