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Loomis Life

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Upcoming Events

RSVP with

The Loomis
Communities

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May

**National Senior Health
and Fitness Day.**
**May 25th - All three
communities.**
Contact for details.

June

Summer Weather:
Are you prepared?

**Dates will be
announced shortly.**

Your Right Sizing Journey

As we say farewell to winter, many of us are in the mood for spring cleaning. In this issue of *Loomis Life*, we at The Loomis Communities are here to serve as your guide beyond windows and floors. Rather, this article is dedicated to helping you right size your home. Thinking about making the move to a Continuing Care Retirement Community in the future? Then, right sizing – the right way — will help you with one of the most daunting aspects of such a transition. Right sizing can also help you sell your home! For most individuals, simply starting is the hardest part. It can be a challenge to review your belongings to decide what to hold onto. Here are some tips to ease the process:



1) **Start early.** Allow plenty of time to remove the pressure that comes with rushing. Right sizing is not an overnight occurrence. One room at a time is the right pace, with breaks built in throughout for rest and reflection.

2) **Start small.** Do not begin by trying to tackle rooms significant in size or that have a lot of emotional attachment. A laundry room or linen closet is an optimal place to start. Save larger spaces for when you have momentum going.

3) **Make room for the room you will have.** Consider, as an example, moving from a four-bedroom house into a two-bedroom villa. While you will be plenty comfortable, the additional spaces' belongings will no longer be necessary. Be proactive now by tossing, selling, donating, or relocating. Ultimately, this will lighten your moving load and help clear clutter in your new space.

4) **Eliminate duplicates.** Repeats are especially common in rooms like the kitchen. Make it a rule to save your favorite and let the others go. If you can't bear to part with duplicate items you use only rarely, think about letting a family member borrow them so they're available when needed.

Your right sizing journey best begins with awareness and a positive mindset. Many people do not even realize they are living in a space too large for their needs. That is why we're including the below activity for you to try. Think about your typical day from 8:00 am to 8:00 pm. Where do you spend your time? Make a mark in each of the below rooms for every fifteen minutes you spend inside of it. When done, take a look at where you really spend your day. You'll be surprised at how much space you don't utilize — an eye-opening way to start your right sizing project. Adapt this exercise by adding another sheet of paper with more rooms as needed.

 FORMAL LIVING ROOM	 DEN or OFFICE	 FORMAL DINING ROOM	 KITCHEN / GREAT ROOM
 BATHROOM	 OTHER	 BEDROOM	

Your Right Sizing Journey (Continued from page one)

Right sizing has many layers, so here are further ideas to help you along:

- 1) **No, yes, and saying no to Maybe.** Flee from the temptation to add a third stack when undecided as you sort through your belongings. This can add up quickly and halt your progress. Now is the time to be bold.
- 2) **Sell it yourself.** The emergence of a robust online marketplace has empowered seniors to market and sell their own items through platforms like Craigslist, eBay, and various smart phone apps. Each has pluses and minuses, but it's a great way to maintain control of valuables. Still, there are companies like [Caring Transitions](#) that can handle sales for you start-to-finish, headache and hassle free.
- 3) **It's okay to reminisce.** Memorabilia like old drawings, photos, and once-prized possessions are sure to give you pause during a right size sort. Let the nostalgia take over, and enjoy those memories. You can even use these breaks to capture digital photos of mementos to take with you, without having to pack, cart, and store them later. You can also print an album of these images to enjoy once you've moved. Starting early enables you to take time for these unexpected moments. Just ensure you resume right sizing after breaks.
- 4) **Transform it into a conversation.** Showcasing special belongings and telling their stories with friends and family can yield memorable conversations. Use the right sizing journey as an opportunity to explore the history of those items with loved ones.

Residents who have right sized prior to making their home at The Loomis Communities often tell us they did not need all the room they had before moving. For Anne Cann, a resident of Applewood, she has continued to right size even after moving in.

"I right sized when my husband and I moved into a Spencer [apartment] and again when I moved into a small apartment. When we finally finished right sizing, I felt a great sense of relief and a positive sense about our future."

A right sizing journey is personal, but it can be more practical for everyone. We are here to help if you need guidance or have questions before you begin your own process. Just give us a call at the number on the bottom of the newsletter.



Applewood resident
Anne Cann

Cut, Sand, and Shape with Peter Courtney

This month, we stepped into the woodshop at Loomis Lakeside at Reeds Landing with Peter Courtney, resident, and long time woodworker. Peter specializes in furniture and lathe work, creating beautiful pieces of functional art out of chunks of wood.



Peter Courtney - Loomis Lakeside at Reeds
Landing Resident & Woodworker

Peter showed us the process of creating one of his widely renowned bowls, including how to create the tops, fit them together, utilize the lathe to shave out the inside of the bowl, and shape the outside and top of the piece.

Topics covered were polishing and sanding to ensure a quality finished piece -- one that will leave friends and family remarking, "There's no way you made that!" as Peter would say.

If you did not get a chance to watch the event live, you can [click here](#) to watch the replay. You never know; you just may discover a new hobby here at The Loomis Communities.

You can tour the woodshop at Loomis Lakeside at Reeds Landing and see the equipment for yourself. Give us a call at the number below to schedule a time to visit.

Soup's On!

Residents at The Loomis Communities are active and engaged in the needs of those around them. Applewood residents recently supported the "Empty Bowls" fundraiser by contributing homemade soups. This event is an annual one for the [Amherst Survival Center](#). We are proud to sponsor and participate in this important occasion each year.

