

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



At Commonwealth Senior Living, our true north is guided by these 4 meaningful connections to ensure we provide - *and you receive* - the absolute best.

We *listen* to your needs. We *love* what we do. We *care* about our residents', their families', and each other's comfort, well-being, and happiness. And we *serve* with dedication and compassion in all that we do. Our pineapple logo is a constant reminder of our commitment to making everyone feel welcome and at home.

We invite you to learn more about the Commonwealth Senior Living Difference.

**Let us serve you dinner for two.
Call and request your complimentary,
farm-to-table meal today.
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



A concierge companion can accompany older adults on walks, among other activities. VERBASKA

Concierge Companions Provide Solutions for Seniors

» BY JULIE ROSE

It's common for older adults to experience loneliness as they age.

Social circles shrink for numerous reasons, and many seniors begin to feel isolated. Reduced social activity can lead to mental health concerns and issues. Leaving the house, driving and getting where you need or want to go can become more challenging as you age.

Concierge companions have emerged as a solution to these concerns and challenges. A concierge companion can:

- Engage with you and provide enjoyable, compatible companionship and emotional support
- Provide transportation and accompany you for errands, hair appointments, picking up prescriptions and shopping
- Take you to doctors' appointments and other medical appointments
- Enjoy the outdoors with you while taking a walk
- Accompany you for a meal at a restaurant you enjoy
- Introduce you to new interests that expand your horizons
- Provide in-home companionship through conversation, helping you with correspondence, doing hobbies or crafts, enjoying puzzles, playing cards and more
- Provide transportation and accompany you to a desired entertainment event, family event or special function

Many seniors are uncomfortable asking busy neighbors, friends and family mem-



Julie Rose

bers for the assistance they need.

A concierge companion provides that assistance and enables older adults to live a fuller, easier life as you continue to live independently. Help and companionship are available when you want or need it. Getting where you want and need to go becomes easier and more reliable. A concierge companion can improve your quality of life.

It's critical to find the right concierge companion so you are comfortable and compatible with them from the beginning. Your concierge companion should be chosen based on personality, interests and demeanor so that you enjoy their company and feel completely at ease. Many concierge companions become an extended family member.

Julie Rose is CEO of Paladin Life Care, providing care and advocacy for senior clients and those with disabilities in Virginia, Maryland and the District of Columbia. For questions or more information about concierge companions, email info@paladinlifecare.com or call (703) 879-6992.