



EVERY TURN TELLS A STORY

Living Your Best Life

"In the 16 months I've lived at Commonwealth Senior Living, I've made many new friends and enjoy a variety of activities: games, musical performances, social gatherings, dinner, and gardening. I feel safe and well cared for, and my suite truly feels like home. The team is always responsive, kind, and genuinely caring." - Margaret W., Resident

At Commonwealth Senior Living, we believe retirement is more than a destination - *it's a journey filled with possibilities*, and we walk alongside our residents every step of the way.

Don't wait to see what's possible.
Schedule a Day in the Life now and experience
the Commonwealth Difference
for yourself!
703-420-7097



COMMONWEALTH
SENIOR LIVING at MANASSAS

Welcome Home

9201 Portner Avenue, Manassas, VA 20110

Assisted Living & Memory Care

www.CommonwealthSL.com



SENIOR LIVING GUIDE



Taking 10 minutes to sit quietly, breathe deeply or reflect can lead to positive mind-body changes.
HERRENECK - STOCK.ADOBE.COM

What Do the Blue Zones Teach Us About Longevity?

» BY JULIE ROSE

Across the globe are regions known as "Blue Zones" where people live longer and healthier lives than anywhere else.

These five locations – Okinawa (Japan), Sardinia (Italy), Nicoya Peninsula (Costa Rica), Ikaria (Greece) and Loma Linda (California) – are home to some of the world's highest concentrations of centenarians.

Researchers have studied these regions and uncovered the following simple, impactful patterns and routines that support healthy aging:

- **Plant-Forward Diet:** Meals are rich in vegetables, legumes, whole grains and healthy fats and low in processed foods and added sugar.
- **Daily Movement:** Physical activity is woven into daily life through walking, gardening, cooking and household tasks. Dancing is a favorite activity within these communities.
- **Social Belonging:** Strong family bonds, friendships and community support reduce stress and foster joy.
- **Ikigai (Purpose):** A clear sense of purpose gives meaning to each day and drives engagement at every age.
- **Mindful Living:** Time for rest, spirituality and stress reduction is prioritized whether it is through naps, prayer or meditation.

These lessons aren't exclusive to far-off places. We can begin to cultivate these healthy habits in our own lives.

THE POWER OF REST AND RECHARGE

In our fast-paced world, rest is often undervalued. In the Blue Zones, however, recharging is non-negotiable. Afternoon

siestas in Sardinia, mindful tea rituals in Okinawa or quiet Sabbath observances in Loma Linda show us that intentional pauses are more than indulgences – they are longevity tools.



JULIE ROSE

Scheduling mini-rest moments several times throughout your day is very beneficial. Take deep, full breaths between tasks, go on a short walk or simply sit quietly with a cup of tea. This allows your body to refresh and can help reduce stress and support your long-term health.

BLUE ZONE HABITS YOU CAN INTEGRATE INTO YOUR LIFE

- **Add Color to Your Plate:** Include an extra serving of vegetables or beans at your next meal. The more colorful your plate, the better.
- **Plan Intentional Walks:** Schedule regularly strolls with a neighbor, friend or family member. It's good for body and soul. Knowing it's already in your calendar will encourage you to plan around these activities.
- **Make Connections:** Talk to someone you care about and share a memory or a laugh, share a meal, or organize a weekend getaway.
- **Take Peaceful Pauses:** Take 10 minutes to sit quietly, breathe deeply or reflect on gratitude. Small pauses throughout your day lead to important and lasting positive mind-body changes.

Incorporate these Blue Zone routines into your life and fuel your healthier life.

Julie Rose, M.Ed., CDP, CHC, CAPS 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.