

Leadership Winston-Salem • Class of 2007

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**Project: Aging in Forsyth County**

Conducted by Team 7 for the  
Forsyth County Senior Power Think Tank

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# Introduction

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A [baby boomer](#) is a person born between 1946 and 1964 during the period following World War II when birth rates in the United States and some other countries spiked. In the United States, the term is iconic and more properly capitalized as *Baby Boomers*. The terms "baby boomer" and "baby boom" along with others (i.e., "boomies"), are widely used even in countries with demographics that did not mirror the sustained growth in American families over the same interval.<sup>1</sup> In his book *Boomer Nation*, Steve Gillon states that the baby boom began in 1946 and ends in 1964, but he breaks Baby Boomers into two groups: Boomers, born between 1945 and 1957; and Shadow Boomers born between 1958 and 1964.<sup>2</sup> Further, in *Marketing to Leading-Edge Baby Boomers*, author Brent Green defines Leading-Edge Boomers as those born between 1946 and 1955. This group is a self-defining generational cohort or unit because its members all reached their late teen years during the height of the Vietnam War era, the defining historical event of this coming-of-age period. Green describes the second half of the demographic baby boom, born from the mid-1950s through the mid-1960s as either Trailing-Edge Boomers or Generation Jones.<sup>3</sup>

There is little debate that the 76 million American children born between 1945 and 1964 represent a cohort that is significant on account of its size. Boomers account for about 39% of Americans over the age of 18 and 29% of the total population.<sup>4</sup> In addition to the size of the group, Steve Gillon has suggested that one thing that sets the baby boomers apart from other generational groups is the fact that "almost from the time they were conceived, Boomers were dissected, analyzed, and pitched to by modern marketers, who reinforced a sense of generational distinctiveness."<sup>5</sup>

The baby boomers were the first group to be raised on television, and television has been identified as "the institution that solidified the sense of generational identity more than any other."<sup>6</sup> Starting in the 1940s, people in diverse geographic locations could watch the same shows, listen to the same news and laugh at the same jokes. Television showed idealized family settings such as *Father Knows Best* and *Leave it to Beaver*. Later the boomers watched scenes from the Vietnam War, and the assassinations of John F. Kennedy, Martin Luther King, Jr. and Robert F. Kennedy. The boomers found that their music was another expression of their generational identity. Rock and roll drove their parents crazy. Transistor radios were personal devices that allowed teenagers to listen to The Beatles and The Motown Sound. The Who summed it up in their song *My Generation*.

As far back as 1960, the American economy has benefited from strong growth of the 20-to-64 age group, historically considered the primary source of the labor force. However, starting around 2010, a demographic shift will begin, resulting in a large increase in the 65-and-over age group and a decline of the 20-to-64 age group. The Social Security Administration (SSA) reports annually on how projected demographic trends are likely to impact the Social Security trust fund income. Unlike the 2000 U.S. Census data, the SSA data is particularly useful because the projections are updated annually and take into account factors such as anticipated fertility, mortality and immigration rates. Figure 1 illustrates the scenario that the SSA considers most likely to occur. Starting in 2010, the demographic growth-rate balance starts to shift, and by 2015, the 65-and-over age group starts to grow at a faster rate than the 20-to-64 age group.

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<sup>1</sup> Marchand, Philip, "Life Inside the Population Bulge: The scared, scrambling lives of the Boomies", *Saturday Night Magazine*, October 1979 retrieved from *It Seems Like Yesterday e-zine* on January 25, 2007.

<sup>2</sup> Gillon, Steve (2004) *Boomer Nation: The Largest and Richest Generation Ever, and How It Changed America*, Free Press, "Introduction"

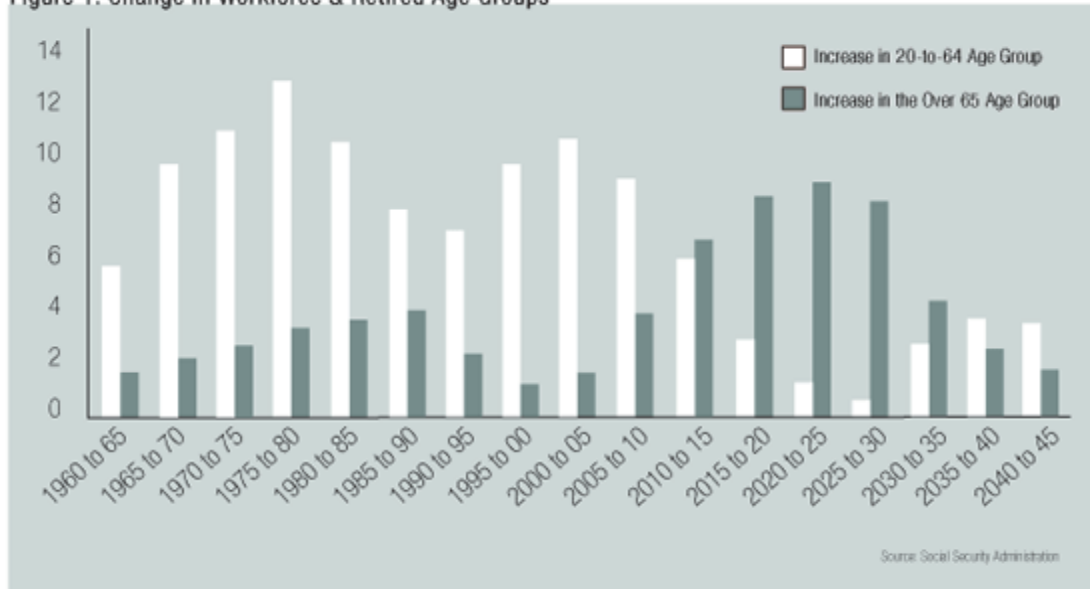
<sup>3</sup> Green, Brent (2006) *Marketing to Leading-Edge Baby Boomers: Perceptions, Principles, Practices, Predictions*, Paramount Market Books

<sup>4</sup> Gillon, Steve (2004) *Boomer Nation: The Largest and Richest Generation Ever, and How It Changed America*, Free Press, "Introduction"

<sup>5</sup> Id.

<sup>6</sup> Id.

Figure 1: Change in Workforce & Retired Age Groups



Just as the baby boomers have impacted every other age group they have moved through, they are about to reinvent what it means to be old. Baby boomers have the resources and soon will have the extra time to kick off a discretionary spending spree the likes of which the world has never seen. As pointed out by Ken Dychtwald of Age Wave, the 50-and-older group currently earns almost \$2 trillion in annual income, controls more than \$7 trillion in wealth, owns 77 percent of all financial assets in America and represents 50 percent of all discretionary spending power. This prime business motivator must be factored into any strategic plan as it is directly related to new sources of revenue.

As the population of Forsyth County and the region ages, and the “baby boomers” reach retirement, local governments can anticipate facing even greater challenges in creating physical and social environments which support the needs of older adults. With these challenges in mind, the Forsyth County “Senior Power Think Tank” was formed in June 2003 during a planning initiative to develop a strategic vision for Forsyth County. The purpose of the Senior Power Think Tank is to ensure that Forsyth County will have a powerful, diverse force of individuals, led by seniors and others, who are focused on advocacy for issues and public policy that directly impact the senior community and the community at large.

# Executive Summary

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## Housing:

- A. 42% of boomers plan to remain in Forsyth County during retirement.
- B. Those planning to move away cite family (38%) and climate (37%) as their reasons for leaving Forsyth County.
  - Implications = Can Forsyth County attract retirees' children to live and work here if we broaden our economic base and enhance our cultural environment?
- C. Of the boomers planning to retire in Forsyth County, 58.5% plan to remain in their current home while 40% plan to build a retirement-friendly home.
- D. 53% of current homes need alterations to accommodate anticipated mobility challenges.
  - Implications = Could this desire for new retirement homes create a surplus housing inventory and thereby drive home prices downward? If the working poor can not make necessary home modifications, could this cause increased injury and consequently strain on the healthcare system?

## Culture / Leisure / Education:

- A. Boomers indicate travel and volunteerism as their most desired leisure activities. Interestingly, most also plan to continue some form of employment on a part-time basis.
- B. Outdoor activities such as walking and utilizing exercise trails are cited most followed by attending sporting events. Surprisingly, attending fine arts related events appears to be the least popular activity.
- C. Although 76% indicate they are satisfied with educational opportunities in Forsyth County only 20% plan on pursuing further education during their retirement years.
  - Implications = Similar surveys of retired individuals indicate higher interest in arts and education. Do boomers have such different interests than seniors, or have boomers not yet developed these interests?

## Healthcare:

- A. 51% feel they are somewhat prepared for retirement with regard to healthcare, however 28% feel they are either unprepared or not prepared at all.
- B. Many Forsyth County employers have provided boomers access to health care and/or supplemented their premiums. However, due to rising health care costs, rising insurance premiums and other cost cutting measures, many employers have opted not to provide this benefit.
  - Implications = Many boomers must secure their own health insurance thereby reducing their financial resources or requiring them to continue working into retirement to have healthcare coverage. In the alternative, some boomers may chose to opt out of insurance entirely.

In addition to the above quality of life issues, illness/mobility challenges are of great concern to boomers. Deteriorating mental and physical capacity, which may result in a reduction in standard of living, is worrisome to boomers.

- Implications = Forsyth County could benefit from educating boomers about proper nutrition, mental/physical exercise, and social engagement which can help prevent or delay the onset of age-related illnesses.

### **Transportation:**

- A. 55% of boomers believe we do not have adequate sidewalks, crosswalks and resting areas.
- B. 98% of boomers rely on personal automobiles as transportation.
- C. 86% plan to rely on friends/family when they become unable to drive.
- D. Boomers as a group are not educated about public transportation, the cost of such transportation and the routes served.
  - Implications = Forsyth County needs to create more pedestrian-friendly walkways in addition to making public transportation accessible, fun and without stigma. Perhaps the county should consider creating an informative marketing campaign aimed at boomers.

### **Care Giving:**

- A. 20% of boomers currently care for an aging relative and 55% anticipate doing so within 10 years.
- B. 40% of boomers are still raising their children.
- C. 75% of boomers expect their own children to care for them if needed.
  - Implications = Boomers are/will be sandwiched between caring for their own parents as well as their children, thereby creating a heavy economic and emotional burden. If aging boomers expect to be cared for by their children, are we at risk of losing boomers to the geographic areas where their children reside or can we again expand our economic and cultural base by retaining/attracting boomers' children to Forsyth County?

### **Volunteering:**

- A. 78% of boomers are both currently volunteering and expect to do so in retirement. However, only 6% are currently volunteering with senior-oriented services.
  - Implication = Senior-oriented social services need to better market volunteer opportunities to boomers or risk having a shortage of service providers in the future.

## Project Definition

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Develop a survey of baby boomers to determine the following:

1. What do baby boomers want in their retirement years; and
2. Do we have the necessary elements in place to keep boomers in Forsyth County?

