

Five fun facts for old folks

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In an attempt to keep this light-hearted and “fun”, we did some research on facts that might surprise the average elder. We have done some elder studies and a few of these surprised us!

1. Agreeable in the foreseeable future

As we age, we actually become more agreeable, happier and more in control of our emotions. Scientists have actually studied this and can't quite come up with why, in general, this is the case. We can all probably think of a grumpy old man or woman whom we've known at some point in our life but this is probably why they stand out because in general, older folks are happier than most.

2. Accumulation of experience and knowledge is priceless

The perks of aging are why we call them the “Golden Years”. Our accumulation of knowledge can be an effective tool for teaching, whether in a formal setting or just with our grandchildren. Many a college professor are well into their 60s and 70s. There's actually a term to describe this: crystalized intelligence. The other thing that improves is both emotional and social intelligence. With our accumulated experience, we've figured out ways of handling complicated situations. This priceless package of intelligence could be summed up with one word -- WISDOM!

3. Say Goodbye to Migraines

This is so interesting... once you reach your 70s, those migraines you once suffered through either disappear or become more tolerable. It has been reported that only 10 per cent of women and 5 per cent of men over 70 still have migraines. For those that still have them, they no longer come in the form of an excruciating headache but rather as a visual or sensory disturbance.

4. Don't hit the panic button....it no longer works!

You may remember the feeling of panic when you've lost something important. But did you know that those nerve cells in the brain responsible for the fight or flight response drop by half as you reach the age of 60 to 65? This causes the ability to generate anxiety to decrease. In most cases, we think this is a good thing but there are those situations where an appropriate response may be slow in coming as we age, which could actually put us in danger. For example, when a kitchen fire erupts, quick response is of utmost importance for survival.

5. The older you are, the older you'll be

At first read you might say, well that just sounds ridiculous but scientific research supports the statement. It's a phenomenon often referred to as increasing life expectancy with age. Studies have shown that once a certain age is reached, it is likely an even older age will be reached because the survivors at that age have already overcome the higher risks of mortality faced by their peers. More and more studies are emerging that link longevity with factors such as physical balance and daily movement.

One article we read from the Jefferson Health organization was entitled, “Your Ability to Balance on One Leg May Indicate How Long You'll Live”.

We hope these facts both encourage you and give you some food for thought. One fact we couldn't fit into our five fact list is that there is strength in numbers. The Baby Boomer demographic is the largest of all demographics, while shrinking, it still has the highest voter turnout. This is the best time to make a difference, get informed on the issues affecting our age group and cast your vote while you can!