

Osher Lifelong Learning Institute
Adjustment to Retirement: Non-Financial Issues
Spring 2014



Office of Institutional Research, Assessment and Analysis

March 21, 2014

**Osher Lifelong Learning Institute (OLLI)
Adjustment to Retirement: Non-Financial Issues**

N=815

DEMOGRAPHICS

What is your age?		
	#	%
50 or younger	3	0.4%
51 - 55	8	1.0%
56 - 60	62	7.6%
61 - 65	147	18.0%
66 - 70	285	35.0%
71 - 75	177	21.7%
76 - 80	101	12.4%
81 - 85	25	3.1%
86 or older	7	0.9%

What is your citizenship?		
	#	%
United States citizenship or dual-citizenship	801	98.3%
Canadian citizenship	11	1.3%
Other, please specify.	3	0.4%

Where is your primary residence?		
	#	%
South Carolina	720	88.3%
Other U.S. state or territory	82	10.1%
Canada	13	1.6%
Other country	0	0.0%

On average, how many months of the year do you spend in the Myrtle Beach area?		
	#	%
12	569	69.8%
11	79	9.7%
10	37	4.5%
9	17	2.1%
8	8	1.0%
7	14	1.7%
6	18	2.2%
5	22	2.7%
4	19	2.3%
3	24	2.9%
2	5	0.6%
1	3	0.4%

What is the highest level of education you completed?		
	#	%
Some high school	3	0.4%
High school	48	5.9%
GED	1	0.1%
Some college	120	14.7%
Associate's degree	56	6.9%
Bachelor's degree	240	29.4%
Master's degree	249	30.6%
Ph.D. or other terminal degree	52	6.4%
Medical degree (M.D., D.O., D.M.D, D.C., etc.)	4	0.5%
Professional training or certificate	31	3.8%
Military training	7	0.9%
Other, please specify (<i>below</i>)	4	0.5%
Journeyman Pipe Fitter		
Registered Nurse		
RN from a three year hospital program		

Primary residence in other U.S. state or territory		
	#	%
California	1	1.2%
Connecticut	2	2.4%
Illinois	3	3.7%
Kentucky	1	1.2%
Maine	2	2.4%
Massachusetts	6	7.3%
Michigan	6	7.3%
New Jersey	3	3.7%
New York	29	35.4%
North Carolina	10	12.2%
Ohio	3	3.7%
Pennsylvania	9	11.0%
Rhode Island	2	2.4%
South Dakota	1	1.2%
Vermont	2	2.4%
Virginia	2	2.4%

Primary residence in Canada		
	#	%
New Brunswick	2	15.4%
Ontario	9	69.2%
Prince Edward Island	2	15.4%

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DEMOGRAPHICS

Do you plan to relocate?		
	#	%
No	742	93.3%
Yes	53	6.7%
???		
Columbia, SC		
Conway, SC		
Florida		
Greenville, South Carolina		
I don't know yet.		
Longs, SC		
MA when very old and need assistance. Have a home set up there for us.		
Massachusetts		
Myrtle Beach, SC (x2)		
Myrtle Beach. I've lived here for 10 years.		
NC or SC coastal area		
New England		
New England in about 5 years		
New York State (x2)		
North Carolina (x3)		
Not sure		
Pawleys Island, SC (x3)		
South Carolina (x4)		
Surfside Beach (x2)		
The Adirondacks in Upstate NY where we have a summer home on a lake (a camp).		
Unknown		
Virginia		
Western North Carolina		

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RETIREMENT STATUS

Are you currently retired?		
	#	%
Yes	705	86.5%
No	32	3.9%
Semi-Retired	78	9.6%

Do you have a target date for full retirement? (Asked only of those said they were not retired or were semi-retired)		
	#	%
Not yet	46	42.6%
Less than 6 months	7	6.5%
6 months to 1 year	3	2.8%
1 - 2 years	8	7.4%
2 - 3 years	10	9.3%
4 - 5 years	12	11.1%
5 - 6 years	4	3.7%
Longer than 6 years	18	16.7%

