

this is The dawning of the age of Aquarius

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We are the product of The Greatest Generation. If we look back at what they did and how they lived, there are many lessons. They walked everywhere (www.iowahealthieststate.com and www.bluezonesproject.com), they ate garden grown foods, they had family values, education was very important, they lived in an era without credit cards and they were pretty happy and healthy families. They saved money. Many of them retired more gracefully and better prepared than some folks today. However, we are planners. We see doctors more frequently and we utilize more outside resources. If you want knowledge seek out a specialist, such as (www.searsinsurance.info).

The first baby boomers are turning 65 this year. Over the past few years, the baby boomer generation has redefined aging. As we try to understand what it means for the first baby boomers to be retiring, it is a good idea to take a minute to review some of the basic facts about the baby boomer generation.

1

Baby Boomer Facts

- In 2011, 13% of the U.S. population is age 65 or older.
- In 2030, 18% of the U.S. population will be age 65 or older.
- There are 75 million people in the “baby boomer” generation.
- 2.8 million will become eligible for Medicare in 2011.

2

Life Expectancy

“What is the life expectancy of the baby boomers?” Each year you live pushes your life expectancy a little further (because you made it to your current age). For example, the U.S. life expectancy at birth is 77.9 years (75.4 for men and 80.4 for women). But when a person makes it to 65, their life expectancy improves to 83.6 years (82.2 for men and 84.9 for women). It gets even better at age 75. Those who make it to 75 have a life expectancy of 86.7 (85.6 for men and 87.5 for women).

3

Health and Wealth

“What quality of life will the baby boomers have?” This is a complex question. For health, we can expect to see continual advances in treating and managing many of the age-related health conditions. Overall, baby boomers with healthy diets, good exercise habits and a healthy attitude can expect pretty decent health. Mind, body and spirit need to have balance. For wealth, the economic outlook is uncertain. Baby boomers should look at the big picture and structure their assets so that they cannot out live their income. Safety of principal is essential. Minor repositioning can change the outcome dramatically.

4

Baby Boomers Rock

One of the most positive changes is that many baby boomers simply aren't retiring. They are staying engaged and active in their communities their whole lives. More and more, baby boomers are working, or beginning a second career, even after “retirement age.” Seven of the top 10 music tours for 2010 were led by people 48 or older, with some pushing 70. Old age is cool (and profitable). Movie star Jeff Bridges, for example, starred in two blockbuster films in early 2011. He was born in 1941.

the knowledge and experience of “seniors” to benefit society. We will see more and more of this type of activity, with seniors making meaningful contributions well past 65.

So...Let the Sunshine In

This rapid increase in citizens over the age of 65 will change a lot about our culture, such as the potential increase in taxes to pay for their medical care. But I think we should also look at the benefits of having (proportionally) more seniors around. I think we can look forward to some innovation and new energy. I am excited to utilize

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