



246 North Main Street
South Hadley, MA 01075

Loomis Life

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Be on the lookout for Loomis in the communities!

We will be hosting and participating in several community events in September at the Hampden and South Hadley Senior Centers.

We look forward to seeing you all!

Want to catch up on past editions of *Loomis Life*? Scan the QR Code below!



Peeling Back the Petals: Occupational Wellness

Occupational wellness involves preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in life. Simply working at the Loomis Communities, team members are inspired and enriched by being part of a community where residents model living their lives in full bloom. Living a continuing care retirement lifestyle frees residents to find a sense of meaning and purpose through volunteering, joining committees, mentoring the next generation, or even taking on a new career.

As we continue to peel back the petals and reveal our eight dimensions of wellness in the Loomis Bloom campaign, this month we highlight occupational wellness. Although most residents are retired, many continue to find ways to further their occupational experiences through volunteerism, continuance of their professions, or even returning to work in the community.

One such instance is Helen Kidess, a retired teacher, who calls Loomis Lakeside at Reeds Landing home. These days, you'll find Helen meeting with Springfield College students, tutoring them as they prepare to take the MTEL exams to become teachers. This is just one way Helen continues to practice occupational engagement, with the other being music lessons for those playing viola.



Helen Kidess practicing her viola at Loomis Lakeside at Reeds Landing

"Living at Loomis has opened up a whole new world of opportunity for me, so I can work as much as I want, when I want! I'm not one to sit around, and this gives me the chance to give back to the community I love." — Helen Kidess, Loomis Lakeside at Reeds Landing Resident

If you ask Helen, she will be the first to tell you that her tutoring has had an impact not just on the students, but herself as well. "I retired from teaching after twenty one years in the classroom," Helen says. "Now that I'm tutoring, it's been wonderful to be able to work with students again — of every age — through private lessons or at the local college."



John Schechter puts the finishing touches on a brand new chair.

Occupational health doesn't have to mean working in retirement though; it can also mean exploring a new passion. For John Schechter and Randy Hyvonen, two residents of Loomis Village, this is just the case. John is a retired rabbi and Randy is a retired minister, but both are busier than ever with furniture repairs, wood turning, and other projects at the Loomis Village woodshop.

John and Randy will likely share that they're busier now than they ever were in their professional trades. They enjoy their work and spread this passion throughout the community, teaching fellow residents and team members their craft. If you are on the waitlist, you can also take advantage of some time in the woodshop. Simply give us a call at the number in this newsletter.

Peeling Back the Petals: Occupational Wellness (cont. from p. 1)

Occupational wellness is a priority among The Loomis Communities staff as well. With more than two hundred team members calling Loomis their place of employment, we are proud to host a diverse workforce in all areas of the organization.



Ian, a Loomis Dining General Manager, demonstrates beignet making for waitlist group members.

Part of occupational wellness is utilizing talents, and we have some incredibly skilled team members doing so both inside and outside of work. Ian, one of the Dining Services General Managers, can whip up some of the most delicious and authentic New Orleans style beignets. Amber, the Life Enrichment Coordinator at Loomis Village, plans and implements programs and events that enhance the wellbeing of so many. Outside of the community, Matthew, our Senior Human Resources Generalist, is a talented guitar player who strums and shreds regularly around town.

Occupational wellness comes in many forms. Not sure where you'd begin? The Loomis Communities team members are well prepared to help you make the moves necessary that will open doors to active aging.

Updates from Construction Central

Work is well underway at both Loomis Village and Applewood. At Applewood, the foundations have been poured for the revamped entrance and meeting room. Additionally, space is being made for new apartments on the west side of campus. At Loomis Village, pre-construction on walls and interior spaces is moving along smoothly. We are excited to provide these enhancements for community residents and will keep you posted on further progress.



Life is All About Choices



Residents of Loomis Lakeside at Reeds Landing hard at work, volunteering their time to give the bocce court a like-new appearance.

What to wear, when to eat, how to spend the day... Our lives are full of choices. One of the most important will be choosing where to live for healthy aging. What if your partner's healthcare needs increase or you have a fall and need rehabilitation? What if you're together and then have to be separated? At The Loomis Communities, those decisions are made more easily with ample lifestyle options: independent living, assisted living, skilled nursing care, home care, and short/long term rehabilitation.

Choice at The Loomis Communities is not limited to the level of care you need. As noted in this newsletter, some residents make the choice to go back to work or volunteer. Others make the choice to pick up a new outlet or trade. With a calendar full of programming and excursions, there are plentiful opportunities on how to spend your free time. When you're not worrying about taking care of a house, you are liberated to explore new interests and postponed passions. Making decisions is a part of life, and we're here to help you do so. Let us know how we can guide or support you when faced with choices about continuing care retirement.

Want to learn more? Have an idea to share? We want to hear from you!

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