

*You're invited!*

Friends & Family Community

# Brunch



Join us for a delicious, buffet-style brunch — expertly prepared by our amazing dining team! Our menu will include pancakes, bacon, eggs, shrimp and grits, mimosas, and much more.

We will also have special, live entertainment! Tickets: \$20 for adults; \$10 for children under 12. (Resident eat for free.)

Residents, their families, and guests of Potomac Place are all invited to attend!

**Sunday, September 22 | 11 am - 1 pm**

*Space is limited!*

**RSVP to Brie Proctor at  
bproctor@potomacplace.com  
or call 703-494-3817 by September 18.**



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In addition to being unsightly, clutter inside a house can be hazardous, especially for senior adults. **ANDREY POPOV**

## Clutter Is an Overlooked Safety Hazard for Seniors

» BY JULIE ROSE

Clutter not only negatively affects a person's quality of life, but it's also a safety hazard, especially for seniors.

These are some important questions to consider for yourself or a loved one:

- Are living conditions cramped and disorganized with too much "stuff"?
- Is it difficult to move from room to room freely?
- Are there plenty of open spaces to sit down or place items?
- Are countertops and tables piled with items?
- Are there out-of-date medications and food items in the living space?

If "yes" was the answer to any of the above questions, it's time to take action. Although many items have sentimental value, may be used in the future or they were expensive to purchase, it's time to purge and open up the living space for improved physical and mental well-being.

### WHY IS CLUTTER DANGEROUS FOR SENIORS?

Clutter is an excessive accumulation of items that can lead to disorganization and safety hazards. Clutter such as mail, grocery bags and other flammable items

causes fire hazards when located near stove tops or heating or electrical sources.

Emergency responders may be delayed reaching those in need during an emergency when there is clutter

blocking doors, windows or pathways. Clutter makes it more challenging to get out of a home quickly in an emergency. It makes it more difficult to move throughout the house safely and significantly increases the risk of trips, falls and injury.

Dust mites, mold and other allergens



**JULIE ROSE**

# Northern Virginia Senior Olympics Open with Record Participation

Over 1,000 senior (50+) adults have registered to participate in the 2024 Northern Virginia Senior Olympics, which begin Saturday, Sept. 14, at the Thomas Jefferson Community Center in Arlington.

“It has been our goal for some time to reach this record-breaking number, which also marks a 15% increase over last year,” said chair Riley Geary. “It is notable that half of the registrants are women, showcasing the inclusive and growing interest among seniors in maintaining an active lifestyle.”

The public is invited to attend the opening day festivities, which begin at 9:30 a.m. and include the Alexandria City High School JROTC Color Guard, the National Anthem sung by the Arlingtones Barbershop Chorus and the NVSO Olympics torch carried by Geary.

Speakers include Michael Coleman, vice chair of the Senior Olympics, and Cheryl Johnson, community recreation director for the Arlington County Department of Parks and Recreation.

The events run through Sunday, Sept.

29, and take place in 28 different venues across Northern Virginia. A total of 76 indoor and outdoor events are scheduled, including track and rowing, which take place after the opening ceremony, along with swimming, pickleball, bocce, bowling, scrabble, canasta, miniature golf, field events and line dancing.

New to the lineup this year are the 100-yard individual swimming medley and a Sudoku pentathlon. The full list of events is online at [nvso.us](http://nvso.us).

2024 Gold Patrons are AARP Virginia, Adobe, Alexandria, Belmont Bay and Woodbine Rehabilitation and Health-care Centers, Anthem HealthKeepers, Elance Luxury Living, Goodwin Home Health, Greenspring by Erickson Senior Living, Humana, Johns Hopkins Health Plans, Retirement Unlimited, Sentara Health Plans, The Jefferson, The Virginian and the Woodlands Retirement Community.

The sponsoring agencies are the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

## CLUTTER » FROM PAGE 14

can thrive in a cluttered environment. This makes breathing more challenging for those with asthma or allergies. Clutter also diminishes the quality of the living environment.

Research has shown that a cluttered environment increases negative emotions like confusion, irritability, frustration and depression. It decreases focus and productivity. Clutter also creates a chaotic feeling that makes a home feel less safe and welcoming. It may create feelings of embarrassment or stress or overwhelm – and can lead to social isolation.

### HOW CAN YOU DECLUTTER SUCCESSFULLY?

Once you’ve determined the need to declutter, where do you start? It’s helpful to have a system for success that is manageable and not overwhelming.

- First sort items into four groups: Put Away, Sell, Donate and Trash. Be sure every item is placed into one of these four groups.

- Declutter one room at a time so that the process is manageable and not overwhelming.
- Many charities will pick up donations of used furniture, household items or clothes that are in good condition. Work with a reputable charity and have someone else with you when they come.
- Once the decluttering process is completed, consider having a professional cleaning company deep clean the home.
- At any point if this is more than you can handle, seek help from an organizing and downsizing expert.

*Do you have questions about decluttering or senior living challenges? Please reach out to us at [info@paladinlifecare.com](mailto:info@paladinlifecare.com) or call (703) 879-6992. Julie Rose, M.Ed., CDP, CHC, 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.*

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