



246 North Main Street
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Loomis Life

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Upcoming Events

RSVP with

The Loomis
Communities

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Coming Soon...

September:

Living Your Best Life in
Retirement - A talk with
Amy Jamrog of The
Jamrog Group

October:

Oktoberfest - Join us at
Loomis Village and
Applewood for
Oktoberfest! Sample
great fall beers and
German snacks.

Craft Fair - Head to
Loomis Lakeside at
Reeds Landing for the
annual Craft Fair.

Celebrate Your Independence

July is for fireworks, cookouts, and celebrating our nation's freedom. At The Loomis Communities, residents celebrate their own freedoms each day. A Continuing Care Retirement Community (CCRC) could be your key as well to a more independent lifestyle.

Northwestern University and Mather LifeWays Institute conducted a five-year study into the benefits of CCRCs. More than 80 communities and their residents participated in the nationwide study, which examined emotional, social, physical, intellectual, and vocational wellness. Results found increased levels of healthy behaviors in aging adults residing in CCRCs. Residents also reported decreased feelings of loneliness and hopelessness, in addition to increased social support, spirituality, intellectual activities, and frequency of volunteering.

In total, more than 70% of residents reported that moving to a CCRC had "somewhat" or "greatly" improved their overall social wellness after only a year.

You can read more from that study by clicking [here](#).



This is the kind of positive aging that residents at The Loomis Communities experience. They are unburdened by typical home maintenance concerns: upkeep, mowing the lawn, fixing appliances, and even paying for utilities and property taxes.

Without these worries, residents are at liberty to pursue what they enjoy--whether that means growing fresh vegetables in their gardens, giving lectures for the surrounding academic community, learning how to tend bees in our hives, or enjoying an active lifestyle outdoors year round.

Senior Lifestyle recently published "The Top Seven Reasons to Live in a CCRC":

1) Low Maintenance Lifestyle

The homeowner's To Do list never ends. A retirement community takes care of these maintenance tasks, freeing you up for more enjoyable activities

2) Nutrition

With carefully crafted four-course dinners that ensure your unique nutritional needs are met, you don't have to worry any longer about grocery shopping or meal prep if you don't want to. Grab a nice bottle of wine, head to the dining room, and enjoy the culinary team's creative dishes that use sustainable and local ingredients.

3) Socialization

With so many groups and clubs to join and trips to take, this is one of the primary draws to CCRCs. There is never a dull moment.

4) Healthy Senior Living

From yoga classes to community trails, you can be as active as you want. Get and stay fit however suits you best.

5) Transportation Services

When driving becomes less desirable or even possible, private transportation options take you where you want to go. No more isolation or limited access.

6) Safety and Security

You're never alone when living in community. Peace of mind allows you to relax 24 hours a day, 7 days a week.

2) Personal Care Options

Daily living activities can grow cumbersome as we age, making the option of extra assistance helpful. Additional support is available as you need it.

Come experience the difference for yourself. Give us a call at the number on the back to schedule a tour!

Opening Doors to Positive Aging

With CCRCs taking care of day-to-day concerns, you are able to find fulfillment in retirement. At The Loomis Communities, residents are doing just that. They choose how to spend their days from our rich programming options-- some even finding a new calling. Read below, and imagine how you can take charge of your life with new and rewarding adventures.



Randy Hyvonen (L) and John Schechter (R) at work on the new Loomis Village artist studio.

Randy Hyvonen, Loomis Village Resident

Randy grew up in Montana and spent his career working in ministry, immersed in serving others through construction projects. During this time, Randy and two others founded their own company and began to build homes on the side. Upon retirement, Randy and his wife Karen moved to Loomis Village to be closer to family. Randy did not forget what drove him all those years though. He teamed with fellow resident and friend, John Schechter, to revamp Loomis Village’s onsite wood shop. For most of his adult life, Randy was a minister. Now he is a carpenter who makes wonderful pieces for himself and the community. This brings spiritual, vocational, and emotional wellness into Randy’s daily life. According to him, he wouldn’t want to be anywhere else.

Reopening Updates

The next phase of our Covid-19 reopening began July 1st. Several policy changes resulted. Below are some significant adjustments. For a full list of community guidelines, please [click here](#). Please note these reopening guidelines are subject to change with CDC, EOEA, and Mass DPH guidance.

- 1) We are excited to once again have visitors at our communities. All vaccinated guests will be permitted into independent and assisted living neighborhoods without masks. Dining rooms, fitness centers, and the Loomis Village pool will also reopen to those fully vaccinated.
- 2) Resident Policy - All fully vaccinated residents at The Loomis Communities (except for residents of skilled nursing) will not be required to wear a mask in the communities. Elevators will also return to full capacity.
- 3) Anyone wishing to continue wearing a mask is welcome to do so.

Summer Fun at The Loomis Communities

Excitement is heating up at The Loomis Communities, and we want you to be a part of it. We invite you to join us when able for one or more of the below events. RSVP with us from the contact information below to get a glimpse into what you can experience by living here

- 1) Outdoor Movie Series** - A full “drive-in” experience is happening at all three communities: lounge seating, freshly made popcorn, surround sound, and a nearly 200-inch movie screen.
- 2) Brewery Tours** - Buses are back to full capacity. That means brewery tours are back too. With Josh and Joe at the helm, residents are sure to have a good time exploring local breweries and tasting beers throughout the Pioneer Valley. A deliciously fun experience!
- 3) Summer BBQs** - At each of The Loomis Communities, you’ll hear the sound of conversations and laughter and smell the grills firing up as residents once again gather for community-wide feasts.



Healthy Aging Barbeque

Sound nutrition is one of the pillars of maintaining wellness. Our chefs make sure summer barbeque can remain part of a healthy diet. Try this reduced sugar recipe next time you grill.

Ingredients	<ul style="list-style-type: none">• 1 1/2 cups sugar free ketchup• 3.5 pounds beef chuck boneless• 1/2 cup apple cider vinegar• 4 cloves garlic halved• 1 teaspoon maple extract• 1 teaspoon salt• 1 tablespoon smoked paprika• 1/2 teaspoon pepper• 1 tablespoon paprika• 1 cup onion chopped• 1/4 cup Swerve sweetener
Instructions	<ol style="list-style-type: none">1. Use a sharp knife to slit the roast all over and insert garlic clove halves into slits.2. Season with salt and pepper. Set aside.3. Add the rest of the ingredients right in the crock pot itself.4. Stir well to combine.5. Add the meat into the crock pot.6. Spoon the sauce over the meat.7. Cover and cook on low 8-10 hours or until tender and you are able to shred the meat with a fork.8. Shred meat with two forks and stir to combine with the sauce.