

Senior Post

Living well and gracefully through the golden years



Sundale Nursing Home

provides privacy, comfort and security

SEPTEMBER 2024
A MONTHLY MAGAZINE BY

THE DOMINION
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Senior Post

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Donna Tennant (left), director of admissions/marketing at Sundale Nursing Home, Nana Jo Winter, Charlotte Coppage, Melissa Bilonick-Hare, Sundale nurse, and Catherine Kerns socialize outside Sundale.

Benjamin Powell/The Dominion Post

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Senior centers and facilities

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Clay Battelle Senior Center

5977 Mason Dixon Hwy., Blacksville • 304-432-8177

Core Senior Center

98 Pedler Run Road, Core • 304-879-5452

Senior Monongalians

5000 Green Bag Road, Morgantown • 304-296-9812

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

Preston County

Newburg Senior Center

100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center

WV Rt. 26, Bruceton Mills • 304-379-1165

Preston County Senior Citizens

108 Senior Center Drive, Kingwood • 304-329-0464

Rowlesburg Senior Center

44 Poplar St., Rowlesburg • 304-454-2012

Terra Alta Senior Center

212 E. Washington Ave., Terra Alta • 304-789-2415

Tunnelton Senior Citizens

1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center

54 W. Highland Avenue, Masontown • 304-864-6465



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The key to a secure financial future



BY DOREEN SEAMON
for The Dominion Post

As we age, we need to understand a diverse set of topics — from investment and financial planning options to interest rates and long-term care. Professionals, such as financial advisors and elder law attorneys, can help educate individuals about these topics. Working with a professional may also lead to financial health and stability in retirement.

Having sufficient financial literacy is key to a secure financial future. Financial Literacy is the ability to make informed decisions and take appropriate actions regarding money, but recent studies show that older adults do not have adequate financial literacy which often results in adverse consequences for their financial well-being.

Research by the American College of Financial Services sheds light on the need for improvements in retirement financial literacy. The 2023 Retirement Income Literacy Study focused on 12 areas of knowledge (retirement income, inflation, housing, annuities, life insurance, long-term care, Medicare, Social Security, life expectancy, taxes, retirement plans and investments).

Unfortunately, the study revealed that 69% of adults ages 50 to 75 lack knowledge about retirement income. Scores were lowest for participants with fewer assets while individuals with more assets scoring twice as high.

Those with a lack of knowledge also lacked confidence about achieving the best possible retirement outcomes, which is very important now that most workers must make independent decisions about retirement savings. This responsibility reflects quite a change from the early 1970s when

more Americans participated in defined pension plans than other types of retirement plans. Defined pension plans have pension fund managers making the investment decisions while today, most workers must make independent decisions about retirement savings. As people age, they must also shift their investment strategy from savings, growth and gains to fixed income types of investments so they can draw retirement income.

Participants displayed especially low literacy in annuities, investments, life expectancy and long-term care. The average literacy score for annuities was the lowest at 12%. Respondents were more knowledgeable about inflation, housing, Medicare, life insurance, and Social Security than the other topics. Still, scores were low; the highest score, which was for inflation, was just 47%.

While the participants demonstrated greater knowledge of issues currently affecting them, such as inflation, other knowledge areas, such as annuities and investments for income, could become important later when they retire. However, the study suggests they do not tend to learn about these topics before they stop working.

A consequence of misjudging life expectancy is a lack of preparedness. Those

who think they will die younger may not have enough saved to cover costs like housing, medical expenses, and long-term care in their later years.

Wealthier study respondents, higher educated respondents, and retirees tended to score higher. But it also showed that those having a financial advisor scored significantly better in every category. In addition, those respondents had greater confidence about retirement.

In planning for retirement, working with a qualified elder law attorney can play a critical role as well. They can help you assess your long-term options, understand various benefits programs, and work with you to create a legal plan that preserves your autonomy as you age. Your legal documents such as financial power of attorney and trust, your income sources, and how your assets are structured are key factors in how you will be able to provide for yourself and your dependents, pay for long-term care needs, and qualify for veteran or public benefits. Remember, it is never too early to plan!

Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience include elder care and estate planning. She writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

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Sundale Nursing Home

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privacy,
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and security**

Residents of Sundale Nursing Home enjoy recent time outdoors.



Melissa Bilonick-Hare (above, left), a Sundale nurse, and Catherine Kerns pose together for a photo outside the nursing home. At right, Don Mundy works on a puzzle in the activity room.



By Jeniffer Graham for *The Dominion Post*
Photos by Benjamin Powell

For those looking for a nursing home that provides privacy, comfort and security, Sundale Nursing Home offers all of this and more.

Sundale is a 100-bed rehabilitation and long-term care facility in Morgantown. It contracts with Odyssey Rehabilitation Services for its residents and has been a part of the community since 1958. It has been in its current location since 1985.

"We offer a full range of quality of life services through our Activity Department. We have 14 activity assistants who do things such as special events for every holiday, birthdays and sometimes because it is a beautiful day." Donna Tennant, admission/marketing director, said. "We do outings to the Black Bears games, Maryland to the Penn Alps Restaurant, shopping, movies, additional restaurants, to the area parks for picnics and sometimes just out to grab some ice cream or a hot dog. Our Activity Department is one of the largest in the United States."

Tennant said the facility has an IN2L program that provides thousands of activities, such as one that will take you for a walk down the streets of Paris, Italy

or even right here in the U.S. in Chicago. The program will allow you to travel around the world. There is also every type of religious program there, as well as trivia to help stimulate one's mind. Tennant said you can even take hold of the driver's wheel and simulate going down the highway.

There is music of every type, from gospel songs, country, rock 'n' roll, bluegrass, and even dance music. The system allows you to look up old shows such as "I Love Lucy" and "Gomer Pyle."

"It will also act as an email program where we can contact our families and share photos and notes about what all we did for the day. We always welcome folks to stop in and check it out. There are very full facilities who have such an amazing program, it is a huge benefit with our therapy department, too," Tennant said.

She said Sundale has one of the best dietary departments around, and offers a delicious menu every day. If you don't like that, there are choices, and there is also an "all you care to choose" menu.

When new resident comes to the facility, the dietary manager sits with them to go over all likes and dislikes, then she

creates a menu to suit those interests. She makes sure all get a well-balanced meal to help the healing process, to get them home as soon as possible if they are there for therapy. Those there for long-term care are made you feel as much at home as possible, Tennant said.

She said the nursing staff is well-trained in all areas of personal care, from bathing to helping clients get dressed to making sure their hair is done and they have their makeup on. Tennant said the nursing staff is also trained in wound care, diabetes and every diagnosis there is.

"They are here with you 24 hours a day, seven days a week. We have registered nurses, licensed practical nurses and certified nursing assistants," Tennant said. "Our physicians are from WVU Family Medicine. We have Dr. Carl Schrader, who is the medical director and doctor, and Robert Allison who is a specialized geriatrician."

"Mike Hicks is the CEO and Lisa White is the administrator. When you add all the years of services from the administrative team, we have a combination of over 500 years of service," Tennant said.

"Our residents range in age from 65 to 103," she said. "Having worked here at Sundale for the past 30-plus years, this is home, I can not imagine being anywhere else. The residents and their families become our family. We laugh with them, we cry with them and we celebrate fun times. I have met the most wonderful people in the world. No matter what their way of life has been, they have the best stories you could ever dream of. This is not work, it is home. I have not only spent every day here, but there have been times I spent the night."

According to the website, the facility offers 24-hour skilled nursing, physical therapy, occupational therapy, speech language therapy, specialized skin and wound care, restorative nursing, dementia care and pastoral services.

Also provided are active services, social services, registered dietitian, IV therapy, beauty and barber shop, patient fund, palliative care and dental services.

Sundale is at 800 JD Anderson Drive in Morgantown. Phone 304-599-0497.

