



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

June 2021

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See an upcoming event of interest at The Loomis Communities?

RSVP with  
Josh Powers:

413-588-5178

July - Explore Our Great Outdoors

7/26 - Applewood

7/27 - Loomis Village

7/28 - Loomis Lakeside at Reeds Landing

Coming soon...

August - The Great Hawk Migration & The Pioneer Valley

September - Finance in Retirement with Amy Jamrog

## Lifelong Learning at The Loomis Communities

Notice something different about this issue of *Loomis Life*? That's right, we've gone purple! In honor of **Brain Health Awareness Month**, The Loomis Communities wants to highlight here how we are committed to Alzheimer's awareness and residents' cognitive health everyday.

Harvard University found these to be significant strategies for mental sharpness:

- Staying physically active
- Getting enough sleep
- Refraining from smoking
- Having good social connections
- Limiting alcohol to no more than one drink per day
- Eating a Mediterranean style diet



Their studies also revealed one of the most impactful ways to prevent cognitive decline: continuing education. Forming a habit of mental engagement keeps memory strong, and challenging the brain with exercises can activate processes that help maintain individual brain cells and stimulate communication among them. Pursuing a hobby, learning a new skill, volunteering, or mentoring are additional ways to grow knowledge while strengthening brain health.

**Fortunately, for aging adults of The Pioneer Valley--and at The Loomis Communities specifically--there are two options already available:**

### 1. Learning in Later Life

- Springfield College

### 2. College Learning in Retirement

- Mount Holyoke College
- Smith College
- Hampshire College
- Amherst College
- The University of Massachusetts

These six universities offer hundreds of online courses with topics ranging from art and history to mathematics and even archeology. Better yet, courses are peer-led, which means you can sit in and learn, but you can also lead the topics of your choice. Consider this fall's offerings by [clicking here](#). Do you see something you'd like to learn or perhaps teach?

Creating your free membership is easy. Simply head over to [www.5clir.org](http://www.5clir.org) and sign up. **You will notice several courses offered here at The Loomis Communities.**

The Loomis Communities also supports the dietary pillar of brain health and function. For example, many of the items in the Alzheimer's Association "Go Purple" menu above are regularly featured in our dining program, such as farm-fresh produce and complete meals rich in Omega 3 and antioxidants.

### "Go Purple" Menu



#### Breakfast

Blueberry French Toast  
Raisin Bran Cereal  
Hard Boiled Eggs & Whole Wheat Toast  
Blueberry Yogurt

#### Lunch

Baked Cod with Whole Wheat Rice & Sweet Peas  
Baked Chicken Breast with Purple Cabbage & Sweet Potatoes  
Whole Wheat Spaghetti with Marinara

#### Dessert

Mixed Fruit Bowl with Blackberries, Plums, Strawberries & Almonds



**A Brain Healthy Diet** Certain foods rich in antioxidants and Omega 3 may improve brain health and function. There is a lot you can do to keep your brain healthy as you age. Just open your mind to a brain healthy diet and keep moving. Exercise is essential and most effective when combined with a brain healthy diet.

#### Helpful Hints

- Manage your body weight for overall good health of brain and body.
- Reduce your intake of foods high in fat and cholesterol.
- Increase your intake of antioxidant rich foods such as spinach, brussel sprouts, red grapes and plums.



# Programming with the Brain in Mind

Our mission at The Loomis Communities is to open doors to worlds of positive aging. This means our guiding principles emphasize wellness in programming with a high level of attention on the brain and keeping it healthy.

Many of our calendar events and daily enrichment activities align with the “10 Ways to Love Your Brain” guide from the Alzheimer’s Association.

In fact, our calendar uses symbols to represent different dimensions of wellness. Be on the lookout for those that use this icon to signify those events that especially promote cognitive health.