## Project Scope

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When tasked with creating a survey to assess the broad issue of how Forsyth County baby boomers envision retirement, the Leadership Winston-Salem team felt it necessary to define the scope of the project to make the research more manageable and the results more beneficial. After an informative meeting with Richard Gottlieb, president and CEO of Senior Services, Inc., and Nancy Hall, project contact and Forsyth County Senior Power Think Tank member, the focus of the survey was narrowed to survey the following six categories: Housing, Transportation, Healthcare, Volunteering, Care Giving and Culture/Leisure/Education. All questions in the final version of the survey fall into at least one of these categories.

# Methodology

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Team members brainstormed questions for each of the variables, reviewed as a group and selected the most pertinent. Recognizing the importance of gathering data from all ethnic and socioeconomic populations, demographic questions were added. Zip code and age range were included as required responses to isolate the baby boomer responses from the overall results. The draft survey was sent to Nancy Hall and Dean Burgess for their review and input.

It was decided that in order to provide more value to the project sponsor, the team would not only develop a survey, but that the team would also distribute the survey. Distributing the survey would enable the team to provide valuable recommendations to the Senior Power Think Tank such as, how they could rollout the survey to additional respondents, ensuring the smoothness of a respondent's path through the survey and verifying that the survey resulted in useful data.

SurveyMonkey ([surveymonkey.com](http://surveymonkey.com)) was selected as the online survey software because of its level of functionality, ease of use and low price. A professional subscription is only \$19.95 per month and includes up to 1000 responses per month. If more than 1000 survey responses are received in any given month, there is an additional charge of \$0.05 per survey response. In addition, there are no long-term contracts and the subscription can be canceled at anytime. SurveyMonkey account professional subscribers receive all advanced features, including:

- No Limits – No limit on the number of questions included in each survey. No limit in the number of surveys created.
- Conditional Logic – Customize a path the respondent takes and eliminate unnecessary confusion by skipping non-applicable questions.
- Required Answers - Specify on a question by question basis which questions require an answer.
- Filter Results - Any question in the survey (even open-ended) can be filtered.
- Share Results - Control which results are visible, and how the results may be used.
- Download Results - All data can be downloaded into Excel for further analysis.

On March 21, 2007, after receiving approval from Nancy Hall and Dean Burgess, the survey was launched on SurveyMonkey. Team members sent a link to the survey via email to friends, family members, co-workers and groups with which they are affiliated. A total of 1,283 people received an invitation to participate in the survey and 290 people actually responded to the survey. Thus there was a 26% response rate.

In order to elicit responses from the rapidly growing Hispanic population in Forsyth County, the team had the survey translated into Spanish. The Spanish survey was also placed on SurveyMonkey and two Leadership Winston-Salem classmates, who are members of the local Hispanic community, distributed the survey via email. However, only two individuals responded to the Spanish version of the survey. Suggestions for increasing input from this population can be found in the [Recommendations](#) section (see page 15).

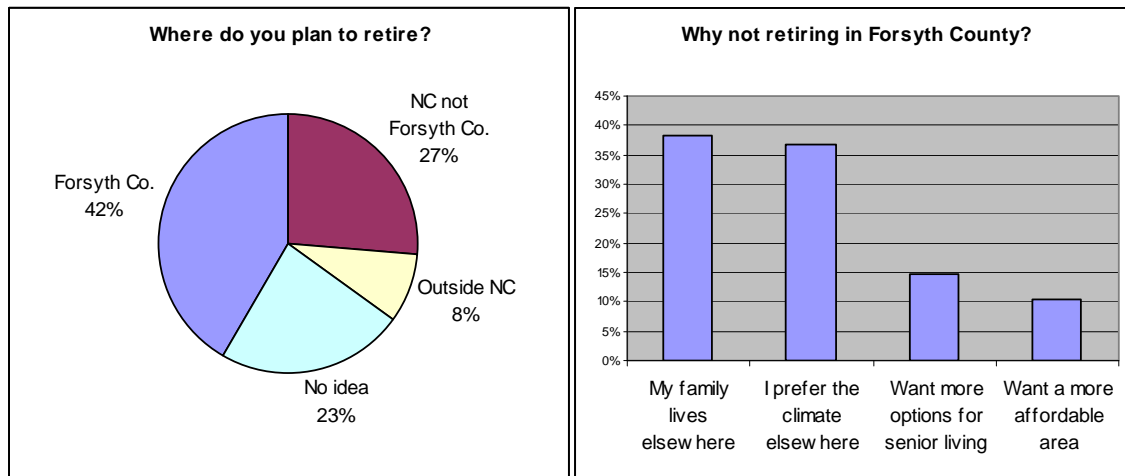
The online survey was closed on May 6, 2007. Results were downloaded and distributed to team members for analysis on May 8th.

# Analysis

## Housing

Housing is of major concern to many aging baby boomers as they approach retirement. This generation has driven homeownership rates to the highest levels in history, they have amassed large amounts of equity in real estate, and they are living longer than any other generation. All of these factors result in important implications which must be considered.

Of respondents surveyed, only 42% indicated that they plan to remain in Forsyth County into retirement. The primary determinant for those who responded that they would retire outside of Forsyth County was the fact that family members lived elsewhere (38%). The next major influencer was climate (37%), followed by greater options for senior living and affordability of housing.



Losing 58% of boomers over time would be detrimental to our community. It could be hypothesized that a way to retain and attract more retirees to the area is to attract their children. By broadening our economic base and providing an enticing environment for young, growing families, the county would benefit from increased growth among aging boomers and their families.

Of those that plan on remaining in Forsyth County, most want to remain in their current residence (59%). However, a large percentage of respondents (40%) indicated that they would not remain in their current residence, but would rather consider the construction of a new residence. This would mean that there is the potential for a number of homes to come on the market in the future. With the boomers primarily constructing new homes instead of purchasing existing residences, the housing inventory will increase if population remains constant. This could potentially impact prices due to an increase in inventory. However, the second most popular option for those who plan on staying in Forsyth County but do not plan on remaining in their current residence is to purchase existing homes.

When introducing the issue of mobility, the majority of boomers could not function within their current residence without improvements. Only 23% of respondents indicated that their home would be adequate for a person with limited mobility. The remaining respondents indicated that they would have to move (25%) or renovate their residence (53%) to accommodate such limitations. Fortunately, boomers nationally have a "median family income of \$64,700, which is

31% higher than the median income for all households.”<sup>7</sup> However, this need could have negative consequences for our aging poor. The lack of financial means could possibly diminish the probability that necessary modifications would be made, thereby possibly leading to homes that are dangerous for aging Boomers who have mobility issues. This situation could potentially lead to increased incidents of injury which may impact our health care system.

## *Culture / Leisure / Education*

The majority of respondents surveyed indicated that they wanted to travel in their retirement. Volunteerism and part-time work were also activities that boomers considered to be important in their retirement. With regard to leisure activities of interest, boomers indicated that outdoor activities such as walking and using exercise trails and leisure parks were most desirable, with attending sporting events as their second choice. It is interesting to note that the boomers residing in or near Winston-Salem, the City of the Arts, responded that attending fine arts programs is the activity which is least desired. Most respondents are extremely satisfied or somewhat satisfied with the leisure activities that our community has to offer (71%).

Surprising, only 21% of respondents indicated an interest in pursuing additional educational opportunities. Of those who demonstrated an interest in educational opportunities, most indicated a desire to participate in special interest courses such as gardening, cooking, etc. A relatively small number would seek a degree. Nonetheless, 76% indicated that they were either extremely satisfied or at least somewhat satisfied with the educational opportunities in our community.

## *Healthcare*

Three primary concerns are evident from the responses to the questions surrounding health care in our community. These concerns are: the quality of health care; the accessibility of health care and the quality of life following illnesses or other health-mobility issues.

### Quality and Accessibility of Health Care

*“Need to have some sort of program for retirees to have access to affordable health care and medications. Most large corporations are changing their retirement plans to exclude health care provisions for retirees, and this has a huge impact on peoples' ability to retire at all. I know what I get from social security and a 401(k) will not allow me to do much besides pay for electricity & food. Health care insurance and medication will only be a dream.”*

This statement is one of the most poignant responses that were received. Many boomers in our area are concerned with their ability to afford healthcare during retirement. The majority of respondents were middle-class Americans who depend solely upon their employer to provide a healthcare plan. With the rising costs associated with healthcare and the resulting rise in the cost of insurance, many companies are reducing or opting out of providing healthcare benefits. This leaves our aging population in a very serious dilemma. They will be faced with the decision to either fund their own policy with limited resources, to continue working in order to have healthcare coverage, or to opt out of insurance entirely.

Many respondents believe that the middle-class is the group most likely to be affected by this situation. The perception is that affluent Americans can afford individual policies and that poor Americans can depend upon governmental assistance, however middle-class Americans will have no viable options as pensions fail and employers trim back benefits.

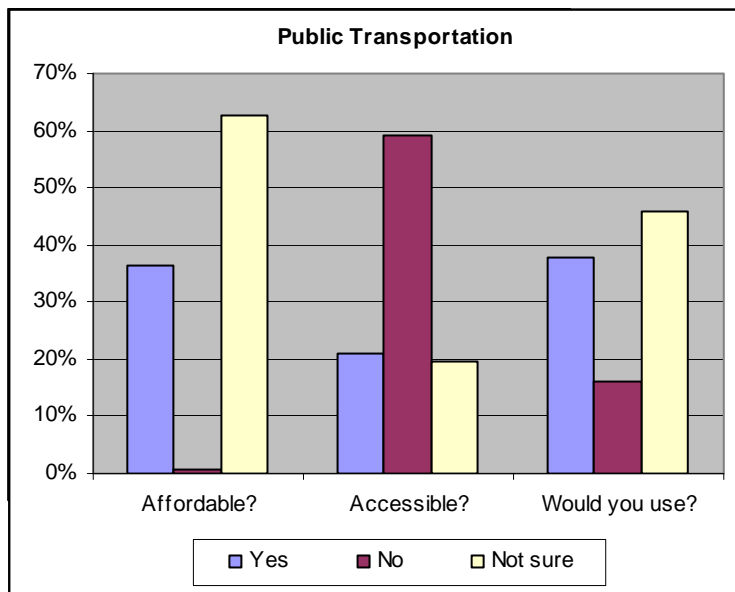
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<sup>7</sup> NATIONAL ASSOCIATION of REALTORS® [Baby Boomer Study Shows Changing Housing Needs, Uncertain Retirement](#)

“Healthcare insurance and medication will only be a dream.” This represents a harsh, yet true reality that many baby boomers are facing as evidenced by the perceived lack of accessibility to healthcare in the future. Respondents contend that the primary cure for this problem is some sort of “Governmental Program” to reduce or eliminate healthcare costs to the elderly. Many suggested that there should be free programs for the elderly. Others think that medical service providers should decrease their costs or that the cost of private insurance should be reduced. A few respondents even indicated that there should be more emphasis placed upon providing information on preventative treatment, exercise and ways to decrease our dependence upon the healthcare system.

Quality of Life

Quality of life issues were also of great concern to respondents. Many feared the impact on quality of life which could result from Alzheimer’s, stroke, heart attack, and other debilitating diseases. Solutions identified by respondents to alleviate these concerns include creating a more active and vibrant population to prevent debilitating illnesses and diseases which could impact one’s quality of life. These solutions also include: increased provisions for physical activities such as walking trails, bike lanes, and more sidewalks; smoking bans; and increased wellness and nutrition awareness in the community.



