

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 - October 2026

Loomis Lakeside:

Oktoberfest - October 2026

Loomis Village:

Oktoberfest - October 2026

All events require RSVP to Devin by phone or email:

413-530-4144

DCameron@loomiscommunities.org

Attitude Is Everything:

How a Positive Mindset Supports Healthy Aging

We've all heard the saying, "Attitude is everything." While life isn't always easy, how we choose to respond to challenges can make a big difference in our overall health and happiness.

A positive attitude doesn't mean ignoring difficult days or pretending everything is perfect. Instead, it's about focusing on what we can control, finding joy in everyday moments, and approaching life with hope and gratitude. Research shows that having a positive outlook can improve both physical and emotional well being, making it an important part of healthy aging.

At The Loomis Communities, we believe wellness starts from the inside out. Through engaging programs, meaningful friendships, lifelong learning, and opportunities to stay active, residents are encouraged to embrace each day with optimism and purpose.

Your Mindset Matters

Did you know your attitude can actually affect your health?

According to research from the Harvard T.H. Chan School of Public Health, people who maintain a more optimistic outlook tend to live longer and have a lower risk of heart disease, stroke, and other chronic illnesses. Optimism has also been linked to lower levels of stress and better emotional resilience. Researchers at the Mayo Clinic have found that people with a positive attitude often:

- Cope better with stressful situations
- Experience lower rates of depression
- Build stronger relationships
- Make healthier lifestyle choices
- Enjoy a higher overall quality of life

While no one feels positive all the time, practicing optimism can help us better handle life's ups and downs.

Finding Joy in the Little Things

Sometimes, the smallest moments bring the greatest happiness.

Enjoying your morning coffee, listening to your favorite song, taking a walk outside, reading a good book, or spending time with friends are all simple ways to improve your mood.

Research from the Greater Good Science Center at the University of California, Berkeley shows that practicing gratitude, even by taking a few moments each day to appreciate something positive can reduce stress, improve sleep, and increase happiness.

Many residents at The Loomis Communities naturally practice gratitude through friendships, volunteer opportunities, educational programs, hobbies, and community events that bring purpose and connection to everyday life.



The Power of Positive Relationships

A positive mindset often grows from the people around us. Research from Harvard's Study of Adult Development, one of the longest-running studies on happiness, found that strong relationships are one of the biggest predictors of health and longevity. Whether it's chatting with neighbors over lunch, attending a lecture, joining a fitness class, participating in a book club, or enjoying live entertainment together, meaningful social connections help reduce loneliness and improve emotional well being.

Across all three Loomis communities, residents have countless opportunities to build friendships, try something new, and stay engaged every day.

Small Habits Can Change Your Perspective

Having a positive outlook doesn't happen overnight. Like any healthy habit, it grows over time. Here are a few simple ways to build a more positive mindset:

- Start your day by thinking of one thing you're grateful for.
- Spend time outside and enjoy nature.
- Stay active with a walk, exercise class, or gardening.
- Laugh often, watch a funny movie, or spend time with friends.
- Learn something new by attending a class or lecture.
- Focus on what you can do instead of what you can't.

These small habits may seem simple, but over time they can improve both physical and emotional well being.

A Community That Encourages Optimism

At The Loomis Communities, wellness is about much more than physical health. It's about creating an environment where residents feel connected, supported, and inspired.

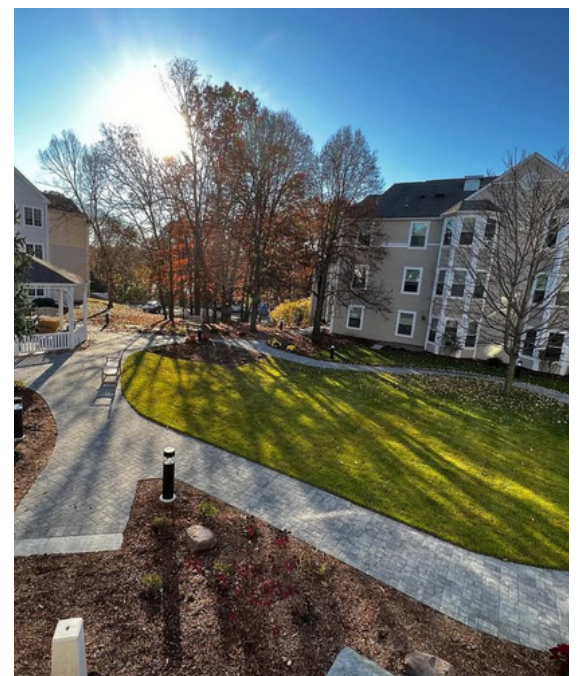
Whether attending a concert, participating in a lifelong learning class, volunteering, exploring a hobby, or simply sharing a conversation with a neighbor, every experience helps create a positive and meaningful lifestyle.

Having something to look forward to each day can boost motivation, improve mood, and provide a sense of purpose, three important ingredients for healthy aging.

Choose Joy Every Day

Life will always have unexpected moments, but our attitude can shape how we experience them. A smile shared with a friend. A walk through the neighborhood. Trying a new activity. Lending a helping hand. These everyday moments remind us that happiness often comes from the little things.

At The Loomis Communities, we believe a positive mindset is one of the greatest tools for healthy aging. By focusing on gratitude, staying connected, and embracing each day with an open heart, we can continue to grow, thrive, and enjoy life, one positive moment at a time.



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

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