

Starting the Conversation



How to talk with your loved one about senior living

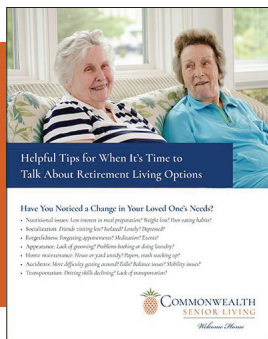
For anyone, living alone can be isolating. For seniors, the risks compound. You may wonder what is happening when you aren't there. Is your loved one safe? Are they happy? We encourage families to take the time now to make a plan and find a senior living community that you would all feel comfortable with, rather than being forced to make a choice in an emergency.

Here are some tips for discussing your concerns with your loved ones:

- Let them know you are worried about their wellbeing.
- Ask what would need to happen for them to decide it was time to move.
- Discuss their concerns about senior living and what they would like to see in a community.

Commonwealth Senior Living has been guiding families on this journey for more than 20 years and would be honored to help yours too.

Call to learn more and to request a free copy of our guide, *Helpful Tips for When It's Time*.
703-215-2985



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SENIOR LIVING GUIDE

Engaging in Hobbies and Activities Is Very Important

Don't Let Winter Slow You Down

» BY JULIE ROSE

Engaging in hobbies and activities is very important for older adults.

While winter can present some challenges, keeping up with hobbies and activities is critical to your health and wellbeing.

Dr. Angela Catic, associate professor in the Roy M. and Phyllis Gough Huffington Center on Aging at the Baylor College of Medicine, said, "As long as it's safe to do so, bundling up and getting outside is good for your spirit and good for you physically."



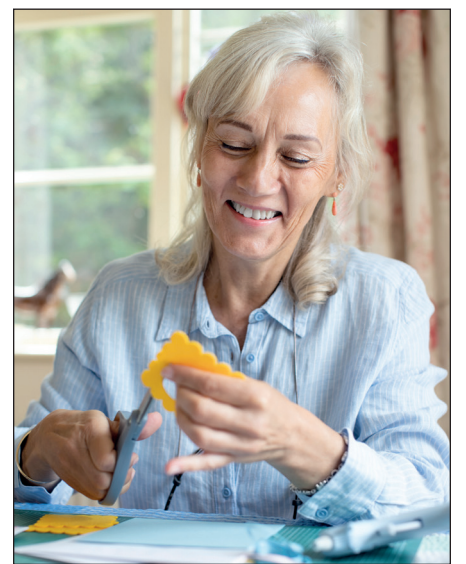
JULIE ROSE

If you can get out and about you may want to attend concerts you would enjoy, visit museums that interest you, or take road trips with family members or friends. Expanding your horizons is beneficial

for everyone at all ages.

Sometimes getting outside is not possible due to snowy or icy conditions, bitter cold temperatures, or physical limitations. Winter is an excellent time to enjoy indoor activities and hobbies at home. Here are some great activities and hobbies you may want to try:

- Reading – perhaps join an online book club
- Learning a new language
- Scrapbooking
- Catching up on your letter writing
- Doing puzzles
- Playing games
- Knitting, crocheting, embroidery, cross stitch or sewing
- Crafting – options are available for beginner to advanced
- Creating a seasonal wreath or making a snow globe – as a lovely accent for your home or as a treasured gift for a loved one
- Watching a classic movie or something you've wanted to see for a long time
- Enjoying your favorite music
- Exercising with chair yoga, stretching, or tai chi



Scrapbooking is among a number of indoor hobbies that can help seniors' health and well-being. DAISY DAISY

- Bringing gardening indoors by growing something simple – local gardening centers can make wonderful recommendations
- Making a bird feeder from a kit – when it is safe to get outside you can hang it

If you can connect with friends, many of the hobbies or activities listed above are wonderful group activities. You can enjoy camaraderie while having fun with a shared activity or hobby.

You also may want to consider hosting a game night or helping to organize one and attending. Bingo is fun, as are Trivial Pursuit, Pictionary and classic card games and board games. For those who enjoy baking, consider hosting a group bake-off on Zoom.

Indoor winter hobbies and activities make the cold months seem much less isolating. No matter what the weather is, you can enjoy your favorite hobbies and activities. Staying active and engaged is important all year long. We hope these recommendations are helpful to you.

Julie Rose is CEO of Arlington-based Paladin Life Care and can be reached at Julie.Rose@PaladinLifeCare.com or (703) 879-6992, extension 102. Paladin Life Care provides a full scope of services to seniors and those with disabilities in Virginia, Maryland and the District of Columbia. Visit PaladinLifeCare.com for more information.