Despite the concerns noted above, the majority of respondents (51%) feel that they are somewhat prepared or very prepared for retirement with regard to healthcare. It should be noted that there were also a great number of respondents (28%) who indicated that they are either somewhat unprepared or not prepared at all. If we begin to project that percentage onto the population of our county and look at the impact of what would be needed to support 28% of our population that is unprepared to deal with medical issues in retirement, the resulting outcome is bleak. A

recent report in the *Journal of Gerontology* underscores the steep price seniors must pay if caught short when faced with high medical bills. The study claims that of the 1,500 couples interviewed (all age 70 or older), 45% said they lost more than half of their retirement savings when one spouse was diagnosed with a new medical problem such as high blood pressure, cancer, stroke, or arthritis. Likewise, the majority of single seniors interviewed--60%--said they lost at least 10% of their savings paying for treatment of preexisting conditions.”<sup>8</sup> It is estimated that a person moving into retirement will need \$160,000 in savings just to cover medical expenses into retirement. Add to this number the continued growth in medical expenses and the huge demographic moving into retirement age and you see that we have an issue that clearly needs attention. The solution to this issue is beyond the scope of this paper; however it is clear that Forsyth County residents are as concerned as the rest of the nation.

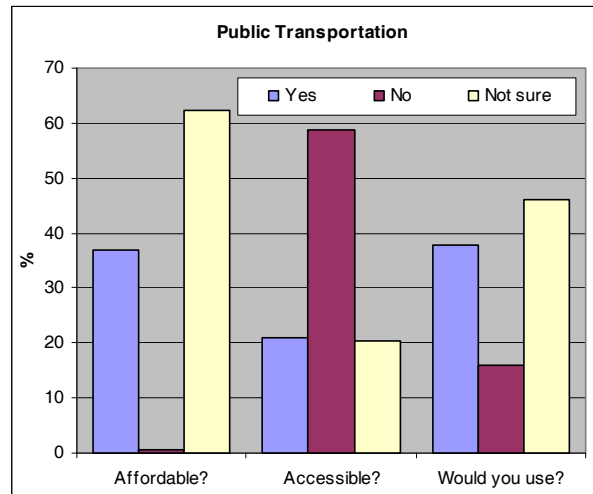
<sup>8</sup> <http://hffo.cuna.org/12433/article/953/html>

## Transportation

As is the case in most of this United States, an overwhelming 99% of boomers in Forsyth County use the automobile as their primary means of transportation. And when they will not be able to drive their own cars, most (86%) prefer to lean on members of their family or friends to continue to get around in automobiles.

When probed further about their understanding of public transportation in Forsyth County, it is very clear that boomers do not have a favorable sense of public transportation in our community. Only one-fifth of respondents perceive public transportation to be accessible, and only one-third perceive that it is affordable. Moreover, few respondents indicated that they would use public transportation if it were accessible from their current residence.

Some encouraging outlooks are mixed with what might be unrealistic expectations for how respondents plan to get around after they are no longer able to drive their own automobiles. Optimistically, one-third of boomers are open to taking the bus or other modes of public transportation. However, when coupled with the existing culture in this region that regards taking the bus as something that poor people do, this is a bit of a surprise. However, just as many (30%) anticipate either taking taxis or walking to desired destinations in their post-automobile days. Given the distance between many common (and sometimes necessary) destinations in Forsyth County and the relatively light density of taxis, these may be impractical expectations.



Public transportation to general shopping and places of employment are the most common destination needs that boomers cite (74% of respondents). Not far behind are transportation to the doctor and grocery stores (63% of responders). This suggests that current and future public transportation planning should target service to accommodate these principal areas of need. Surprisingly, boomers rated public transportation to the following destinations as much less important: centers of faith (churches, synagogues, etc. at 37% of respondents) and entertainment (arts venues, restaurants, etc. at 11% of respondents).

## Care Giving

As the quality of healthcare has risen over the last several decades, more people are finding themselves caring for aging parents. Approximately 20% of boomers in Forsyth County responded that are currently caring for an aging relative, be it parents, uncles, aunts, or other relatives. Interestingly, 55% of our boomers anticipate care responsibilities for an aging relative in the next ten years. Many boomers living here (40%) also are caring for children under 18 years of age. Thus, a sizable percentage of boomers will have little time, if any, between their child-rearing years and having to care for their aging parents or relatives.

Who will be the primary source of care giving for our boomers? They believe that it will be other members of their family (75%). Only a small percentage expects government, churches and nonprofits to provide care (approximately 15%).

The difference between the number of boomers currently giving care to aging relatives (20%) versus the number of boomers expecting to need care from relatives as they age (75%) looms

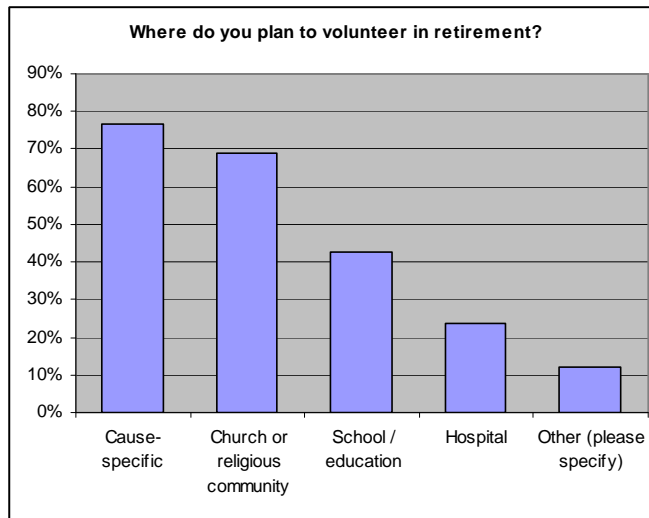
quite large and may represent a heavy economic and emotional burden on today's boomers and their families.

## Volunteering

Boomers are expected to strain care giving systems as they age. Volunteerism among boomers is a critical element that may help mitigate the impact. Boomers participating in volunteer organizations that assist seniors may go a long way to alleviate the care giving needs for boomers in Forsyth County.

In our survey, we found that while 23% did not volunteer at all, 31% volunteer for special events and 47% volunteer on a regular basis (one to six times per month). This level of current involvement in volunteerism is a healthy prognosticator for future volunteerism among boomers. Indeed, 78% of boomers responded that they do plan to volunteer in retirement, and only 3% assert that they will *not* volunteer in retirement (another 18% are not sure).

The target of boomers' current volunteerism in Forsyth County appears not be senior-oriented with only about 6% of respondents working with senior services missions such as "Meals on



Wheels". Boomers plan on volunteering in their retirement primarily with organizations that champion causes they believe in such as Goodwill Industries, Habitat for Humanity and the Salvation Army (77% of respondents). Many other boomers in Forsyth County plan to volunteer through their churches or religious communities (69%) during retirement, while others intend to volunteer with schools or education systems (43%) and hospitals (24%). As a common denominator, the large majority (69%) of boomer respondents concur that Forsyth County offers adequate opportunities for volunteerism.

## Further Conclusions

There are some fundamental questions that arise regarding boomers and future planning for Forsyth County. Do boomers consider Forsyth County, in general, and Winston-Salem, in particular, to be a retirement friendly place? Do they plan to stay or move away during their senior years? The concepts conveyed by phrases such as "Communities for a Lifetime" and "Aging in Place" and "Aging is Good Business" are representative of how boomers envision retirement.

It is clear that the low cost of living will continue to be a significant draw to Winston-Salem/Forsyth County. Indeed, a 2006 cost of living survey (Mercer<sup>9</sup>) ranked Winston-Salem as the least expensive city in the U.S. or Europe. [The same organization also ranked Winston-Salem as 49<sup>th</sup> in cities regarding best quality of life *worldwide*, and 11<sup>th</sup> nationally (Appendix III).] People who live in the Triad concur with Mercer's study, as evidenced by a survey conducted by the Business Journal of the Greater Triad in 2007, which showed that 30% of people surveyed in the region believe the cost of living to be the greatest asset of our region.<sup>10</sup> Winston-Salem was also ranked as the nation's No. 2 community for retirees because it offers a significantly better cost of living

<sup>9</sup> Mercer Cost of Living Report. (2006). [mercerhr.com/referencecontent.jhtml?idContent=1142150](http://mercerhr.com/referencecontent.jhtml?idContent=1142150)

<sup>10</sup> Poll: Cost of living, location top list of Triad's best assets. *The Business Journal of the Greater Triad Area*. (2007).

and housing value than the national average according to a study by retirement analyst Warren Bland. Bland is the author of *Retire in Style: 60 Outstanding Places Across the USA and Canada*, a study that was originally published in 2001 and revised in 2005. According to Bland, "Winston-Salem is a very economical place to live overall, and certainly to retire to, a key factor that many baby boomers are targeting as they approach retirement age."<sup>11</sup>

Given where we rank nationally in this respect, Forsyth County planning must take into account the potential of overall growth in our boomer and senior population over the next decades and what factors will be critical in attracting and keeping retirees in our community.

If our population grows and boomers and others choose to stay in this community, our county and region must consider the issue of livability - not only how it pertains to boomers and seniors, but especially those elements of livability that cross all demographics. Livability for seniors encompasses many of the same elements that the general population considers desirable (i.e. what is good for boomers and seniors is good for all). Quality of life is of great concern for boomers in our community. Boomers envision a retirement in which they can remain active in part-time employment and leisure activities. The county must ensure that it provides these opportunities to maintain and attract boomers.

Boomers are also concerned about the quality and accessibility of healthcare as they grow older. Despite the strong presence of quality healthcare facilities in our community, we are facing a serious healthcare crisis and it is evident from the survey results that boomers are concerned about their future health and the raising costs of insurance and healthcare. Their concerns mirror the concerns of many other members of our community. Therefore, our county must consider what it can do to alleviate these concerns and make access to affordable healthcare, insurance and necessary medications a reality.

The survey found that 55% of boomers do not believe that the county offers adequate sidewalks, crosswalks and resting places, and another 21% are unsure because they do not walk at all to their destinations. Sidewalks and related pedestrian facilitators have been widely implemented in cities throughout the country as enhancers of urban and suburban livability.

With regard to public transportation, nearly 60% believe that it is not accessible. This must be addressed, as the presence of good public transportation would positively impact other critical issues related to aging in America, such as housing, healthcare, and work and leisure opportunities for seniors. However, if public transportation is accessible but not affordable, this will do little to impact the potential usage of public transportation by boomers in the future. Of the respondents surveyed, almost 60% are unsure or do not anticipate utilizing public transportation. A good and vibrant public transportation system makes any community an attractive place to live to virtually all demographics, as cities like Portland and Boston can attest.

Just as the baby boomers have impacted every other age group they have transitioned through, they are about to reinvent what it means to be old. Baby boomers have the resources and soon will have the extra time to kick off a discretionary spending spree the likes of which the world has never seen. Forsyth County must be ready!

