



EVERY TURN TELLS A STORY

Embrace Your Senior Living Journey

The path to senior living isn't always clear, and taking the first step may feel uncertain compared to the familiarity of where you are today. Commonwealth Senior Living has been trusted for over 20 years to help families navigate their journeys, and we're here to guide yours too.

We are committed to redefining the path to senior living. This means we believe the best moments in life are the ones *yet to come*.

"The team here shared such critical expertise, while guiding my family through transitioning our loved one...all the while leading with their huge hearts, passion, and wisdom. We could never have navigated this transition with such a tremendous outcome without them by our side."

– Kara G.

There is a better path.

Contact us today to learn more and reserve your personalized Journey Kit – a roadmap to your future best life.

703-215-2985



COMMONWEALTH
SENIOR LIVING *at* MANASSAS

Welcome Home

9201 Portner Avenue, Manassas, VA 20110

Assisted Living & Memory Care



www.CommonwealthSL.com

SENIOR LIVING GUIDE

Are You an Empowered Senior?

» BY JULIE ROSE

In February we celebrated National Senior Independence Month.

Now is the perfect time to ensure your ability to live with dignity, confidence and autonomy. Whether you're living independently in your own home or in a senior community or receiving some level of care, maintaining your sense of control and well-being is essential for your fulfilling life.

AGING IN PLACE

If you want to live in the comfort of your own home for as long as possible, you need to make sure your safety, accessibility and well-being are in place so that aging in place is feasible. It's so important to create a safe and supportive home and be proactive with your care and engagement.

Here are some recommendations:

Make home modifications for safety:

Simple updates like grab bars, non-slip flooring and proper lighting can help prevent falls and injuries. Not sure specifically what you need? A Certified Aging in Place Specialist can help determine any necessary significant modifications to ensure your safety. These can include modifying entryways and interior spaces for walkers or wheelchairs.

Install smart home technology: Devices like voice-activated assistants, smart thermostats and medical alert systems can enhance your convenience and safety and enable family members or advocates to stay connected at a distance.

Create support systems: Having a coordinated network of caregivers, family members, close friends and community services in place can provide essential assistance when needed while allowing you to have your independence.

Ensure your hearing health: Hearing loss occurs for many of us as we age. If you are having challenges hearing well, it's important not to delay seeking solutions as hearing is the key to staying engaged and independent. Delaying hearing tests and treatment can lead to isolation and communication challenges in your daily life and in social situations.

Hearing loss can also put you at risk both inside and outside your home. You



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need to be able to hear the phone, doorbell and alarm systems. Your inability to hear oncoming traffic while walking outside or hearing other cars while driving can create a life-or-death situation. Cognitive decline and mental health concerns have been linked to unattended hearing loss. Taking care of your hearing empowers you to stay connected, engaged, confident and safe in your daily life.

Focus on your physical wellness: Eat a nutritious, healthy diet and stay active with gentle exercises like walking, stretching, chair yoga and resistance exercises. Be sure to check with your doctor first on what's best for you.

Maintain your mental engagement: Keep your mind sharp with puzzles, books, classes and meaningful conversations. Many community colleges offer non-credit classes that are either low-cost or free for seniors.

Fuel your social connections: Join community groups, volunteer, keep in touch with friends and loved ones and get out and about when you can.

Be an empowered senior and live your life to the fullest!

Questions? Reach out to me at info@paladinlifecare.com or call (703) 879-6992 and I'll be glad to address them for you. Julie Rose, M.Ed., CDP, CHC, CAPS is CEO of Paladin Life Care providing exceptional care and advocacy for senior clients and those with disabilities in Virginia, Maryland and the District of Columbia.