



246 North Main Street
South Hadley, MA 01075

Loomis Life

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Exciting News!

Some key renovations are in the works at our communities, from all new common spaces to roomy apartments.

Stay tuned to *Loomis Life* for finished project reveals, and feel free to reach out for more information about these enhancements.

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



Celebrating Your Independence

July is for fireworks, cookouts, and celebrations of our nation's freedom. At the Loomis Communities, residents celebrate their own freedoms each day. A Continuing Care Retirement Community (CCRC) could be your own pathway to independence.

Northwestern University and Mather LifeWays Institute conducted a five-year study into the benefits of a CCRC lifestyle. More than 80 communities and their residents participated in the nationwide study, which examined emotional, social, physical, vocational, and intellectual 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, frequency of volunteering, and intellectual activities.

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. Read more from the 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 fitness regimen 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 tasks, freeing you for more enjoyable pursuits.
- 2) Personal Care Options — Daily living activities can grow cumbersome with age, making the option of extra assistance helpful. Additional support is available, as you need it.
- 3) Safety and Security — You're never isolated when living in community. Peace of mind allows you to relax 24 hours a day, 7 days a week.
- 4) 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.
- 5) 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.
- 6) 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, unless you prefer. Grab a nice bottle of wine, head to the dining room, and enjoy the culinary team's creative dishes, which showcase sustainable, local ingredients.
- 7) Transportation Services — When driving becomes less desirable or even possible, private transportation options take you where you want to go. No more limited access.

Opening Doors to Worlds of 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) celebrate the opening of the Loomis Village wood shop

Loomis Village resident Randy Hyvonen is one such example of how CCRCs can allow you to expand your intellectual horizons in retirement. 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, emotional, and intellectual wellness into Randy's daily life. According to him, he wouldn't want to be anywhere else.

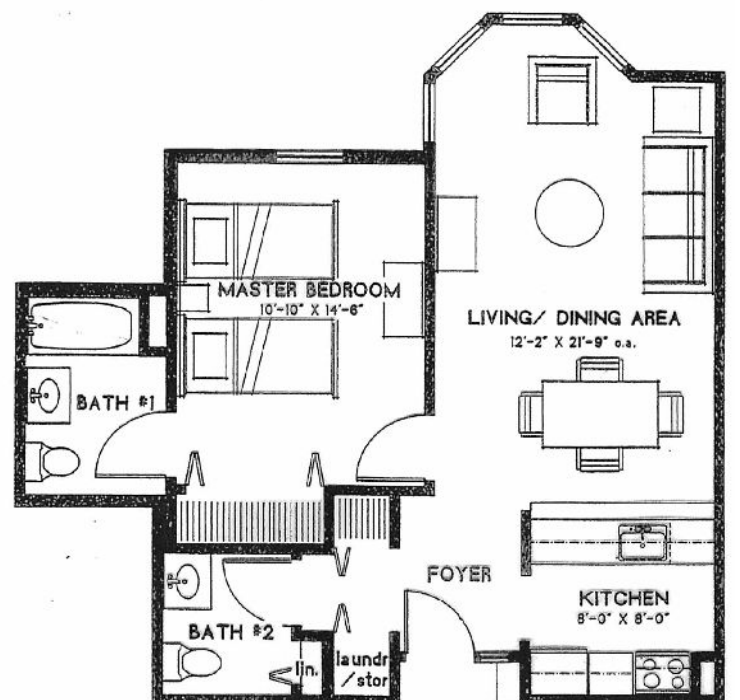
Breaking Ground

July is an exciting month here because we have officially commenced construction for the Applewood and Loomis Village community enhancement projects! Work is well underway, and the communities will look a bit different as we undertake these endeavors for our residents' enjoyment, so bear with us. If you have any questions about the progress, give us a call at the number in this newsletter. If you're considering a tour of the Loomis Communities, please keep in mind these improvements might be occurring during your visit; however, our team is well-prepared to safely and comfortably guide you through the communities.



Style Highlight: The Deerfield

With a spacious living and dining area, full plus half bath, and fully-equipped gallery kitchen, the Deerfield style apartment at Loomis Village combines comfort with functionality. Situated on the first floor, this design also provides direct access to an outdoor patio on our brand new village green. The result is a perfect blend of entertaining and living space, sure to please call us for more details.



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

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