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<sup>11</sup> Craver, R. (2007). City is called a hot spot to retire. *Winston-Salem Journal*

## Recommendations for Future Administration of Survey

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Team members recognized that our survey of boomers in Forsyth County has certain critical limitations which necessitate the full administration of the survey in the county in a rigorous manner. Below, we outline the conditions of our survey that we believe need further refinement for a more complete picture of boomers and aging in Forsyth County.

### *Distribution*

The survey was created and distributed through Survey Monkey. We have concerns that a significant fraction of boomers in Forsyth County are not accounted for in this survey, namely, those without access to computers. Those who are shut-ins would be a part of this group, as well as those below a certain economic line.

We did not have much representation from the fastest growing demographic in Forsyth County in our survey: the Hispanic population. While we did not forget to include this population, and did have our survey translated into Spanish and posted on Survey Monkey, this did not happen soon enough to elicit sufficient response rates from this population. More importantly, time did not permit our group to penetrate the Hispanic community effectively in ways other than electronic distribution.

Finally, the electronic mailing list used for this survey was comprised of acquaintances, friends and colleagues of the members of the group, and as such represent a skewed demographic within our county.

### *Statistics*

The distribution list for the survey of this presentation totaled approximately 1,283. The response rate numbered 290, accounting for a response rate of about 26%. Slightly more than half (154 respondents) affirmed they were in the boomer age group and we based our analysis on the data collected from boomers. While this dataset can be a reasonable basis for preliminary results, we strongly encourage a survey which is statistically significant and is powered by a much stronger response rate in order to more accurately determine the pulse of the whole boomer community in Forsyth County.

### *Suggestions*

Our main suggestion for distribution enhancement would be to increase response rates through dissemination of the survey in non-electronic means. We chose the electronic route as a tool to most quickly assess the value of the survey. However, other distribution methods may address both demographic and statistical shortcomings of this survey in another iteration of the implementation phase.

Particularly, we advocate the distribution of a paper survey in as many venues as possible. Organizations such as local churches, community advocacy organizations like CHANGE, and other non-profit organizations would be ideal vehicles for this type of dissemination.

Additionally, we recognize that there is potential in event-oriented dissemination. Social events sponsored by Forsyth County and the city of Winston-Salem may serve in this capacity. Other organizations which have area planning as part of their mission may engage with social organizations (e.g. Que Pasa?) that sponsor events to disseminate the survey. We cannot forget to include the Hispanic community in any final analysis of planning for the county, as they represent the fastest growing demographic in our county. Additional event-oriented functions might include faith-based and activist events.

We are confident that while this supplementary non-electronic approach will require more patience, manpower, and time than the electronic approach, it will yield more complete results.

# Appendices

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## *Appendix I*

### **Poll: Cost of living, location top list of Triad's best assets**

The Business Journal of the Greater Triad

Wednesday, May 16, 2007

A modest cost of living and centralized location are the Triad's two greatest assets, according to those who responded to the Business Journal's most recent online survey, which ran May 9-15.

Of the 210 people who responded to the question, "What is the Triad's greatest asset in terms of quality of life?," 31 percent voted for the region's unique location between the mountains and the beaches. Another 30 percent selected the cost-of-living answer.

A total of 10 percent picked the weather, while availability of jobs and neighborhood parks each got 4 percent of the votes. Housing got only 2 percent of the votes, and schools got just 1 percent of the total. Another 13 percent selected "other" as their answer.

Here's a sampling of voter comments, which were made anonymously.

"We are blessed with a central location, easy access to both mountains and coast. But in our very own Piedmont neighborhood we have flourishing wildlife and natural beauty to enjoy should we choose to preserve it."

"Things to do -- from festivals, concerts, sports, to other special events, there is never a lack of something to do if someone wants to make the effort."

"It's a combination of all the factors, plus the sense of community that exists."

"Our community is big enough to have some of the more sophisticated elements of larger communities yet small enough that we know each other and work together to make a difference in our collective community -- just right."

"It is very hard to define 'the greatest.' What makes the Triad a great place is the balance we have in all of these items. My job brought me back here (after growing up here), so that was my vote. However, housing, cost of living, social aspects, schools (both public, private and higher education), arts and ability to travel to mountains and beach are all what makes it great."

"It's grown enough. The overcrowded schools and highways should serve as an indicator of that. It's no longer 'get anywhere in Greensboro in 10 minutes' -- that's for sure."

"The quality of the schools is a joke...dropping like a rock in a pond."

## *Appendix II*

### **City is called a hot spot to retire**

#### **Living, housing costs give it No. 2 ranking in retirement study**

By Richard Craver

WINSTON-SALEM JOURNAL REPORTER

Wednesday, January 3, 2007

Winston-Salem has been ranked as the nation's No. 2 community for retirees because it offers a significantly better cost-of-living and housing value than the national average, according to a study by a retirement analyst.

The high ranking may not send the most appealing message to the younger generations, which the city has had mixed results in attracting, local officials acknowledged yesterday.

But the officials stressed that the criteria cited by analyst Warren Bland in his ranking, along with the continuing revival of downtown, are just as desired by young professionals as active retirees. Hot Springs, Ark., headed the list of the top-10 value communities, most of which also serve as college towns.

"The same amenities that active retirees want - connection to the arts, recreational opportunities, stylish housing, world-class health care, restaurants, entertainment, ease of living and extended educational opportunities - are just as desired by young professionals," said Gayle Anderson, the president of the Greater Winston-Salem Chamber of Commerce.

Bland, a recent retiree, has researched retirement demographics for more than 20 years.

He is the author of *Retire in Style: 60 Outstanding Places Across the USA and Canada*, which was originally published in 2001 and revised in 2005. The 2005 edition listed six North Carolina communities - Asheville, Brevard, Chapel Hill, Hendersonville, Pinehurst and Southern Pines.

The value ranking is Bland's first time focusing primarily on the impact of cost on retirees' decisions.

"Winston-Salem is a very economical place to live overall, and certainly to retire to, a key factor that many baby boomers are targeting as they approach retirement age," Bland said. The oldest members of the baby-boomer generation - those born from 1946 to 1964 - turned 60 last year.

According to Bland's research, Winston-Salem has a 10 percent lower cost of living than the national average and a 23 percent lower cost of housing than the national average of about \$225,000 a residential unit.

Typically, the Triad has ranked low, if at all, on national lists of cities and regions considered "cool" or "hot spots" for young professionals.

Brand acknowledged that a few communities have cringed after being ranked high on his retiree lists.

"But active retirees want multiple activities rather than just a community dedicated to golf, tennis or scenery," Bland said. "Active retirees require lots of services that also are attractive to young people.

"Winston-Salem is attractive in several ways beyond cost of living and cost of housing," Bland said. He uses 12 categories that include landscape, climate, transportation, retail services, health care, community services, cultural activities, recreational activities, work/volunteer activities and crime rate.

"But the lower cost of living and housing were the main factors why it showed up so well on the list," Bland said. "Retirees also find an active downtown/city core attractive, and Winston-Salem has made significant progress in creating such an environment."

The number of people living in the core downtown area has increased from more than 760 in June 2004 to more than 1,000 in 2006, according to John Allen, the business-development administrator for the city. He said that although young people represent the majority of downtown residents, the number of empty nesters and retirees moving downtown may be increasing at a higher rate.

Ted Kaplan, a Forsyth County commissioner, said he is not worried about the retiree ranking affecting the community's reputation among young people. During his 2006 campaign, Kaplan emphasized expanding the promotion of the Winston-Salem area as a desirable home for retirees.

"We have a lot of the same amenities that other magnets for active retirees have, but we're not doing as good a job as we can to tell everybody," Kaplan said. "We've been focusing, rightly, on attracting industries here to create jobs. We should put a similar effort toward attracting retirees to boost our economy."

Anderson said that the ranking was a "pleasant surprise" considering that the chamber was not formally contacted by Bland for information about the community.

"The ranking is validation of anecdotal evidence I have heard for a number of years, in particular from retirees who were in management positions with local companies before being transferred or moving away," Anderson said.

"They certainly had a choice of where to retire, and many cite the quality and ease of life here while they worked here as a major factor in their decision. The cost of living tends to be a deal cincher."

### **Hot retiree spots**

A recent survey ranked Winston-Salem second among U.S. communities in offering cost-of-living value to retirees:

1. Hot Springs, Ark.
2. Winston-Salem.
3. Fayetteville, Ark.
4. Bowling Green, Ky.
5. Lawrence, Kan.
6. Columbia, Mo.
7. Pittsburgh, Pa.
8. Gainesville, Fla.
9. San Antonio, Texas
10. Colorado Springs, Colo.

Source: Warren Bland, Next Decade Inc.

## Appendix III

### Mercer Human Resource Consulting

Worldwide Quality of Living Survey 2006

Base city: New York, USA (=100)

Rank 2006	Rank 2005	City	Country	Index 2006	Index 2005
1	1	ZURICH	Switzerland	108.2	108.0
2	2	GENEVA	Switzerland	108.1	107.9
3	3	VANCOUVER	Canada	107.7	107.4
4	3	VIENNA	Austria	107.5	107.4
5	8	AUCKLAND	New Zealand	107.3	106.5
6	5	DUSSELDORF	Germany	107.2	107.0
7	6	FRANKFURT	Germany	107.0	106.8
8	7	MUNICH	Germany	106.8	106.7
9	9	BERN	Switzerland	106.5	106.4
9	9	SYDNEY	Australia	106.5	106.4
11	11	COPENHAGEN	Denmark	106.2	106.2
12	14	WELLINGTON	New Zealand	105.8	105.0
13	12	AMSTERDAM	Netherlands	105.7	105.7
14	13	BRUSSELS	Belgium	105.6	105.6
15	16	TORONTO	Canada	105.4	104.9
16	16	BERLIN	Germany	105.1	104.9
17	14	MELBOURNE	Australia	105.0	105.0
18	18	LUXEMBOURG	Luxembourg	104.8	104.8
18	21	OTTAWA	Canada	104.8	104.3
20	19	STOCKHOLM	Sweden	104.7	104.7
21	20	PERTH	Australia	104.5	104.5
22	22	MONTREAL	Canada	104.3	104.0
23	22	NURNBERG	Germany	104.1	104.0
24	22	DUBLIN	Ireland	103.8	104.0
25	25	CALGARY	Canada	103.6	103.3
26	25	HAMBURG	Germany	103.4	103.3
27	25	HONOLULU,	USA	103.3	103.3
28	28	SAN FRANCISCO	USA	103.2	103.2
29	29	ADELAIDE	Australia	103.1	103.1
29	29	HELSINKI	Finland	103.1	103.1
31	31	BRISBANE	Australia	102.8	103.0
31	32	OSLO	Norway	102.8	102.8
33	33	PARIS	France	102.7	102.7
34	35	SINGAPORE	Singapore	102.5	102.0
35	34	TOKYO	Japan	102.3	102.3
36	36	BOSTON,	USA	101.9	101.9
37	37	LYON	France	101.6	101.6
37	37	YOKOHAMA	Japan	101.6	101.6
39	39	LONDON	UK	101.2	101.2
40	40	KOBE	Japan	101.0	101.0
41	41	WASHINGTON,	USA	100.4	100.4
41	52	CHICAGO,	USA	100.4	99.3
43	42	PORTLAND,	USA	100.3	100.3
44	43	BARCELONA	Spain	100.2	100.2
45	44	MADRID	Spain	100.1	100.1
46	45	NEW YORK CITY	USA	100.0	100.0
47	46	SEATTLE,	USA	99.9	99.9
48	47	LEXINGTON,	USA	99.8	99.8
49	48	PITTSBURGH,	USA	99.7	99.7
<b>49</b>	<b>48</b>	<b>WINSTON-SALEM</b>	<b>USA</b>	<b>99.7</b>	<b>99.7</b>
51	50	OSAKA	Japan	99.6	99.6
51	51	MILAN	Italy	99.6	99.4

## Appendix IV

The following comments were written in response to survey question 15: "What are the two most important health issues (mental and physical) to you and/or your family?" The responses have not been edited for spelling, grammar, etc.

