

# Continuance

*Knowledge and Understanding Passing from Generation to Generation*

*Summer/Fall 2012*



## Longevity and Leadership

**In This Issue:**

**Research about Population Aging**

**Leadership and Involvement in Higher Education**

**Technology and Older Generations**

# Commentary

When Robert W. Fogel received the Nobel Prize for Economics, his acceptance speech traced the history of public health and the changing life span. Fogel's research on the economics of aging is a priceless inter-generational story—a legacy passed from generation to generation. Older generations throughout history have worked to giving younger generations greater opportunities. Today elders want to be more involved and according to Professor Fogel and a multitude of economists and aging specialists, older generations have great potential to improve the economy.



Jane Angelis, Editor  
Continuance Magazine

A recent online survey, *Staying Active and Independent* sponsored by Generations Serving Generations, the Serve Illinois Commission, and the Illinois Department on Aging, found that older generations take pride in their talents and skills and want to contribute to their communities. Thousands, perhaps millions of older Illinoisans have leadership potential but aren't connected to opportunities. John Rowe, director of the MacArthur Research Network calls this "roleless retirement." Society hasn't been able to get its arms around the fact that older generations are ready, willing and able.

In Illinois roughly 25 percent of those 55 and older volunteer according to the Corporation for National and Community Service. The Bureau of Labor Statistics reports that fewer than 9% of those 65 and older volunteer in educational settings. Why so few? The three most common barriers cited in the online survey were "lack of information about service opportunities, how to get started and the absence of an organized system." Over 80 percent of the 50+ group that responded to the survey said they are more likely to get involved if asked.

What is missing? Laura Carstensen, Longevity Center, Stanford and Linda Fried, the Mailman School of Public Health, Columbia University describe one way to engage older adults. "We must build infrastructures that tap the real talents and potential contributions that healthy older people can make to societies." The AARP report, *More to Give*, written by John Bridgeland, Robert Putnam, and Harris Wofford challenges policy makers to engage Baby Boomer, the Silent, and Greatest Generations. "The sheer numbers of people in these generations demand that we do more to tap their reservoirs of experience."

Professor Fogel has the last word. With a twinkle in his eye and a lively sense of humor, he says that he has extraordinary optimism about the future, particularly when older generations are active, engaged, and sharing their many talents. -Editor

## About the Cover

*Knowledge and understanding passing from generation to generation*

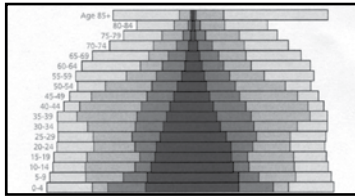
Nobel Economist Robert W. Fogel welcomes Brandon Bodor, the executive director of the Serve Illinois Commission and a Booth Chicago MBA student.

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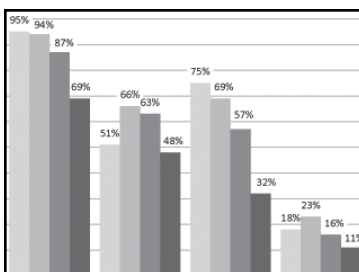
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# What Is An Age Pyramid?

The MacArthur Research Network on an Aging Society answers that question:

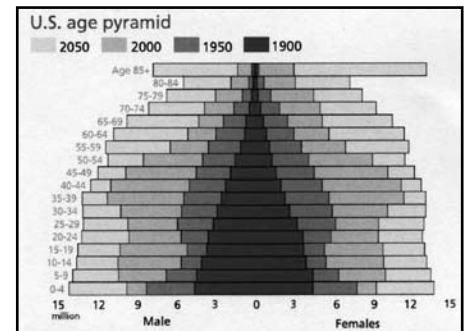
The aging of our nation began early in the 20th century as advances in public health led to rapid reductions in infant, child, and maternal mortality. At that time, infectious diseases were the leading causes of death, as had been the case throughout human history. Because the risk of death was always high for younger ages, only a relatively small segment of every birth cohort prior to the 20th century had an opportunity to live to older ages. This characteristic pattern of mortality and survival, combined with high birth rates, produced an age distribution for America that took the shape of a pyramid—there were more younger people, situated at the bottom of the pyramid, than older people, situated at the top of the pyramid.

In the early 20th century, as young people lived longer and death rates declined further at the middle and older ages in the second half of the century, life expectancy at birth rose rapidly—by more than 30 years. For example, 42 percent of the babies born in 1900 were expected to survive past age 65, but by 2000 this rate had nearly doubled to 83 percent. The result is that death has been permanently shifted from a phenomenon among the young to one of the old. This critical component of the ongoing process of aging in America

will likely remain an enduring part of our demographic destiny long after the baby boomers pass on. Although, the baby boomers, who can first be detected at the base of the age pyramid in 1950 and by the year 2000 dominate the middle part of the age structure, are obviously important. When they were under age 65, their numbers postponed the emergence of an aging society despite increases in life expectancy, and as they cross into “old age” their vast numbers are accelerating it.

Uncertainty remains about how the health and longevity of future cohorts of older people will unfold. In recent years we’ve witnessed an increase in the proportion of the lifespan spent in good health and an extension of disability-free life expectancy, but this trend may not continue in the face of evidence suggesting that some younger generations are less healthy than those that preceded them into older ages. It’s possible the recent increases in obesity and diabetes will actually lead to declines in life expectancy in this century. However, the quick pace of advances in biomedical technology makes scientists optimistic that advances in life expectancy in America will both accelerate and continue beyond the middle of this century.

From *Myths of Aging*, MacArthur Research Network on an Aging Society: Thank you to the MacArthur Foundation <http://www.agingsocietynetwork.org/>



Source:  
[www.ctmt.com/pdfs/5CemergingDirections%5Cdemographicsdestiny.pdf](http://www.ctmt.com/pdfs/5CemergingDirections%5Cdemographicsdestiny.pdf)



# Longevity and Leadership

## Research about Population Aging

**Nobel Economist Robert Fogel Leads Research on Longevity**

**MacArthur Research Network Prepares for an Aging Society**

**An Infrastructure Brings Involvement**

**The Longevity Dividend Suggests Greater Investments**

### About this issue:

The cover of this issue portrays the passing of ideas and experiences from generation to generation, which sets the stage for a discussion about longevity and leadership. Let's view longevity from four perspectives. First, the research of Nobel Economist Robert Fogel demonstrates the increased lifespan over the last century. Second, Professor John Rowe through the MacArthur Research Network on an Aging Society highlights many cross-cutting issues including the myths of aging. Third, Laura Carstensen and Linda Fried champion the benefits of an infrastructure for involvement. Fourth, S. Jay Olshansky and colleagues provide a creative concept called the longevity dividend, which supports new investments in health and research to extend healthy aging.

The CenterStory describes an event in December that will challenge higher education to consider the great potential of older generations. Then technology statistics from the Pew Foundation and a survey analysis provide information on use of the Internet and perspectives on involvement. Grandparenting is described by two studies, one from Met Life and Generations United and the other from UChicago. The Last Word tells about a coming venture to countries that have the largest aging populations.

# Nobel Economist Robert W. Fogel Leads Research on Longevity

## A New Kind Of Historian

Alliance for Aging Research

A startling change in the human species has taken place over the past 100 years, according to Nobel Laureate Robert W. Fogel, director of the Center for Population Economics and a professor in the Graduate School of Business at the University of Chicago. Fogel and his colleagues have found that people in industrialized countries are taller, heavier, and living dramatically longer than they did a century ago. In 1900, only 13 percent of 65-year-olds would live to 85. Today, nearly half will live that long. Moreover, chronic ailments like heart disease, lung disease and arthritis occur 10 to 25 years later in individuals today.

Fogel, an economic historian, has described this rapid change in the aging process as the “techno-physio-evolution” of the human species, brought about by environmental factors rather than genetic changes. Fogel is one of the leading scholars of what is known as the new economic history, or “cliometrics,” which uses quantitative methods as well as theory to explain economic and social change. For

his contributions, Fogel won the 1993 Nobel Prize in Economics for “renewing economic research.”

Born in 1926 to Russian immigrants, his early love of learning was fostered by parents and an older brother whom he greatly admired. As an undergraduate at Cornell University, Fogel started out in physics and chemistry, but shifted to economics and history. “In 1944, there was great concern in the public press that we would slip into an economic depression like the 1930s,” he said. “I wanted to study those issues. When I started, they were just beginning to apply modern economic statistical and analytical methods to economic history. I was one of the early batches of students to do so.”

After Cornell, Fogel earned his M.A. at Columbia University and Ph.D. at Johns Hopkins University. His research career has revolved around three main projects: the study of railroads and economic growth; the economics of slavery; and the creation of lifecycle and intergenerational data sets that permit the study of mortality and chronic disease. Fogel became known for combining theory with a more aggressive use of economic

methods, as well as a willingness to take on controversial subjects. “I am an empiricist,” he said. “I’m quick to inquire, ‘where can I get evidence on that?’”

That emphasis on evidence has led Fogel to mine data in unusual sources. His work on aging actually began with his work on slavery, which included the study of Coast Guard ship manifests now found in the National Archives. To compare aging 100 years ago versus today, Fogel and his colleagues analyzed Old Civil War records in the National Archives. Instead of relying solely upon death certificates, they looked at the health of Civil War veterans over the course of their lives. Source documents included regimental daily logs, which showed who was sick and for how long; census documents, pension records, and periodic doctors’ reports on the pensioners. According to Fogel, the field has benefited enormously from computer technology, which makes possible the analysis of thousands of records with multiple variables.

The results show not only more individuals living longer, but also an increase in their size: American men are nearly three inches taller



than they were 100 years ago and about 50 pounds heavier. The reasons for these rapid changes, according to Fogel, are a more healthful environment, in utero and up to maturity.

It appears that cleaner water and other public health advances, changes in personal habits, and strides in medicine have all contributed to the positive changes in aging. Since these developments have happened simultaneously, one of the challenges of the ongoing research is determining the relative weight of these factors.

