

# QuickFACTS<sup>®</sup>



*“The future belongs to those who believe in the beauty of their dreams”*

Eleanor Roosevelt

## 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 market of people 50+. We compile recent news and developments on multi-generational issues that impact our business and our customers. Ideas and comments for the editor are welcome by e-mail at [fradding@metlife.com](mailto:fradding@metlife.com) or phone, 203-454-5302.

## Retirement and Your Health...C'est Bon!

When it comes to life after retirement, a 2009 research study of nearly 15,000 French employees found that for those who retired from poor working conditions, retirement made them feel up to ten years younger after only a few months. The research study followed health perceptions of the workers for almost a decade. For employees whose jobs gave them high satisfaction and status, the impacts of retirement on their perceptions of their health showed the least amount of change.

*Retiring “is a New Lease of Life”*  
BBC News  
November 10, 2009  
**Click for link to article**



## Family Friendly Workforce



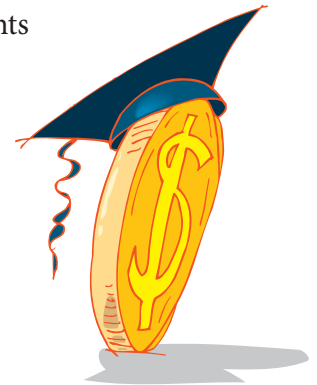
U.S. employers are promoting employee engagement with family friendly benefits such as flextime and telecommuting. According to the Society for Human Resource Management's 2009 Employee Benefits Survey, over half of employers offer flextime and over a third permit telecommuting on a part-time basis. As many as 19% of companies employ workers who work remotely on a full-time basis.

Rita Zeidner  
*Handle with Care*  
HR Magazine  
November 2009

## What Matters Most to Grandparents?

In the past, older Americans have aspired to leave an inheritance to their offspring. However, in light of the current economic downturn, many grandparents feel that their top priority is to ensure that their grandchildren are on firm footing. For grandparents who want to provide assistance now, it is important to be aware of key strategies to avoid, potentially, paying some significant taxes. One such strategy involves paying college tuition directly to the educational institution, either annually or pre-paid for multiple years.

Deborah L. Jacobs  
*Strategies to Help Grandchildren Now, Not Later*  
 New York Times  
 Oct. 29, 2009  
[Click for link to article](#)



## For History Buffs



Modern employee benefits were conceived when the American economy was being transformed from an agrarian model into an industrial economy. This was an era in history when a number of private sector employers saw an opportunity to use health and retirement related programs to recruit the best talent and promote employee loyalty and productivity. Pre-dating the use of benefits in the workplace, George Washington established medical benefits and pensions for all officers and soldiers when he was the Commander-in-Chief of the Continental Army. This policy effectively stemmed the threat of attrition.

Ronald S. Leopold, MD, MBA, MPH  
*The Benefits Edge: Honing the Competitive Value of Employee Benefits.*  
 ©2009, Metropolitan Life Insurance Company

## The Benefits of Surfing

A 2009 research study of 7,000 retired adults over the age of 55, found that spending time online decreases the likelihood of depression by 20%, and that significant savings could be realized as it is estimated that late-life depression affects as many as six million older Americans. The researchers point out that the results have important implications for broadband policy and programs that increase Internet access among this age group.

George S. Ford, Ph.D. and Sherry G. Ford, Ph.D.  
*Internet Use and Depression Among the Elderly*  
 Phoenix Center Policy Paper Number 38  
 Phoenix Center for Advanced Legal and Economic Public Policy Studies  
 October 2009  
[Click for link to study](#)



## Social Security Over the Years



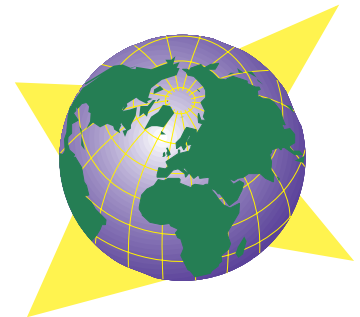
For the last 35 years Social Security recipients have received a cost-of-living adjustment (COLA). The increases have averaged around 4.3% and are based on the change in the Consumer Price Index (CPI) from one year over the next. In 2010 there will not be a cost of living adjustment, due to the sharp drop in the CPI. Since other aspects of Social Security and Medicare are tied to the COLA, other important numbers will remain unchanged. For about 73% of Medicare enrollees, Medicare Part B premiums, currently \$96.40, will remain unchanged in 2010.

Stan Hinden  
*What Happened to My COLA?*  
 AARP Financial  
 November 2009  
**Click for link to article**

## International Aging

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  
 Oct. 2, 2009  
**Click for link to article**



## Web Watch



As Americans of all ages are faced with the challenges of saving for a potentially long retirement, the Women's Bureau of the U.S. Department of Labor created WiseUp, a program targeting primarily generations X and Y to promote financial literacy and saving for retirement. The Website is a rich source of information with fact sheets, tools, Q&A with experts, free teleconferences, podcasts, an eight module online course, and more. The topics covered address issues and concerns of all the generations, including questions that address the best investments for grandchildren and the risks of reverse mortgages. <http://wiseupwomen.tamu.edu/index.php>

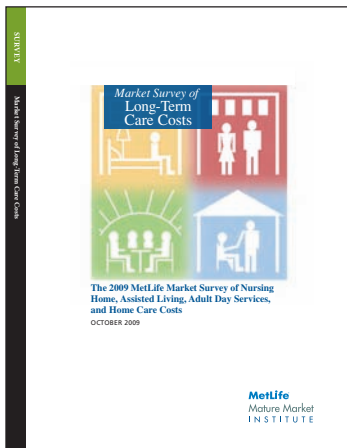
## Alzheimer's and Diversity

Ethnic minorities such as Asians and Hispanics often rely on family members for assistance and medical care, and the perception of stigma frequently prevents many from seeking care for diseases such as Alzheimer's. However, around the country adult day centers and nursing homes are overcoming cross cultural barriers and are offering Spanish language programs to meet the needs of this growing population. The New York City chapter of the Alzheimer's Association has also created a newsletter and a Web page in Spanish, and receives phone calls from around the country to respond to the gradually increasing awareness and openness to discussing concerns.

Denise M. Bonilla  
*Culture, Language Pose Challenge in Dealing with Disease*  
 Newsday.com  
 November 4, 2009



## The Cost of Long-Term Care



Price rollbacks throughout the U.S. economy during the past year did not apply to long-term care service providers, according to the 2009 *MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs*. When comparing national averages, private room nursing home rates rose 3.3% to \$219 per day or \$79,935 per year, while assisted living base rates also rose 3.3% on average to \$3,131 per month. Home health care aides now cost an average of \$21 per hour, a 5% increase; adult day services run \$67 per day, a 4.7% increase.

*The 2009 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services and Home Care Costs*

October 2009

MetLife Mature Market Institute

**Click for link to survey**

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