Do you currently work full-time or part-time? (Asked only of those said they were not retired or were semi-retired)		
	#	%
Full-time	29	27.6%
Part-time	76	72.4%

On average, how many hours do you work per week? (Asked only of those said they were not retired or were semi-retired and work part-time)		
	#	%
1 - 5 hours per week	11	15.3%
5 - 10 hours per week	10	13.9%
10 - 15 hours per week	11	15.3%
15 - 20 hours per week	13	18.1%
20 - 25 hours per week	16	22.2%
25 - 30 hours per week	7	9.7%
More than 30 hours per week	4	5.6%

On average, how many hours do you work per month? (Asked only of those said they were not retired or were semi-retired and work part-time)		
	#	%
1 -15 hours per month	9	15.8%
15 - 30 hours per month	7	12.3%
30 - 45 hours per month	7	12.3%
45 - 60 hours per month	2	3.5%
60 - 75 hours per month	8	14.0%
75 - 90 hours per month	14	24.6%
90 - 105 hours per month	7	12.3%
105 -120 hours per month	3	5.3%

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HEALTH & LIFESTYLE

How would you describe your health?		
	#	%
Excellent	226	27.8%
Very Good	369	45.4%
Good	178	21.9%
Fair	37	4.6%
Poor	3	0.4%

What personal health issues are you dealing with right now? <i>Select all that apply.</i>	
	#
None	170
Alzheimers and similar diseases	3
Arthritis	218
Blood pressure	156
Bone health or osteoporosis	85
Cancer	33
Dental health	44
Diabetes	90
General disability or loss of mobility	28
Hearing loss	102
Heart disease/health	69
High blood pressure	219
Incontinence	21
Kidney disease/health	8
Macular degeneration, glaucoma and eye health	43
Mental health or cognitive impairment	5
Recovery from injury	23
Respiratory disease/health	34
Stroke (prevention and/or recovery)	15
Weight (obesity or under-weight)	168
Other, please specify (<i>next column</i>)	53

Other personal health issues, please specify.
Acid reflux thyroid condition
A-fib
Asthma
Auto immune
Auto immune, chronic pain
Back and knee problems
Balance
BPH; Sero Negative Inflammatory Arthritis; Flat Feet and associated degenerative joint disease; Hypothyroidism;
Celiac disease, thyroid disease
Cervical radiculopathy
Cholesterol
Chronic sinus problems (especially during change of seasons); sometimes get asthmatic (have allergies to several trees, dust/mold, dog/cat dander)
COPD (x2)
Depression - diagnosed in 1993 - under control with medication, yoga, meditation, etc.
Digestive, stomach issues.
Disc herniation/sciatica
Fibromyalgia
High cholesterol being treated, depression being treated, cancer survivor.
Hyperttyroidism (x2)
I am pre-diabetic. I am presently not on prescribed medication.
IBS
Liver transplant, blood disorders
Low thyroid, high cholesterol, no other heart related issues.
Lower back
Migraine headaches
Neurological issues/MS
Paralysis
Parkinson's
Recovering from foot surgery five weeks ago
Severe allergic reactions to certain foods and environmental pollutants/toxins
Sleeping
Ulcers

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HEALTH & LIFESTYLE

Do you exercise?		
	#	%
Yes	654	80.7%
No	156	19.3%

How frequently do you exercise, on average? (Asked only of those said they did exercise)		
	#	%
Daily	120	19.7%
4 - 6 times per week	241	39.6%
1 - 3 times per week	247	40.6%
Occasionally	44	7.2%

In what physical fitness activities do you participate? Select all that apply. (Asked only of those said they did exercise)	
	#
Cycling	184
Dancing	52
Golf	160
Gym or exercise classes	242
Rowing	19
Running	19
Swimming	85
Tai Chi	41
Walking	495
Water aerobics	101
Weight training	138
Yoga	105
Other, please specify (next column)	80

