

# HAPPY NATIONAL SENIOR CITIZENS DAY—August 21



President Reagan proclaimed the first National Senior Citizens Day in 1988. In his statement, he wrote that, “Older citizens are reinforcing their historical roles as leaders and as links with our heritage and sense of purpose as individuals and as a nation.”

I found a recent article very interesting, and thought you might like to review

the info as well. **It’s a glimpse of how seniors live in Lebanon, New Hampshire.**

(Information is from the New Hampshire Healthy Aging Data Reports.)

Seniors make up 17.6% of the population of Lebanon. Of the total Lebanon population of 13,528, the number of seniors 65+ is 2,378. That is broken down as follows:

65-74 = 47.5%      75-84 = 33.6%      85+ = 19%

57.8% of these are female.

32.3% of those seniors are living alone. Almost 80% of these are female.

1% have an annual income of less than \$10K and 17% less than \$20K.

6% over 60 received food stamps each year.

The average Social Security income in Lebanon is \$18,345/year.

The median household income for a Lebanon senior is \$39,530+.

There are 416 working seniors in Lebanon.

19.7% of the seniors in Lebanon are veterans.

84% of males 65+ are married compared with 39% of females. 43% of females are widowed compared with 8% of males.

Overall, 13% of Lebanon senior households do not have access to a vehicle.

41% of Lebanon seniors have a college degree. This is a higher percentage than the country as a whole. New Hampshire’s average is 31% and the U.S. overall is 20%.

Compared to other states, New Hampshire ranks 27<sup>th</sup> for Long Term Care and 2<sup>nd</sup> for America’s Health Rankings: Health-wise, compared to state average rates, older residents in Lebanon fared better than others in the state on some healthy aging indicators: lower rates of tooth loss, lower cholesterol rates, lower number of people with bipolar disorders, lower tobacco use disorders, lower diabetes, lower COPD, lower hypertension, lower ischemic heart disease, lower colon cancer, and benign prostatic hyperplasia.

However, we did have higher rates of depression, leukemias and lymphomas, hypothyroidism, cataracts, and hearing impairment.

The cost of long term care in New Hampshire is higher than the national average, as follows:

|                    |  |
|--------------------|--|
| Home Health Care:  | \$832 vs. \$693 nationally   |
| Assisted Living:   | \$1,408 vs. \$1,492 nationally   |
| Homemaker Services | \$4,408 vs. \$3,721 nationally   |
| Nursing Home:      | \$10,190 vs. \$7,604 (private) and \$9,612 vs. \$6,692 nationally (semi-private) |

Lebanon seniors are more likely to take health promotion steps of engaging in physical activity, meeting CDC guidelines for aerobic physical activity, getting recommended hours of sleep, having an annual dental exam, and are less like to smoke.

**Here are some interesting facts for the entire country:**

By 2030, 20% (1 in 5) U.S. residents will be retirement age.

There will be circa 78 million people 65+ in America by 2035, outnumbering children 18 and lower for the first time in our history.

Nearly half of all seniors 65+ are serving as volunteers in various programs and projects that benefit every sector of our country!

Senior citizens make up a majority of registered voters, making us a group of citizens with a strong sense of civic pride and commitment to our country.

Nationwide, poverty is still a serious issue for seniors. Over 16% live in poverty. This is not always due to mismanagement of funds. As the economy fluctuates, seniors often find that the value of their assets and savings may not match or exceed the rising cost of health care, medications, assisted living and other needs of aging.

More than 40% of seniors have computer access and are active online.

The majority of seniors, whether working or retired, enjoy hobbies and social activities. Crafting, woodworking, dancing, exercise, pets, travel, charity work and church are some of the preferred activities.

Nationally, 42% of those 65+ are part of a minority group

As a result of incredible advances in technology and media over our lifetime, we are the last generation to remember things like: using a typewriter and using carbon paper and an eraser to make changes; looking up a topic in an encyclopedia; making a Christmas list from the infamous Sears catalog; talking to an operator by dialing "0"; using a rotary phone, or even a pay phone; having to change the channels using the knob on the TV or adjusting the picture using rabbit ears on top of the TV; listening to the National Anthem play and seeing the channels sign off at the end of a night; purchasing a vinyl record; or buying War Bonds at school.

**ENJOY YOUR DAY! YOUR FRIENDS FROM UPPER VALLEY SENIOR CENTER**

