



Learning the Rewards of Reading

What have you been reading lately? When was the last time you read a book? Are you an avid reader? In a group setting, you can usually tell who the avid readers are. Avid readers often win the admiration, respect, and good opinion of others.

Reading expands the mind. Many people consider reading as one of the most satisfying pastimes.

Reading is primarily a mental activity. We read with our mind and use our imagination to paint the setting of the book, while recreating the joy and pain that the main characters experience as the story unfolds. We bring into play the different arguments and ideas brought up by the author.

To read effectively, reading helps you develop a wide vocabulary through extensive reading. A skillful reader has a wide recognition vocabulary. He or she may not know exactly what every word means, but will have a good general idea of the meaning of the sentence.

Reading makes you alert and curious about new words. Some readers develop the dictionary habit. Every time they come across a strange word, they try to figure out what it can possibly mean by the context. If they cannot do this, they refer to the dictionary.

Likewise, reading develops intellectual curiosity by exposing you to a variety of materials. You learn to read by reading books of increasing difficulty and variety. As in other forms of activity, you learn by actually doing.



Reading trains you to have an active and open mind. Merely grasping the writer's idea is not enough. You must make a positive response to what you read.

Be an active, not passive, reader. Develop the habit of drawing your own conclusions, the habit of active thinking, of agreeing or disagreeing with the author. Keep your mind open; understand and weigh the ideas that you read. A practical part of active reading is comprehension and conclusions.



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Wellington Meadows is a non-profit 501(c)(3) assisted living community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

National Senior Citizens Day

August 21 is National Senior Citizens Day - a day to honor and show appreciation to our seniors for their life experience, wisdom, accomplishments, and their continued value in our communities. Celebrate seniors and show your support by spending time with elderly family members or friends, or by volunteering at a local retirement or assisted living center. In honor of seniors every day, we strive to provide a compassionate, caring, and friendly home where seniors keep their independence, but have assistance when they need it.

Healthy Living with Peaches

Peaches are a great source of carbohydrates, protein, dietary fiber, vitamin C and vitamin A. They have a good amount of boron which encourages the estrogen level in postmenopausal women, which is a great benefit for women. They can also stimulate your brain and prevent the chances of osteoporosis. Peaches are also known to lower your blood pressure.

Peaches are very useful for digestion due to their alkaline content. They are a good source of dietary fiber which works well for constipation problems. It can help to prevent hemorrhoids. They also recharge your immune system which can aid in preventing many diseases including shingles.

Peaches are rich in potassium, sodium and calcium, which can provide a good complexion. With an 88% water content they are known to be thirst-quenchers. Peaches also contain a good amount of carbohydrates which have the essential phytonutrients (plant-based nutrients), anti-oxidants and carotenoids. The presence of carotenoids means it can be very useful for your eyes. The lutein and zeaxanthin filter present in peaches can help protect your eyes as well. The anti-oxidants and nectarines can help you fight diseases which are related to aging. So, enjoy a peach and feel great in the knowledge that you are helping to keep your body healthy.



WiCAL

Wisconsin Center for Assisted Living

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Walking Meditation: *A Simple Way To Meditate Almost Any Time*

Most Americans think of meditation as someone sitting down cross-legged with their eyes closed and probably chanting some kind of mantra over and over again, but that is only one of the ways that people can practice meditation.

Meditating can also be performed standing up, lying down or walking.

In walking meditation, the walking itself is the focus of your meditation, rather than a candle or a mantra or your breathing.

Depending on where the walking is taking place, you

may also need to be aware of other external influences as well, such as joggers and cyclists.

In a walking meditation, you should concentrate on the actual experience of walking. Notice the pressure on each foot as it touches the ground and the relief of that pressure as your foot rises again. Take in the experience of the muscles in your legs. Notice when they tense up and when they relax. Feel the changes in your toes as they meet the ground. Recognize what is happening to your ankles as you walk along.

As well as the stress relief that a walking meditation naturally brings,



you should also experience a feeling of energy and invigoration. Walking is a more active meditation than some other types (although breathing meditations can get pretty energetic as well). You also benefit from the exercise of walking, which is an aerobic exercise in itself. It follows that a walking meditation can be of overall benefit to your health and can even help keep you fit.

If the thought of sitting or lying down to meditate has put you off in the past, then taking the walking meditation course could be just the ticket. Give it a try and see how refreshed you feel afterwards!