



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

February 2023

Volume 6, Issue 2

## Upcoming Events

Selling Your Home with  
Realtor Joe Kelley

March 22nd - Loomis  
Village

March 23rd - Applewood

March 28th - Loomis  
Lakeside at Reeds Landing

Loomis Village Open  
House - March 26th

RSVP with Josh  
413-350-4144 or  
jpowers@  
loomiscommunities.org

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



## Peeling Back the Petals: Emotional Wellness

As spring approaches, you'll be noticing a different sort of bloom happening around here. Active aging is a defining aspect of The Loomis Communities, so we are rolling out "Bloom," a campaign to raise awareness about our commitment to eight dimensions of wellness. February is American Heart Month, so this issue of *Loomis Life* explores how we attend to all matters of the heart here—from residents' cardiovascular health to their emotional wellness.



Emotional wellness is the combination of feeling good and functioning effectively. In older adults, this means successfully handling life's stressors and adapting to difficult changes; it is also a state of mind that cultivates calm, relaxation, openness, presence, and creativity. Regular attention to this kind of wellness unlocks a longer, healthier, and happier life, which is why we focus so heavily on it.

Here at Loomis, we have an expanded definition of emotional wellness: "The Mutually satisfying connections with the people around us, and with ourselves, is a key to emotional well-being." The Loomis Communities offers environments where you can develop emotional growth — your way — by being your authentic self, exploring tools to direct feelings and manage life's challenges as they occur, and savoring the moments of joy and fulfillment that come with being together.

The social model we discussed in last month's issue also enhances emotional wellness. You can read more about the social dimension of wellness available at Loomis by clicking [here](#) or scanning the QR code to the left.

"I'm so happy to be among people, a real community, not only for the social aspects, but to be there for each other no matter what life brings."

- Dick Weston, Loomis Lakeside at Reeds Landing resident

February also happens to be a time for intentional expressions of love. Don't forget yourself in the process! Here are two significant ways to care for your own emotional wellness.



1) **Stay Active** — Exercise is not only physically beneficial; it also alleviates symptoms associated with stress, anxiety, and depression for powerful mood boosts. Regular fitness improves self-confidence, improves brain function, and slows memory loss. Incorporating aerobic and muscle-strengthening exercises into your weekly routine, even gradually at first, will have positive effects on your physical *and* emotional wellness.

2) **Sleep Well** — Establishing a fitness routine, as noted above, will help you achieve a better sleep routine at night. Prioritize sleep for clarity and focus. Most adults need eight hours per day to function at their best. Inadequate rest disrupts your health and how your day goes.

Watch the Loomis calendar for programming and events like Tai Chi, yoga, meditation, and social gatherings. They are all designed to help you take steps toward improved fitness and rest on your road to emotional wellness.

# Peeling Back the Petals - Emotional Wellness (cont. from p. 1)

Emotional wellness stems from a healthy heart, so we take that seriously here at The Loomis Communities — both in the figurative and literal sense. We support our residents each day in striving toward these cardiovascular health goals, recommended by the National Institute of Health:

1) **Maintain physical activity** — Aim for a minimum of 150 minutes each week. This can be spread out throughout the week with movement you enjoy, whether it is swimming or brisk walking. Did you know that gardening counts too? The main idea is to avoid an overly sedentary lifestyle. Staying active is easy to achieve at The Loomis Communities. You can hop into one of the many fitness classes or maybe some pool volleyball. If the outdoors are more your style, take a hike solo or with a friend, along one of our many community trails.



3) **Manage stress** — Learning how to relax and cope leads to physical and emotional health gains. Activities like meditation help you learn better stress management techniques — and life at a retirement community like Loomis helps unburden you from the worries that come with home maintenance, freeing you up to spend time the way you desire.

2) **Follow a heart-healthy diet** — Aiming for foods lower in saturated fat, added sugar, and salt can be cumbersome. As can preparing daily meals with the right types and amounts of protein and foods high in fiber, like colorful produce and whole grains. If you’re dining with our culinary team, you’ll find a healthy choices menu, containing sodium and calorie counts, as well as a seasonal presentation of fresh fruits and vegetables with every serving. Not to mention our team of chefs will delight your palate while they're at it!

## Chef Spotlight: Eating for a Healthy Heart

Our chefs pride themselves on creating nutritious and delicious options for residents and their guests. They've shared this heart-healthier recipe for readers to try at home: pork chops with balsamic peach glaze and roasted sweet potatoes and broccoli. Enjoy!

### Ingredients:

- 1/4 cup balsamic vinegar
- 1 tsp. balsamic vinegar
- 2 cloves fresh garlic (minced)
- 1 Tbsp. extra virgin olive oil
- 4 thinly sliced top loin pork chops (4 oz. each)
- 1 head broccoli (cut into bite-size pieces)
- 2 small sweet potatoes ( or 2 cups)
- 1/4 tsp. chili powder
- 1 tsp. black pepper (divided use)
- 1 cup unsweetened peaches
- 1/2 cup sugar-free peach preserves
- 1 tsp. cayenne pepper
- 1 Tbsp. fresh thyme leaves
- non-stick cooking spray

- Preheat oven to 350° F.
- In a medium mixing bowl, whisk together ¼ cup balsamic vinegar, garlic and olive oil. Reserve half of this mixture for vegetables. To half of the vinegar mixture, add pork chops. Cover and chill for 15-30 minutes.
- In a large mixing bowl, add vegetables, chili powder and ½ teaspoon pepper and vinegar mixture and toss thoroughly to coat. Spread vegetables in one layer on a baking sheet coated with cooking spray. Roast for 35-40 minutes until potato is soft and broccoli begins to turn slightly crispy.
- In a small skillet over medium-low heat, stir together 1 tablespoon of balsamic vinegar, peaches, peach preserves, cayenne pepper and thyme. Heat, stirring frequently, until sauce begins to simmer.
- Remove pork chops from marinade and discard remaining liquid. Season with remaining pepper. Heat a large skillet over medium heat. Coat with cooking spray and add pork chops. Cook 2-3 minutes on each side, until cooked through.
- Serve with 1 cup of vegetables and ¼ sauce drizzled over each pork chop.

## Let’s Talk Long Term Care Insurance

Long term Care Insurance. It’s a tough topic to discuss. There are a variety of plans, options, and available additions. The process can be confusing; thankfully, there are people like Dave Corliss from Capitas Life Insurance who can help. This February, we hosted a virtual event with Corliss and Al D’Agosto, the owner of Money and Market Strategies. Together, they reviewed the fundamentals you need to know about long term care insurance. [Click here](#) to view.



Dave Corliss of Capitas  
Life Insurance

If you have other questions that come up after viewing, let us know and we can get you in touch with Dave and Al so they can be of assistance.

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

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