

LONGEVITY TRAITS

If you want to live to be 100 or more, it may help to not keep emotions bottled up inside you. In fact, according to the New England Centenarian Study, people who are outgoing and manage their stress well stand the best chance of reaching the century mark. These findings come as a result of examining common personality traits among the offspring of people who live to be one hundred years old. These offspring of centenarians, who averaged 75 years in age themselves, were all evaluated in terms of five personality traits: neuroticism, extraversion, openness, agreeableness, and conscientiousness. Compared with published norms in each trait, the offspring of centenarians were all found to be more extraverted and less neurotic.

The better you cope with stress and maintain open and positive relationships with people, the longer you are likely to live. At Barclay Friends, we help seniors maintain the most positive emotional and physical health possible. Our rehabilitation therapists design individualized care plans to help patients adapt to limitations due to surgery, injury, or disease. We are now certified by the National Alliance of Wound Care (NAWC) for excellence in wound care. Please browse www.barclayfriends.org to learn more about us, and call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. The study mentioned above also found that offspring of centenarians followed in the footsteps of their parents in terms of having a 60 percent reduced risk of heart disease, stroke, and diabetes.