



Creating a Season of Joy as a Caregiver

HELPFUL HINTS FOR THE HOLIDAYS

Did you know nearly 4 in 10 family caregivers say they feel overwhelmed during the holidays? If you're caring for a loved one, remember — it's okay to ask for and accept help. You deserve time to relax, recharge, and enjoy the season's traditions.

Join us for an uplifting conversation on creating *a season filled with joy*. You'll discover practical ways to prevent caregiver burnout, reduce stress, and make room for meaningful moments with loved ones.

Tuesday, October 28th, 12 - 2 p.m.

**at Clear River Community Church
9817 Godwin Drive, Suite 201, Manassas**

**RSVP today and reserve your
Holiday Caregiver Support Kit.
703-420-7097**



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SENIOR LIVING GUIDE



Staying active and enjoying a meal with an acquaintance can help to bring senior adults fresh energy.

Live Well at Every Age

» BY JULIE ROSE

The International Council of Active Aging has designated Oct. 6-12 as Active Aging Week. This campaign encourages older adults to embrace a lifestyle of curiosity and engagement regardless of your age or ability.

We believe aging well is about more than trying to avoid physical decline or the dreaded fall — it's about pursuing what makes your life vibrant. This includes your purpose, connection, movement, learning and restoration.



JULIE ROSE

Each day is a new opportunity for you to say yes to engaging in your life. We encourage you to do that.

While national themes this year focus on movement, nutrition and sports, it's important to reflect on what it means for each of us to thrive at every stage of our lives.

We encourage you to be active in ways that feel good to you. Relax, recharge and move. Whether you enjoy a quiet moment with a book, a daily stretch to limber up or a morning walk with a friend or neighbor — it's important to give yourself the fuel you need for your best life.

FRESH ENERGY FOR ACTIVE AGING WEEK

These three ideas are designed to bring fresh energy to your Active Aging Week and beyond:

1. Say yes to try something new today. This could be trying a new food, reading about a topic you've never

explored or starting a new habit such as journaling, sketching or taking a walk after lunch.

2. Share a meal with a new acquaintance.
3. Take five minutes and enjoy a sensory reset. Name one thing you can see, smell, hear, touch or taste. It can be the sound of the birds, the feel of a knit throw, the taste of your favorite tea or the beauty of a fall tree. This practice brings mindfulness to your surroundings and helps you feel grounded.

DEVELOP YOUR STILL BECOMING LIST

We don't stop growing when we reach adulthood. Dreams are important for all ages — including seniors. Make a list of three things you still want to learn, try or experience. Whether you've always wanted to learn a new language, try your skill with art, explore a new park or museum or go to a specific event or concert — it's the act of imagining what's next that keeps our inner world vibrant and expanding.

LIVE MORE INTENTIONALLY

Active aging isn't about doing more — it's about living more intentionally. Whether you're supporting a loved one or seeking inspiration for your own next chapter, we hope these ideas spark joy, laughter and connection for you this fall.

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.