



THIS IS YOUR SIGN...

Mom Can Keep Hosting Parties

Commonwealth Senior Living makes it easy for residents to keep living life their way. Entertain friends in their apartment, come together for celebrations, or share chef-prepared meals in our dining room. *The choice is theirs!*

**This is one party where you won't
want to forget to RSVP.**

Be our guest of honor!
Reserve your private chef's table to enjoy an
immersive dining experience.

703-420-7097



COMMONWEALTH
SENIOR LIVING *at* MANASSAS

Welcome Home

9201 Portner Avenue, Manassas, VA 20110

Assisted Living & Memory Care

www.CommonwealthSL.com



Walking and having friends and family support are two ways to stay healthy and maintain well-being.

September is National Healthy Aging Month – What Does Healthy Really Mean?

» ALICE PAXTON

Your health exists on a spectrum. Rather than being simply healthy or unhealthy, you can become healthier by making gradual improvements in your daily choices and habits.

Health refers to the state of your overall physical, mental, and social condition. If you add the term “well-being,” it reshapes the whole concept of what healthy should look like. Well-being refers to your overall experience of living well and functioning effectively in all areas of your life.

Well-being is the overall quality of your life and reflects how well you are functioning physically, mentally, emotionally, socially and sometimes even spiritually. It is broader than health because it focuses not only on the absence of disease but also on your ability to thrive, find purpose and enjoy life.

When we contrast the key components of “healthy” to the key components of “well-being,” we open up a whole new way of assessing whether you are truly healthy.

PHYSICAL HEALTH VS. PHYSICAL WELL-BEING

Physical health includes regular exercise, balanced nutrition, adequate sleep, hydration and preventive healthcare.

Physical well-being is having enough energy for your daily activities, maintaining good nutrition and hydration, getting regular exercise and adequate sleep, managing illnesses and preventing disease.

MENTAL HEALTH VS. EMOTIONAL WELL-BEING

Mental health involves managing your stress, maintaining your relationships, adapting to challenges in your life and developing resilience.

Emotional well-being is the ability to cope effectively with stress. It includes maintaining a positive outlook, managing emotions in healthy ways and demonstrating resilience during life's challenges.

SOCIAL HEALTH VS. SOCIAL WELL-BEING

Social health includes having and maintaining meaningful relationships, community involvement and supportive social connections.

Social well-being is your ability to build meaningful relationships; feeling connected to your family, friends and community; giving and receiving support, and experiencing a sense of belonging. It is

about having purpose and meaning in your life. This includes having goals and objectives and feeling that your life has direction and value. Also, it includes regular participation in activities that create fulfillment for you.

For example, a person may have a chronic medical condition but still experience high well-being because they have supportive relationships, a sense of purpose, emotional resilience and a satisfying life.

The choices that we make for ourselves are those that label us as healthy. Healthier is a comparison that describes a positive movement toward your better well-being through improved habits and choices.

Here are some ways to improve your health and move toward a healthy well-being lifestyle.

- Healthy: Drink water regularly. Healthier: Replace sugary sodas with water throughout the day.
- Healthy: Walk for exercise. Healthier: Walk consistently and gradually increase your duration and intensity.
- Healthy: Eat vegetables. Healthier: Fill half of each meal with a variety of vegetables.
- Healthy: Get sleep. Healthier: Maintain a regular sleep schedule and get sufficient quality sleep each night.
- Healthy: Manage stress as it arises. Healthier: Practice stress-management techniques such as meditation, exercise, or mindfulness daily.
- Healthy: Have friends and family who support you. Healthier: Actively nurture relationships and stay socially engaged.
- Healthy: Eat breakfast. Healthier: Choose a balanced breakfast with protein, fiber, and whole grains.

Well-being is a state in which you feel healthy, engaged, connected, purposeful and able to successfully manage the challenges of daily life. Well-being is not just about living longer – it is about living better.

Alice Paxton, M.Ed., CDP, is the Founder & 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.



ALICE PAXTON