Fogel himself is focused on the economic dimensions of his findings: "If we live longer, how are we going to support ourselves and health services?" he asks. In the U.S., the portion of the GNP devoted to health care is now 13 percent, with the prediction that it will rise to over 20% by 2030. "Demand for services will grow with an aging population, even if disability declines."

Of his many accomplishments, Fogel says he is most proud of his current work on aging. "I thank the stars for the accidents that led me to this," he says. Why does he continue to work? "I love it — I'm



In 1993, Dr. Robert W. Fogel received the Nobel Prize from His Majesty Carl XVI Gustaf, King of Sweden. The Nobel Prize was awarded jointly to Robert W. Fogel and Douglass C. North "for having renewed research in economic history by applying economic theory and quantitative methods in order to explain economic and institutional change."

The Prize in Economic Sciences, in Memory of Alfred Nobel, is awarded by the Royal Swedish Academy of Sciences, Stockholm, Sweden, according to the same principles as for the Nobel Prizes that have been awarded since 1901. In 1968, Sveriges Riksbank (Sweden's central bank) established the Prize in Economic Sciences in Memory of Alfred Nobel, founder of the Nobel Prize. The Prize is based on a donation received by the Foundation in 1968 from Sveriges Riksbank on the occasion of the Bank's 300th anniversary.

having fun," he says. "If you want to torture me, you'd tell me that I couldn't work."

Not surprisingly, his advice for living longer and enjoying it is, "Don't retire!" Fogel adds, "Remain active intellectually and physically." Just, as we might add, as Fogel has himself, uncovering exciting evidence about the human potential for change in the process of aging.

Thank you to Daniel P. Perry and the Alliance for Aging Research, who selected Robert Fogel as the recipient of its 2006 "Indispensable Person of the Year for Health Research Award." The award was for

his unique contributions to aging and longevity science.

The private, not-for-profit Alliance for Aging Research is a national citizen advocacy organization working to improve the lives of Americans as they grow older by advancing biomedical and behavioral research in aging and health. The Alliance was founded in 1986 to promote and accelerate medical and scientific research into aging.

2012 Alliance for Aging Research  
<http://agingresearch.org/content/article/detail/1366/LivingLegend>

## The Center for Population Economics

Between 1900 and 1950 U. S. life expectation at birth increased from 47 to 68 years. Then for the next two decades further progress in longevity came to a virtual halt. Although there were some minor changes in the age-specific death rates of both men and women, they had little impact on the expectation of life at birth. During this interregnum a number of thoughtful analysts reviewed the progress in mortality over the preceding century, pointing out why the century-long decline in mortality rates was unique and could not be repeated: Nearly all the gains that could be made from the elimination of death from infectious diseases below age 60 had been made. Short of a dramatic breakthrough biologically, it was doubtful that declines in mortality rates at old ages could be as large as those that had already transpired. Indeed, by the early 1960s there was some evidence of a relative deterioration in the mortality rates of persons aged 40 to 70 in a study of Western countries, which appeared to be due to the effects of smoking..

It was not until the end of the 1970s that demographers became aware that a new decline in mortality was underway, concentrated this time at older ages. Evidence of a downturn in the death rates of the elderly was contained in medicare data which showed that beginning in 1968 and continuing through the end of the 1970s, mortality rates at age 65 and over were declining by two percent per year, and the most rapid advances were concentrated among those aged 85 and older. This development was so unexpected by demographers and epidemiologists that it set off intense discussions, akin to those stimulated two decades earlier as population specialists became aware of the baby boom. The new round of research focused not only on the explanation for the improvement in mortality rates but on how long the decline might continue and whether an increase in the burden of chronic disease was a necessary consequence of the increase in life expectation at older ages For the citations of the many people who contributed the the research described, please see the CPE website: <http://www.cpe.uchicago.edu/>

Thank you to Nathaniel Grotte, Associate Director of the Center for Population Economics for his expertise and knowledge regarding Population Aging. Also thanks to Donna Harden for her help with photos and setting schedules. A hearty thank you to Professor Robert W. Fogel for sharing the stories about an extraordinary research life.

Robert W. Fogel is the director of the Center for Population Economics (CPE) and Charles R. Walgreen Distinguished Service Professor at Chicago Booth. The Center specializes in the development of longitudinal life-cycle and historical environmental data sets to study economic, demographic, and epidemiological processes. These include trends in chronic disease, mortality, and labor force participation, as well as the relationship between early-life disease and environmental conditions and later-life disease and mortality. CPE data resources are used to study life-cycle and intergenerational factors in the secular decline in morbidity and mortality, improvements in the standard of living over time, changing patterns in geographic mobility, and changing patterns in the intergenerational transmission of wealth. The CPE places emphasis on making its resources useful to investigators from disciplines such as microeconomics, economic history, political science, sociology, psychology, and demography, among others. Finally, it develops digital and other tools to facilitate the retrieval of data from archival sources, and to clean and manipulate the data for analyses. All data are free and available to the public at [www.cpe.uchicago.edu](http://www.cpe.uchicago.edu)



# The Lessons of a Legend

By Brandon Bodor

Longevity and leadership, the theme of this issue, may seem like two unrelated topics. Had I not had the distinct honor of sitting down to interview Robert W. Fogel at the University of Chicago, I may not have identified or appreciated the connection. Dr. Fogel was awarded the Nobel Prize in Economics in 1993. Since 1991, he has received research funding from the National Institute on Aging (NIA), which he has dedicated to uncovering long-term trends on the economics and demography of aging. It became increasingly clear over the course of our discussion that Professor Fogel truly embodies the theme of this issue of Continuance.

A living legend on the topics of population theory, health economics, and the implications of aging, Dr. Fogel has gained recognition over his professional career for sometimes invalidating common intuition with the use of hard data. Best known among these include his historical economic analyses of the U.S. railroad system, as well as slavery in the American South. On the topic of aging, Fogel and his research team are deciphering the Union Army pension records, a data set to which he points as the most extensive compilation of America's earliest elderly population. Professor Fogel did not realize that he was speaking to a post 9/11-era soldier; as an Army combat veteran myself, I was deeply moved by the intergenerational implications.



Robert W. Fogel and Brandon Bodor share ideas on leadership and longevity

Through his research, Fogel was effectively connecting the U.S. Army veterans of a 150-year-old war to a veteran of our nation's most modern conflicts.

Robert Fogel has a rare asset that will continue to serve the research on longevity and aging for decades to come. While it may sound simple, even counter, to the innovative research breakthroughs with which Fogel is credited, this asset is patience. What I found most striking while speaking to Dr. Fogel was his dedication to meticulously studying past generations to understand where we have been, where we are, and where we are going. Our nearly two-hour conversation left me with pages of notes, from which countless insights could be drawn. Here are just a few of the lessons that Fogel recommended we bear in mind as we evaluate the ideas of longevity and leadership.

## Medical Advances – Pushing the Plateau on Life-Expectancy

Professor Fogel started the discussion with glowing praise for the advances in pharmacology, diagnostic capacity, and surgery since the time of his childhood. He credits as a keystone of this progress, the introduction of penicillin in the 1940s. Professor Fogel cited a medical article from 1938, which stated that one should not operate on a hernia unless it is infected, because that is when the odds of dying from gangrene exceed the odds of dying from surgery. Scientific breakthroughs from each new generation allow not only life expectancy to continue to push the envelope, but also for the quality of life of each successive generation to improve exponentially. "These advances," acknowledged Fogel, "are perfect examples of the concept of generations serving generations."

What is unique about Robert Fogel is the way he gets at the tough questions of how and why. The Union Army records exemplify his process perfectly. As we discussed the nature of combat from the Civil War until now, Dr. Fogel revealed that 80 percent of the deaths among Union Army soldiers were the result of infection. The disease environment was unbearable, and in fact, the deaths resulting from disease far exceeded those resulting from combat. "I did not expect to find this to be the case either," Fogel said, "which is frankly what makes it publishable." To put this in perspective, a large percentage of soldiers in the 1860s were dying without ever facing a bullet; some of today's wounded combat veterans are returning home as amputees and extreme burn victims, but so many of the wounded are surviving. For the greater population, this trend toward rapid, sustained advances in medical technology says truly remarkable things about the prospect for continued increases in life expectancy, not to mention the quality of life. According to Fogel, there is a certainty about life now. The prospect is longer life with better health, and more economic opportunity for society than ever before.

What are the implications down the road? Well, Professor Fogel and his research team predict that by 2040, health care costs in America will reflect 30% of the GDP, up from about 18% today. But Fogel reminds us that this simply reflects what people value. Politics aside, the American people demand quality healthcare, especially given that the technology in this sector is so extraordinary. Let's remember, in 1938 a perfectly

healthy 29-year-old American—like me—had a tough decision on whether or not to operate on a hernia due to infection risks. Today, an 86-year-old American—like Robert Fogel—makes decisions such as whether to go ahead with a complete knee or hip replacement. I cannot even imagine the phenomenal decisions in medicine that will be available to improve quality of life should I have the good fortune of reaching age 86. Greater longevity and quality of life may come with a monetary cost, but it comes with a significant return for society—something that colleagues like S. Jay Olshansky refer to as the 'longevity dividend.'

#### Woe Is Not Us

So how does a Nobel laureate in economics feel about the future? "I'm optimistic! We can expect economic growth in America to continue to grow at two to three percent per annum." He implied that progress will be made by leaps and bounds, particularly in the field of medicine.

What are Robert Fogel's thoughts on America as an aging population? "It is important to understand that much wealth is held by the older population," said Fogel. They contribute often underestimated, but significant transfers of wealth to future generations, even before they pass on. Grandparents are, and will continue to be, "the best private bankers in the world, and they ask for no interest or a request for repayment!" Beaming with pride and happiness as he shared his own family's photos, Professor Fogel said to me, "most importantly, the elderly provide the historical perspective for younger generations to learn from . . . a conti-

nuity, and an understanding of how much better the world is today than it was 70 to 80 years prior."

