

AGING IS A TREND IN AMERICA

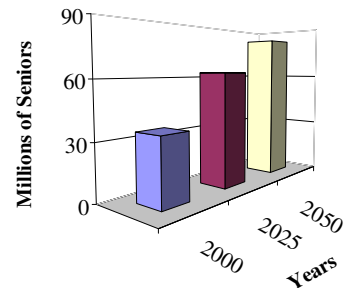
More People Than Ever Have "Seniority"

There are more than 34 million people in the U.S. that are 65 years of age or older. That's 13% of our population! And with the aging of the baby boomers, plus anticipated increases in life expectancy, projections for the future are much higher.

In addition, researchers are hoping to boost these numbers even more. They are trying to understand *senescence*, the biological and physiological changes that occur as one ages (at different rates for different people). The search is on for the elusive senescent factor (SF), which may be the underlying cause of why our billions of cells stop dividing, causing us to age. The science community is testing *program theories* based on the genetic control of cells and *damage theories* based on accumulated cellular damage over a lifetime.

If they succeed, the projection for year 2050 of 62.6 million seniors who are 65 years and older will turn out to be too low.

Senior Population Estimates
(Age 65+)



The U.S. Census Bureau projects a tremendous increase in the population of seniors 65 and older through the year 2050.

AGING SUCCESSFULLY

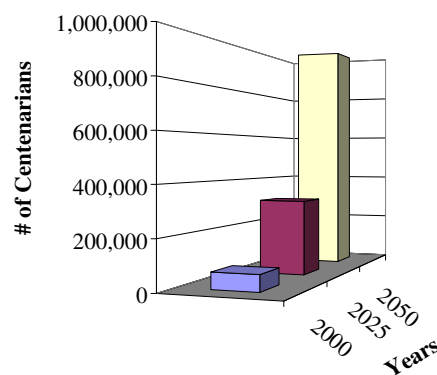
This is a debatable concept because success is different for everyone. However, here are 3 areas that are considered very important to maintaining and improving life for seniors.

- [1] Avoid disease and disability. Prevention is even more important for seniors because the immune system slows and recovery time lengthens with age.
- [2] Maintain mental and physical function. In order to continue to exercise the body and stimulate the mind, seniors must adjust to age-related changes in physical reserve and levels of performance.
- [3] Continue engagement with life. Maintaining relationships and involvement in productive activities provide stimulation and purpose.

CENTENARIANS RISING

It's amazing how many people are now over 100 years old. The census bureau estimates about 66,000, more than double the amount in 1982. And the forecast is for over 1 million centenarians celebrating life in 2050.

Centenarian Estimates



(Sources: U.S. Census Bureau, Baylor Univ. - Huntington Center on Aging, Successful Aging)

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