



246 North Main Street
South Hadley, MA 01075

Loomis Life

Calling all Readers!

We enjoy sharing the most recent updates and valuable resources through *Loomis Life* each month, so your feedback is essential to us.

What topics would you like to see covered in future editions?

Whether it's health and wellness tips, community events, resident spotlights, or anything else, please reach out to Devin at: DCameron@loomiscommunities.org

Share your thoughts with us today!

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



Upcoming Events:

Applewood:

Oktoberfest - 10/2026

Loomis Lakeside:

Bonsais with Barry - 5/4
Oktoberfest - 10/2026

Loomis Village:

Bonsais with Barry 5/8
Oktoberfest - 10/2026

All events require RSVP to Devin by phone or email:

413-530-4144

DCameron@loomiscommunities.org

Celebrating Heart Health at The Loomis Communities

In February, we focused on heart health—physically, emotionally, and socially. At The Loomis Communities, we know that strong hearts are built through everyday choices: moving our bodies, enjoying balanced meals, managing stress, and nurturing meaningful connections with others. Over the past month we encouraged residents, team members, and families to embrace simple, heart-healthy habits in ways both big and small. Brisk walks with friends, explore new recipes full of vegetables, whole grains, and lean proteins, and practicing mindfulness or paused for deep breathing to manage stress. Beyond these habits, the month reminded us of the importance of relationships—sharing laughter, lending a listening ear, and spending time together all help keep hearts vibrant and resilient.

For those at home, there are plenty of small but impactful ways to support heart health:

- Take a daily walk around your neighborhood, even for 10–15 minutes.
- Try new heart-healthy recipes, like oatmeal with fruit for breakfast or roasted vegetables with lean protein for dinner.
- Practice stress relief through meditation, gentle stretching, or deep-breathing exercises.
- Connect with loved ones by phone, video calls, or letters to maintain social bonds.
- Track your blood pressure, schedule regular check-ups, and review preventive care needs with your healthcare provider.

February was also an opportunity to reflect on preventive care. Residents and team members checked in on their well-being, scheduled screenings, and made intentional choices to support long-term vitality. These actions not only benefit physical health but also foster independence, emotional resilience, and a sense of fulfillment in daily life.

Looking back, the month was a celebration of habits, choices, and connections that strengthen the heart. From mindful movement and nutritious meals to meaningful relationships, each action contributes to overall well-being. By caring for our hearts—whether at home or in community—we invest in a future of joy, connection, and positive aging—a future that reflects the spirit of The Loomis Communities every day.

*At the Loomis Communities this February,
we're thinking about hearts —
not just the ones that beat,
but the ones that laugh,
that carry stories,
that grow stronger in good company.
A walk down the hall,
a shared meal,
a quiet breath in the morning —
small rhythms that keep us well.
Choose movement.
Choose connection.
Choose moments that steady and sustain.
Because heart health
is more than muscle and motion —
it's the joy we share,
the care we give,
and the life we keep opening
together.*



Honoring Black History Month Through Our Commitment to Inclusion:

Black History Month offers us an opportunity not only to reflect on the past, but to examine who we are today — and who we aspire to be as a community. It is a moment to celebrate achievements, honor the legacies of those who came before us, and recommit ourselves to building a more just and inclusive society.

At Loomis, inclusion is not a seasonal focus or a single initiative. It is a living expression of our mission to open doors to worlds of positive aging. That promise calls us to create environments where every person — residents, team members, families, and partners — feels seen, valued, and empowered to bring their full story into community life. Inclusion is woven into the daily rhythms of our communities: in how we listen, how we collaborate, and how we honor the experiences and perspectives of everyone who calls Loomis home.

Black history is American history. It is a story of resilience, innovation, leadership, caregiving, creativity, and advocacy in the face of systemic barriers. It is a story of families and communities finding ways to thrive despite exclusion and discrimination. And it is deeply connected to aging — to wisdom passed through generations, to communities built through mutual care, and to the enduring pursuit of dignity and belonging across the lifespan. By celebrating Black history, we also celebrate the rich narratives of elders, whose life experiences hold lessons, inspiration, and guidance for all of us.

As a senior living organization, we have a unique responsibility. The people we serve carry lived experiences shaped by the social realities of their time — including segregation, discrimination, and unequal access to housing, healthcare, and economic opportunity. These realities have influenced not only individual life journeys but also broader patterns of trust in institutions like ours. Recognizing Black History Month means acknowledging this context with honesty, humility, and a willingness to listen, learn, and grow.

It also means celebrating the contributions of Black leaders, professionals, caregivers, and elders whose voices have strengthened our communities and enriched the field of aging services. Two individuals whose legacies continue to inspire us are:

- **Eliza Simmons Bryant**, the daughter of a freed slave, who became a lifelong humanitarian and advocate. Observing that people of color were excluded from nursing homes due to segregation, she established the Cleveland Home of Aged Colored People in the late 1890s, creating a place of care, dignity, and community for Black elders. Her work reminds us that advocacy and compassion can create structures of inclusion that endure for generations.
- **Solomon Carter Fuller**, a pioneering neurologist, psychiatrist, pathologist, and professor, whose early 20th-century research advanced our understanding of Alzheimer's disease at a time when the condition was poorly understood. Fuller's groundbreaking work laid the foundation for modern neuroscience and reflects the critical role that Black professionals have played in shaping scientific and medical progress, even amid systemic barriers.

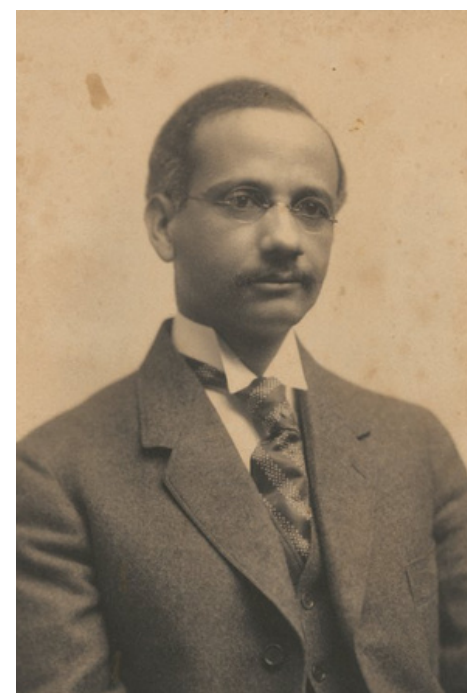
This Black History Month, we honor the courage, wisdom, and contributions of those who came before us. We also reaffirm our commitment to fostering communities where every resident, team member, and family member can thrive — where their histories are recognized, their voices are heard, and their full humanity is celebrated. Inclusion is not just an idea, it is our practice, every day, in every interaction, and across every generation at Loomis.



Eliza Simmons Bryant



**Black History Month Display
Loomis Lakeside at Reeds Landing**



Solomon Carter Fuller

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

The Loomis Communities - 246 North Main Street. South Hadley, MA 01075 - (413)588-5178 - dcameron@loomiscommunities.org