



EVERY TURN TELLS A STORY

# Embrace Your Senior Living Journey

The path to senior living isn't always clear, and taking the first step may feel uncertain compared to the familiarity of where you are today. Commonwealth Senior Living has been trusted for over 20 years to help families navigate their journeys, and we're here to guide yours too.

We are committed to redefining the path to senior living. This means we believe the best moments in life are the ones *yet to come*.

*"The team here shared such critical expertise, while guiding my family through transitioning our loved one...all the while leading with their huge hearts, passion, and wisdom. We could never have navigated this transition with such a tremendous outcome without them by our side."*

– Kara G.

**There is a better path.**

Contact us today to learn more and reserve your personalized Journey Kit – a roadmap to your future best life.

**703-215-2985**



**COMMONWEALTH**  
SENIOR LIVING *at* MANASSAS

*Welcome Home*

9201 Portner Avenue, Manassas, VA 20110

*Assisted Living & Memory Care*



[www.CommonwealthSL.com](http://www.CommonwealthSL.com)

# SENIOR LIVING GUIDE



Adults over the age of 65 should talk to their doctor about getting a high-dose flu vaccine. JEAN PAUL CHASSENET

## How to Protect Yourself During Flu Season

» BY JULIE ROSE

Flu season is here. Older adults have a more difficult time with the flu, and it can lead to serious illness and complications.

Here are some flu-prevention tips for seniors:

- Talk to your doctor about getting a high-dose flu vaccine if you are age 65 or older. Ideally, it's best to get your flu shot in October, but later is better than not at all.
- Wash your hands frequently with soap and water for at least 20 seconds at a time. If you use a hand sanitizer, it's more effective if it contains a minimum of 60% alcohol.
- Avoid touching your face.
- Cover your coughs and sneezes using the inside of your elbow rather than your hand to prevent the spread of germs.
- Disinfect high-touch surfaces regularly. Keep in mind that the flu virus can live on some surfaces for up to 48 hours.
- Use a high-efficiency particulate air (HEPA) filter at home and at work – it helps.
- Eat a nutritious diet and drink plenty of fluids.
- Make sure you get adequate sleep – seven to nine hours each night is rec-



Julie Rose

ommended.

- Include regular exercise in your schedule as it can help boost your immunity.
- Avoid contact with people who are sick.
- Manage your stress, because chronic stress can compromise your immune system.
- See your doctor promptly if you don't feel well to prevent complications.

Being proactive can protect you during flu season. All of us at Paladin Life Care wish you good health!

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