

QuickFACTS®



“An optimist
is the human
personification
of spring.”
Susan J. Bissonette

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 at fradding@metlife.com or by phone, 203-454-5302.

Smile, You'll Live Longer

Economists with a long history of studying happiness have used mathematical tools to produce a substantial body of knowledge that explores the relationship between self-reported happiness and myriad aspects of social life. These “happiness economists” have developed “happiness equations” that show that health and happiness correlate more strongly than any other variable, including income. Although, not surprisingly, within countries across the world, wealthy people on average are happier than poorer ones. However, as those same countries grow wealthier over time, happiness does not increase. Bottom line? Health is wealth.

Carol Graham
Happiness and Health: Lessons—And Questions—For Public Policy
Health Economics
January/February 2008
Volume 27/Number 1
<http://content.healthaffairs.org/cgi/content/full/27/1/72>



Flying Out of Retirement



Airline pilots who have retired at the mandatory age of 60, are now being recruited back into the workforce as the shortage of pilots will be ameliorated by a new federal law, approved by Congress in December, that raised the age to 65. For the many pilots who retired without the pensions they had anticipated throughout their careers, adjusting to the loss of income forced them to seek non-flying jobs. This new legislation offers pilots, whose passion is flying, the potential to resume satisfying work in retirement.

Trebor Banstetter
Facing Pilot Shortage, Airlines Begin Recruiting Retirees
Star Telegram, Dallas, TX
<http://www.star-telegram.com/business/v-print/story/457446.html>

Web Watch



Long-Term Care Awareness

In anticipation of the age wave of boomers moving toward retirement years, a campaign to increase awareness of the importance of planning for long-term care needs has been launched. The “Own Your Future” campaign is a joint federal-state initiative that urges consumers to focus on finances. It offers consumers a Long-Term Care Planning Kit, downloadable at no charge in English and Spanish and offers a CD or downloadable audio files. Consumers may order the Long-Term Care Planning Kit by phone, (1-866-PLAN-LTC) or view online at www.longtermcare.gov/campaign.

Eat, Drink and Be Healthy

Scientists in England have found that four simple behaviors can add an additional fourteen years to life; avoid smoking, exercise, eat lots of fruits and vegetables, drink alcohol if you want, but in moderation. In an eleven year study with 25,000 men and women, researchers found an unmistakable trend: for each of the four health habits regularly heeded, longevity increases. The research participants who engaged in all four of these habits had a one quarter risk of dying, compared to those who practiced none of these behaviors. This was found to be equivalent to 14 years of life.



Kay-Tee Khaw, Nicholas Wareham, Sheila Bingham, Ailsa Welch, Robert Luben, Nicholas Day
Combined Impact of Health Behaviours and Mortality in Men and Women: The EPIC-Norfolk Prospective Population Study AARP Public Library of Science Medicine Journal.

Jan 2008/Volume 5/Issue 1/e12

http://medicine.plosjournals.org/archive/1549-1676/5/1/pdf/10.1371_journal.pmed.0050012-S.pdf

Boomers are Still Impacting Society



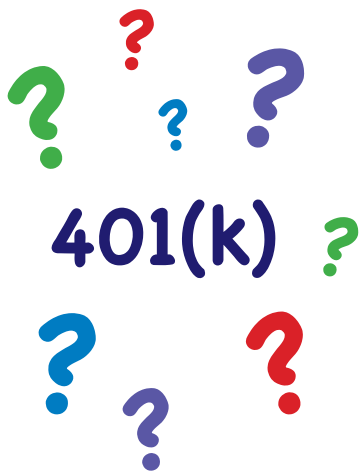
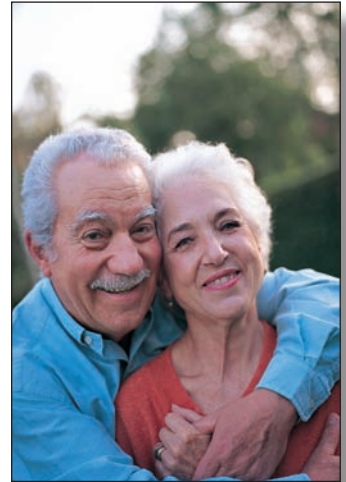
In a survey of 150 senior executives from the nation’s 1,000 largest companies, 47% expect that boomer retirements will have the greatest impact on the workforce over the next decade. The other most significant trend believed by 31% of those surveyed: global business interactions.