For more information go to sundale-care.com



Risk factors for AFib

Metro Creative Connection

A healthy heart is vital to a long life. Aging individuals recognize that link, and many take steps to protect their heart health, which may include changing their diets or exercising with greater frequency.

Recognizing certain threats to heart health is another important step individuals of all

ages can take as they seek to live long, healthy lives. One such threat is atrial fibrillation, which is often referred to as "AFib." Johns Hopkins medicine notes AFib is a type of abnormal heartbeat caused by extremely fast and irregular beats from the upper chambers of the heart. Johns Hopkins notes a person with AFib may have a heart that beats more than 400 times per minute, which is

caused by faulty electrical signals that make the atria (the two upper chambers of the heart) contract much faster than normal.

The American Heart Association reports that AFib increases the risk of heart-related death and stroke. But individuals may be curious about their risk for AFib.

Though some of the risks for AFib, such as family history, may be beyond an individual's control, others can be managed with the goal of reducing the likelihood of developing the condition.

The AHA notes that people who have one or more of the following conditions are typically at higher risk for AFib.

■ **Age:** Age is a significant risk factor for AFib. Johns Hopkins notes that adults older than 50 are at elevated risk for AFib. In addition, the AHA reports that medical researchers suspect the number of AFib cases will rise considerably in the coming years as people are living longer. Recognition of age as a significant risk factor for AFib might compel more individuals to take additional risk factors for the condition more seriously.

■ **High blood pressure:** The AHA reports that longstanding, uncontrolled high blood pressure can increase a person's risk for AFib. This link between AFib and high blood pressure underscores the need for annual health examinations, which often uncover the condition known as "the silent killer" due to the fact that it does not necessarily produce noticeable symptoms.

■ **Existing heart conditions:** Heart valve problems; hypertrophic cardiomyopathy, which is marked by a thickening of the walls of the heart chamber; acute coronary syndrome, an umbrella term used to refer to conditions in which blood supplies to the heart are suddenly blocked; and a history of heart attack are just some of the heart conditions that increase a person's risk for AFib. Anyone with a personal or family history of these and other heart conditions is urged to discuss AFib with their physicians.

■ **Alcohol consumption:** Binge drinking increases risk for AFib, according to the AHA. The organization defines binge drinking as five drinks in two hours for men and four drinks in two hours for women. If individuals want to consume alcohol, Johns Hopkins emphasizes the need for moderate consumption, which is defined as one drink or less per day for women or two drinks or fewer per day for men.

■ **Activity levels:** Though physical activity is an essential component of a healthy lifestyle, the AHA notes that AFib is common in athletes. The condition can be triggered by a rapid heart rate known as a supraventricular tachycardia, which can be a byproduct of exercise.

AFib can pose a serious threat to individuals from all walks of life. Recognition of that threat and how to reduce AFib risk can be part of anyone's long-term health regimen.

Senior center activities

Westside Senior Center

Westside Senior Center opened June 10, 2001, and is totally operated by volunteers. It is open from 9 a.m. to noon and 6-9 p.m. Monday through Friday at 500 Dupont Road, Westover.

Members are knitting scarves for veterans and active-duty military as part of Operation Gratitude's "Scarves for the Troops." Anyone is welcome to bring knitting needles and join in the project.

Food is collected every month for the Rock Forge Food Pantry.

Evenings are full of things to do. Monday and Friday, bring a musical instrument and play with the group. Tuesdays and Thursdays, there is card playing, and Wednesday evening is for bingo. There is also a well-equipped exercise room that includes a pool table.

Assisted Living at Evergreen

Assisted Living at Evergreen is an alternative to nursing home care. A variety of specially developed leisure activities include outings to Oglebay, holiday dinners and parties and weekly shopping trips. Housekeeping and personal laundry services are available. There are community areas, dining and family rooms, an activity center and a gazebo with fish pond for outdoor relaxing.



