



Bonnie and Larry Kern
Residents at Moravian Hall Square in Nazareth, PA

Living at home alone is a lifestyle choice that can be hazardous to your health. According to the U.S. Census Bureau, over 30% of people age 60 and older live alone today in the United States. And of those, almost half of them experience loneliness. And while living alone doesn't always cause loneliness, it is often the case. Loneliness can lead to severe health problems such as depression, anxiety, cognitive decline, chronic pain and fatigue...just to name a few. Loneliness can also make people feel empty and without purpose. **So just imagine how harmful loneliness and forced social isolation during the COVID-19 pandemic can be for people living alone at home.** Morningstar Living, in Nazareth, Pa is on a crusade to combat loneliness among people living at home alone.

If you're an adult child, you have to play detective, to identify the warning signs that indicate your parents may need help and support living alone at home. **Warning signs include weight loss, changes in personal appearance and hygiene, confusion, forgetfulness, and other cognitive issues such as dementia.** These warning signs are often the result of loneliness and lack of social interaction with others. It's a simple fact that most of us need social interaction and actually thrive when we socialize with other people. Just ask Larry and Bonnie Kern of Nazareth, PA. They both had aging parents who began experiencing health issues after living alone at home. After detecting some warning signs, they took two different approaches to solving the problem.

For Bonnie's parents, Larry and Bonnie purchased a two-family home so they could move Bonnie's parents in with them. But as Bonnie shares, **"Even the closest relationships become strained when parents need help and assistance."** So when Larry's mother began experiencing health issues living alone at home in Florida, they decided to move her to a community that was in close proximity to their home in Belvidere, New Jersey. "We wanted her to have a built in system of socialization with others so she could thrive and be active," comments Larry. "We began researching and visiting adult living facilities and we took my mother to visit the ones we were most impressed with. My mother selected Moravian Hall Square, Morningstar Living's life plan community in Nazareth, and we were so thankful she did. Her life turned around almost immediately from the interaction with others who lived there. In a very short period of time, she perked up, her physical health improved dramatically, and she was always so happy to be with the friends she made at Moravian Hall Square.

When it was time for Bonnie and Larry to look at active adult communities for their retirement, they started the process of visiting different types of communities but could never find one that measured up to Moravian Hall Square. "We learned a lot about Moravian Hall Square through our many visits with my mother," states Larry. "She was always eager to show us around the campus and tell us about the activities and fun she had living there. In fact, we wanted to be as busy as she was. Bonnie and I love the theater, the symphony, hiking, swimming, playing tennis and golf, and working out at the gym. So we moved to Moravian Hall Square in 2019. We're busier now than we ever have been, doing the things we love in life. The professional staff who work here provide endless opportunities for education, fitness, recreation, and entertainment. Quite frankly, it's impossible to feel isolated or alone here."

"Living at Moravian Hall Square throughout COVID-19 has been a blessing. We realize more than ever before, how vital social connection with others is to our health and well-being," adds Bonnie. "The dining and activities, fitness, education and wellness programming we participate in each day with others who live here has enabled us to live healthier and more vibrantly than if we were living alone at home. **While choosing the right community is a complex process, knowing when it's the right time to move is the hardest decision.**"

#HomeAloneLV



PLAN TO ATTEND

"When is the Right Time to Make a Move?"

DATE: Thursday, March 11, 2021

TIME: 6:00 PM - 7:30 PM

PLACE: MORAVIAN HALL SQUARE
175 W. North Street
Nazareth, PA 18064

Call to reserve your place: 610.746.1457
or email rsvp@moravian.com



We are taking necessary precautions to allow for physical distancing. Face masks are required.