Other physical fitness activities, please specify.
Active keeping up home and yard
Aerobic and weight lifting
Bowling, home exercises
Collecting fossils in remote areas, old bottles...walking to from sites
Dog agility
Eliptical trainer
Exercise routine at home
Exercise videos
Exercise videos at home--cardio, strength, flexibility, toning.
Gardening (x3)
Gardening and lawn care
Heavy gardening, house painting
Home based streaching and strength exercises.
Home exercises
Horseback riding (x2)
Horseback riding, kayaking, boating, tennis
Housework
I lift weights and use the tread mill in my community amenities center 3 to 4 times per week. My work outs usually take about 30 minutes to complete.
I play tennis three mornings a week with a group of retired folks here at Wood Lake Village.
Karate
Mini trampoline jogging and balance
On good weather days, I make sure to be outside at least 30 to 60 minutes working inthe yard - tending the plants, gardening, cleaning up, etc.
Physical therapy for back, hip bursitis and shoulder.
Pickleball (x2)
Pilates (x2)
Racquetball, volleyball.
Royal Canadian Physical Fitness Plan since 1964
Stationary bike
Stretching (x3)
Tennis (x4)
Tennis 4x a week
Treadmill
TRX
Walk away videos - you tube videos
Yard work
Yard work, home building, wood working.
Zumba (x3)
Zumba, taeko, piloxing.

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HEALTH & LIFESTYLE

Are you currently a caregiver for someone?

	#	%
Yes	55	6.8%
No	758	93.2%

Who are you caring for? *(Asked only of those who are currently caregivers)*

	#	%
Spouse or partner	25	42.4%
Parent(s)	19	32.2%
Older relative	4	6.8%
Special-needs adult child	1	1.7%
Grandchild or grandchildren	6	10.2%
Friend	1	1.7%
Other, please specify <i>(below)</i>	3	5.1%

In Care Hospice Volunteer

Stroke survivor that meets 10 other stroke survivors once a month at HealthFinders.

Unemployed adult

Do you have a caregiver?		
	#	%
Yes	13	1.6%
No	799	98.4%

Who is providing your care? <i>(Asked only of those who have a caregiver)</i>		
	#	%
Family member	11	84.6%
Friend	1	7.7%
Professional caregiver	1	7.7%

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VOLUNTEERING & COMMUNITY INVOLVEMENT

Are you involved in any volunteering or community organizations? Select all that apply.	
	#
Religious Institution	251
Mission	11
Community-based organization or non-profit agency	222
Habitat for Humanity	31
Food Bank	42
Health-related or hospital	38
Hospice	11
Meals-on-Wheels	29
Seniors' Center	25
Visual Arts	39
Literary Arts	22
Theater	46
Symphony	12
Opera	7
Choir	29
National Parks	15
State Parks	38
Gardens	80
Nature Preserves	36
Environmental	33
Animal care or rehabilitation	41
Literacy	34
Education	102
Mentoring	32
Political	47
Social Action	45
Other	114

Other volunteering or community organizations, please specify.
12 Step Recovery Programs - AA and AlAnon
AARP tax preparation
Book club, Low Country Herb Society, Dragon Boat
Brookgreen
Brookgreen Garden and Quilts of Valor quilting
Chairperson of Property Committee for HOA also a church Trustee
Community emergency response team via charleston epd
Drive for elderly to appts. with drs. etc., Grace Ministries
Driver for people who can no longer drive and accompany them to the Dr. and listen to the reports.
Friends of the Library
Genealogy
Help husband with his volunteer work.
Homeowner's Association (x3)
Homeowners Association Board of Directors
Honoring Military (Primarily WW II Veterans) Honor Flight
Horry County Museum
Investments
Library
Library Board and Hobcaw volunteer
Library Horry County
Library shelving, weekly
Marshal for Monday After The Masters
Military organizations; Discontinued community organizations/volunteering a year ago to concentrate of other activities and hobbies. Active in a social club as photographer, publicity and general in-club correspondence.
Military-Related issues
My HOA Life Styles activities
Navy Scholarship Fund
Neighbor to Neighbor, senior center van driver, community survival center board of directors
Neighborhood POA Board involvement
None at this time
Organizing neighborhood social activities
Parks & rec programs, quilt guild , arts guilds
Quilt making for local charities through my local quilt guild
Red Cross
Sea turtle nest protection program
Teach Home Rejuvenation classes for OLLI
Turtle work in Cape Romain
University women's club
Veterans