It is equally important to understand that our country must have a plan to respond to this larger aging demographic. "One thing to be cognizant of is that the old people don't clog up all the jobs," Fogel noted. Maximizing this longevity dividend requires innovative thinking from our policy makers. Dr. Fogel recommends "not to retire." Rather, he said, "take a year off and travel the world now. Believe me, you won't want to take a trip around the world a second time."

So long as America continues to foster a culture in which rising generations continue to light the flame of passion for innovation, and in which older generations infuse the wisdom of their years as mentors, our nation cannot help but move forward in great ways. Professor Fogel summarized the conversation and his great respect for younger generations, when he said, "I'm never sure if I'm teaching the students, or they are teaching me."

Well, sir, you taught me much more than this article gives justice. More importantly, your legacy and leadership will help to inform generations to come. I am not alone when I say, thank you!

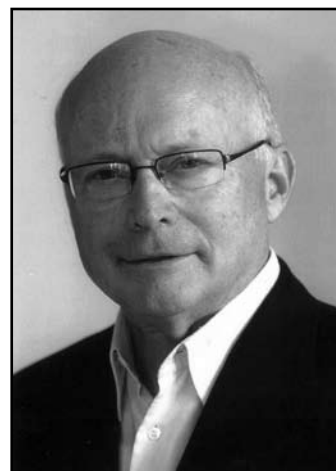
Brandon T. Bodor is the Executive Director of the Serve Illinois Commission in the Office of Governor Pat Quinn. He also serves on the Illinois Task Force on Social Innovation, Entrepreneurship, and Enterprise, as well as the Core Leadership Team of Generations Serving Generations. After graduating from the U.S. Military Academy at West Point in 2005, Brandon completed combat deployments to both Iraq and Afghanistan. Brandon is currently studying for his MBA at the University of Chicago Booth School of Business.

# MacArthur Research Network Prepares for an Aging Society

Excerpts from *Facts and Fictions about an Aging America*

The dramatic increase in life expectancy in the United States and all other developed nations in the 20th century is one of the greatest cultural and scientific advances in our history. Yet, we are woefully unprepared to address the challenges.

In this emerging “aging society,” in which those over age 60 will outnumber those under 15, there remains substantial uncertainty about what life will be like for the elderly and, perhaps more importantly, for the middle-aged and younger generations that will follow in the footsteps of today’s oldest Americans.



John Rowe, is the director of the MacArthur Research Network on Aging and a professor in the Department of Health Policy and Management at the Columbia University Mailman School of Public Health

## Members of the MacArthur Research Network on an Aging Society

John Rowe  
Lisa Berkman  
Robert Binstock  
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Laura L. Carstensen  
Linda Fried  
Dana Goldman  
James Jackson  
Martin Kohli  
S. Jay Olshansky  
John Rother

With these considerations in mind, in 2008 the MacArthur Foundation established a Research Network on an Aging Society, bringing together 12 scholars from the United States and Europe from a variety of relevant disciplines including economics, sociology, psychology, political science, medicine, public health, demography, and public policy. Our goal is to identify the changes that need to be made in many aspects of American life, including economics, sociology, psychology, political science, medicine, public health, demography, and public policy. Our goal is to identify the changes that need to be made in many aspects of American life, including retirement, the workforce, education, and even the design of our future cities, that will enable us to deal with the challenges and take advantage of the opportunities posed by the aging of our society.

The task before us is to establish a secure infrastructure for such a society, a revised set of core elements—family, workforce, retirement, churches, political parties, communities, volunteer organizations, and financial entitlements, among others—that will be needed for our future society to function effectively. But first we must understand the realities of the current demographic transition in life expectancy and their implications for American society as a whole. Too much of what passes for knowledge and understanding of aging in America today are beliefs that are completely or partially false—myths, if you like—that must be recognized and unpacked.

The danger of myths is that they lull people into complacency. If the general public and our elected officials don’t understand the reality of what’s facing

## An Infrastructure Brings Involvement

### Myths on Aging

Myth #1: Aging in America is a temporary phenomenon caused by the baby boom.

Myth #2: Physical and mental capacity inevitably decline with biological aging.

Myth #3: Aging mainly impacts the elderly.

Myth #4: In an aging society, the young and old are inevitably pitted against each other.

Myth #5: Policymakers must choose between investments in youth or the elderly.

Myth #6: The biggest public problems facing an aging America stem from Social Security and Medicare/Medicaid

Myth #7: We can stabilize the age of our population by increasing immigration.



**Laura Carstensen (L)** is the Fairleigh S. Dickinson Jr. Professor in Public Policy, Professor of Psychology, Director, Stanford Center on Longevity



**Linda Fried (R)** is the DeLamar Professor of Public Health; Dean, Mailman School of Public Health, and Senior Vice President, Columbia University Medical Center

Two members of the MacArthur Research Network, Laura L. Carstensen and Linda P. Fried, are also authors of *Global Population Ageing: Peril or Promise?* from the World Economic Forum. They offer ideas on the potential contributions of older generations and champion an infrastructure that keeps elders active and involved. The following pearls of wisdom are quotes from *Global Population Aging: The Meaning of Old Age*.

“We must build infrastructures that tap the real talents and potential contributions that healthy older people can make to societies. We must get rid of mixed messages about working and replace them with calls for all able citizens to contribute to the welfare of societies.”

“We maintain, however, that societies top heavy with experienced citizens will have a resource never before available to our ancestors: large numbers of people with considerable knowledge, emotional evenness, practical talents, creative problem-solving ability, commitment to future generations, and the motivation to use their abilities can improve societies in ways never before possible.”

“To the extent that societies actively build cultural infrastructures that take advantage of new possibilities, they will realize many opportunities and benefits. To fail to do so would represent a tragic squandering of this gift of life.”

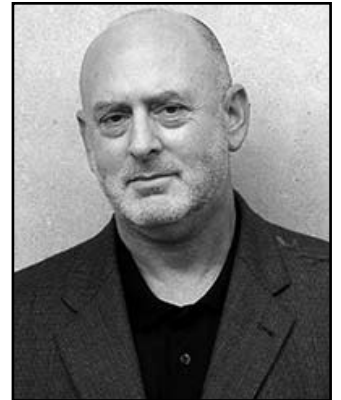
us, they’ll essentially be in denial and unable to move forward to fix what’s broken. Our current approaches to the elderly were designed for a different society. They’re based on a set of policies, like the for-mal and informal rules regarding work, retirement, and social security, that limit opportunities for the elderly to be productive.

If we don’t change these approaches, we could end up with a dysfunctional society that will pit one generation against another, be unable to care for its citizens, provide equal opportunities for all, or be competitive in a global economy. Some of the myths described here have proven quite durable and a significant effort will be required to educate our society with the facts about aging America. Only then can we start to develop and implement effective policies, at both the local and national levels, that will increase the likelihood that the America that emerges is productive and equitable.

# In Pursuit of the Longevity Dividend

## What Should We Be Doing To Prepare for the Unprecedented Aging of Humanity?

S. Jay Olshansky, Ph.D., Daniel Perry, Richard A. Miller, M.D., Ph.D., and the late Robert N. Butler, M.D.



S. Jay Olshansky, Ph.D. is Professor of Epidemiology and Biostatistics at the University of Illinois in Chicago

### *Abstract:*

*Imagine an intervention, such as a pill, that could significantly reduce your risk of cancer. Imagine an intervention that could reduce your risk of stroke, or dementia, or arthritis. Now, imagine an intervention that does all of these things, and at the same time reduces your risk of everything else undesirable about growing older: including heart disease, diabetes, Alzheimer's and Parkinson's disease, hip fracture, osteoporosis, sensory impairments, and sexual dysfunction. Such a pill may sound like fantasy, but aging interventions already do this in animal models. And many scientists believe that such an intervention is a realistically achievable goal for people. We already place a high value on both quality and length of life, which is why we immunize children against infectious diseases. In the same spirit, we suggest that a concerted effort to slow aging begin immediately – because it will save and extend lives, improve health, and create wealth.*

Excerpts from “In Pursuit of the Longevity Dividend” from *Science Magazine: The Magazine of the Life Sciences*

The experience of aging is about to change. Humans are approaching old age in unprecedented numbers, and this generation and all that follow have the potential to live longer, healthier lives than any in history. But these changing demographics also carry the prospect of overwhelming increases in age-related disease, frailty, disability, and all the associated costs and social burdens. The choices we make now will have a profound influence on the health and the wealth of current and future generations.

### Rationale for the Longevity Dividend

In addition to the obvious health benefits, there are economic benefits that would accrue from the extension of healthy life. By extending the time in the lifespan when higher levels of physical and mental capacity are expressed, people would remain in the labor force longer, personal income and savings would increase, age-entitlement programs would face less pressure from shifting demographics, and there is reason to believe that national economies would flourish. The science of aging has the potential to produce what we refer to as a “Longevity Dividend” in the form of social, economic, and health bonuses both for individuals and entire populations – a dividend that



would begin with generations currently alive and continue.

We contend that conditions are ripe today for the aggressive pursuit of the Longevity Dividend by seeking the technical means to intervene in the biological processes of aging in our species, and by ensuring that the resulting interventions become widely available.

### Why Act Now?

Consider what is likely to happen if we don't. Take, for instance, the impact of just one age-related disorder – Alzheimer disease (AD). For no other reason than inevitable shifting demographics, the number of Americans stricken with AD will rise from 4 million today to as many as 16 million by mid-century. This means there will be more people with AD in the US by 2050 than the entire current population of Australia. Globally, AD prevalence is expected to rise to 45 million by 2050, with three of every four AD patients living in a developing nation. The US economic toll is currently \$[80 - 100] billion, but by 2050 more than \$1 trillion will be spent annually on AD and related dementias. The impact of this single disease will be catastrophic, and this is just one example.

Cardiovascular disease, diabetes, cancer, and other age-related problems account for billions of dollars siphoned away for “sick care.” Imagine the problems in many developing nations where there is little or no formal training in geriatric health care. For instance, in China and India the elderly will outnumber the total current US population by mid-century. The demographic wave is a global phenomenon that

appears to be leading health care financing into an abyss.

