Research report: 100-year-olds tell all on love, today’s youth, longevity, personal finance, and the state of America

LAKE OSWEGO, Ore. (September 3, 2014) — In time for National Grandparents Day on September 7, a new research report was released that reveals the thoughts, perspectives, and words of wisdom from America’s oldest grandparents, centenarians, on hot-button issues from marriage and politics to personal finance and today’s youth. The report, “100 Years of Wisdom: Perspectives of Centenarians,” is available at 100yearsofwisdom.com.

The report, published by Holiday Retirement, uncovers that centenarians believe today’s youth do not understand the value of hard work and spend way too much time on their phones and computers. Furthermore, centenarians think their own children should save more money and be stricter with their children. According to these individuals and their 100+ years of insight, family, spirituality, and diet make you live longer; and saying “I love you” more is part of the recipe for a healthy marriage.

“Centenarians may be nimbler on the typewriter than the latest iPhone app, but when one gets them on the old-fashioned phone, they welcome the conversation,” said Kai Hsiao, president and CEO for Holiday Retirement. “With more experiences under their belt than anyone, they have great stories, unparalleled perspective, and sage advice that can be good food for thought, particularly with National Grandparents Day this Sunday.”

The following are some of the pieces of advice from what thousands of years of collective experience have taught the remarkable people interviewed for the report:

- **On marriage:** 29 percent say make a stronger effort to communicate.
- **On parenting:** 21 percent advise more strictness and discipline for children.
- **On today’s youth:** 79 percent applaud today’s youth; they seem smarter and sharper than when our centenarians were young.
- **On personal finances:** 1 in 4 surveyed centenarians said they were not financially prepared to live as long as they have.
- **On habits for longevity:** According to one centenarian, “Drinking all the good whiskey I could get and worked like the devil.”
- **On the state of the country:** Centenarians are most optimistic with the direction that education and science and technology are headed.
- **On life’s regrets:** In hindsight, 34 percent of centenarians said they would spend more time with loved ones.
**On health and happiness at 100:** Almost 80 percent of centenarians polled feel that living in an independent senior living community contributed to their longevity.

“The surveyed centenarians, who have surpassed the average life expectancy by several decades, offer an unparalleled perspective on life. So this Grandparents Day, the Holiday Retirement team is encouraging everyone to sit down with their grandparents and listen and learn; because they’ve been there, done that and have the remarkable successes, stumbles, and stories to prove it,” said Jamison Gosselin, VP of marketing, communications, and resident enrichment for Holiday Retirement. “And, if grandparents aren’t nearby – we always welcome intergenerational involvement and volunteerism at our communities and in schools every day among Holiday Retirement residents and local children.”

Holiday Retirement, a provider of more than 300 senior living communities across the United States, conducted the research and produced the report, “100 Years of Wisdom: The Perspective of Centenarians.” The findings are a compilation of phone interviews with centenarians covering the topics of today’s youth, love and relationships, lifelong regrets, the keys to longevity, and more. To request a copy of the report and accompanying infographics, please visit 100yearsofwisdom.com.

**About Holiday Retirement**

Since 1971, Holiday Retirement has endeavored to provide its signature “Holiday Touch” to residents and their families. Today, Holiday is a trusted name in senior living and provides security, comfort, and value to independent seniors seeking a fulfilling lifestyle. Holiday operates more than 300 retirement communities, making it the second largest senior housing operator in the United States. For more information about Holiday Retirement, please call 800-322-0999 or visit www.holidaytouch.com.

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