

We Listen.
We Love. We Care.
We Serve.



Our 4 pillars help ensure we deliver the absolute best, and it all starts with listening.

We wouldn't be able to deliver exceptional care without first hearing what matters most to you. Our community is about more than just the physical and emotional needs, we want to learn more about you and how we can help create your best life. The questions we hear most often from families are: "How much does it cost?", "How will we pay for it?", and "What does a day in the life of a resident look like?"

We hear you, and we're here to help.

**Call to schedule a
 personal consultation and receive
 a free cost analysis.**

703-215-2985



Or scan to request additional information!



Welcome Home

Assisted Living & Memory Care (Coming soon!)

9201 Portner Avenue, Manassas, VA 20110

www.CommonwealthSL.com



SENIOR LIVING GUIDE

Local Senior Communities Among Best in Country

Four senior-living facilities in Virginia – including two in Northern Virginia – have been named among the best in the country by Seniorly.

The Best of Senior Living Awards 2024, identifying the 334 best facilities in America, were released last month. Virginia ranks 14th in the nation with four award-winning senior living facilities. The 347 facilities were chosen after analyzing 500,000 online reviews across 60,000 facilities.

Seniorly partnered with Skypoint – a generative data company – to mine and analyze reviews to create a sentiment rating across six categories: cleanliness,

dining services, staff ratings, value, care services and overall resident satisfaction.

The local facilities on the list were Brightview Dulles Corner in Herndon and Hessler Heights Gracious Retirement Living in Leesburg. Virginia's other two facilities were both in the Richmond area: Anthology Of Midlothian and Anthology Of Tuckahoe.

Overall, the five best senior living facilities were:

1. Inspir Carnegie Hill, New York
2. The Bristol at Wayne, Wayne, N.J.
3. Anthology of Natick, Natick, Mass
4. Crestavilla Laguna, Niguel, Calif
5. Casa de Manana, La Jolla, Calif.

Choosing Healthy Foods as You Age is Essential

» BY JULIE ROSE

Eating healthy foods helps us meet our nutrient needs and reduces our risk of high blood pressure, diabetes and heart disease. Making simple adjustments in your diet can be very effective in building your healthier eating plan. Here are some tips:

- Eat a variety of foods every day to ensure that you get the fruits, vegetables, grains, protein and dairy your body needs.
- Get enough lean protein each day to maintain muscle mass. Add seafood, eggs, beans, peas and lentils to your meals to increase your protein.
- Whole grains are important – brown rice and whole wheat pasta are good choices.
- Low-fat dairy is a good selection – either milk or its alternatives.
- Whole foods are much better for you than processed foods.
- Limit foods high in saturated fat, such as cakes, pastries and fried foods.
- Be sure your diet includes foods that are high in fiber. Lentils, split peas, black and pinto beans and artichoke hearts are a few options.
- Choose foods with little to no added sugar and sodium.
- Add sliced or chopped fruits and colorful vegetables to your meals and snacks.
- Focus on the nutrients you need, in-

cluding potassium, calcium, Vitamin D, dietary fiber and Vitamin B12.

Talk with your doctor for specific recommendations.

- Season your foods with herbs and citrus such as lemon juice to reduce your sodium intake.

CALORIE INTAKE

As we age, our metabolism slows down so we need fewer calories. Below is a general range provided by the National Institutes of Health National Institute on Aging:

Women 60+:

- Not Active – 1,600 calories per day
- Moderately Active – 1,800 calories per day
- Very Active – 2,000 to 2,220 calories per day

Men 60+:

- Not Active – 2,000 to 2,200 calories per day
- Moderately Active – 2,200 to 2,400 calories per day
- Very Active – 2,400 to 2,600 calories per day

Healthy foods fuel a healthy body. Combining healthy foods with exercise will help you lead your best possible life.

Julie Rose is CEO of Paladin Life Care, which provides care and advocacy for senior clients and those with disabilities in the region. Reach Paladin at info@paladin-lifecare.com or (703) 879-6992.