Issue #1	Issue #2
Insurance coverage	
Remaining mobile	Remaining mentally alert
Clinical depression	Arthritis
Cost of insurance	Cost of medication
vision	mobility
high blood pressure	weight
enhance/maintain physical health	stresss
Access to quality health care	Affordable health care
nutrition	diet
inadequate care and treatment	rising health costs/lower insurance benefits
Good care from medical proffesion	Low cost medicine
Heart	Diabetes
alzheimers	heart disease
Limited mobility	Diminishing mental capacities
Cost of skilled nursing facilities	Cost Of Health Care
health plan coverage	high cost of health care
cost of in-home caregiver services	cost of prescription drugs
Quality Care	
mobility	altheimers
cardiovascular	cancer
Financial in terms of paying for health care	Health care
cancer	diabetes
Affordable Preventive Measure health care	Affordable Dental Care
costs	access to dr.s without long delays
cancer	diabetes
Affordable retiree medical pre-65	
insurance coverage	no benefits for seniors if they own property
Alzheimers	Cancer
High Blood pressure	Heart Desease
Cancer	Heart Disease
diabetes	arthritis
physical issue re vision	health/dental insurance coverage
Cardiovascular Health	Aging
Exercise	Overall general health
affordable health insurance coverage	affordable senior citizen assistance programs
Quality of Care	
insurance	diabetic and post-transplant care
Exercise	Nutrition
cancer	diabetes
Safe Nursing care	
cancer	mobility
access to high-quality care	insurance coverage
Diabetes	Heart
affordable prescriptions	affordable insurance
being healthy	keeping kids in school
Mental capacity	Physical limitations
paying for it after retirement	
heart disease	diabetes
want to keep active	coverage
Epilepsy	Heart Disease & Diabetis
fitness	
preventive care	diet
Affordable drug prices	Adequate Medical Care & Providers

<b>Issue #1</b>	<b>Issue #2</b>
exercise	diet
depression	cancer
cancer	heart disease
availability upon retirement	accessibility when needed
Cost	Specialists
Heart Disease	Diabetes
Cancer	Stroke
Alzheimers	cancer
weight	alzheimers
Diabetes	Alzheimers
Ability to afford health insurance	Areas for safe walking close by
Cancer	Heart Disease
Cost of medications	Cost of health care coverage
typical	
health care for elderly at a reduced cost	Support groups and aid
All health issues are important	
affordability	choices
?	costs
Affordable healthcare	Quality Healthcare
access to good healthcare	physical well being
Diabetes	High Blood Pressure
Health Insurance	Physical Therapy
Work-family balance	
weight control	diabetes control
diabetes	depression
Access to good doctors	Access to support professionals, psical therapists etc.
mental	physical
heart disease	auto-immune disease
affordability	
Alzheimer's	fitness
Parental care	Long term care
High Blood Pressure	Slow Metabolism
maintaining health as aging	exercise
allergies	
Diabetes	Cancer
Health care costs	Access to adequate medical care
stroke	alzheimers
Support for Healty Lifestyles	Cost of Healthcare
insurance	mobility
vision	
fitness	
good hospitals	good physicians
Wellness programs	Affordable health care
good affordable care	quality of life-getting too crowded.
effects of exercise on health	effects of stress on health
diet	heart
Diabetes	Cancer
Cancer	Heart
Diabeties	Alzhimers
Mental	Physical
have not thought about it	
funding for services	availability of services
high blood pressure	glaucoma
affordability	sufficient levels of services
quality of service	cost
Environment (clean air)	medical care costs
GOOD HEALTH	SOUND MIND
Maintain current physical level	Health of Spouse and parents
physical health	mental health
Access to affordable health care	Senior social outlets / fellowship

Issue #1	Issue #2
Cancer	Heart Disease
heart disease	alzheimers
heart disease	alzheimers
Stress	general aging
age	weight
being able to go to a doctor that I want.	cost
Easy access to care	Cost of care
Cancer	Heart Disease
depression	aging
Quality of care	Long term care
affordability	long-term healthcare
Fitness	Allergy control
childhood obesity	mental health
quality health care	clean environment
alzsheimer (treatment & prevention)	cancer (prevention)
exercise	church
access to specialists	available services
fitness	aging
location of senior services and facilities	long term independent living after retirement
insurance coverage	affordable assisted living facilities
need trusted in-home care	aging parents health & their care
stay healthy	have mobility
cost	access
Cost of medicines and doctors	Competent doctors
Heart disease	Alsheimers
healthy eating	exercise
Heart	Cancer
mental	mobility
health insurance	adiquate health care facilities
Diabetes	Heart
alzheimers disease	diabetes
If physical needs were to arise that were require special equipment that the insurance will cover to accomodate the need.	Health coverage that is not so costly
heart disease	diabetes
Alzheimers research and assistance	Diabetes research
cancer	heart
cancer	heart disease
long term care	catastrophic illness
dental	staying physically fit/healthy
cost of health insurance	cost of health insurance
Staying healthy	Stress relievers
concern about memory decline	staying healthy & fit
mobility	
cost of medical insurance	general aspects of aging
affordable medicine	affordable insurance
High Blood Pressure	Weight
Affordable dental care	Affordable health care
N/A	
Welfare of ederly/homelessness	Welfare of babies
exercise	care for aging parents
insurance	lack of mental health providers
Rising health care costs	Health insurance
Insurance	Capable Doctors
MEDICAL FACILITIES	DOCTOR CHOICES
heart attack	diabetes
Obesity	Senior care
Surviving cancer	Keeping arthritis in check
specialization if needed	availability of services if needed
stress management	weight control

## Appendix VI

The following comments were written in response to survey question 16: "What are the two most important health issues (mental and physical) in Forsyth County?" The responses have not been edited for spelling, grammar, etc.

Issue #1	Issue #2
Insurance coverage	
Cancer	Heart disease
Care for the poor/uninsured	High infant mortality rate
Hospital expansion	Research
crime	cancer
education	healthcare
diabetes	heart disease
Heart	Diabetes
Cost of Health Care	
health plan coverage	high cost of health care
access	affordability
Quality Care	
cancer	cardiovascular
Health care for people with minimal funds	
diabetes	infant mortality
Affordable Mental Health care available for Seniors	
no mental health for many	un- and under- insured people
social services	
Access to medical	Affordable access to medical
High cost for assistance	No benefits for seniors if they own property
Alzheimers	Heart Disease
Cancer	Heart Disease
same as on 14	
health insurance coverage	long term care insurance
Tobacco	Obesity
Access to appropriate mental health including inpatient psych beds	Disparities in health care of minorities as compared to non-minorities
same as above	same as above
Access to Care for Poor	
insurance	home bound care
hiv	cancer
Same	
obesity	smoking
cost of healthcare services	insurance coverage
same as above	same as above
Unknown what you are asking	Healthcare?
Housing elderly	Better Handicap access
paying for it after retirement	
accessible health care	smoking
more mental health treatment options	insurance
Affordable medical care	Affordable drug prices
walker friendly communities	more walking/biking trails
cancer	heart disease
care for the poor	enough primary care doctors
Cost	
Heart Disease	Alzheimer's Disease
don't know	don't know
weight	unknown
Mental health facilities	Mental health coverage
typical	
housing	Medicine cost
same as above	
affordability	access
?	costs

Issue #1	Issue #2
access to emergency services -timely	
Cancer	Diabetes
Infant Mortality	Access to medical care for mentally ill
more senior oriented exercise prog	
cancer	diabetes
good preventive care	Available free care for the poor and uninsured
physical	mental
infant mortality	obesity
affordability	
Smoking	Diabetes
Cancer	Obesity
allergies	
Stroke	Depression
Indigent health care	Health care costs
cancer	alzheimers
smoking	Access to healthcare
insurance	cost of drugs
teen pregnancy	health care for the poor
Affordable health care	Wellness programs
use technology for earlier screening to catch problems early when treatment, lifestyle changes can prevent greater problems/costs.	personal responsibility. make good choices more convenient for busy people.
obesity	environmental exposure factors
heart	diet
Cancer	Old age
Diabeties	Alzheimers
Mental	Physical
have not thought about it	
lackof mental health services in the community	lackof accountability for services
hepatitis	AIDS
cost	quality of service
health care for lower income	medical care costs
WHO KNOWS	
Obesity	Lack of personal accountability for health
Lack of affordable health care for the poor	Lack of senior recreation leagues
Heart Disease	Cancer
cancer	heart disease
drug use	insufficient housing for aging
cost	being able to go to a doctor that you want.
Obesity	Smoking
teen pregnancy	drugs and alcohol
Long term care	Availability of specialists
access	affordability
Cancer	Heart disease
low income health benefits	obesity
quality health care	clean environment
access	cost
housing	
affordability	
affordable health care	affordable senior housing
affordable assisted living facilities	insurance coverage
heart disease/stroke	cancer
good physicians	clean air
cost	access
Number of doctors and nurses	Cost of medicines and doctors
lung cancer	breast cancer
Accessibility of physical and mental healthcare	General physical fitness
Heart	Cancer
who funds this facility	health care for the poor
drugs addicts	alcoholics

<b>Issue #1</b>	<b>Issue #2</b>
Health care for those that could afford to pay some but not enough to meet tei	
obesity	childhood nutrition
heart	cancer
heart disease	teenage (adolescent) obesity
long term care	emergency care
provision for poor/working poor	
uninsured	underinsured
smoking and second hand smoke	affordable health care
infant mortality	poor diet and health habits
cost of medical insurance	health care for under- or un-insured
affordable insurance	affordable medicine
Stress related issues	Affordable health care for the poor
Affordable health care	Affordable dental care
Poor and under privledge	Homelessness
lack of mental health providers	insurance
Excessive Medicaid Costs	
Insurance	Insurance
<b>MEDICAL FACILITIES</b>	<b>DOCTOR CHOICES</b>
Senior care	
Development Funds for NCBH and Forsyth Medical Center	Adequate follow-up from health providers
not familiar with any problems	
stress management	weight control

## Appendix VII

The following comments were written in response to survey question 17: "What should be done to improve health issues for people in Forsyth County?" The responses have not been edited for spelling, grammar, etc.

