

# BoomerAge

*Trends for the 79 million Americans born between 1946 and 1964. — Part 1 of a series*

## **Lifestyle Changes May Boost the Memory**

Some basic lifestyle changes may help with age-related memory loss and perhaps more serious cognitive problems according to a recent study published in the journal *Lancet Neurology*. Summarizing evidence from hundreds of studies, the findings indicate that up to half of all Alzheimer's cases are associated with a group of risk factors that people can control including midlife obesity, depression, smoking, and a couch-potato body and brain. Experts also point out that occasional memory lapses are rarely signs of incipient Alzheimer's or dementia. When younger people are forgetful, it's usually because they're distracted and not creating memories efficiently.

(From Carolyn Butler's article in *The Washington Post*, "Forgetfulness at an early age is rarely a sign of early dementia.")

## **Bad Economy Revised Many Boomers' Future Plans**

One out of three Boomers interviewed in an Associated Press poll say their finances impacted by the recession have pushed back the date they plan to retire. And 52% of all those polled expect to spend their retirements in their current homes, many abandoning dreams of moving to a smaller house and/or a warmer climate. In fact, only 9% of the interviewees are certain that they will be able to live comfortably when they do retire.

(Derek Kravitz, "Poll: Many Boomers Plan to Retire Where They Are." Yahoo!)