
[Aging With Freedom Thursday Retirement News Recap](#)

11/20/2020 : A weekly review of news we found interesting in the trifecta (high health, high wealth, high purpose) of proactive aging to build a happy, successful retirement life!

High Wealth Expenses, Income, and Assets, the resources empowering choice for how and where to live

1. **[Baby Chasers: The migration trend that is not going away](#)** -- Here's why the Zonda Baby Chaser Index marks Charlotte as the No. 1 destination for millennials and their baby boomer parents.
 - a. "trailing grandparents" = "Baby Chasers"
 - b. Top cities include:
 - i. Charlotte
 - ii. Austin
 - iii. Phoenix
 - iv. Denver and others
 - c. Tech jobs and climate among the driving factors attracting both Millennials and their Boomer parents.
 - d. Pandemic driving families to mutual support.
2. **[The pace of Boomer retirements has accelerated in the past year.](#)**
 - a. We predicted in April that for many Boomers the Pandemic meant **[Involuntary Retirement Starts Now](#)**. Timing of retirement is often not up to us.
3. **[Save capitalism, tax boomers, new report suggests -- Embittered millennials could otherwise overthrow the capitalist order](#)**
 - a. The National Post: Save capitalism, tax boomers article suggests things could change. Drastically.
 - b. Not sharing because we agree or support, but to illustrate the fact that projections are based on current law. And circumstances.
4. **[Health Savings Account \(HSA\) Advice from Fidelity for the Basics](#)**
 - a. HSA's have a triple tax advantage, can provide a bridge to Medicare and pay for Medicare premiums. They also can serve as a means to save for Long Term Care (LTC) Expenses and to pay for everyday expenses like prescriptions with tax free dollars.

5. [How to Financially Plan for an Alzheimer's or Dementia Diagnosis -- self-fund through your HSA](#)
 - a. \$7,100/yr from 50-65 at 7.2% annual return yields >\$500,000 for LTC/healthcare with
 - b. triple tax-free benefits, tax free in, tax free earnings, tax free withdrawal for these expenses
 - c. Keep track of your healthcare receipts!

High Health Extending Wellness to Enjoy Life, Necessary but not sufficient for Happiness

1. Science
 - a. [Confused About COVID Brain Fog? Doctors Have Questions, Too](#)
 - i. Physicians have seen this recovery symptom before, but they still don't know why so many coronavirus survivors are being affected.
 - b. [Obstructive Sleep Apnea Linked To Increased Risk Of Dementia, Study Finds](#)
 - c. [Link between Alzheimer's disease and gut microbiota is confirmed](#)
 - i. University of Geneva
 - ii. Evidence continues to accumulate
2. Products/Services
 - a. [Serial 1, Powered By Harley-Davidson, Unveils Debut Ebicycle Details](#) : <https://www.serial1.com/>
 - b. [Amazon Alexa Care Hub](#) --
 - c. [How to use Alexa Care Hub to check in on older relatives](#)
3. Personal Health Choices
 - a. [COVID In Colorado: Rural Hospitals Concerned About Bed, Staffing Shortages](#)
 - i. Upper Central States
 - ii. Dry Kindling -- forest fire analogy
 - iii. Mask Mandates, Mask Compliance, or Mask Effectiveness?

High Purpose Answers to the Why to Live question -- Finding Meaning and Happiness in Life

1. [Gardening That Helps You Live to 100](#)
 - a. An example of Green Aging : [Green Aging Tips for Living with Nature](#)
2. [Negative Thoughts Spillover onto Your Spouse](#)

- a. Could have done this under Health and Studies, but because it touches so much on attitude?
 - b. Ageism isn't just how other people perceive aging, but how we perceive aging.
 - c. Purpose provides the wellspring of a positive outlook, a reason to live. Lack of purpose? Is the start of the purposelessness depression spiral.
 - d. If nothing else? Live a life of optimism for your spouse.
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Prognosticating Futurists

How Covid-19 Will Change Aging and Retirement: Among other things, expect more aging in place and a wave of innovation to help make that happen

1. **More will age at home** -- group living looks scarier
 2. **Smaller more social settings are better**
 3. Older people will benefit from a **technology boom -- wearables and telemedicine** will extend healthcare beyond clinical settings and lower cost
 4. **Shorter Lifespans**
 - a. Average will lose a year from deaths
 - b. Social Animals lost the Social -- Pandemic survivors lost ability to engage in activities associated with better health and longer lives, including socializing, exercising, and helping others.
 5. **Prioritize Time** -- We will have a better handle on what we want to do with our time
 - a. What would you do if you had all the time and money in the world?
 - b. How would you live if you knew you had only five to 10 years left?
 - c. And what would you most regret if you died tomorrow?
 6. We will **plan for death** -- this may be expert wishful thinking, but at least in the short term **Conversation Project** data has people thinking about death
 7. We will embrace **healthier lifestyles** -- the role of comorbidities like obesity and diabetes emphasizes the need for a healthier lifestyle before the health crisis hits.
 8. We need to **save more to retire** -- lower expected future returns means lower future income requiring a bigger nest egg to generate the same lifestyle.
 9. **Emergency Fund > 401(k)** -- Need more flexibility in savings/investment vehicles
 10. We will **work longer** -- With bond yields low, stock values high and Social Security in precarious shape, the trend will accelerate. "There's so much uncertainty about the future...most people are going to continue to work as long as they can,"
 11. **Our views on aging will change -- for worse and maybe better**
 - a. Ageist stereotypes reinforced
 - b. Increased Intergenerational conflict
 - c. But older are more resilient
 - d. And interdependent relationships with family (across generations) and friends are more valued
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AWF Prediction

1. [Physician Shortages and Healthcare Access, especially Rural Healthcare Access are only going to get worse.](#)
 - a. Doctors are Calling It Quits Under Stress of the Pandemic
 - i. Too much stress
 - ii. And not enough work or revenue
 - iii. Own health concerns especially on eve of retirement
 - iv. PTSD
 - v. Increasingly willingness to abandon medicine

So fewer doctors? Worse primary care access? Especially in rural areas? Means more technology for nonclinical health monitoring and AI-based diagnosis using machine learning to detect subtle changes and trends even before symptoms emerge. May be both more accurate and less expensive for diagnosis.

And, as always, please give us feedback on Twitter. Which news item was your favorite? What do you want more or less of? Do you have predictions? Other suggestions? Let us know! Just [send a tweet to @AgingWith](#) and put **#AWFThursday** at the end so I can find it.

Have a wonderful weekend, all!

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