<ul style="list-style-type: none"> <li>• more walking/biking trails more community events for health</li> </ul>
<ul style="list-style-type: none"> <li>• Fully fund Downtown Health Plaza</li> </ul>
<ul style="list-style-type: none"> <li>• Make it affordable and available to everyone!</li> </ul>
<ul style="list-style-type: none"> <li>• Adults need self-motivation and should set better standards for themselves/ourselves</li> </ul>
<ul style="list-style-type: none"> <li>• Universal healthcare for children; establish a Family Court; cull certain of juvenile court's functions and replant them in the Department of Education</li> </ul>
<ul style="list-style-type: none"> <li>• I don't live in Forsyth County. So I do not feel qualified to answer.</li> </ul>
<ul style="list-style-type: none"> <li>• more public awareness</li> </ul>
<ul style="list-style-type: none"> <li>• MORE OUTDOOR ACTIVITIES FOR ALL AGES AND MORE ACTIVITIES FOR YOUNG CHILDREN AND TEENAGERS.</li> </ul>
<ul style="list-style-type: none"> <li>• Make it affordable for everyone.</li> </ul>
<ul style="list-style-type: none"> <li>• Social dancing for seniors in a good mental and physical exercise.</li> </ul>
<ul style="list-style-type: none"> <li>• More affordable care.</li> </ul>
<ul style="list-style-type: none"> <li>• Unfortunately affordable and accessible health care depends on a system that has been created so as to require some sort of insurance,HMO or PPO. Too many working people have either no coverage or inadequate coverage and are do not or cannot get treatment, either preventive or for illness/accident. As companies seek to lower costs by either raising premiums or reducing coverage (or both) or eliminating health benefits altogether, the problem will become a crisis. Our county mental health system is overburdened, inefficient and ineffective. It also worries me that immigrants coming into Forsyth County have not been immunized against diseases that citizens are required to be immunized against as children and we may see a rise in these diseases.</li> </ul>
<ul style="list-style-type: none"> <li>• More for the medium income families. Low income families have lots of resources and assistances. Higher income families are able to afford expenses. Programs for middle income families such as Meals on Wheels, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• provide senior citizens better, less expensive care and transportation</li> </ul>
<ul style="list-style-type: none"> <li>• Need more walking trails and more affordable health facilities that offer swimming</li> </ul>
<ul style="list-style-type: none"> <li>• don't know</li> </ul>
<ul style="list-style-type: none"> <li>• have more facilities to treat non-insured mentally ill population</li> </ul>
<ul style="list-style-type: none"> <li>• Need to have some sort of program for retirees to have access to affordable health care and medications. Most large corporations are changing their retirement plans to exclude health care provisions for retirees, and this has a huge impact on peoples' ability to retire at all. I know what I get from social security and a 401(k) will not allow me to do much besides pay for electricity &amp; food. Health care insurance and medication will only be a dream.</li> </ul>
<ul style="list-style-type: none"> <li>• education</li> </ul>
<ul style="list-style-type: none"> <li>• Affordable health care.</li> </ul>
<ul style="list-style-type: none"> <li>• Unfortunately, the problems require a federal or state solution, not a local one.</li> </ul>
<ul style="list-style-type: none"> <li>• Provide more to the americans that are in need, and stop basing everything on a families income.</li> </ul>
<ul style="list-style-type: none"> <li>• Community consortium to provide health services for the poor and lower economic class</li> </ul>
<ul style="list-style-type: none"> <li>• Education in the workplace</li> </ul>
<ul style="list-style-type: none"> <li>• More seminars, provide such opportunities in the workplace.+</li> </ul>
<ul style="list-style-type: none"> <li>• More free screening for cholesterol, more evening recreational/exercise opportunities for older adults through the Parks and Rec Dept.</li> </ul>
<ul style="list-style-type: none"> <li>• Coordination of services from agencies in Forsyth county to prevent duplication and residents falling between the cracks. More services for the uninsured, which currently has 46 million Americans uninsured (including women and mostly children)</li> </ul>
<ul style="list-style-type: none"> <li>• don't know</li> </ul>
<ul style="list-style-type: none"> <li>• Provide funding so that the poor and uninsured can have access to quality healthcare.</li> </ul>
<ul style="list-style-type: none"> <li>• Insurance available to health risk people and to those who do not receive in through employment. Reasonably priced short term services for post-surgery patients (long term for that matter. Transportation services for those not in the city.</li> </ul>
<ul style="list-style-type: none"> <li>• Close observance of condition in Nursing Facilities</li> </ul>
<ul style="list-style-type: none"> <li>• Our politicians need to strive harder to help our seniors to afford health insurance and prescriptions. Too many older folks are in a pinch to afford everyday living expenses. Unfortunately, our social security is in trouble as well. Congress should be more concerned on this issue. I personally feel like our current system is being handled in a corrupt manner.</li> </ul>
<ul style="list-style-type: none"> <li>• Unknown</li> </ul>
<ul style="list-style-type: none"> <li>• There needs to be more assisted living care facilities built in the area. More walking trails/parks to enable physical activity.</li> </ul>
<ul style="list-style-type: none"> <li>• Should have more programs for seniors</li> </ul>
<ul style="list-style-type: none"> <li>• accessible health care</li> </ul>
<ul style="list-style-type: none"> <li>• Provide more affordable insurance options</li> </ul>
<ul style="list-style-type: none"> <li>• More services made available at reduced or no cost for elderly that cannot afford to pay full price or do not have the money at all. A willingness for the medical providers, doctors and hospitals to work together to care for the aging in the community. It is sad that some of the citizens in our county have to choose between eating and getting the proper medical attention needed.</li> </ul>

<ul style="list-style-type: none"><li>• designate funds for implementing 14</li></ul>
<ul style="list-style-type: none"><li>• don't know</li></ul>
<ul style="list-style-type: none"><li>• Health insurance availability assured Mental health access more readily available</li></ul>
<ul style="list-style-type: none"><li>• Provide free and/or affordable health care for all tax-paying citizens (i.e., especially for the poor and working-class families).</li></ul>
<ul style="list-style-type: none"><li>• I suppose that depends on people's ability to be proactive in their own health choices if they are competent to make decisions.</li></ul>
<ul style="list-style-type: none"><li>• Cheaper fees for health clubs</li></ul>
<ul style="list-style-type: none"><li>• Make it more affordable</li></ul>
<ul style="list-style-type: none"><li>• Don't really know; bike paths and sidewalks throughout town would be nice improvements</li></ul>
<ul style="list-style-type: none"><li>• Ear mark monies for mental health in the city and county budget to meet the needs of persons with mental illness.</li></ul>
<ul style="list-style-type: none"><li>• na</li></ul>
<ul style="list-style-type: none"><li>• Finance allotted more in this area free services</li></ul>
<ul style="list-style-type: none"><li>• Too numerous to discuss at the present time</li></ul>
<ul style="list-style-type: none"><li>• health care should be accessible to all, especially our senior citizens</li></ul>
<ul style="list-style-type: none"><li>• timely access to a physician or Nurse practitioner, without a multi-hour wait in a reception area. Identification of locations for physicals, flu shots, etc.</li></ul>
<ul style="list-style-type: none"><li>• Make the community more aware.</li></ul>
<ul style="list-style-type: none"><li>• Offer assistance to those who cannot afford medical insurance.</li></ul>
<ul style="list-style-type: none"><li>• Improved legislature, knowledge and advocacy for the health and wellbeing of children, the elderly and the mentally ill.</li></ul>
<ul style="list-style-type: none"><li>• try to involve the seniors in physical activities and exercise</li></ul>
<ul style="list-style-type: none"><li>• Affordable health care</li></ul>
<ul style="list-style-type: none"><li>• Government funding should be increased</li></ul>
<ul style="list-style-type: none"><li>• Make the opportunities for insured health available to those who can't afford it.</li></ul>
<ul style="list-style-type: none"><li>• I am not quite sure what you mean by 'health issues'</li></ul>
<ul style="list-style-type: none"><li>• Awareness and opportunity to participate</li></ul>
<ul style="list-style-type: none"><li>• make it more affordable</li></ul>
<ul style="list-style-type: none"><li>• Forum with proponents and opponents of smoking with experts. Smoking also affects babies during pregnancy and cause low birth weight and deaths. Overall we do not have an educated city in regard to effects of smoking.</li></ul>
<ul style="list-style-type: none"><li>• Not sure!</li></ul>
<ul style="list-style-type: none"><li>• move away</li></ul>
<ul style="list-style-type: none"><li>• More Community Activities (free) that promote outdoor activities.</li></ul>
<ul style="list-style-type: none"><li>• Elected officials from around the state should band together to create leverage over health care providers. Medical care facilities such as Novant and NC Baptist should contribute to funding indigent care facilities such as the Downtown Health Center if their "profits" exceed an agreed upon level.</li></ul>
<ul style="list-style-type: none"><li>• stricter rules on pollution. Mandatory recycling.</li></ul>
<ul style="list-style-type: none"><li>• Smoking Ban Expanded Fitness trails Adding Sidewalks Bike Lanes</li></ul>
<ul style="list-style-type: none"><li>• Affordable health insurance and more comprehensive health/sex education in schools</li></ul>
<ul style="list-style-type: none"><li>• Broader offering of education/clinics, etc. on health issues, monitoring.</li></ul>
<ul style="list-style-type: none"><li>• SIDEWALKS!!!</li></ul>
<ul style="list-style-type: none"><li>• Plan to help all senior citizens and the fixed income status. Raising all below average seniors making less than 15,000 per year</li></ul>
<ul style="list-style-type: none"><li>• Don't know</li></ul>
<ul style="list-style-type: none"><li>• N/A</li></ul>
<ul style="list-style-type: none"><li>• have not thought about it</li></ul>
<ul style="list-style-type: none"><li>• provide the needed mental health services and fund them.</li></ul>
<ul style="list-style-type: none"><li>• Consumer awareness.</li></ul>
<ul style="list-style-type: none"><li>• Educate the residence of what is available as often we see the big named hospitals and medical facilities, but don't know what is available for preventative issues and also the fear of the cost associated may cause people to delay care.</li></ul>
<ul style="list-style-type: none"><li>• MAKE THEM MORE AFFORDABLE</li></ul>
<ul style="list-style-type: none"><li>• Wellness and Nutrition Awareness in the workplace, community, civic organizations, retail community, etc.</li></ul>
<ul style="list-style-type: none"><li>• Provide better access to dietary education in a forum that draws people in. We have too many obese people that will develop age-related illnesses due to being overweight. This situation will tax our health care system and diminish the quality of life for these individuals until they learn healthier diet and lifestyle habits. We also have few restaurants that focus specifically on providing low calorie, healthy food choices at a reasonable cost.</li></ul>
<ul style="list-style-type: none"><li>• More services</li></ul>
<ul style="list-style-type: none"><li>• Continue to expand the Research Park. Offer more greenways around the communities popping up in the county.</li></ul>
<ul style="list-style-type: none"><li>• I think most of the mental issues are from stress on the job and just from day to day living for both the young families who are dealing with work and children, and for the older citizens, the realization that retirement and health issues are not far removed. I think Forsyth County can only help with cleaning up the drug issue that effects so many in our county which will result in mental and physical issues for those people.</li></ul>
<ul style="list-style-type: none"><li>• Don't have an opinion without investigating (gathering facts).</li></ul>
<ul style="list-style-type: none"><li>• Costs. Get rid of fraud. Allow people that can pay, pay.</li></ul>
<ul style="list-style-type: none"><li>• Ban smoking in commercial buildings. Promote wellness through parks and activities.</li></ul>
<ul style="list-style-type: none"><li>• more access to primary care</li></ul>
<ul style="list-style-type: none"><li>• More should be done to focus on and promote preventative care versus reactive care.</li></ul>
<ul style="list-style-type: none"><li>• Not sure</li></ul>

