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- 39% expect income from stocks, bonds or mutual funds that are not part of a 401(K) or other retirement plan
- 27% expect income from a 401(K) or other defined contribution plan
- 25% anticipate working part-time
- 15% expect to use assets from the sale of a home or business
- 9% are counting on an inheritance
- 7% expect to receive a cash payout from an insurance policy

From a 2004 survey of 62-65 year olds conducted by FinancialFreedom Senior Funding Group, the nation's largest reverse mortgage lender.

At 108 years old the Statue of Liberty measures 35 feet in height at the waist. I guess I'm way ahead of her with staying in shape.

If the smoke detectors in your home are not hard wired but battery-run, you should change the batteries twice a year. The detectors' batteries should be replaced every ten years.

According to Charles Ettari, MD and Medical Director at Scripps Mercy Hospital, San Diego, CA, almost 24% of nursing home residents suffer from depression. Late-onset depression has a higher rate of causing physical illness than depression experienced earlier in life or as a lifelong patient.



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