

QuickFACTS

From the MetLife Mature Market InstituteSM
www.MatureMarketInstitute.com



“Autumn is a second spring
 when every leaf is a flower.”

Albert Camus

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. kobrien@metlife.com or phone, 203-454-5386.

Think Positively

Researchers at the University of Texas found a link between positive emotions and the onset of frailty in a 7-year study of over 1,500 initially non-frail Mexican Americans living in five southwestern states. The researchers measured frailty by looking at weight loss, exhaustion, walking speed and grip strength over the 7-year period while positive affect was measured by asking the participants how often in the last week “I felt I was just as good as other people,” “I felt hopeful about the future,” “I was happy,” and “I enjoyed life.” The overall incidence of frailty among the participants during the course of the study was almost 8%. Those with positive emotions were found to be significantly less likely to become frail. ■

People Age Better if Happy and Free of Negative Images of Aging
 Medical News Today
 September 14, 2004
www.medicalnewstoday.com/medicalnews.php?newsid=13369



Who Will Care For Aging Americans in the Years Ahead?

After 2015 the number of people needing long-term care is expected to increase substantially while the labor force relative to the size of the population is expected to be smaller. In order to maintain the current ratio of long-term care providers to the population age 85 and older, who are at most risk for needing long-term care, the number of workers would need to more than double from about 1.9 million in 2000 to 4 million in 2050. During that time period the working age population is expected to increase only 0.3% per year. ■

Robert B. Friedland
Caregivers and Long-Term Care Needs in the 21st Century: Will Public Policy Meet the Challenge?
 Georgetown University Long-Term Care Financing Project
 Issue Brief – July 2004

Why Offer Defined Benefit Plans?

According to a recent survey from Diversified Investment Advisors' Report on Retirement Plans, the majority of U.S. companies (84%) that offer a defined benefit plan such as a traditional pension plan or cash balance plan believe that their plan directly impacts employee retention. Fifty-eight percent of plan sponsors with 25,000 or more employees indicate that their defined benefit plan had a major impact on employee retention as compared with 23% of companies with 1,000 to 2,499 employees. Companies surveyed made substantial contributions to their defined benefit plans, between \$10 million and \$99 million dollars. Despite the turbulent economy, 90% of those surveyed planned to retain their defined benefit plan in some form. ■

Majority of U.S. Companies That Offer a Pension Plan Say It Impacts Employee Retention
Business Wire
September 7, 2004

The Cost of Nursing Home Care

The MetLife Market Survey of Nursing Home and Home Care Costs for 2004 shows that the national average cost of nursing home care in a private room is \$192 per day with the national average cost for a semi-private room at \$169 per day. Rates vary from location to location throughout the country. Shreveport, LA had the lowest average rates of those surveyed with a private room averaging \$99 per day and a semi-private room averaging \$87 per day, while Alaska had the highest with private and semi-private rooms averaging \$561 and \$435 per day respectively. The survey for both Nursing Home and Home Care costs is available on the MetLife Mature Market Institute Web site at www.maturemarketinstitute.com ■



The MetLife Market Survey of Nursing Home & Home Care Costs
MetLife Mature Market Institute
September 2004

International Ageing



The Third Age Suit simulates some of the changes in muscle strength and joint mobility that occur as people age. Looking like a space suit, it includes joint restrictors for the hand, wrists, elbows, neck, upper and lower torso, knees and ankles. It comes with goggles which simulate many of the changes that occur in vision as one ages and surgical gloves that mimic reduction in tactile sensitivity caused by changes in the skin and sensory receptors. It was originally designed by scientists at Loughborough University in the United Kingdom in conjunction with Ford Motor Company for use in vehicle development and was used to test the design of the Ford Focus for healthy elderly people. It has more recently been re-designed for use by architects drawing plans for hospitals in England. ■

The Suit That Makes You Feel Old
BBC News UK Edition
August 5, 2004
<http://News.bbc.co.uk>

Web Watch

Every ten years the White House Conference on Aging (WHCOA) convenes to make policy recommendations to the President and Congress as well as to assist the public and private sectors in addressing issues related to the security and well being of older Americans. The next WHOCA is scheduled to take place on October 23-26, 2005 in Washington DC and will focus on the needs and impact of the aging baby boomers, those individuals born between 1946 and 1964. A Web site has been established to keep the public informed about the conference, results of policy committee meetings, delegate selection and important local and state information related to the conference. It can be accessed at www.whcoa.gov ■



Hospice: Quality Care as well as Cost Savings to Medicare.