Assisted Living at Evergreen in Morgantown, WV

Senior Monongalians events and activities

TRANSPORTATION PROGRAM

Senior Monongalians' transportation program focuses on older adults who don't have access to transportation or live off of a Mountain Line bus route. Seniors will be picked up at their home and brought to our senior center. Once they arrive, they can participate in a range of activities, socialize with others, have a delicious lunch, and much more. Then they will receive a ride back to their home. Our brand new vehicle is wheelchair accessible and can hold several riders. Additional routes will be added as the program grows. Riders must be or become registered clients of Senior Monongalians. Seniors must reserve their ride the day before they want to come in. This call must be received by 3:30 p.m. For more information regarding the eligibility of this program or to schedule a ride, call 304-296-9812.

SENIOR PANTRY PROGRAM and SENIOR PAWS

Grabbing odds and ends at the grocery store or placing an order over the Internet is just a normal part of the day for most of us. Although for our home-bound clients getting groceries, household items, personal care necessities, or pet food at the drop of a hat is usually impossible. Want to reach out a helping hand to these seniors? Senior Monongalians has opened the Senior Pantry Program and Senior Paws.

How does the pantry and Senior Paws work? When a home-bound client has a need for a non-perishable item, hygiene, or even pet care items, they can fill out a request form and give it to their HDM driver. Once the item is obtained, it will be delivered to the client by their meal delivery driver. The goal is to be able to fill the request within a couple days. This is an on-going program.

We need your help gathering pantry items. Those who would like to help can purchase needed items. Monetary donations are also greatly appreciated. Please specify that monetary donations are for the Senior Pantry Program. Feel free to call the office at 304-296-9812 for a list of most needed items.

INDOOR DINING - LUNCH

Seniors are invited to join us for a delicious and nutritious lunch in our lunchroom. Lunch is served from 11:30 a.m. to 12:30 p.m., Monday through Friday. Adults aged 60 or older are eligible to eat on a donation basis. A suggested donation is \$2. Lunch is available on a first come, first serve basis. Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians' office. All menus are subject to change without notice. If you are interested in our nutrition program, please call us in advance of your first visit. 304-296-9812.

HOME DELIVERED MEALS PROGRAM

The goal of our Home Delivered Meals Program is to provide a nutritious meal to seniors who are homebound. Drivers also perform a "well check" as they speak to meal recipients. Deliveries take place Tuesday through Friday. Clients will receive a hot meal on each of these days. A cold meal will be included on Fridays to be used for the following Monday. This will ensure that clients will have a meal during the work week.

Who is eligible to receive meals? Monongalia County residents at least 60 years of age or older and meet other requirements. This service can be used on a long-term or a temporary basis. The HDM program is a donation-based service. Currently, the HDM program is on a waitlist. As clients discontinue meal delivery, those on the waitlist will be contacted. If you are interested in the home delivered program, call 304-296-9812.

DAILY ACTIVITIES SCHEDULE - Subject to change without notice

POOL TABLES - Monday 8 - 9:45 a.m., 12:30 - 3:45 p.m.; Tuesday, Thursday and Friday 12:30 - 3:45 p.m.; Wednesday 8 - 9:45 a.m., 12:30 - 1:45 p.m.

COMPUTER LAB - Monday through Friday 8 a.m. - 3:45 p.m. • Must sign consent form.

DOMINOES - Tuesday and Thursday Noon - 3 p.m. • Nutrition Room

MAHJONG - Monday and Wednesday 12:30 - 3:45 p.m. • Nutrition Room

SPONSORED BINGO - Every Friday 10 - 11 a.m.

50/50 COVER ALL CASH BINGO GAME - Fridays 10:45 a.m. • This is a fundraiser for the activities and programs offered by Senior Monongalians. This game is \$2 to play and only one bingo card will be used per person. The total amount collected will be split equally, 50% benefitting Senior Monongalians and 50% becoming the bingo jackpot. If there is more than one good bingo, the winners will split the bingo jackpot. Invite your friends and spread the word.

EXERCISE ROOM - UNLESS RESERVED - Must sign a release form • Monday, Wednesday 8 - 11 a.m.; Tuesday 1 - 3:45 p.m.; Wednesday 8 a.m. - 3:45 p.m.; Thursday 1 - 3:45 p.m.; Friday 8 a.m. - 3:45 p.m.

