



The Refirement Quarterly Review puts together some interesting articles on developments, trends and facts about the retirement market for your knowledge and enjoyment. Released quarterly, this issue will feature articles on finance, health and wellness and a story about a couple that is living their retirement adventure, as well as a few quick facts on the latest retirement developments and trends.

Finance

The death of retirement

A combination of factors – including inadequate savings, high product costs, combined with the likelihood of muted future returns – means the vast majority of people currently working will be obliged to continue doing so for longer than they might have liked or risk outliving their savings. In an ever-tightening global labour market that's a daunting prospect.

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Health and Wellness

Why work is good for brain health

Studies show staying active is good for your body and mind

An active retirement boosts cognitive health. — Ben Hupfer/Corbis

Studies are now revealing that having purpose in your life is the key to good health. Recent studies demonstrate that early retirement comes with risks, especially to your brain. A few months ago researchers from the RAND Center for the Study of Aging and the University of Michigan published a study showing that cognitive performance levels drop earlier in countries that have younger retirement ages.

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Leisure

On top of the world: A real life, local example of not retiring but refireing

Ten years ago Anton and Amor Barnes bought the perfect retirement spot in a beautiful part of the KwaZulu-Natal Midlands. Today they are anything but retired and working seven days a week running Karkloof Canopy Tours.

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Quick Facts - the latest on retirement

In Sickness and in Health

How one long-married spouse fares emotionally and physically can greatly impact the other. Recent research discovered a strong association between such depressive symptoms as loneliness, unhappiness, and restlessness, and physical limitations.

Calculations for Couples

Singles need 40% more than couples to maintain the same retirement lifestyle. In other words, it costs one person about 75% of what two would pay.

International Ageing

Workers around the world are choosing to stay in the workforce beyond the traditional retirement age for a variety of reasons: greater longevity, the desire of a sense of purpose, the global recession, the need for continued income and declining birth rates.

Falling for Vitamin D

More than one-third of people aged 65+ fall every year. Sometimes a vitamin D deficiency is the culprit.

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