Nations may be tempted to continue attacking diseases and disabilities of old age separately, as if they were unrelated to one another. This is the way most medicine is practiced and medical research is conducted today. The National Institutes of Health (NIH) in the US are organized under the premise that specific diseases and disorders be attacked individually. In fact, more than half of the National Institute on Aging budget in the US is devoted to AD. But the underlying biological changes that predispose everyone to fatal and disabling diseases and disorders are caused by the processes of aging. It therefore stands to reason that an intervention that delays aging should become one of our highest priorities.

### Health and Longevity Create Wealth

According to studies undertaken at the International Longevity Center and at universities around the world, the extension of healthy life creates wealth for individuals and the nations in which they live. Healthy older individuals accumulate more savings and investments than those beset by illness. They tend to remain productively engaged in society. They spark economic booms in so-called mature markets, including financial services, travel, hospitality, and intergenerational transfers to younger generations. Improved health status also leads to less absenteeism from school and work and is associated with better education and higher income.

A successful intervention that delays aging would do more than



yield a one-time benefit, after which, one might argue, the same exorbitant health-care expenses would ensue. Life extension already achieved among animals suggests that delayed aging may produce a genuine compression of mortality and morbidity.

### The Target

What we have in mind is not the unrealistic pursuit of dramatic increases in life expectancy, let alone the kind of biological immortality best left to science fiction novels. Rather, we envision a goal that is realistically achievable: a modest deceleration in the rate of aging sufficient to delay all aging-related diseases and disorders by about seven years. This target was chosen because the risk of death and most other negative attributes of aging tends to rise exponentially throughout the adult lifespan with a doubling time of approximately seven years. Such a delay would yield health and longevity benefits greater than what would be achieved with the elimination of cancer or heart disease. And we believe it can be achieved for generations now alive.

### Adding Seven Years

If we succeed in slowing aging by seven years, the age-specific risk of death, frailty, and disability will be reduced by approximately half at every age. People who reach the age of 50 in the future would have the health profile and disease risk of today's 43-year-old; those aged 60 would resemble current 53-year-olds, and so on. Equally important, once achieved, this seven-year delay would yield equal health and longevity benefits for all subsequent

generations, much the same way children born in most nations today benefit from the discovery and development of immunizations.

A growing chorus of scientists agrees that this objective is scientifically and technologically feasible. How quickly we see success depends in part on the priority and support devoted to the effort. Certainly such a great goal – to win back, on average, seven years of healthy life – requires and deserves significant resources in time, talent and treasury. But with the mammoth investment already committed in caring for the sick as they age, and the pursuit of ever-more expensive treatments and surgical procedures for existing fatal and disabling diseases, the pursuit of the Longevity Dividend would be modest by comparison. In fact, because a healthier, longer-lived population will add significant wealth to the economy, an investment in the Longevity Dividend would likely pay for itself.

### The Recommendation

The National Institutes of Health is funded at \$28 billion in 2006, but less than 0.1% of that amount goes to understanding the biology of aging and how it predisposes us to a suite of costly diseases and disorders expressed at later ages. We are calling on Congress to invest 3 billion dollars annually to this effort; or about 1% of the current Medicare budget of \$309 billion; and to provide the organizational and intellectual infrastructure and other related resources to make this work.

With this effort, we believe it will be possible to intervene in aging

among the baby boom cohorts, and all generations after them would enjoy the health and economic benefits of delayed aging. Such a monetary commitment would be small when compared to that spent each year on Medicare alone, but it would pay dividends an order of magnitude greater than the investment. And it would do so for current and future generations.

In our view, the scientific evidence strongly supports the idea that the time has arrived to invest in the future of humanity by encouraging the commensurate political will, public support, and resources required to slow aging, and to do so now so that most people currently alive might benefit from the investment. A successful effort to extend healthy life by slowing aging may very well be one of the most important gifts that our generation can give.

- S. Jay Olshansky is Professor of Epidemiology and Biostatistics at the University of Illinois in Chicago;
- Daniel Perry is Executive Director for the Alliance for Aging Research in Washington D.C.;
- Richard A. Miller is a Professor of Pathology at University of Michigan in Ann Arbor; and
- The late Robert N. Butler was president and CEO of the International Longevity Center in New York.

Thank you to Science Magazine and Professor Olshansky for permission to print excerpts from Science Magazine. Please connect to the website for citations of other researchers who contributed to this article <http://www.grg.org/resources/TheScientist.htm>

# Leadership and Involvement

## An Invitation to Presidents and Chancellors

Can higher education benefit by preparing for an aging world?

While presidents and chancellors of universities, colleges, and community colleges wonder how they can keep doing more with less, the World Economic Forum suggests that older generations can provide solutions. “The good news is that if we act now in a creative and proactive manner, we will have the greatest chance of realizing the potential benefits of the ageing trend—such as utilizing the immense social capital of older people—while avoiding the perils.” In *Facts and Fiction about an Aging America*, the MacArthur Foundation reports that the growth of older generations “is one of the greatest cultural and scientific advances in our history.” At the turn of the 20th Century, those 65+ were only 4.1% of the total population. Over the years, as young people lived longer and death rates decreased, the 4% in 1900 increased to 12.4% in 2000. In Illinois there are 2 million people over 60 and that number is projected to increase by 87% when in 2030, 1 in 5 will be 60 and older. Clearly the increase in the aging population will have an impact on all segments of society, including higher education.

Nobel Economist Robert W. Fogel refers to the social and economic engines needed for building our capacity as a nation. Fogel’s decades of research on aging point to the supply for those economic engines — older generations. Though a growing resource, fewer than 9 percent of older adults volunteer in the schools or on campuses. Why? The *Joys of Retirement Survey* found that of those who didn’t volunteer 68.3 percent said they would volunteer if asked and 86.1 percent said they would if asked to do something that was interesting to them. The 2012 *Staying Active and Independent Survey* found that more than 88% of respondents believe their talents are important in solving community problems.

Coming in December: Campuses in Illinois will be invited to share their ideas and experiences about preparing for an aging world. The project will be formally launched in December 2012. Then in January and February 2013, presidents and chancellors will be asked to submit information about the good things happening on their campuses that involve the talents, skills and leadership of older generations as well as creative programs that promote learning, research and service related to the aging of Illinois.



L to R: Dr. John Holton, director, Illinois Department on Aging, Dr. George Reid, executive director, Illinois Board of Higher Education and Generations Serving Generations will join higher education throughout Illinois in preparing for an aging world.

# ment in Higher Education

## ancellors for a December Event

Campuses in Illinois are preparing for an aging world with many programs, research projects, creative thinking and intergenerational leadership. There is much to celebrate! Presidents and chancellors are invited to share the ideas and experiences and join in a dialogue about the economic potential for older generations.

### Timeline

**December 2012** - Formal Launch

**January and February 2013:** Community colleges, colleges and universities who wish to participate will submit information and ideas.

**April 2013 - The Senate Forum on Intergenerational Leadership** will feature a policy-making session on how higher education in Illinois is preparing for an aging world and tapping the economic potential of older generations.

**September 2013 - Summit: Preparing for an Aging World**

Higher education and aging will share the ways they are working together. The information gathered will shape the historic meeting.

Sample questions about the Leadership and Involvement of Older Adults

1. How does your campus involve older generations to help address the Illinois Board of Higher Education *Public Agenda* and the *P-20 Council* education goal for 2025 (Increase to 60 percent the proportion of adults in Illinois with high-quality degrees and credentials).
2. How is your campus preparing for the aging of Illinois and the many contributions of an older population?
3. How will you benefit from the leadership of your retirees and older community residents? Describe the roles for them that contribute to higher education.

The following photo essay describes some of the programs on campuses that tap the leadership of older generations. Continued on page 18

# Leadership and Involvement of Older Generations

## Learning and Staying Active

The Lifelong Learning and Service Coalition includes community colleges and universities that provide learning opportunities for those 50+. The group was founded in 1989 by the Illinois Community College Board and formalized in 1992 through funding from IBHE and Retirement Research Foundation. Carol Davis, chair of the Coalition says, ““The experiences, skills, knowledge and talents of those 50 and over can play a major role in local economic development, community enrichment, and using their leadership to address local problems. We are very fortunate to have this growing pool of individuals who can make positive differences in the future of our regions and state. Educational institutions can provide support for these potential leaders from which we will all benefit.” The Lifelong Coalition seeks to actively address the challenges and initiatives related to lifelong education, civic engagement, work, economic development, with particular emphasis on the leadership potential of older generations.

## Leadership of the Lifelong Learning and Service Coalition



L to R: Chair: Carol Davis, Spoon River College, Canton; Vice-Chair, Douglas Brauer, Richland Community College, Decatur; Jon Neidy, Associate Director, Osher Lifelong Learning Institute, Bradley University, Peoria; Julie DeLong, coordinator, Continuing Professional Education, Prairie State College, Chicago Heights; Cheryl Brunsmann, Director of Outreach, SIU Edwardsville



Janna Overstreet, director of Continuing Education, Eastern Illinois University; Tammy Lewis, Director Institute of Lifelong Learning, Rock Valley College, Rockford; John Hader, Dean, Academic Affairs, Harold Washington College; Sponsors: Jennifer Foster, Director Adult Education, Illinois Community College Board and Jane Angelis, Director, Generations Serving Generations.

## Aging is an Asset for Higher Education

In 2007, the Illinois Board of Higher Education (IBHE), the Illinois Department on Aging and the Illinois Senate sponsored discussions and policy papers about the impact of aging on all aspects of life. Professor Elmer Washington, an IBHE board member, chaired the first meeting called Aging is an Asset for Higher Education. The discussions were held throughout the state: High Education - Bloomington; P-20 - Bloomington; Workforce- Naperville; Health-Springfield; Media - Carbondale; and Civic Engagement - Chicago.



