

## Large Print Books Make Reading Easy

**There really is nothing quite like curling up with a fascinating book!** For some people, however, reading is a bit more challenging because of vision difficulties. Large print books offer a fantastic solution. They can be read comfortably without having to worry about eye strain.

The text in most reading material is pretty small. It's designed this way to pack the most punch into the fewest pages. Seniors often use reading glasses in order to see smaller print. As our eyes age, it

becomes a little more difficult to clearly focus on small objects. This can be discouraging for someone who finds solace in reading.

Books that have a larger size font can allow some seniors to regain their joy in reading. There's no more straining or shifting the light in the room in order to read the books they want to read. Many new titles are now being released in this format, which is great news for anyone who has trouble reading standard size text.

Another great option that is gaining popularity is e-readers. Not only because the text size and fonts can be adjusted, but because e-readers are lightweight, portable, and most of all, there is an endless collection of titles available to instantly download with the tap of a finger.

Now more than ever, there's no excuse for not reading. With many best-sellers and classics available in large-print or electronically, you'll never again miss out on a next best how-to book or page-turning novel.

### Wellington Place at Fort Atkinson

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

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### Make an Easy Quilt

Start by cutting a cotton fabric into a 6-inch square. Fold this piece over to make a triangle with the wrong side of the fabric out. Then sew each side but leave a one-inch gap. Turn the triangle piece inside out. With a knitting needle, place one nylon stocking into one-inch gap. Distribute the stuffing evenly. Make more of these triangles and stitch them together to form a square in your desired size. To finish the quilt, use a wide fold bias tape on the edges.



### Google 5 Star Review ★★★★★

*"I love the home setting, the staff is amazing and the place always looks clean."* – Miriam O.

## Control Your Diabetes with These Tips

**Quit smoking.** Nicotine constricts your blood vessels. Diabetes patients already have a problem with circulation to the extremities, which can lead to vision problems and the need for amputations.

**Get plenty of sleep.** Studies have shown that people suffering from sleep deprivation eat much more food, which will make it difficult to keep your diabetes under control. A good night's rest will also help your body to keep your blood sugar levels in check.

**Check your blood sugar often.** This is very important if you are dealing with diabetes because blood sugar can sometimes spike or get very low without you feeling any symptoms.

# WiCAL

Wisconsin Center for Assisted Living

## Nutrition Needs in the Golden Years

As we age, we need fewer calories—about 10% less per decade from age 50 onward—but not necessarily fewer nutrients. With our bodies' own natural antioxidant systems losing steam, we need to increase our intake of antioxidant-rich fruits and vegetables like artichokes, blackberries, blueberries, broccoli, brussels sprouts, cranberries and dried plums.

Because of this calorie-nutrient paradox, it's more important than ever to choose foods with care, opting for a nutrient-dense diet and avoiding empty-calorie snacks. Fiber, for example, is a macronutrient that too many seniors get too little of. In addition to lowering levels of "bad" cholesterol, fiber helps improve regularity at a time when gastrointestinal distress may become an issue. Top sources of healthy fiber include

navy beans, oats, raspberries, oranges and green peas.

Protein is another macronutrient seniors need but 60% fail to consume in adequate amounts. The body's ability to absorb vitamin B-12 declines with age, and salmon is a great choice as a two-for-one protein and vitamin B-12 source. As a bonus, salmon, sardines, albacore and flounder are good sources of omega-3 "healthy" fats that help boost memory power.

Another nutrient for your noggin is niacin. In a four-year study of 800 seniors, those with the highest intake of niacin—also known as vitamin B-3—had an 80 percent lower risk of developing Alzheimer's. Niacin sources include portobello and button mushrooms, red potatoes, and once again, salmon: an all-around "superfood" for seniors.

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### Your Wellington Staff

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### Home Health Available to Residents

We've teamed up with Transitions At Home for convenient, quality in-home medical care at Wellington Place. RNs, therapists and health aides provide quality care after surgery, illness or injury.

Transitions can provide care in your home too.  
Call for a free, in-home consultation.



262.723.2700 [TransitionsHealth.org](http://TransitionsHealth.org)

Serving southern & central WI. Transitions At Home is a non-profit WISH agency.