- I do not feel that I have enough information to offer suggestions. We are fortunate to have two strong hospital systems in Forsyth County.
- not sure
- Should be affordable and accessible to all
- more leisure activities for seniors
- -More public education/announcements on preventative health measures targeted to proper market segments and age groups, then more public health/recreation offerings at parks, centers, grocery stores, churches, malls,etc. -More mobile or mall and church type health screenings for heart disease/stroke, diabetes,etc -More dentists agree to serve their "fair share" of poor/uninsured - maybe a mobile dental clinic.
- The ability to pay should not influence the availability to Doctors or medicine.
- We should be able to regulate the cost of medicines and make them available without having to make the decision to buy groceries, heat our homes or purchase the medication that we need. The emergency room should be just that - emergencies. Also the number of people with a patient at the emergency room should be limited to two, no more than three. Provide more money to assist Downtown Health Plaza and others like it.
- Health Issues are great in Forsyth County . Have 2 of the best hospit. in the country.
- All necessary programs are in place. They need to be kept uptodate and funded.
- More exercise and healthier eating
- Positive physical exercise/activity programs for all. Greater and faster accessibility of healthcare, both physical and mental.
- activities
- provide services to low-income and poor families
- Stop allowing small offices to move into Forsyth County.
- serious interest in helping people instead of just trying to create stats to provide jobs to people who really don't do anything but try to look like they know what they are doing
- Working from the HR view I see families that want to get insurance but cannot afford it. So they go without. Then when they need medical attention the state ends up paying for it. So what are we accomplishing? Are we raising the cost so high to force people to have medicare/medicaid pay? Seems like a cycle. Those that are paying for insurance are penalized by the cost b/c of those that can make some type of payment choose not to. How about the immigrants that come to the states and need medical care and do not have insurance? Who has to cover that? Nothing wrong for people coming to this country but do not put that burden on the people who live here. There has to be sometime of affordable plan that is equal to all or that we are required to pay and share the cost. Of course Doctors and such will not like that. Almost like a catch 22.
- Not sure.
- better insurance and lower health and medicine costs
- Increased wellness programs beginning w/ elementary schools. Health insurance companies should be more proactive in promoting wellness.
- encourage physical fitness/exercise; promote healthy, preventative lifestyles; provide some coverage & preventative checkups for poor/working poor/needy.
- County funding of the downtown health care plaza. Available dental services for poor and indigent adults at minimal cost. Eliminating smoking from restaurants. Bars need to have segregated areas for smoking.
- more personal responsibility & self-discipline in staying healthy and having healthy children - with accompanying education and other support tools.
- better air quality more free clinics for health screening, to identify issues early on
- Better availability of healthcare for the poor - more clinics with more flexible hours; assistance with transportation to these facilities.
- We need more probono services offered by the physicians and dentists.
- Start a progressive community grass root efforts to bring attention to the needs of those who are less fortunate. Help bring change to the health needs of those who need it most. Be the voice of the majority, although the minority is the one who is currently being served by the present system. Continue to help our elected officials both locally and nationally understand that we must act now on this very important issue before we place ourselves in a position where we can't handle the strain that will be place on generation to come.
- need more incentives to be healthy ie insurance rates...more and easier access to free health facilities.
- Retaining good doctors
- n/a
- More access for various socioeconomic levels.
- Don't know
- Offer more opportunities in the work environment to provide stress management and weight control programs.

1. SLOW the growth here!!!! The changes here are too much for us to absorb so quickly & it is hurting the poor, children and elderly. Cost of living and housing will exclude many n.c. families. we can't compete with northerners who move here (costs for housing & food here are a fraction of those up north. yet this growth is driving our cost up while our jobs go overseas and to all the immigrants & outsourcing! plus we have to absorb large #'s of immigrants to this area. We must provide education, housing, social, gov't services, bilingual & multilingual languages needed). It's not that we have immigrants or northerners moving here; it is the large #'s. Our business/political leaders are recruiting more people/businesses (dell \$350 million!!! fed ex, etc) taking our peaceful, affordable life, taking education opportunities away from our youth (admission to classes, programs go to non nc students instead of our kids). our elderly relatives used to drive to get groceries, meds, or go to the dr. Now they're afraid to drive because of all the traffic. Annexation and taxation have many wondering if they can keep the homes, farms in their families for years. SHAME on our leaders. Who is representing the poor (downtown health plaza or baseball stadium), the elderly who must pay for healthcare, food and housing, the children, the minorities, the farmers, and mfg workers of our state??? we need parks and open land with clean water and air. Big business, developers and politicians who are making big \$ should be taxed to protect our NC resources, farms and parks while we still have them! There is a health component to clean air/water/land. Industry brings increased risks of toxic cancer causing pollution we have seen in other states with cleanups costing millions after many adults and children have suffered birth defects or cancer. What is being done to prevent this? Here's to the state of the long leaf pine is now here's to the state of the long traffic line! This radical growth is hurting our health (crime, pollution, housing & medical cost, traffic and stress, (necessary to phys & mental health) recreation at parks, mtns or the beach leaves out many families. A fishing trip in the country is replaced with roads, condos and vinyl villages. This is my home. I am thankful that I grew up here & i want to stay here. I worry that i will not be able to afford it. (a friend in wilson says she does not know how long she can stay in her home because eventually, she will not be able to pay the taxes. On tv, Boone residents cannot afford a home because of the cost driven up by outsiders. It is their home. Raleigh, Boone, beaches, and eventually the Piedmont!) want to help others, but do we have to move them all here to help them? Have any of our leaders thought about the pressures of all this growth on many n.c. citizens? How many plans and policies help n.c. middle class and poor families.

2. Make good choices readily available. Park with free exercise equipment (burlington has this.) Put ellipticals, tread mills at mall with best health or at other accessible areas. Host free clinics re: exercise, preparing healthy meals that are affordable and quick. These could be offered at community bldgs, churches and community college campuses at various locations. The med college, sports med, therapists, hospitals, restaurant association, ag ext office may be asked to help out to educate.

3. Consider affordable screenings at public areas (bp, sugar, cholesterol) for people who may not go to dr. I got an offer for 4 screenings for most common health problems for \$120.00 at a mobile unit at a church here in town (stroke, ultrasound, can't remember the others). Much of this equipment is mobile and tests are far more affordable than treating these illnesses. (My 54 yr old neighbor and friend, a black man, had a stroke, was in the hospital for months and died a year later. How great it would have been if he could have had a voluntary test to tell him he was at risk for a stroke. For people who are in high risk groups, we could look at what technology we have available to help them and avoid the greater cost once stroke, heart attack, etc occurs.

4. Alternative accessible care for poor. Many go to ER for non emergencies and don't get a regular physician.

5. Consider nurse practitioners at pharmacy to be a personal coach to patients for basic medical concerns (bp, sugar, diet, exercise). Asheville has this. Or even county nurses who could coach us, tell us resources available to make health and fitness part of our daily lives.

6. Protect the forests, farms undeveloped land that we have left!!!! We need this for health and exercise and for clean air and water.

7. Tax outsiders who come here and drive up cost for local nc families. (similar to out of state tuition.) Use this money to help n.c. citizens affected by this growth-similar to the dislocated workers program. Currently local and state policies favor developers, transplants and immigrants.

8. Stop programs paying foreigners to come here. Hire North Carolinians for these jobs. Subsidizing pay for citizens is cheaper than providing more schools, medical care and medicine. Help the people who live here and use the technology we have to help other people where they live. Missionaries, doctors groups, habitat for humanity and other groups have helped people around the world for decades. With technology, this is now more possible than ever.

9. Look at issue of providing medicine. A pharmacist told me foreigners can come in to their store and get \$1000.00 worth of free medicine a day. He said he wondered how long our system can absorb this cost. We need to provide some care but this should be addressed. I hear plenty of NC citizens who do not qualify for any help, yet we could be paying thousands for people who aren't from here and may not pay taxes.

10. Innovative home healthcare options to support elderly and others who are homebound. Homecare nurse, dr, therapist, technology to monitor them. Meals on wheels, volunteer to call and check on them, deliver med, food or supplies. Technology. Japan is even creating human like robots to keep the elderly company. Plenty of options, plenty of tech companies here in our area with potential to make lots of money if they develop products that help aging pop.

11. Encourage gardening like a victory garden only for family health. No wonder kids don't like veg; they've never had any fresh and tasty out of the garden. More farmers mkts, co-op gardens where people can grow fruits and veg. locally. Require open land in new development for gardens and recreation. Consider the spinach problem with food mass grown, shipped all over, unable to where it was sold if there is a problem and imported from other countries where pesticide use and other chemicals may not be regulated like the pet food scare. Many of our foods are coming from these countries as well. The gov't does not require the country of origin; labels state "distributed by" with a U.S. company. Origin should be labeled so that consumers could choose. We need restaurants that provide healthy, fresh foods with a drive thru. TV report on chef at wesley long or Moses cone who is nationally known for developing tasty foods for diabetics. Ask him or NC culinary schools to develop a plan for restaurants where families can pick up healthy foods using many nc products. Sweet potatoes loaded with nutrients, turkey, greens, peaches, apples, honey, etc. Foods for family members on restricted diets would be great. I've worked and cared for family and aging parents. Foods you can pick up at a drive thru after work would be great.

12. Encourage volunteer maybe with a tax credit. most places servicing poor and elderly don't have enough staff.

13. create a website for suggestions or blogs on coping with health needs.

## Appendix VIII

Following is a summary of results, filtered for baby boomers.