Dr. Elmer Washington,  
Board Member, Illinois  
Board of Higher Education



The first Aging is an Asset meeting highlighted discussions about how higher education could help retirees, how retirees could help higher education, and the best way to organize it on university and community college campuses. L to R (clockwise): Russ Marineau, HURRAH, Dist 203, Naperville; Mary Bates, Dean, Community Education, Waubensee; Tom Schmidt, president, Carl Sandburg, Bill Naegle, Board Member ICCB; Anthony Traxler, Gerontology director, SIUE; Tom Laue, Editor, LifeTimes, Blue Cross Blue Shield; Karen Hunter Anderson, ICCB. The first Aging is an Asset discussion was held at Heartland Community College.

## Aging is an Asset for the Workforce



The 55+ population will account for virtually all the growth in the U.S. labor market, according to Labor /Aging Today. By 2016 the number of workers between 16-24 will decline 7% with little change in the age 45-to-54 and 75+ groups. The Aging is an Asset for the Workforce discussion looked at the workforce of the future. L to R: Pat Fera, Will County Investment Board. Tom Laue, editor, LifeTimes, BlueCross Blue Shield; Peggy Luce, vice President, Chicagoland Chamber of Commerce; Jennifer Frazier, Two Rivers Head Start Agency; Michale Skarr, president and CEO, Naperville Chamber of Commerce; Arthur Rothkopf, vice-president, U.S. Chamber of Commerce and Anne Edmunds, Manpower. Not pictured: Facilitator: Debra Fulmer, Manpower, Naperville and Dolores Solomon Chagin, BP America, Inc

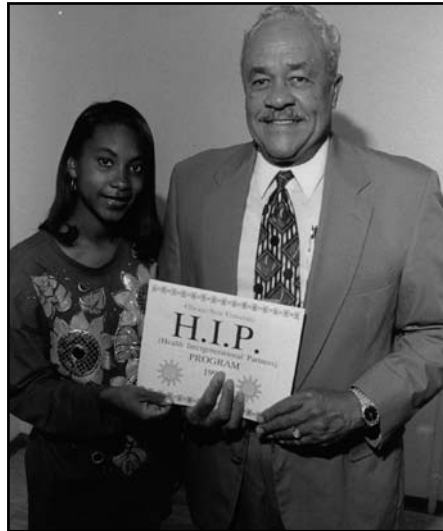
## Health and the Economy

Health and disease prevention will have a significant impact on the economy. Director General Margaret Chan of the World Health Organization challenges higher education: "We need to consider the interaction of ageing with other global trends such as technological change, globalization and urbanization. We need to 'reinvent' ageing. Above all, we need to be innovative and not simply try to reinvent the past."

University of Chicago researchers

Kevin M. Murphy and Robert H. Topel, describe the potential economic value of health, "Reduced mortality from heart disease alone has increased the value of life by about \$1.5 trillion per year since 1970. The potential gains from future innovations in health care are also extremely large. Even a modest 1 percent reduction in cancer mortality would be worth nearly \$500 billion."

The State of Aging and Health in America 2007 by the Center for Disease Control and Merck found that the cost of caring for aging U.S. residents will add 25% to the nation's overall health care costs UNLESS those residents actively work to stay healthy and preventive services are provided to help them."



Several years ago, Chicago State University Community Volunteers, who are energetic supporters of the campus and the community started a prevention program. One of the projects was a health partnership between students and retirees. Health habits among college students are often abysmal according to a campus survey at Chicago State University. Students are at risk for a variety of problems, such as hypertension, diabetes, eating disorders, and other diseases that can be prevented. Health is also a prime concern of older adults. A solution was found in the Health Intergenerational Partners (HIP).

Dorlisa Bethany, a nursing student and Clifton Charles, a member of the Community Volunteers (pictured above), developed a contract that helped Bethany eat more healthful foods and limit chips and fast food. Mr. Charles needed a good exercise regime. During the spring semester they met each week, encouraged each other, and talked about health promotion. Mr. Charles observed, "It's so much easier when you have a partner."

Many campuses have creative health programs for all ages. The challenge is to reach more people with the message of healthy practices across generations.



# Thoughts from the Director of Aging



Dr. John Holton, director  
Illinois Department on Aging

The strength of our state comes from families, neighbors, and communities who put aside differences and work together. For example, the state fair is an intergenerational conduit for sharing and experiencing. Multi-generational families share a tradition of presenting their farm products at the fair.

This year's Illinois State Fair was my first as Director of Aging and I couldn't wait to see how our "backyard" at the Department of Natural Resources would be transformed (The Department on Aging is housed at the fairgrounds in the Dept. of Natural Resources Building). One evening, as the cattle stalls were filling, I waited until a small "herd" of steers crossed in front of my car under the watchful eyes of two adolescent cowboys.

Once the Fair opened, I visited and bowed before the sacred "battered cow" as she was being sculpted daily. I bought enough food to verify the dyslogistic stories about food vendors whose exotic offerings of "pork chop on a stick", "chocolate covered bacon bits", and other indescribably delectable dishes I gladly consumed. I listened to and learned from the sheep farmers and bee keepers about their respective efforts to make a living doing what they loved.

I laughed when spousal contestants gave honest, albeit embarrassing but always loving answers in the "Not So Newly Wed Game". But my favorite moment came while attending the "Governor's Auction" where prize winning products, from cattle to wine to bacon, were offered to the public. One young girl in elementary school had won a 4H competition as represented by her three First Place rabbits. She also possessed a disability and told the auctioneer that half the proceeds were to be donated to an agency in Bloomington that assisted kids like her. When the auction for her rabbits started, she smiled innocently, nervously, and proudly. It was at that moment that the State Fair made penultimate sense. I realized that all I had seen represented the pride by those who showcased what they grew, raised, crafted, built, raced, and sculpted.

The State Fair is a display from Illinoisans who proudly and publicly offer to all of us a display of their life's works. I came away wanting to do the same for our seniors who depend on our work in the Department of Aging. I too want us to show the public how proud we are of the work we do.

John Holton was appointed Director of the Illinois Dept. on Aging by Governor Pat Quinn. Most recently, Holton served as an Associate Director of the Division of Mental Health at the Illinois Dept. of Human Services. He holds a doctorate from Pennsylvania State University as well as a masters in urban education from the University of Hartford and a bachelors degree from Howard University.

# Technology and Older Generations

## Older Adults and Internet Use: Pew Internet Project

Kathryn Zickuhr, Research Specialist, Pew Internet Project  
Mary Madden, Senior Research Specialist, Pew Internet Project

### Summary of findings

*For the first time, half of adults ages 65 and older are online.*

As of April 2012, 53% of American adults ages 65 and older use the internet or email. Though these adults are still less likely than all other age groups to use the internet, the latest data represent the first time that half of seniors are going online. After several years of very little growth among this group, these gains are significant.

Overall, 82% of all American adults ages 18 and older say they use the internet or e-mail at least occasionally, and 67% do so on a typical day.

*Once online, most seniors make internet use a regular part of their lives.*

For most online seniors, internet use is a daily fixture in their lives. Among internet users ages 65 and older, 70% use the internet on a typical day. (Overall, 82% of all adult internet users go online on an average day.)

*After age 75, internet and broadband use*

*drops off significantly.*

Internet usage is much less prevalent among members of the “G.I. Generation” (adults who are currently ages 76 and older) 1 than among other age groups. As of April 2012, internet adoption among this group has only reached 34%, while home broadband use has inched up to 21%.

*Seven in ten seniors own a cell phone, up from 57% two years ago.*

A growing share of seniors own a cell phone. Some 69% of adults ages 65 and older report that they have a mobile phone, up from

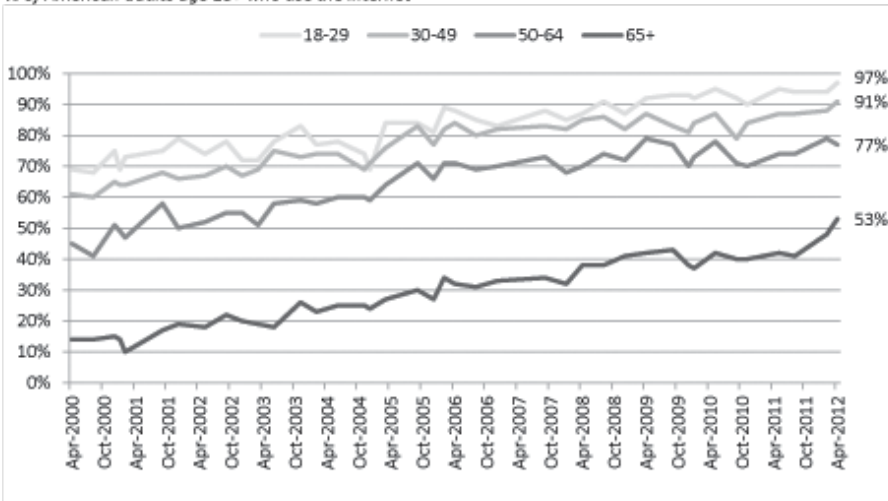
57% in May 2010. Even among those currently ages 76 and older, 56% report owning a cell phone of some kind, up from 47% of this generation in 2010. Despite these increases, however, older adults are less likely than other age groups to own these devices. Some 88% of all adults own a cell phone, including 95% of those ages 18-29.

