

Living Alone Is Lonely

By Walter M. Bortz, II, MD



Ever since Adam and Eve recognized that even the Garden of Eden was no fun people have gotten together.

I'm 87 years old. For 85 of those years, I have had a companion or two or three to live with. First it was my parents and then it was roommates of different sorts.

Then for 62 years, I settled down with a wife. But for the last two years my home has echoed and I don't like it. One feature of solo living that bothers me is the quiet.

As a result, the first thing I do when I wake is turn on the classical music radio station that is my company until my work beckons and it serves as my companion.

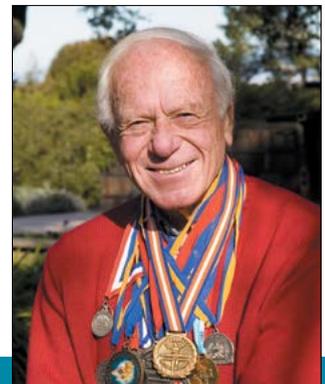
All of us are aware of the dangers of loneliness; depression lurks. People with partners live longer and I am committed to being a centenarian. So I am looking for a mate. A dog has been repeatedly suggested but getting one would cramp my travel plans so I'm slow to get a hound.

To have so many alternative living arrangements available I guess is good luck. Since I'm an only child, I admit to being autonomous and resist communal living. I have been the physician in dozens of retirement facilities but I have not succumbed to their circumstances.

I receive many attractive invitations from friends who are enthusiastic about their newfound homes but so far, none are as appealing as the lovely house in which I have lived in for the last 40 plus years.

Well aware too of the ominous observation that old age is the time of life spent amongst strangers. As a result of this, I find myself seeking for every opportunity to hang out with my kids and grandkids. Fortunately, most of them live nearby and I exploit this proximity as frequently as I can. Last night, I had a wonderful dinner with Danna and Tenly.

People need people.



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