VITAL SIGNS CLINIC - Thursday 10 - 11 a.m. • Nutrition Room

One of our registered nurses will be available to check your blood pressure, pulse and weight. These levels are recorded for your convenience to share with your doctor or for your personal monitoring.

GROUP EXERCISE CLASS - Tuesday and Thursday 10 - 11 a.m.

This class focuses on range of motion, flexibility, and balance exercises that can be done standing up or sitting in a chair. Please bring your own weights, ball and stretch strap.

CHAIR EXERCISE - 2nd Tuesday of the month at 10:30 a.m.

Nathan will lead this group. It includes exercises to promote balance, coordination, flexibility, and overall good health while seated in a chair.

FOOT CARE CLINIC - 3rd Friday of every month from 9 a.m. to 1 p.m.

Anita from Mountaineer Sole Care offers a monthly foot care clinic. During the 30 minute sessions, she will clean your feet, cut your toe nails, check for corns and calluses, and give your feet a massage. This service is \$45. Make your appointments by calling 304-368-8924.

BINGOSIZE WILL RETURN SOON!



Senior Monongalians events and activities

(continued)

UPCOMING EVENTS & SPEAKERS

MONDAY, SEPTEMBER 2 - CLOSED FOR LABOR DAY

FRIDAY, SEPTEMBER 6 at 10:30 a.m. - BINGO WITH RENAISSANCE CARE - Becky from Renaissance Care will lead a few games of bingo and award prizes to the winners. Bring a friend or two along to add to the fun. Don't forget to stick around for our 50/50 Cash Cover All game.

TUESDAY, SEPTEMBER 10 at 10:30 a.m. - CHAIR EXERCISE WITH NATHAN - Nathan from Personal Touch will lead this fun session of exercise. The exercises are easy to follow and can be done while sitting in a chair. They focus on range of motion, balance, and overall well-being. Nathan invites you to join him for this free activity.

FRIDAY, SEPTEMBER 13 at 10 a.m. - BINGO WITH VILLAGE CAREGIVING - Toni from Village Caregiving will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fun. Don't forget our Cash Cover All game will immediately follow our sponsored bingo.

FRIDAY, SEPTEMBER 20 from 9 a.m. - 1 p.m. - FOOTCARE CLINIC - Anita from Mountaineer Sole Care will offer foot care services. Services include: Cleansing your feet, cutting the toe nails, a foot massage, evaluation and care of corns and calluses. Appointments are 30 minutes long. The fee is \$45. Make your appointment by calling Anita at 304-368-8924.

FRIDAY, SEPTEMBER 20 at 10 a.m. - BINGO WITH MORGANTOWN HEALTHCARE CENTER - Melody from Morgantown Healthcare Center will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

THURSDAY, SEPTEMBER 26 from 10:30 a.m. - 12:30 p.m. - FALL FESTIVAL - We invite you to join us for our monthly festive luncheon. More details to come.

FRIDAY, SEPTEMBER 27 at 10 a.m. - BINGO WITH BILL NASH - Bill will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fun. Be sure to stick around for our 50/50 Cash Cover All game immediately following the sponsored bingo.

MOUNTAINEER FOOD BOX DISTRIBUTION

With the rise in the cost of everything, many of us find that our pantries are a little more empty than it used to be. Would having an extra bit of food really help get you through the month? Senior Monongalians and the Mountaineer Food Bank are working together to help older adults facing food insecurity by providing food boxes. These food boxes are available to Monongalia County residents aged 60 years of age or older who meet the household income guidelines. Participants will have the chance to receive one or two food boxes per month. If you would like more information or would like to see if you qualify to receive a food box, call 304-296-9812 or stop by Senior Monongalians.

50/50 COVER ALL BINGO GAME

A 50/50 "cover all" game will be played at the end of each sponsored bingo. It is \$2 to play this game. One bingo card per person. 50% of the total entry fees will benefit the programs and services offered by Senior Monongalians. The other 50% will comprise the prize pot for the game. If there are multiple winners, the prize pot will be split equally. We can't wait to see you there. Thank you for supporting Senior Monongalians.

WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

WEBSITE: www.seniormons.org

FACEBOOK: Senior Monongalians

PHONE: 304-296-9812

LOCATION: Mountaineer Mall

MAILING ADDRESS: P.O. Box 653, Morgantown, WV 26507

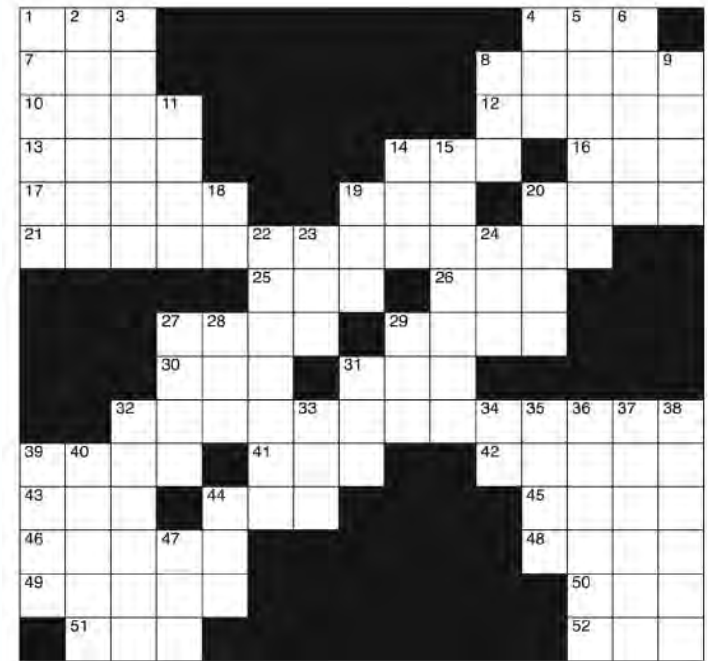
EMAIL QUESTIONS TO: info@seniormons.org

COVID-19 Vaccine Hotline: 833-734-0965 West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 5 p.m. Hotline is not available on Sunday.

WV Emotional Support Hotline: 844-435-7498 West Virginia-based counselors are available 24/7 to provide immediate help for West Virginians of any age who are struggling with stress, fears, anxiety, and/or an addiction.

WV United Way-sponsored information and support hotline: 2-1-1

(a three-digit phone number) Dial 2-1-1 to speak with West Virginia-based individuals who are trained to provide information and support in the areas of COVID-19, finances, health, housing, food, disabilities and domestic concerns.



CLUES ACROSS

1. Microgram
4. After B
7. Everything
8. An unfortunate development
10. Coat with sticky substance
12. Cylinder of tobacco for smoking
13. Minimum interval take off
14. Yuck!
16. NBA sensation Jeremy
17. Where some rockers work
19. Midway between northeast and east
20. Snake-like fishes
21. Groups of homes
25. Swiss river
26. Useful towel
27. "The Wire" character "Moreland"
29. Oafish creature
30. A major division of geological time
31. Bird-like Chinese dinosaur
32. Sporting events
39. Body part
41. Clerical vestment
42. Shows data
43. Some are "special"
44. Expression of disappointment
45. Students' rights document (abbr.)
46. Vacation locale Costa ___
48. Pop singer
49. Distract outside a city
50. Mark Wahlberg comedy
51. Coniferous tree
52. Midway between south and southeast

CLUES DOWN

1. Lunatic
2. Actress Danes
3. Buttock muscles
4. The 22nd letter of the Greek alphabet
5. Popular 70s rockers
6. Electronic communication
8. Trigraph
9. Sea eagles
11. Low-pitched, resonant sound
14. Northeastern US university (abbr.)
15. Home of the Bulldogs
18. Exclamation of surprise
19. Make a mistake
20. Advantage
22. Monkeys love them
23. Wood
24. Paddle
27. Past participle of be
28. Tall, rounded vase
29. Device manufacturers
31. Financial institution (abbr.)
32. Paper product
33. A type
34. Atomic #43
35. Red Hot Chili Peppers' drummer
36. Behaviors
37. Decays
38. Walked confidently
39. Voice (Italian)
40. Class of adhesives
44. Bar bill
47. One-time aerospace firm