*One in three online seniors uses social networking sites like Facebook and LinkedIn.*

Social networking site use among seniors has grown significantly

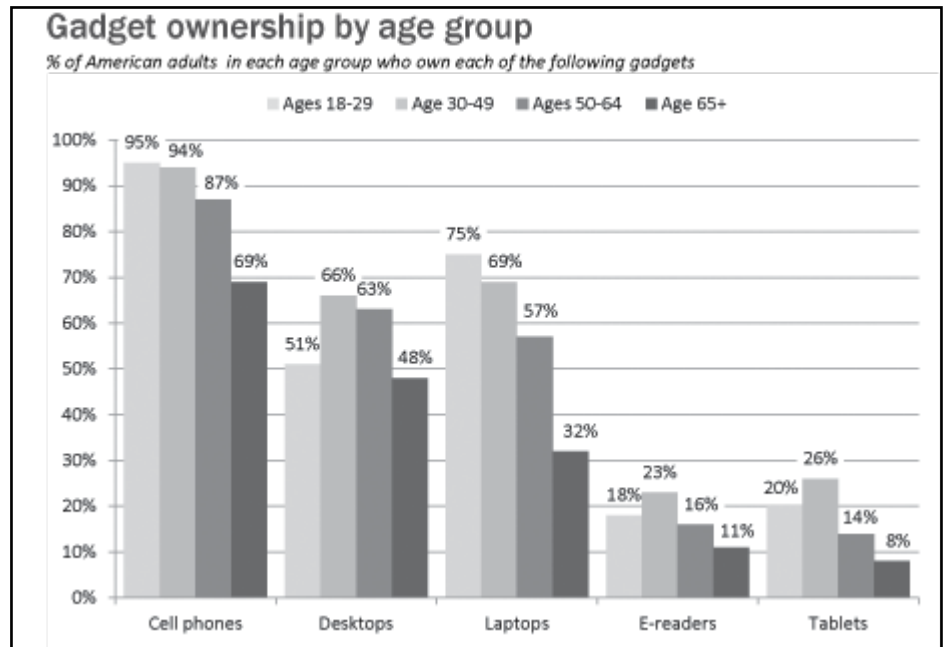
### Internet use by age group, 2000-2012

% of American adults age 18+ who use the internet



Source: Pew Internet & American Life Project Surveys, April 2000-April 2012.

More: <http://pewinternet.org/Trend-Data/Internet-Adoption.aspx>



over the past few years: From April 2009 to May 2011, for instance, social networking site use among internet users ages 65 and older grew 150%, from 13% in 2009 to 33% in 2011. As of February 2012, one third (34%) of internet users ages 65 and older use social networking sites such as Facebook, and 18% do so on a typical day. Among all adult internet users, 66% use social networking sites (including 86% of those ages 18-29), with 48% of adult internet users making use of these sites on a typical day.

By comparison, email use continues to be the bed rock of online communications for seniors. As of August 2011, 86% of internet users ages 65 and older use email, with 48% doing so on a typical day. Among all adult internet users, 91% use email, with 59% doing so

on a typical day. Among all adult internet users, 91% use email, with

#### About the Pew Internet Project

The Pew Research center's Internet & American Life Project is an initiative of the Pew Research Center, a nonprofit "fact tank" that provides information on the issues, attitudes and trends shaping American and the world. The Pew Internet Project explores the impact of the internet on children, families, communities, the work place, schools, health care and civic/political life. The Project is nonpartisan and takes no position on policy issues. Support for the Project is provided by The Pew Charitable Trusts. More information is available at [pewinternet.org](http://pewinternet.org)

Thank you to authors and the Pew Foundation for permission to print

<http://www.pewinternet.org/Reports/2012/Older-adults-and-internet-use/Summary-of-findings.aspx> Accessed on August 27, 2012

# Staying Active and Independent Survey Reports Findings

## Older Generations Are Interested in Helping the Community

### Online Survey Is Sponsored by Generations Serving Generations and the Serve Illinois Commission

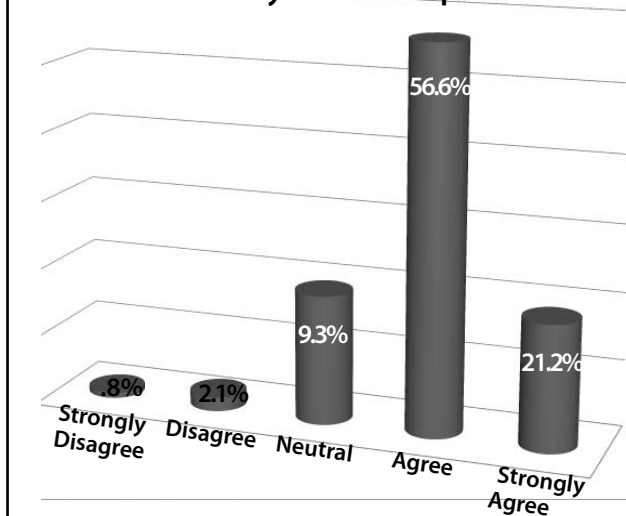
The three most important findings in the Staying Active and Independent Survey are first, that 77.8 percent of Illinoisans who responded to the survey are interested in helping their community solve local problems (See Figure 1). Second, Just over 88 percent agree or strongly agree that “My talents, skills, and enthusiasm could make a difference in my community” (See Figure 2). That’s the good news. However the greatest barrier reported is lack of access to service opportunities. When asked, “What prevents people from volunteering in your community,” the top three responses were: not knowing about opportunities, how to get started, and the lack of an organized system for connecting volunteers with opportunities (See Figure 3). More than 80 percent said they are more likely to get involved if someone asks them. Clearly there is a challenge to those who organize volunteer efforts to establish user-friendly systems that provide easy access.

The survey, online from May 1 to July 31, was developed by the Serve Illinois Commission and Generations Serv-

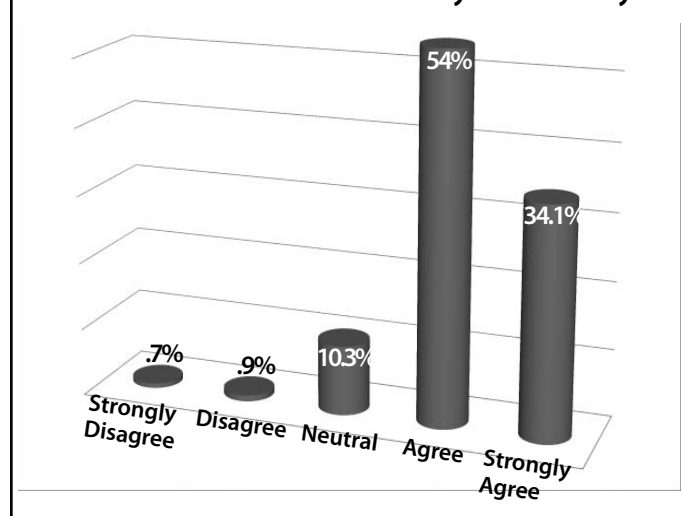
ing Generations. A response from 1,620 was received from those 50 and older who reside in 81 of 102 Illinois counties. The survey findings provide a glimpse of the views of older generations regarding involvement, their roles in retirement and using the Internet. The survey, which appeared on the website of the Serve Illinois Commission was publicized through the leadership team of Generations Serving Generations and their Network of Networks. Organizations targeted included lifelong learning programs, retirement programs, senior centers, and through computer programs in community colleges, libraries and community-based organizations. When asked how they learned about the survey, the largest number (26.6 percent) cited the Internet followed by educational organizations (17.3 percent), and retiree organizations (14.7 percent), senior centers (9.4 percent) and service organizations (5.1 percent) “A neighbor or friend” was the response of 4.5 percent and 3.7 percent learned about the survey through a faith-based organization.

The survey was also an experiment in communication to find out who might be reached through an online survey. Research by the Pew Project on the Internet docu-

**Figure 1: I am interested in helping my community solve local problems**



**Figure 2: My talents, skills and enthusiasm could make a difference in my community.**



ments the growth in interest by older generations. They found that social networking doubled from April 2009 to May 2010. More elders are interested in learning about the Internet and connecting with others.

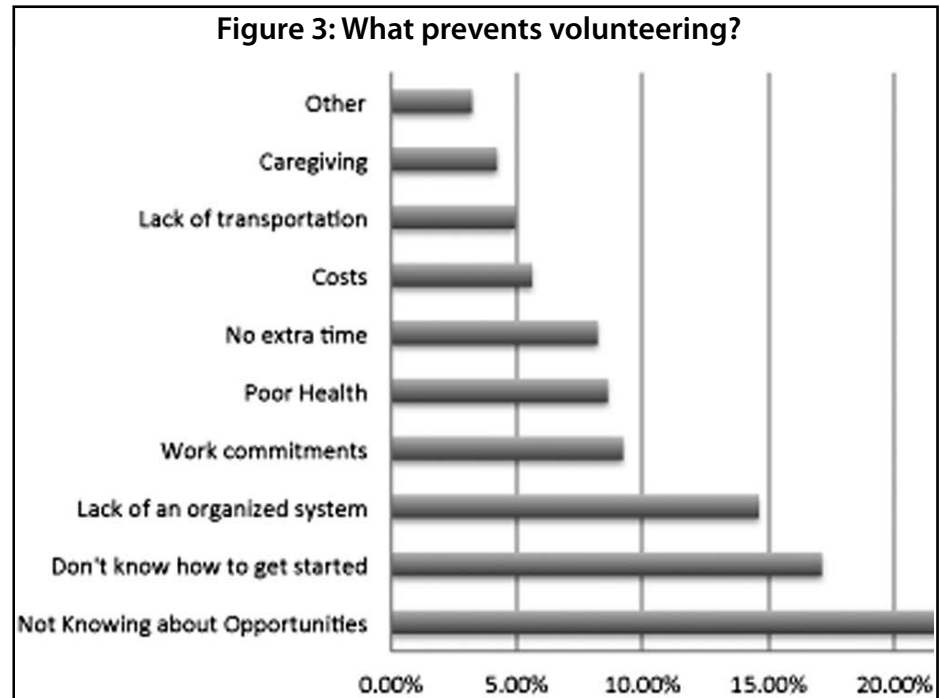
Where do they use computers? A majority of the survey participants (81.7 percent) use a computer daily or at work. Fewer than 7 percent use computers in a public library, community college or senior center. Just over 4 percent said they would like to use a computer more frequently and 2.2 percent said they used the computer only for this survey.

