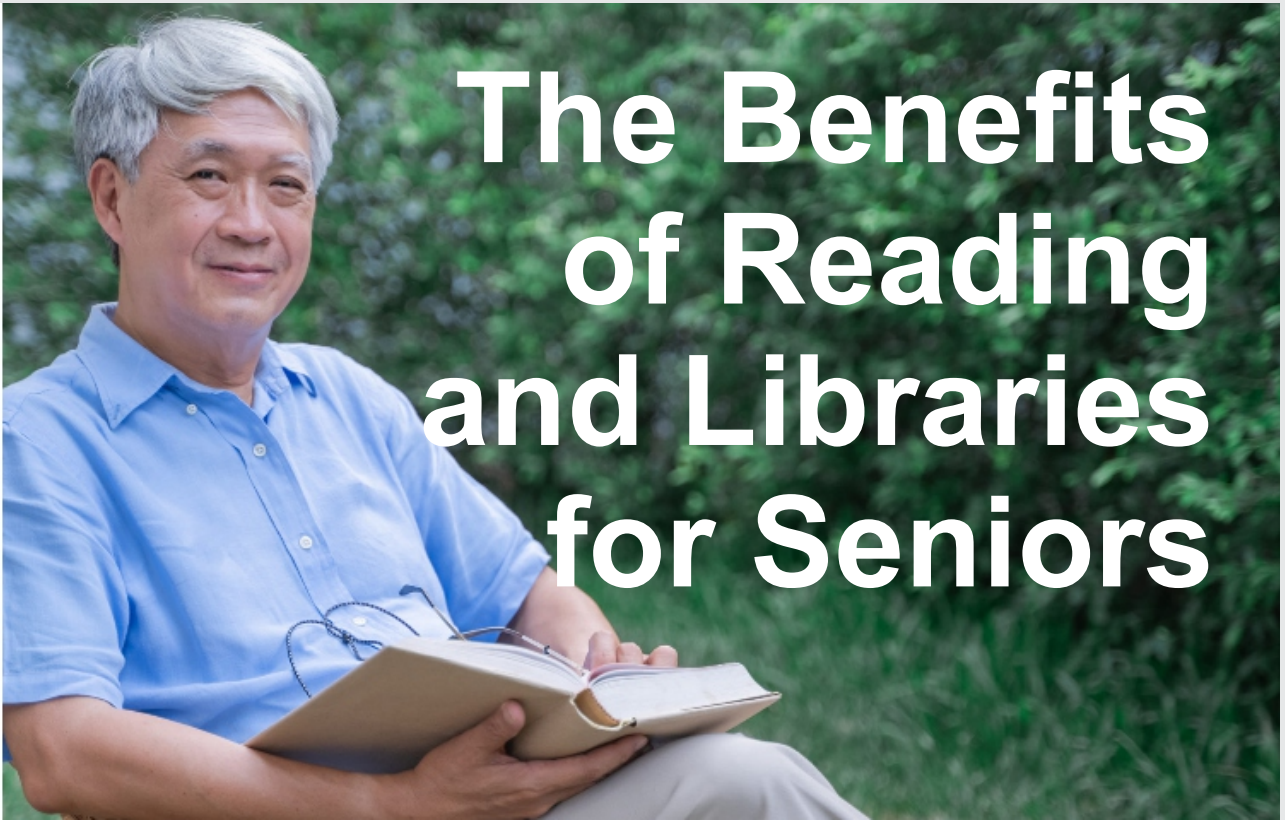


Senior Resources



The Benefits of Reading and Libraries for Seniors

For many seniors, retirement brings plenty of joy. Time spent not working can instead be spent focusing on moments with friends and family, as well as on learning new skills and engaging in favorite hobbies. Some seniors might see their golden years as an opportunity to travel, while others might look forward to relaxing and reading more often. Those who choose to spend more time reading are likely to see the vast benefits that come with taking time to read each day.

Cognitive decline is a relatively common issue among seniors. In fact, among American adults aged 70 and over, approximately 66% experience some level of decline in their cognitive abilities. One way to combat cognitive decline is by keeping the mind active through reading and engaging in other mentally stimulating activities, as well as by socializing and exercising....

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