<b>Where do you plan to retire?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Forsyth County	41.56%	64
In N.C. but not in Forsyth County	26.62%	41
Outside of N.C.	8.44%	13
No idea	23.38%	36
<i>answered question</i>		<b>154</b>
<i>skipped question</i>		<b>0</b>

<b>If you don't plan to retire in Forsyth County, why are you planning to retire elsewhere?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
My family lives elsewhere	36.62%	26
I want to move to a place that is more affordable	9.86%	7
I want to move to a place with more options for senior living	14.08%	10
I prefer the climate elsewhere	35.21%	25
I plan to retire in Forsyth County	4.23%	3
<i>answered question</i>		<b>71</b>
<i>skipped question</i>		<b>83</b>

<b>If you plan to retire in Forsyth County, do you intend to remain in your current residence?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	59.38%	38
No	40.62%	26
I don't plan to retire in Forsyth County	0.00%	0
<i>answered question</i>		<b>64</b>
<i>skipped question</i>		<b>90</b>

**If you do not plan to remain in your current residence for retirement, in what order would you consider the following options (rank 1 to 5):**

answer options	Response Average	Response Total	Response Count
New construction	1.85	48	26
Purchase existing home	2	52	26
Senior community (independent living, assisted living, etc.)	3.88	101	26
Apartment / condominium / town home	2.58	67	26
Move in with family members	4.69	122	26
<i>answered question</i>			<b>26</b>
<i>skipped question</i>			<b>128</b>

**If faced with limited mobility and physical challenges, would you be able to remain in your current residence?**

answer options	Response Percent	Response Count
Yes, no renovations needed	22.22%	34
Yes, with renovations to accommodate	52.94%	81
No	24.84%	38
<i>answered question</i>		<b>153</b>
<i>skipped question</i>		<b>1</b>

**If you would not be able to stay in your current residence, in what order would you consider the following options (rank 1 to 5):**

answer options	Response Average	Response Total	Response Count
New construction	2.78	103	37
Purchase existing home that accommodates my needs	1.97	73	37
Senior community (independent living, assisted living, etc.)	3.22	119	37
Apartment / condominium / town home	2.49	92	37
Move in with family members	4.54	168	37
<i>answered question</i>			<b>37</b>
<i>skipped question</i>			<b>117</b>

<b>Please rate the following types of accommodations in terms of the supply offered in Forsyth County:</b>				
<b>answer options</b>	<b>Adequate supply</b>	<b>Inadequate supply</b>	<b>Don't know</b>	<b>Response Count</b>
New construction	73.0% (111)	1.3% (2)	25.7% (39)	152
Existing homes that accommodate my needs	59.2% (90)	10.5% (16)	30.3% (46)	152
Senior community (independent living, assisted living, etc.)	36.4% (55)	17.9% (27)	45.7% (69)	151
Apartment / condominium / town home	65.8% (100)	4.6% (7)	29.6% (45)	152
<i>answered question</i>				<b>152</b>
<i>skipped question</i>				<b>2</b>

<b>How do you plan to spend your time in retirement (check all that apply)?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Volunteer	72.19%	109
Second career	21.19%	32
Work part-time	57.62%	87
Continue education	21.85%	33
Care for family	36.42%	55
Travel	80.13%	121
Other (please specify)	11.92%	18
<i>answered question</i>		<b>151</b>
<i>skipped question</i>		<b>3</b>

<b>What leisure activities are of interest to you?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Fine arts (theatre, symphony, opera, etc.)	51.66%	78
Attend sporting events	56.95%	86
Walking / exercise trails / leisure parks	82.12%	124
Other (please specify)	39.07%	59
<i>answered question</i>		<b>151</b>
<i>skipped question</i>		<b>3</b>

<b>How satisfied are you with the leisure activities offered in Forsyth County?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Extremely satisfied	15.89%	24
Somewhat satisfied	54.97%	83
Neither satisfied or dissatisfied	15.89%	24
Somewhat dissatisfied	9.93%	15
Extremely dissatisfied	3.31%	5
<i>answered question</i>		<b>151</b>
<i>skipped question</i>		<b>3</b>

<b>Do you plan to take advantage of any of the following educational opportunities in retirement (check all that apply)?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Courses toward a degree	12.67%	19
Special interest classes (cooking, gardening, auto repair, etc.)	64.67%	97
Not sure	28.00%	42
I don't plan to take advantage of educational opportunities	6.00%	9
<i>answered question</i>		<b>150</b>
<i>skipped question</i>		<b>4</b>

<b>How satisfied are you with the educational opportunities offered in Forsyth County?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Extremely satisfied	29.33%	44
Somewhat satisfied	47.33%	71
Neither satisfied or dissatisfied	18.00%	27
Somewhat dissatisfied	5.33%	8
Extremely dissatisfied	0.00%	0
<i>answered question</i>		<b>150</b>
<i>skipped question</i>		<b>4</b>

<b>In retirement, do you anticipate having the following coverage?</b>					
<b>answer options</b>	<b>Health Insurance</b>	<b>Dental Insurance</b>	<b>Long-term Insurance</b>	<b>Prescription Coverage</b>	<b>Response Count</b>
Yes, provided by my employer	33.1% (54)	23.3% (38)	14.7% (24)	28.8% (47)	163
Yes, provided by myself	27.3% (59)	24.1% (52)	28.2% (61)	20.4% (44)	216
Yes, provided by Veterans Administration	25.0% (5)	25.0% (5)	15.0% (3)	35.0% (7)	20
No, I will rely on Medicare	30.3% (37)	20.5% (25)	13.1% (16)	36.1% (44)	122
No, I will rely on Medicaid	26.2% (11)	21.4% (9)	21.4% (9)	31.0% (13)	42
<i>answered question</i>					<b>138</b>
<i>skipped question</i>					<b>16</b>

**How often do you seek medical treatment (primary physician, specialist, dentist, etc.)?**

answer options	Response Percent	Response Count
Less than once a year	9.52%	14
1-4 times a year	71.43%	105
5 or more times a year	19.05%	28
<i>answered question</i>		147
<i>skipped question</i>		7

**When thinking about your retirement years, how prepared do you feel in the following areas?**

answer options	Not at all prepared	Somewhat unprepared	Undecided	Somewhat prepared	Very prepared	Response Count
Financial	9.6% (14)	11.6% (17)	5.5% (8)	55.5% (81)	17.8% (26)	146
Healthcare	11.0% (16)	17.2% (25)	20.7% (30)	40.7% (59)	10.3% (15)	145
<i>answered question</i>						147
<i>skipped question</i>						7

**Currently, what is your primary mode of transportation?**

answer options	Response Percent	Response Count
Drive / ride in a personal vehicle	98.64%	145
Bus / public transportation	0.00%	0
Taxi	0.00%	0
Walk	0.68%	1
Other (please specify)	0.68%	1
<i>answered question</i>		147
<i>skipped question</i>		7

**If you were no longer able to drive, what type of transportation would you utilize (check all that apply)?**

answer options	Response Percent	Response Count
Get rides from friends / family	86.30%	126
Bus / public transportation	31.51%	46
Taxi	30.14%	44
Walk	30.14%	44
Other (please specify)	7.53%	11
<i>answered question</i>		146
<i>skipped question</i>		8

<b>How affordable do you think the public transportation in Forsyth County?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Extremely affordable	19.31%	28
Somewhat affordable	17.24%	25
Don't know	62.76%	91
Somewhat unaffordable	0.69%	1
Extremely unaffordable	0.00%	0
<i>answered question</i>		<b>145</b>
<i>skipped question</i>		<b>9</b>

<b>Is public transportation accessible from your current residence?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	21.09%	31
No	59.18%	87
Not sure	19.73%	29
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>Would you use public transportation if it were accessible from your current residence?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	37.93%	33
No	16.09%	14
Not sure	45.98%	40
<i>answered question</i>		<b>87</b>
<i>skipped question</i>		<b>67</b>

<b>To which of the following does public transportation provide you access (check all that apply)?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Grocery	62.96%	17
Church	37.04%	10
Healthcare	62.96%	17
Employment	74.07%	20
Shopping	74.07%	20
Other (please specify)	11.11%	3
<i>answered question</i>		<b>27</b>

<b>Do you think Forsyth County provides adequate sidewalks, crosswalks and resting places?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	23.40%	33
No	55.32%	78
Not sure	21.28%	30
<i>answered question</i>		<b>141</b>
<i>skipped question</i>		<b>13</b>

<b>Are you currently caring for an aging relative?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes, less than 10 hours a week	11.56%	17
Yes, 10-30 hours a week	5.44%	8
Yes, over 30 hours a week	2.04%	3
No, but anticipate doing so in 1-5 years	20.41%	30
No, but anticipate doing so in 6-10 years	10.20%	15
No, but anticipate doing so in over 10 years from today	4.76%	7
No	45.58%	67
<i>answered question</i>		<b>147</b>

<b>Do you currently have children under the age of 18 living in your household?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	39.73%	58
No	60.27%	88
<i>answered question</i>		<b>146</b>
<i>skipped question</i>		<b>8</b>

<b>Which of the following do you anticipate being your primary source of caregiving needs and support?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Family members	75.00%	108
Government	6.25%	9
Church or religious community	1.39%	2
Nonprofit / community agencies	7.64%	11
Other (please specify)	9.72%	14
<i>answered question</i>		<b>144</b>
<i>skipped question</i>		<b>10</b>

<b>How often do you volunteer?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
I don't volunteer	22.45%	33
Special events only (March of Dimes Walk, Race for the Cure, etc.)	30.61%	45
1-3 times per month	25.85%	38
4-6 times per month	11.56%	17
Over 6 times per month	9.52%	14
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>Do you currently volunteer for a senior-oriented service (Meals on Wheels, etc.)?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	6.12%	9
No	93.88%	138
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>Do you plan to volunteer in retirement?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	78.23%	115
No	3.40%	5
Not sure	18.37%	27
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>If you do plan on volunteering in retirement, where are you likely to volunteer (check all that apply)?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Church or religious community	68.70%	79
School / education	42.61%	49
Hospital	23.48%	27
Cause-specific (e.g. Goodwill Industries, Salvation Army, Habitat for Humanity, Big Brothers Big Sisters, Red Cross)	76.52%	88
Other (please specify)	12.17%	14
<i>answered question</i>		<b>115</b>
<i>skipped question</i>		<b>39</b>

<b>Do you feel Forsyth County offers adequate opportunities for volunteerism?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Yes	69.18%	101
No	2.74%	4
Not sure	28.08%	41
<i>answered question</i>		<b>146</b>
<i>skipped question</i>		<b>8</b>

<b>What is your gender?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Male	36.05%	53
Female	63.95%	94
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>What is your marital status?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Single	10.27%	15
Married	74.66%	109
Divorced	13.01%	19
Widowed	0.68%	1
Separated	1.37%	2
Common law	0.00%	0
<i>answered question</i>		<b>146</b>

<b>What is your ethnicity?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
American Indian or Alaskan Native	0.68%	1
Asian or Pacific Islander	0.00%	0
Hispanic or Mexican American	0.68%	1
Black or African American (non-Hispanic)	17.69%	26
White (non-Hispanic)	80.95%	119
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>What is your annual household income range?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Less than \$20,000	0.00%	0
\$20,000 - \$39,999	6.47%	9
\$40,000 - \$59,999	13.67%	19
\$60,000 - \$79,999	10.07%	14
\$80,000 - \$99,999	16.55%	23
\$100,000 or more	53.24%	74
<i>answered question</i>		<b>139</b>
<i>skipped question</i>		<b>15</b>

<b>What is your current living accommodation?</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Single-family home	89.12%	131
Duplex	0.00%	0
Condominium / town home	4.08%	6
Apartment	4.76%	7
Mobile home	2.04%	3
Assisted living	0.00%	0
Long-term care	0.00%	0
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>

<b>Please indicate education level achieved:</b>		
<b>answer options</b>	<b>Response Percent</b>	<b>Response Count</b>
Some high school	0.00%	0
High school graduate	6.12%	9
Some college	18.37%	27
College graduate	36.73%	54
Post-graduate work or degree	38.78%	57
<i>answered question</i>		<b>147</b>
<i>skipped question</i>		<b>7</b>