

# The Importance of



# Vitamin D

## *Age Old Wisdom*

“D” IS FOR EVERYTHING

If there is a vitamin that has proven to play a critical role in preserving an older person’s physical independence, it is vitamin D. In fact, seniors with low vitamin D levels have been found to be more likely to have physical limitations than their peers with normal vitamin D levels. Specifically, among adults aged 65-88 years, those with the lowest levels of vitamin D are most likely to have difficulty getting dressed, climbing stairs, cutting their toenails, or walking for five minutes without resting compared to their counterparts with sufficient vitamin D levels. As we get older, our bodies manufacture vitamin D less effectively from sunlight exposure, and food sources of vitamin D are fewer.

Deutsches Altenheim is pleased to present you with interesting and informative topics regarding seniors. We realize the importance of vitamins and minerals when it comes to helping our seniors to achieve their “personal best”, and we provide nutritious meals, snacks and beverages.

P.S. Low vitamin D levels have been linked with osteoporosis and a higher risk of falls and fractures.