#### Barriers to Involvement

When asked “What prevents people from volunteering in your community” the top three responses reported earlier were: Not knowing about opportunities (24.4 percent), not knowing how to get started (17.1%) percent, and lack of an organized system for connecting volunteers with opportunities (14.6 percent). Other barriers were work commitments (9.2 percent), poor health (8.6 percent), no extra time (8.2 percent), costs associated with volunteering (5.6 percent), lack of transportation (4.9 percent), caregiving (4.2 percent), and other (3.2 percent) See Figure 3.

#### Ready to Serve

There is no doubt about the interest in staying active in retirement. Older generations who completed the survey have a strong commitment to civic engagement and getting involved in their communities. Illinoisans who responded to the survey agreed or strongly agreed



that retirement is a time for more involvement in their communities (82 percent). Further, most respondents (66.8 percent) were interested in developing new skills that might be helpful for their community. More than half (53.1 percent) said they were interested in connecting with the youth in their community.

#### Volunteering

Where do older generations volunteer? According to the Dept. of Labor Statistics, 44.6 percent of those 65+ volunteer in faith-based organizations, followed by social or community service (16.8 percent), hospital or health organizations (9.4 percent), education or youth service (8.6 percent), and civic, political or international (7.2 percent). The Corporation for National Service has Illinois-specific statistics. Just over 29 percent of those 55-64 volunteer, 27.7 percent of those 65-74, and 20.3 percent of those age 75+. Of the participants in the Staying Active and Independent

study, 43.9 percent said they volunteer at least once a month.

#### Learning

Staying active, connected and engaged is important for older generations because involvement has an impact on health, well-being and staying independent. Older generations are great resources for Illinois and the economy. They enrich community life and support younger generations in many ways. For example, 66.8 percent agreed or strongly agreed that they are interested in developing new skills that would be helpful to the community. Just over 41 percent say they take a course at least once a year. However, many would like to be more involved and haven't taken the first step.

#### About those who responded

The 50-64-aged group led other ages in responding to the survey (49.5 percent). They were closely followed by those age 65-79 (42 percent). Fewer of

# Generations Serving Generations & the Serve Illinois Commission Sponsor Online Survey

## Serve Illinois Commission Leaders



L to R: Jill Heise, chair of the Serve Illinois Commission; Brandon Bodor, executive director; and Scott McFarland, deputy director. Heise is the Marketing Director, Huron Consulting Group. Bodor is the Executive Director of the Serve Illinois Commission—recently appointed by Governor Pat Quinn. Scott McFarland has served the Commission for 7 years and has made an impressive contribution to the continuity of the organization.

The Serve Illinois Commission welcomed the new CEO, Brandon Bodor. The Serve Illinois Commission is a 25-35 member, bi-partisan board appointed by Governor Pat Quinn. Its mission is to improve Illinois communities by enhancing traditional volunteer activities and supporting national service programs. The Commission accomplishes this mission through the support of local community-based efforts to enhance volunteer opportunities and the administration of Illinois' AmeriCorps program.

The Commission's vision is an Illinois where all citizens recognize their ability and responsibility to help strengthen their communities through voluntary service. The Commission works to expand volunteerism throughout rural, suburban, and urban Illinois, involving people of all backgrounds, cultures, and ages.

For additional information on volunteering, see the Serve Illinois website, <http://www2.illinois.gov/serve>

those 80-94 volunteer (8 percent) and less than 1 percent were 95 and older. Women outnumbered men 2 to 1 (67 percent women, 32 percent men). The white respondents were 77 percent, 18 percent African American, 13 percent Hispanic, 2.5 percent Asian and less than 1 percent were native American. When asked about health, 65 percent said their health was excellent or very good. Only 10 percent said it was fair or poor (see Figure 4). However 64.6

percent said that they exercise at least once a week. Close to half of those responding were involved in their communities through clubs, faith-based organizations or in learning opportunities. Over 43 percent were fully retired with 33.7 percent employed full time.

### Summary

One of the most crucial responses to the aging challenge is to reintegrate

older citizens into the productive mainstream of society and foster the engagement in service, learning and work. *More to Give*, an AARP report, describes the civic highway, which is a coalition of private and public organizations that provide an on ramp for older Americans for finding volunteer opportunities, second careers and a deeper engagement in their communities.



## Generations Serving Generations

Illinois NGA Policy Academy on the Civic Engagement of Older Adults

### Leadership Team



Leadership Team Top: L to R: Co-Chairs: Michael Gelder, Senior Advisor to Governor Pat Quinn and John Holton, director, Illinois Department on Aging; Project Director: Jane Angelis, director, Generations Serving Generations; Peggy Luce, vice president, Chicagoland Chamber of Commerce; John Hosteny, Illinois director, Corporation for National and Community Service; and Brandon Bodor, executive director, Serve Illinois Commission

Second Row: Robert Mees, representing, Illinois Community College Council of Presidents and president Emeritus, John A. Logan College; Michael O'Donnell, executive director, East Central Illinois Area Agency on Aging and liaison, Illinois Association of AAA; Bernarda Wong, president, Chinese American Service League; Joyce Gallagher, director, Chicago Area Agency on Aging; Louis Kosiba, executive director, Illinois Municipal Retirement Fund; Melinda LaBarre, board member, Illinois State Board of Education

Third Row: Pat Bearden, director, American Family History Institute; Mona Castillo, board member, Center for Creative Aging; Allen Goben, President, Heartland Community College and National Board American Association of Community Colleges; Tony Pierce, Pastor, Heaven's View Christian Fellowship, Peoria; Eileen Mackevich, director, Abraham Lincoln Library; and Deb Strauss, P-20 Council and National Board PTA;

Thank you to all who helped with the survey. A hearty thank you to Scott McFarland for preparing and organizing the online survey, *Staying Active and Independent*. He is an amazing public servant and his efforts were key to the success of the survey.

Thanks to Peter Kamps, Chicago Dept. of Family and Support Services, for giving time and guidance on the analysis of the survey and graphics. Thank you to all who helped publicize the survey: Carol Davis, Spoon River College and the Lifelong Learning Coalition in cooperation with the Illinois Community College Board; the Illinois Association of Senior Centers including John Becker, President, Cynthia Y. Worsley, Treasurer; and Pat Hensley, Vice President; Joyce Gallagher, and the senior centers in Chicago, Johnathan Lackland and Candace Mueller, Illinois Board of Higher Education; John Hosteny and RSVP Programs throughout Illinois; Educational Psychology graduate students from SIUC; Lillie Reeves, Clyde Jordon Senior Center, East St. Louis; Louis Kosiba and Karen Hall, Illinois Municipal Retirement Fund, Bob Gallo, AARP; Peggy Luce, Chicagoland Chamber; Michael O'Donnell and the Area Agencies on Aging; Dennis DeRossett, Illinois Press Association; Superintendent Christopher Koch and Melinda LaBarre, Illinois State Board of Education; and Jason Leahy, Illinois Principals Association. We appreciate the efforts of those known and unknown who helped disseminate information about the survey.

Generations Serving Generations was built on the strong intergenerational traditions in Illinois. The original goals of Generations Serving Generations were to 1) Promote civic engagement of those 50+ in service, learning and work, 2) Communicate the importance of civic engagement to retirees, educators, employers, and the public, and 3) Develop policy and public support for civic engagement.

Generations Serving Generations is a partnership with the National Governors Association Center for Best Practices.

# Grandparents Investing in Grandchildren

## The MetLife Study on How Grandparents Share Their Time, Values, and Money

Today's grandparents continue to provide care for grandchildren, offer advice and moral support, and provide financial assistance. Because grandparents are an increasingly vital support for American families, the MetLife Mature Market Institute (the Institute) has undertaken this survey of grandparents to gain more knowledge about the most important aspects of their grandparenting experience. This study builds on the various perspectives gained from previous Institute studies. This study further examines grandparents' preferences and goals, their connections with their grandchildren, and the levels of care they provide — from long distance grandparents to those who provide regular babysitting and care to the growing number living in multi-generational households or personally raising grandchildren.

Over the years, the lives of grandparents have changed due to longer lifespans, health advantages, evolving lifestyles, a more mobile society, and changing views of retirement. But while the roles of grandparents have evolved, they continue to have a steady, important position in the lives of their children and grandchildren. Grandparents provided insights into their patterns for offering financial assistance and how their family giving is affecting their own finances. Overall, the results reconfirm grandparents' constant and perhaps growing financial generosity in the face of continuing ripples of economic challenges. Grandparents continue to act as a crucial support for American families, with 62% providing financial assistance, just over one in 10 providing regular care for grandchildren, and two in 10 living in multi-generational households.

Grandparents give abundantly, sometimes to the detriment of their own current and future financial security. Many are most likely not fully aware of the extent to which they are sacrificing their own financial security in retirement and may need support later in life.

Personal and family values rang out loud and clear as very important to grandparents, and their desire to pass on civic participation was particularly strong, including 73% who are passing down or interested in passing down a value for voting. Their view of their own work is also permeated with their most deep-seated values around a strong work ethic and making a difference in the lives of others.

Strikingly, grandparents' outlook for their grandchildren's future was abundantly optimistic; the overwhelming majority of grandparents believe their grandchildren will live as well as they have, mainly due to strong values, positive role models, solid parenting, and family support.

The study was sponsored by Met Life Mature Market Institute and Generations United

### Partial List of Key Findings

#### Grandchildren and Distance

- Grandparents have an average of four grandchildren.
- Two-thirds of grandparents have at least one grandchild living within easy visiting distance

#### Values

The importance and transmission of key personal values is a common theme throughout the survey results, with at least half of grandparents rating most of the values tested as being very important to pass down to children or grandchildren.

- Topping the list of very important values are honesty (88%), good behavior (82%), self-sufficiency (70%), higher education (69%), and good health habits (68%).
- Almost three-quarters of grandparents (73%) said voting is a value they are currently or interested in passing down. Nearly half of grandparents are passing down a value for volunteering and civic engagement.

#### Finances

The majority (62%) of grandparents have provided financial support or monetary gifts for grandchildren within the past five years. Of those grandparents who provide financial assistance:

Forty-three percent report they are providing more financial support due to the economic downturn, and one-third (34%) are giving financial support to grandchildren even though they believe it is having a negative effect on their own financial security.

