



SPECIAL EVENT INVITATION

Coping Techniques for Caregivers

Being a caregiver is a journey of love, but remember: you cannot pour from an empty cup. Prioritizing your own health is essential so you can be the support system your loved one needs.

Join us for a free presentation that offers actionable strategies for managing caregiver stress. Discover how to stay healthy, find balance, and ensure you have the resilience to continue your vital role.

Tuesday, March 10th, at 3 p.m.
at Clear River Community Church
9817 Godwin Drive, Suite #201, Manassas

Call or scan today to RSVP
703-420-7097



Make mealtime easy!
Pick up a copy of our cookbook at the event.



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SENIOR LIVING GUIDE

Recommendations for 2026: Be Proactive, Not Reactive

The first quarter of the new year is the perfect time for seniors to pause and check in with themselves – not just with your health, but with how day-to-day life is actually feeling and working for you.

A meaningful self-check-in starts with an honest conversation with yourself:

- Can I see the television clearly or am I getting headaches from eye strain?
- Am I increasing the volume on the radio or TV? Do others comment that it's loud?
- Am I maintaining a regular routine or using retirement as a reason to let structure slip?
- Am I keeping myself and my home as clean and organized as I once did?

These questions are not meant to be critical, but they provide an opportunity to reflect on potential changes in your daily living. They may indicate that support or adjustments might be beneficial for you.

Paying attention now can help you preserve your independence and prevent frustration later.

WHEN 'EVERYTHING IS FINE' ISN'T FINE – EARLY WARNING SIGNS THAT SHOULDN'T BE OVERLOOKED

Often when seniors are asked how they are and if they need help, the response is, "I don't need help. Everything is fine."

Sometimes it really is fine. Sometimes, though, "fine" really means "I don't want to worry anyone" or "I don't want to lose my independence" or "I don't know who to ask."

Taking the time to assess and recognize missed appointments, increased confusion with medications, withdrawal from activities or an uneasiness when discussing safety topics is important. Families and friends may notice these subtle changes long before a major issue arises so a support plan can be developed and implemented.

When you take time to assess and recognize these components early, you ensure valuable conversations and proactive planning, rather than needing to make rushed decisions during a crisis.

EMPOWERED SENIOR SERVICES MAY PROVIDE A GOOD OPTION FOR YOU

Many Empowered Seniors live independently and do very well. These

seniors have an established professional who serves as a resource and advocate available to them. Their dedicated professional knows them and can answer any questions they may have, offer advice or provide guidance and advocacy.



JULIE ROSE

This may include determining what is and isn't a normal sign of aging; assistance in finding a medical provider, or help working through a medical decision.

There may be long periods of time where an Empowered Senior's dedicated professional is simply standing by but when something unexpected arises, they can be contacted quickly and step in promptly to help.

WHO WILL ADVOCATE FOR YOU IF YOU CAN'T SPEAK FOR YOURSELF?

If someone becomes unable to make medical decisions and does not have a Medical Power of Attorney (also called a Health Care Proxy) in place, hospitals must follow state-mandated rules to determine who can speak on their behalf.

Generally, decisions fall to a family hierarchy, which can lead to delays in medical treatment decisions, family disagreements or confusion. In cases where no decision-maker is available, hospitals may involve ethics committees or seek court involvement.

Legally identifying a Medical Power of Attorney allows you to choose a trusted person to advocate for you, help to ensure your preferences are respected and reduce unnecessary stress for everyone involved.

Just as important is having a Financial Power of Attorney in place who can provide support during these challenging times, ensure bills are paid and make sure you experience as little disruption as possible in your essential daily needs.

Being proactive rather than reactive will ensure 2026 is a good year 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.