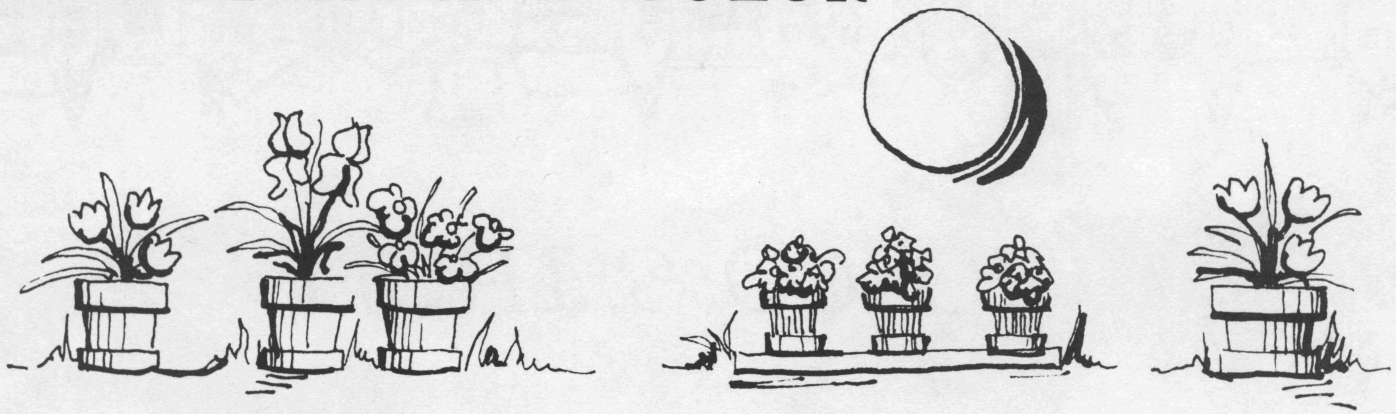


Seniors Think About. . .

LIGHT & COLOR



GOOD LIGHT AND COLOR



MAKE A SAFE HOME.

Some things to think about when making or choosing home improvements:

HELP YOUR EYES TO SEE BY. . .

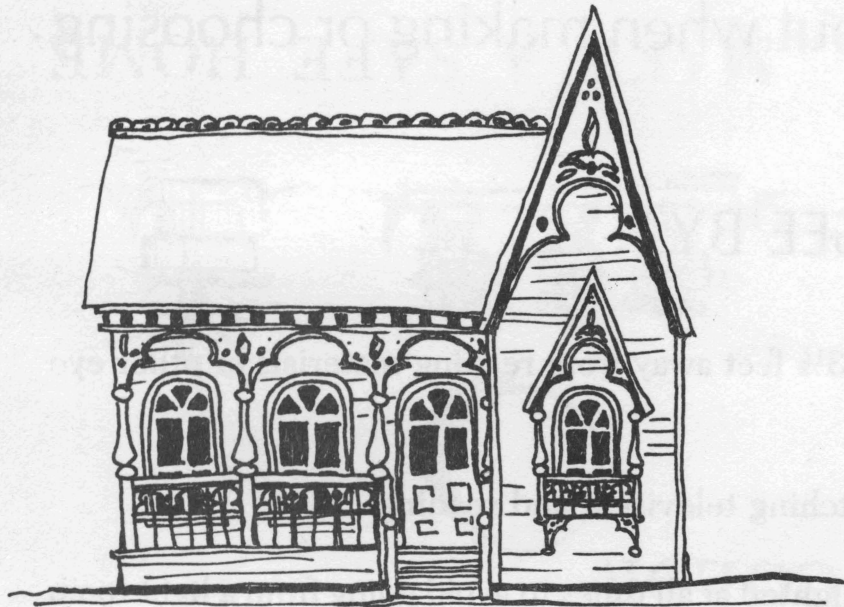
- Using 150-200 watts of **diffused light** 3½ feet away from reading materials or other eye straining activities
- Keeping good general **light** while watching television and reading
- Having **halls** and **dark areas** partially lighted at all times to avoid going from a light room to a dark room
- Having **fixtures** that pull down from the ceiling so changing bulbs may be done safely
- Placing **switches** so a room can be lighted before entering
- Using strong, bright, cheerful **colors**
- Choosing **light-reflecting colors** to improve light
- Emphasizing **caution areas** with contrasting colors on:
 - Riser and tread of stairs
 - Level of floor and level of elevator stop
 - Stairs and corridors
 - Turns in halls
 - Floor and wall
 - Furniture and floor

. . . GOOD LIGHT. . .

helps eyes to see

. . . COLOR. . .

adds pleasure to seeing



Anna Marie Gottschalk
Former Extension housing and
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