Dealing with toxic people in our lives



BY IRENE MARINELLI
for The Dominion Post

“Toxic people will pollute everything around them. Don’t hesitate. Fumigate!”
~ Mandy Hale

Young children are powerless when it comes to growing up with toxic people in their lives. They have little or no say about family dynamics. In a family where one or more of the adults display behaviors of toxic people, children are often subjected to emotional distancing and stress until they are old enough to leave home.

Recognizing toxic people is not difficult. Dealing with them and trying to affect a change in these people is another matter altogether. Toxic people tend to be self-centered, unempathic. They tend to disrespect emotional and physical boundaries, demanding constant attention and validation, yet often only giving

criticism in return. Their behaviors can have a lasting harmful impact on people with whom they come in contact, especially prolonged, regular contact. They could cause a lot of conflict in our lives, as well as emotional pain or, in some cases, even physical pain. They are manipulative, attention seeking and generally take without giving.

There are ways to handle toxic people if they show up in our lives or our relationships. It is very important to set boundaries. Setting boundaries can be difficult. Being strict about keeping those set boundaries can be doubly difficult, especially if we are dealing with someone in our own family. It’s important to let these people know their behavior not only bothers us, but will no longer be tolerated. Allowing their inconsistencies or broken promises or even downright lies go unnoticed opens the door to more of the same.

While it’s true that we really can’t affect change in another person, but only in ourselves, we certainly cannot allow toxic

behavior to keep impacting us negatively. At some point, after we’ve tried to reason with this toxic person, set boundaries, etc., and there is no change in attitude or behavior that influences our life in a negative way, it’s probably time to let go of the relationship, be it a friend, family member or coworker.

Dealing with toxic people in the workplace may be even more difficult. We give a huge chunk of our time to our jobs, five days a week, eight hours each day for most of us. Being exposed to a toxic co-worker all that time is difficult and can darken our attitude toward our job. It can even impair our mental and physical health. We are aware of the strong mind-body connection we all have. Recent studies report the following: when their subjects were exposed to stimuli that caused strong negative emotions their brains had a huge stress response. The results indicate stress can have a negative impact on the brain. Months of continual stress can do a lot of damage. We should not allow the stress of working with

toxic people to compromise our work and the pleasure we may find in our job.

There are several ways to alleviate a high-stress situation in the workplace caused by a toxic co-worker. Certainly the easiest would be to distance ourselves from the toxic person. That’s not always possible, especially if we work in a team or have such a person as a job partner. Another way to handle the stressful situation is to set boundaries. Engage with that toxic person only when necessary. If all else fails, not responding emotionally to the person’s irrational behavior may at least help us keep our balance.

A quote from the writings of Mark Green gives us some good advice: “As you remove toxic people from your life, you free up space and emotional energy for positive, healthy relationships”.

Irene Marinelli writes a regular column for Senior Post. Contact her at [columns@dominion-](mailto:columns@dominion-post.com)

Assisted living and residential care communities

Monongalia County

Evergreen Assisted Living
3705 Collins Ferry Road, Morgantown
304-598-8401

**Morgantown Health and Rehab
(formerly Golden Living Center)**
1379 Van Voorhis Road, Morgantown
304-599-9480

Madison Center
161 Bakers Ridge Road, Morgantown
304-285-0692

Mapleshire Nursing and Rehab Center
30 Mon General Drive, Morgantown
304-285-2720

Sundale
800 J.D. Anderson Drive, Morgantown
304-599-0497

The Suites at Heritage Point
1 Heritage Point, Morgantown
304-285-5575

Harmony at Morgantown
50 Harmony Drive, Morgantown
304-503-4349

Preston County

**PineRidge
(formerly Heartland)**
300 Miller Road, Kingwood
304-329-3195



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