For the full report  
[https://www.metlife.com/assets/cao/mmi/publications/studies/2012/studies/MMIGrandparentsStudy\\_WEB.pdf](https://www.metlife.com/assets/cao/mmi/publications/studies/2012/studies/MMIGrandparentsStudy_WEB.pdf)

# Grandparent Caregiving



William Harms is the Associate News Director. University of Chicago

By William Harms

**G**randparents, an increasingly important source of child care in the United States, vary greatly in the kind of care they provide, depending on their age, resources, and the

needs of their children, research at the University of Chicago shows.

A new UChicago study, based on a National Institute on Aging survey, shows that 60 percent of grandparents provided some care for their grandchildren during a 10-year period, and 70 percent of those who did provided care for two years or more.

The results mirror recent U.S. Census data showing the importance of grandparents in child care. The 2010 Census reported that 8 percent of grandparents live with their grandchildren, and 2.7 million grandparents are responsible for most of their grandchildren's needs. In 2006, 2.4 million grandparents had that responsibility.

Additionally, grandparents are the primary source of child care for 30 percent of mothers who work and have children under the age of five, a Census survey showed. The UChicago study explores the diversity in the kinds of care provided by grandparents.

"Our findings show that different groups of grandparents are likely

to provide different types of care. Importantly grandparents with less income and less education, or who are from minority groups, are more likely to take on care for their grandchildren," said Linda Waite, the Lucy Flower Professor in Sociology and co-director of the Center on Aging at NORC at the University of Chicago.

The study found that while minority, low-income grandparents were more likely to head households with grandchildren, most grandparents provided some kind of care for their grandchildren.

The research is based on one of the most comprehensive surveys done on grandparenting, the 1998-2008 Health and Retirement Study supported by the National Institute on Aging. The longitudinal study interviewed 13,614 grandparents, aged 50 and older, at two-year intervals over the period to determine their level of care-giving.

The paper looks at a variety of forms of grandparent care — multi-generational households, in which a grandparent lives with a child and grandchildren; and skipped generation households, in which a grandparent heads the household caring for grandchildren without their parents being present.

Among the paper's findings are:

- African American and Hispanic grandparents are more likely than whites to begin and continue a multi-generation household or start a skipped generation household.
- Grandparents with more education and better incomes were more likely

to provide baby-sitting, Waite said.

- Grandmothers are more likely than grandfathers to provide babysitting. Grandparents who are married are more likely to begin and continue babysitting, however.



Linda Waite is the Lucy Flower Professor in Sociology and co-director of the Center on Aging at the National Opinion Research Center at the University of Chicago

The findings have implications for public policy, Waite pointed out, as child welfare agencies are increasingly depending on family members, particularly grandparents, to provide care to children when parents cannot. The Census figures show that 60 percent of the grandparents caring for their grandchildren also are in the labor force.

"Day care assistance may be particularly needed by middle-aged grandparents who are juggling multiple role obligations — as parent, a grandparent and a paid employee," Waite wrote.

Joining Waite in writing the paper are Ye Lu, Assistant Professor, Department of Sociology & Anthropology, Clemson University; Tracey LaPierre, Assistant Professor of Sociology, University of Kansas; and Mary Elizabeth Hughes, Assistant Professor, Population, Family and Reproductive Health, Johns Hopkins Bloomberg School of Public Health.

# Coming Events and New Grants



Join colleagues in Chicago April 10-12 for the 2013 Midwest Lifelong Learning Conference! This conference will bring together providers of lifelong learning programs from Illinois and neighboring states to share program ideas and research findings. John Holton, Ph.D., director of the Illinois Department on Aging, will provide the welcome at the opening session. Nancy Merz Nordstrom, M.Ed., of Road Scholar Elderhostel Institute

Network, will present the Keynote address.

Information: <http://www.eiu.edu/adulted/2013midwestconf.php>

Submit a presentation proposal —deadline October 15

[http://www.eiu.edu/adulted/2013midwestconf\\_proposals.php](http://www.eiu.edu/adulted/2013midwestconf_proposals.php)



## Serve Illinois Regional Conferences

• September 27: Illinois and Iowa join in sponsoring Serving Dynamic Communities: 2012 Northwest Illinois, MVDOLIA Volunteerism Conference, Thursday, 9am - 3pm, Butterworth Center, 8th Street, Moline, IL <http://www.nwivc.net/>

1105

• November 1: Southern Illinois Volunteer Conference, Lighting the Way for Service and Success, Holiday Inn, Mt. Vernon, 9:00 a.m. - 3:00 p.m. <http://www.sivc.net/>

For additional information on volunteering, see the Serve Illinois website, <http://www2.illinois.gov/serve>

## The American Association of Community Colleges Funds Projects for Those 50+ in Illinois

Spoon River College, Joliet Junior College and Southwestern Illinois College have received funding for the **Plus 50 Completion Strategy**. The project, building on the Plus 50 Initiative, will help 9,000 older adults (nationally) complete a community college degree or certificate. The strategy uses existing tools to help students over 50 who have some college credits navigate through the community college system, and aims to bring 40 percent of them to completion by 2014. AACC is one of 19 grant recipients funded by Lumina Foundation to help increase the percentage of students who earn the high-quality degrees and credentials they need to successfully compete in the workforce.

John Wood Community College and Waubesa Community College have received funding for the **ENCORE Plus 50** program. AACC created the Plus 50 Encore Completion Program to help community colleges fulfill a critical workforce development role. The program aims to pave the way for 10,000 plus 50 students (nationally) to earn certificates or degrees in the high-demand fields of health care, education, and social services, enabling them to increase their labor market competitiveness while improving their communities.

For information: <http://plus50.aacc.nche.edu/Pages/Default.aspx>

## Continuance

Summer/Fall 2012

Vol. 27

Nos. 1 & 2

### *Knowledge and Understanding Passing from Generation to Generation*

Produced in cooperation with the Illinois Board of Higher Education and Generations Serving Generations, a project sponsored by the Illinois Dept. on Aging in cooperation with the National Governors Association Center for Best Practices

Continuance seeks to:

- foster communication and contact between generations and cultures
- enrich the educational experience through lifelong service and learning
- encourage creative thinking and intergenerational leadership that will solve the perplexing problems of education
- tell the stories of generations serving generations
- advocate for policy that reflects the needs and resources across generations.

Editor-in-Chief: Jane Angelis, Ph.D.  
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*Founded in 1987 with funding from the  
Illinois Board of Higher Education*

# The Last Word

## Continuance Magazine Heads to Europe, Asia and Australia

The Winter 2013 issue of *Continuance* magazine will feature reports from 12 countries in Europe, Asia and Australia about how they are preparing for an aging world.

The interviews conducted in October and November 2012, will engage the national education leaders to learn about their recommendations on public policy, the benefits from the skills, talents and leadership of older generations, and the systems in place to connect elders to the needs of education and younger generations.

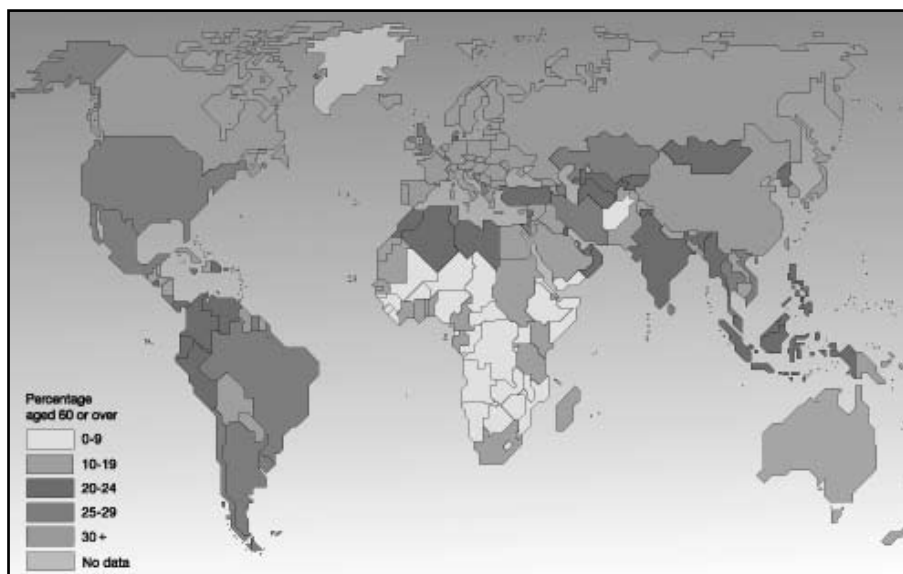
### Facts about Global Population Aging

Fact: The world population is aging: for the first time in the history of the world there will be as many elders as youth.

Fact: In every country, children struggle to learn basic skills and to believe that they can succeed.

Fact: Older generations have many talents and skills but too often are not connected to meaningful service.

Fact: The field of education is known for creative thinking and innovative actions. Education has much to gain from the involvement of older adults.



### The World's 20 Oldest Countries

(Percent of Population age 65 and older)

Japan	21.6
Italy	20
Germany	20
Greece	19.1
Sweden	18.3
Spain	17.9
Austria	17.7
Bulgaria	17.6
Estonia	17.6
Belgium	17.5
Portugal	17.4
Croatia	17
Latvia	16.9
Georgia	16.6
Finland	16.6
France	16.3
Slovenia	16.3
Ukraine	16.1
United Kingdom	16
Switzerland	16

### Rank Order of the World's 20 Largest Older Populations

(In Millions)

China	106.1
India	59.6
United States	38.7
Japan	27.5
Russia	19.9
Germany	16.5
Indonesia	13.9
Brazil	12.3
Italy	11.7
France	10.4
United Kingdom	9.7
Ukraine	7.4
Spain	7.3
Pakistan	7.2
Mexico	6.7
Thailand	5.5
Bangladesh	5.4
Poland	5.1
Turkey	5.1
Vietnam	5.0

Source: U.S. Census Bureau, International Bureau, January 2008

