



EVERY TURN TELLS A STORY

Is Senior Living Worth the Gamble?

When families consider senior living, one question often comes to mind: Will my money last? When it comes to balancing quality care with your preferences, do you hold your cards or take the chance?

The cost of senior living can vary depending on factors like the level of support you need and the size suite you select, but it's hard to put a price on peace of mind. Staying at home may seem like the safer bet, **but is it worth the gamble?**

Many families don't realize the variety of resources available to help pay for senior living. As the experts, we'll help you explore all the options — *beyond just your income* — including Long-Term Care and Life Insurance, investments, home equity, Social Security, and Veterans Aid & Attendance benefits.



Don't leave your peace of mind to chance.

Contact us to schedule a complimentary financial assessment with our experts. 703-215-2985



Welcome Home

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Assisted Living & Memory Care



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SENIOR LIVING GUIDE



Sharing a recipe and cooking together is one way generations can connect.

YURI ARCURS

Building Bridges & Strengthening Connections between Generations

» BY JULIE ROSE

On June 1 we celebrate Intergenerational Day and dedicate the entire month of June to celebrating the power and value of multi-generational connections and strengthening the bonds between generations.

Tremendous joy and wisdom result when generations connect. The lives of all who are involved are enriched.

Everyone benefits when grandchildren, neighbors, college students and other young volunteers connect with seniors and solo agers to share their time, talents and interests. Intergenerational Day and the month of June emphasize the importance of connecting different age groups through sharing stories, skills and life experiences. This builds empathy, reduces isolation and fuels mutual respect and support.

Following are some engaging, rewarding intergenerational activities you can try.

Recipe exchange and cooking demo: This simple recipe exchange connects grandparents or seniors with the younger generation over good food and meaningful conversations. The senior shares the recipe, and the younger person is in charge of preparation and plating. The participants share a meal, as well as the stories behind each recipe. This can become a regular activity and enable the multigenerational team to create and share their own unique heritage cookbook.

Art and memory mural: Through a watercolor or collage creation session a keepsake is developed. Each person creates a memory panel that, when joined

WANT MORE?

» Generations United, a nonprofit in Washington, is dedicated to strengthening the bonds among children, youth and older adults through intergenerational programs, policy advocacy and research. Visit www.gu.org/who-we-are/ to learn about their programs and projects.

» To get started with intergenerational activities, email Julie.Rose@PaladinLifeCare.com for printable prompts.

with other panels, becomes a traveling mural that can rotate through the creators' homes and be displayed.

Gardening and plant swap: This is a great activity to share heirloom seeds or cuttings. The younger helper plants and tends to the plants in a shared garden bed at an assisted living facility or at the senior's home. Both generations can watch the plants and their connection and bond grow.

Music and movement exchange: By fusing generational music, a multi-generational musical playlist is created. This playlist combines classics from seniors with current selections from the youth's collection. Once the playlist is created, you can come together for a fun seated or guided dance session.

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