



246 North Main Street
South Hadley, MA 01075

Loomis Life

January 2023

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**Upcoming Event
February 28th (2p.m.)**

**Long Term
Care Insurance:
Get the Facts!
Hosted by
Dave Corliss &
All D'Agosto**

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!**



Ring in the New Year Together

Holiday gatherings have culminated, and winter marches on into 2023. Interaction with others often becomes limited this time of year, especially for older adults. This is why social model retirement communities are beneficial for active, healthy aging.

The Loomis Communities follows a social model, which creates a home-like atmosphere with abundant programs and events on the calendar. Residents are encouraged and supported to branch out for

excursions, enrichment opportunities, and festive occasions. A social model also ensures ample common spaces for frequent interaction with community members. A social model also ensures ample common spaces, such as our new courtyard with fire pit and gazebo at Loomis Village, for frequent interaction with community members. An additional element of social model retirement communities is a resident engagement coordinator. These professionals, facilitate a multitude of interesting and varied events. Opting into a social model is one of the most practical ways to improve mental and physical health as you age.

The American Public Health Administration (APHA) reports that socialization -- especially the kind found in a retirement community -- improves mood, cognition, and memory recall. The APHA also finds that this lifestyle promotes healthy behaviors, including exercise and enhanced nutrition for seniors.



"We are social animals by nature, so we tend to function better when we're in a community setting and being around others," says Dr. Craig Sawchuk, Mayo Clinic psychologist.



diverse fitness outlets, continuing education, special occasions, leadership and committee work, philanthropic endeavors, and other stimulating activities.

Unfortunately, 43% of older adults regularly experience loneliness according to a University of California San Francisco (UCSF) Division of Geriatrics study, and nearly three in ten live alone based on National Institute on Aging data. Living cutoff from others for extended time has been linked to hypertension, coronary artery disease, and declined mental health. To offset the negative effects of isolation, it is important for seniors and their loved ones to proactively remain connected and engaged throughout the day. This can be difficult to do. The Loomis Communities' social model eliminates this concern by ensuring you can interact with fellow residents and team members, friends and family, current technology,

There is a myth that living outside of one's home or among others in retirement limits independence; however, the exact opposite occurs. At a social model continuing care retirement community (CCRC), you gain the freedom to choose how you want to actively age—all while being in the company of like minded individuals.

Ring ing in the New Year Together (cont. from p. 1)

You will find these social opportunities and more at The Loomis Communities, all of which enhance mental and physical wellbeing.

- Exercise classes and walking groups
- Happy hours and community outings
- Regular phone and video conferences
- Card games, billiards, darts, and other parlor games
- Swimming and water aerobics classes



Have an interest not yet offered? Let us know, so we can work together to make it happen. You will experience social wellness, one of the eight dimensions of wellness, the moment you visit The Loomis Communities. We pride ourselves on maintaining a warm and welcoming atmosphere where new friendships can form and old can be cherished. Strong relationships among diverse residents and team members make the many offerings on campus even more enjoyable.

The CCRC lifestyle, particularly those following a social model, has significant advantages for older adults seeking an eased pathway into healthy aging.

- 1) **Low maintenance lifestyle** — Raking leaves, cleaning, and repairing broken appliances become a thing of the past when living in a retirement community. Maintenance teams remedy apartment issues, while landscapers tend to the lawn, leaving you the freedom of time to spend how you wish.
- 2) **Healthy living** — There will be plenty of options when deciding how to allocate your time in a CCRC. Will your day's schedule start with yoga, tai chi, pool volleyball, or a trail walk? With no need for a gym membership, inclement weather will no longer disrupt your health goals either. Afterward, you can enjoy a nutritious and delicious meal prepared by the culinary team in one of our dining rooms.
- 3) **Socialization** — Coupled with fitness and nutrition, a sense of belonging and engagement with others is vital to your health. Isolation prevention is actually one of the top reasons people choose a retirement community. Active residents at The Loomis Communities enjoy everything from gardening to theater and choral groups to unique calendar events to learn something new like woodworking. What you elect to do is up to you, but this is certain: there will be no shortage of choice.

Cultivating Wellness

If the floral design you see here looks familiar, that's because we have launched an awareness campaign around our dedication to comprehensive wellness for residents. From ads in *The Republican* to mailers and other materials, we want everyone to know we are committed to recognizing and attending to eight dimensions of wellness in day-to-day life here at The Loomis Communities:

- | | |
|--------------------|------------------------|
| • <i>Emotional</i> | • <i>Intellectual</i> |
| • <i>Financial</i> | • <i>Environmental</i> |
| • <i>Social</i> | • <i>Occupational</i> |
| • <i>Physical</i> | • <i>Spiritual</i> |

We know your life is multi-dimensional, so we offer dynamic programming, amenities, and services to ensure you can thrive in each and every area. Give us a call to find out how you can live your life in full bloom at The Loomis Communities.



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

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