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YOUR HOBBIES

Are you involved in any hobbies? <i>Select all that apply.</i>	
	#
Cards (Bridge, etc.)	169
Crafts	228
Fishing	50
Gardening	299
Social Dance	45
Other	410

YOU & OLLI

How did you hear about OLLI? Select all that apply.	
	#
CCU publication or advertisement	371
Newspaper	226
Radio	9
Internet search	32
Word-of-mouth	380
Other	53

How many years have you been involved with OLLI?		
	#	%
Less than 1 year	83	10.3%
1 year	62	7.7%
2 years	142	17.6%
3 years	133	16.5%
4 years	91	11.3%
5 years	86	10.6%
6 years	53	6.6%
7 or more years	158	19.6%

On average, how many OLLI courses or workshops do you take per semester?		
	#	%
1	455	64.9%
2	169	24.1%
3	53	7.6%
4	14	2.0%
5	2	0.3%
More than 5	8	1.1%

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YOUR TIME

What percentage of your waking hours would you say you spend on the following activities?

	0 - 10 %		11 - 20%		21 - 30%		31 - 40%		41 - 50%		51 - 60%		61 - 70%		71 - 80%		81 - 90%		91 - 100%	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Family/Caregiving	215	59.6%	68	18.8%	39	10.8%	11	3.0%	13	3.6%	4	1.1%	3	0.8%	2	0.6%	3	0.8%	3	0.8%
Housework, chores and yard work	388	57.5%	179	26.5%	73	10.8%	13	1.9%	18	2.7%	3	0.4%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
Volunteering and social affiliations	312	64.9%	110	22.9%	40	8.3%	12	2.5%	7	1.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Health and wellness/fitness	398	70.7%	129	22.9%	26	4.6%	7	1.2%	2	0.4%	1	0.2%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Reading, self-study and lifelong learning courses	353	54.6%	176	27.2%	79	12.2%	18	2.8%	12	1.9%	5	0.8%	0	0.0%	3	0.5%	1	0.2%	0	0.0%
Hobbies	332	65.7%	109	21.6%	44	8.7%	13	2.6%	6	1.2%	0	0.0%	1	0.2%	0	0.0%	0	0.0%	0	0.0%
TV and movies	403	61.6%	159	24.3%	65	9.9%	17	2.6%	7	1.1%	3	0.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Work	160	70.8%	20	8.8%	12	5.3%	9	4.0%	14	6.2%	4	1.8%	2	0.9%	4	1.8%	1	0.4%	0	0.0%
Other	167	55.9%	68	22.7%	27	9.0%	20	6.7%	13	4.3%	3	1.0%	0	0.0%	0	0.0%	0	0.0%	1	0.3%

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REFLECTION ON RETIREMENT

It has been our observation that involvement in lifelong learning contributes to a satisfactory adjustment to retirement. Do you agree?
(Asked only of those said they were retired or were semi-retired)

	#	%
Strongly Agree	419	53.9%
Agree	310	39.9%
Neutral or Undecided	47	6.0%
Disagree	1	0.1%
Strongly Disagree	0	0.0%

Do you feel your involvement as a spouse, parent of adult children, and/or grandparent has changed as a result of retirement? *(Asked only of those said they were retired or were semi-retired)*

	#	%
Strongly Agree	175	23.2%
Agree	323	42.8%
Neutral or Undecided	215	28.5%
Disagree	33	4.4%
Strongly Disagree	9	1.2%