A study, commissioned by the National Hospice and Palliative Care Organization, conducted by the actuarial firm Milliman, USA and recently published in the September 2004 issue of the *Journal of Pain and Symptom Management*, revealed that hospice care was less costly to Medicare and that individuals in hospice lived longer on average than similar patients who did not choose hospice care. Cost savings ranged from \$1,115 for rectal cancer patients to \$8,879 for congestive heart failure patients. The study showed that on average individuals with gall bladder cancer who were in hospice lived 20 days longer than those who were not in hospice while those with breast cancer lived 69 days longer. The pattern of living longer was found across most of the diseases studied. ■

US: Hospice Costs Medicare Less and Patients Often Live Longer New Research Shows
September 21, 2004
www.thematuremarket.com

Keeping in Shape

A study conducted by researchers at Yale University looked at top runners in the New York City Marathon over the past 16 years. It found that the average times for older age groups improved more than those for younger age groups. Top female runners age 50-59 showed the greatest improvement as a group finishing more than 2 minutes faster each year from 1983-1999. The study reinforces the belief that many older people grow weaker not simply because of age but because they do not use their muscles as much as they did when they were younger. The study findings mirror those in studies conducted other researchers such as a study conducted in exercise training for people 55 and older at Johns Hopkins School of Medicine which found that people age 55 and older can see the same amount of improvement in muscle strength, oxygen consumption and other benefits as people in their 20s and 30's. ■

Diane Scarponi
Study: Older Runners Improve Faster Than Younger Ones
Connecticut Post
September 10, 2004



What is Important to Older Workers?

According to Society for Human Resource Management (SHRM) research on job satisfaction in 2004, all three age groups surveyed (ages 35 and younger, ages 36-55, and ages 56 and older) ranked Benefits as the most important factor in job satisfaction. In the age categories 35 and younger and 36-55, workers listed the following in the same order as important to job satisfaction: 2. Compensation/Pay, 3. Feeling Safe, 4. Work/Life Balance and 5. Job Security. Workers age 56 and over listed the following in order of importance: 2. Feeling Safe, 3. Job Security, 4. Communication, and 5. Compensation/Pay. The top 3 factors for older workers are becoming increasingly difficult for employers to guarantee. Both health care benefits for retirees and traditional pension plans are decreasing. In an uncertain economy, many jobs previously seen as safe could now be vulnerable to moving off shore. As a result job security will be difficult to guarantee. ■

Jennifer Schramm
Workplace Forecast: A Strategic Outlook
SHRM
June 2004



100 Years Old and Still Going Strong

On October 27, 1904, New York City introduced a new mode of transportation that celebrates its 100th birthday this month, the subway. The subway system, which took 4 years to build, remains one of the largest in the world and one of only a few that runs 24 hours per day. The first ride in 1904 covered 9 miles from City Hall to 145th and Broadway. Today the system has 27 lines with 468 stations spread over 231 miles. It is estimated that total traffic in the past century is as high as 150 billion. On the average weekday about 4.7 million passengers ride the subway. Roughly 90% of its structure dates back to its beginnings. ■

Larry Olmsted
Happy 100th to the New York Subway
American Way
August 15, 2004



Kathy O'Brien, R.N., M.S., Gerontology Consultant and Editor, 203-454-5386

MetLife Mature Market Institute
57 Greens Farms Road • Westport, CT 06880
MatureMarketInstitute@MetLife.com
www.MatureMarketInstitute.com

L0410JHEV(exp1207)MLIC-LD

Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166