<http://hr.cch.com/news/hrm/012808a.asp>

Spousal Caregivers at Risk

The importance of the message, “Protect Your Health,” urged by the National Family Caregivers Association, has been underscored by a study done at Harvard Medical School that measured the impact over the long run of caring for a spouse with a serious illness, among elderly people. While various illnesses were found to be more harmful to a spouse than others, spousal caregivers are particularly vulnerable, immediately after a hospitalization and again three to six months into the illness.

Nicholas A. Christakis, M.D., Ph.D., M.P.H., Paul D. Allison, Ph.D.
Mortality after the Hospitalization of a Spouse
New England Journal of Medicine
Volume 354: 719-730, February 16, 2006, Number 7
<http://content.nejm.org/cgi/reprint/354/7/719.pdf>



Plugging the Leak

AARP has sponsored a poll that found that 83% of workers don't know how much they pay in fees for their 401(k)s, and most didn't even know there were fees. Now, the Employee Benefits Security Administration is trying to write regulations to produce information workers can understand. Congress, also, is working on a solution.

Pushing to Uncover Hidden 401(k) Fees
Albert B. Crenshaw
AARB Bulletin
January, 2008

What's Age Got to do with it?

The age of 45, while not necessarily thought of as a milestone, is the age at which workers are more likely than younger workers to have saved for retirement, contributed to their 401(k), or own an IRA.

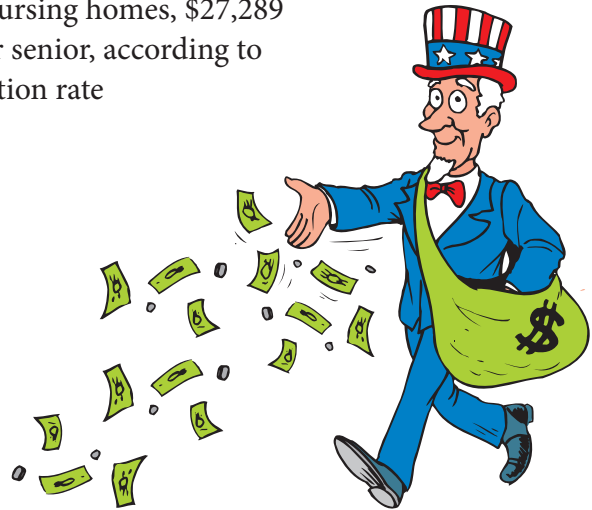
2007 Retirement Confidence Survey Fact Sheet
Age Comparisons Among Workers
Employee Benefit Research Institute and Matthew Greenwald & Associates.
http://www.ebri.org/pdf/surveys/rcs/2007/RCS07_FS_2_Age.pdf



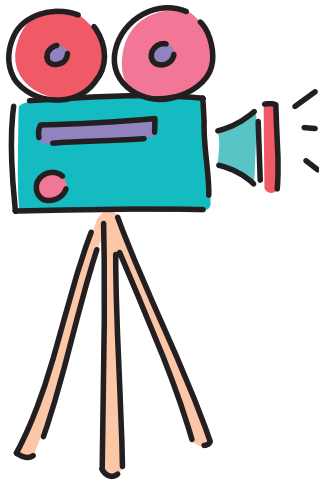
Government Spending More On Healthcare

In 2007 the cost to the government for healthcare and nursing homes, \$27,289 per senior, surpassed that of Social Security, \$13,184 per senior, according to a USA Today analysis. The 24% increase above the inflation rate since 2000 is blamed mostly on medical costs.

*Senior Benefit Costs up 24%*GAO-07-355
Dennis Cauchon
USA Today
February 14, 2008



Starring: Assisted Living



Making friends with people several decades older than himself was an unexpected joy for Andrew Jenks, a New York University film student, who has made a documentary about the residents of Harbor Place Assisted Living Facility in Port St. Lucie, FL. “Andrew Jenks, Room 335” has gone beyond its low budget beginning to win prizes at international film festivals and has been bought by HBO. The film has also spurred on high school students to volunteer at ALFs. The film can be purchased at: www.andrewjenksroom335.com.

Florida Assisted-Living Facility Is Perfect Lab for Young Filmmaker
Marlene Piturro
Caring for the Ages
February, 2008

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