

QuickFACTS®

“In three words I can
sum up everything
I’ve learned about
life: it goes on.”

Robert Frost



INFORMATION ABOUT RETIREMENT, LONG-TERM CARE, 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 retirement, aging, and long-term care issues that impact our business and our customers. Ideas and comments for the editor are welcome by e-mail at kobrien@metlife.com or by phone, 203-454-5386.

Employee Education: Employer Priority

Employee education related to retirement preparation is a high priority for many employers, with 51% of respondents to a Hewitt Survey currently offering in-person financial education classes or seminars and 36% of those not doing so indicating they are very likely to offer them in 2008. Additionally, 34% provide third party individual sessions with an advisor on specific investments or broader financial topics.

Survey Findings: Hot Topics in Retirement - 2008
Hewitt Associates LLC
February 2008
www.hewittassociates.com



Benefits of Keeping Socially Active



Using data from the Health and Retirement Study a large representative national sample of individuals age 50 and over researchers from the Harvard School of Public Health found that those with the highest degree of social integration showed the slowest rate of memory decline over the 1998 to 2004 time period. The study reinforces the importance of socialization and activities such as volunteering to the well being of older adults.

Active Social Life May Delay Memory Loss Among U.S. Elderly Population
Harvard School of Public Health – Press Release
May 29, 2008
<http://www.hsph.harvard.edu/news/press-releases/2008-releases/active-social-life-delay-memory-loss-us-elderly.html>

Incentives to Keep Working



Almost half of retirees (48%) responding to a recent EBRI survey indicate being truly needed for an assignment would have been extremely or very effective in encouraging them to work longer. Fifty percent of those receiving a full pension and 44% of those receiving a partial pension indicated they would have been incentivized to stay if they could continue to receive their pension while working part time.

Ruth Helman, Mathew Greenwald & Associates, Craig Copeland, Jack VanDerhei, and Dallas Salisbury

EBRI 2008 Recent Retirees Survey: Report of Findings

Employee Benefit Research Institute

Issue Brief No. 319

July 2008

www.ebri.org/pdf/briefspdf/EBRI_IB_07-2008.pdf

Older Individuals in Greater Numbers

La Paz County, Arizona, with almost one-third (32%) of its population age 65 and over, led 24 counties in the U.S. where individuals age 65+ represent more than 25% of the overall population. Nine of these 24 counties were located in Florida, four in Texas, and three in Michigan.

La Paz, Ariz.. Population is Nation's Oldest County

U.S. Census Bureau News

August 7, 2008

<http://www.census.gov/Press-Release/www/releases/archives/population/012463.html>



Web Watch



Adults age 75 and over have the highest rate of hospitalization and death related to traumatic brain injury (TBI), with falls being the leading cause. To help older adults, their caregivers, and health care providers prevent, recognize, and respond to fall-related TBI, the CDC, in collaboration with 26 organizations, has launched the "Help Seniors Live Better, Longer: Prevent Brain Injury" initiative. It includes both English and Spanish materials for older adults and their caregivers in an easy to use question and answer format. Visit <http://www.cdc.gov/braininjuryinseniors> to download or order the materials and learn more about this important concern.

Economy's Impact

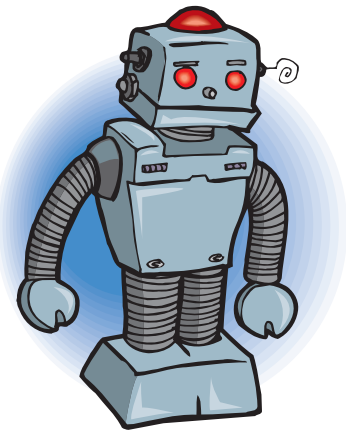
In a survey of Americans age 60 and over, 87% of respondents report feeling the “pinch” of today’s economy, with 70% cutting back on essentials like food and transportation. While the majority of those currently working (73%) do not plan to delay their retirement date, 21% of those who are retired are now working or looking for employment because of the economy.

Feeling the Economic Pinch: A MetLife QuickPOLL of Americans 60+
MetLife Mature Market Institute
September 2008

www.maturemarketinstitute.com



Technology: Helping at Home



Scientists at the University of Massachusetts Amherst have designed a robot called uBOT-5 that can provide assistance to those at home. The two wheeled robot is able to help with grocery shopping and remind clients to take their medication. Sensors allow it to recognize events like a fall, dial 911, and use a digital stethoscope to send information to emergency personnel in route. It also carries a web cam, microphone, and display to allow the individual to communicate with family, doctors, and others remotely.

University of Massachusetts Amherst (2008, April 21)

April 21 2008

New Robots Can Provide Eldercare for Aging Baby Boomers

Science Daily

Retrieved August 28, 2008 from

<http://www.sciencedaily.com/releases/2008/04/080416212725.htm>

Centenarians Speak Out

Centenarians identify staying close to friends and family (90%), keeping your mind active (89%), laughing and having a sense of humor (88%), staying in touch with your spirituality (84%), and continuing to follow current events and news (63%) as important components of healthy aging. Sixty four percent of those surveyed indicate that they feel very independent and 70% report that they are very likely to vote in the upcoming Presidential election.

U100@100 Survey

Evercare

July 2008

http://www.evercarehealthplans.com/pdf/2008_Evercare_100@100_Survey.pdf



Working Longer



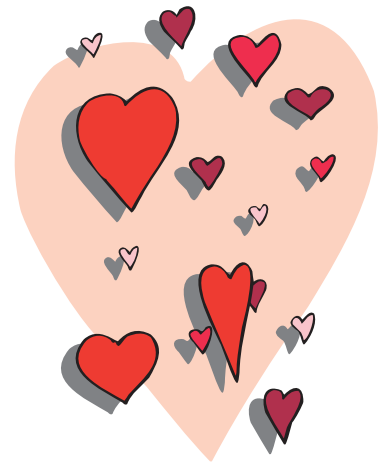
Labor force participation rates for workers age 60+ increased for both men and women at all age breakdowns between 1994 and 2007, with the greatest change seen in the participation rates at ages 70-74. Among men ages 70-74, the participation rate went from 15.8 in 1994 to 21.2 in 2004, a 34.2 % increase. During the same time period, the participation rate of women ages 70-74 grew from 8.7 to 14, representing a 60.9% change.

Murray Gendell, Georgetown University
Older Workers Increasing Their Labor Force Participation and Hours of Work
Monthly Labor Review, Volume 131, Number 1
U.S Department of Labor, Bureau of Labor Statistics
January 2008
<http://www.bls.gov/opub/mlr/2008/01/art3full.pdf>

A Lifetime of Love

They wed in 1925, when Calvin Coolidge was president and the price of a first class postage stamp reached 2 cents. Now married 83 years, 101-year-old Clarence and 99-year old Mayme Vail have been entered into the “Guinness World Records” for being married longer than any living couple on earth. They have six children, three of whom have been married more than 50 years, 39 grandchildren, 101 great-grandchildren and so far 40 great-great grandchildren.

Michael Celizic – TODAYShow.com contributor
MSNBC.com
March 17, 2008
Couple Married 83 Years, Share Their Secret
<http://www.msnbc.msn.com/id/23671580/>



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