**Look out for this symbol to represent intellectual wellness events.**

**10 WAYS TO LOVE YOUR BRAIN**

**START NOW.** It's never too late or too early to incorporate healthy habits.

**HIT THE BOOKS**  
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

**BREAK A SWEAT**  
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

**STUMP YOURSELF**  
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

**BUDDY UP**  
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

**TAKE CARE OF YOUR MENTAL HEALTH**  
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

**CATCH SOME ZZZ'S**  
Not getting enough sleep may result in problems with memory and thinking.

**FUEL UP RIGHT**  
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

**FOLLOW YOUR HEART**  
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

**HEADS UP!**  
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

**BUTT OUT**  
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's association  
THE BRAINS BEHIND SAVING YOURS.



An exciting annual way we promote brain health is the Walk to End Alzheimer’s. Each year, The Loomis Communities, along with other organizations in The Pioneer Valley, come together to raise funds and awareness by walking together to help end Alzheimer’s. Not in the valley? You can find the walk closest to you by searching for the [“2021 Walk to End Alzheimer’s”](#).

Contact Josh Powers (contact information in newsletter footer) to ask about this year’s Walk to End Alzheimer’s. We welcome you to join The Loomis Communities team.

## Introducing Applewood’s New Executive Director: Louis Iannuccilli

A native of Rhode Island, Louis and family resided in Connecticut for nearly two decades before a brief stay in Florida. Eventually, they returned to their New England roots.

Louis has been working in senior living for 22 years and found Loomis in an interesting way. As part of the Sodexo team, Louis was brought in as a resource for Loomis Village. While there, he was impressed: “great culture, great people, great company,” he recalls. He craved the deeper connection with residents and staff that can be difficult to achieve in a larger community.



When the Executive Director position opened at Applewood, he knew The Loomis Communities was the right fit.

When asked about the best part of senior living, Louis finds it is the ability to form relationships and knowing he can make a difference. “I want to support residents in living their best lives,” he explains, adding that he loves, “going home with an emotional paycheck each week.”

Louis invites you to stop in and say hello while visiting Applewood. Be sure to ask him about his culinary competitions!

## Brain Games

The “10 Ways to Love Your Brain” guide includes stumping yourself as a key aspect of cognitive wellness. How many brain health terms you can find (9 total)?

C	K	R	N	O	K	V	G	G	P	C	V	N	R	N	A	O	C	R	Z
W	O	T	K	Y	L	F	T	L	H	Z	F	P	Y	Y	E	M	F	Z	C
A	T	G	P	U	P	R	Z	E	S	I	C	R	E	X	E	E	S	P	X
Z	X	M	N	H	L	C	M	Y	H	R	S	V	F	Y	U	G	Q	N	M
I	Z	R	W	I	C	P	R	K	O	P	Y	K	M	R	O	A	G	Z	R
P	Y	C	C	H	T	W	K	R	C	F	C	T	O	Q	O	S	Z	I	P
M	R	B	I	S	X	I	O	H	X	O	J	T	E	L	S	G	J	O	C
W	Z	L	J	M	T	E	V	V	N	A	T	N	W	T	C	P	G	C	L
K	U	T	U	G	S	N	L	E	D	Z	H	A	L	Z	Q	A	O	R	E
D	D	S	J	F	F	K	Z	P	L	Y	N	D	P	K	M	V	Z	N	S
U	A	L	Z	H	E	I	M	E	R	S	T	I	U	N	J	F	Y	U	X
T	N	W	I	U	L	L	G	S	R	U	Z	X	S	L	X	M	J	I	K
U	F	A	F	Z	U	H	U	X	R	L	P	O	Z	L	R	X	B	V	V
Q	W	M	H	I	H	F	L	S	E	G	L	I	A	K	N	E	T	H	C
M	W	B	Y	P	Z	Y	N	A	W	P	A	T	Q	I	R	I	A	Z	J
F	D	K	E	B	V	A	R	L	V	Y	H	N	Y	B	R	A	I	N	K
R	T	E	P	C	W	N	Z	L	L	C	X	A	H	Y	Y	H	T	O	Z
G	L	Y	A	T	W	E	N	M	A	N	I	H	S	R	G	R	N	I	N
S	Z	P	R	Q	A	Z	F	G	K	Z	M	P	V	V	B	C	E	Z	S
Y	H	C	F	J	V	R	G	L	Y	J	J	E	B	C	G	Y	H	H	S

**Word bank:** Alzheimer’s, Cognitive, Omega, Antioxidant, Exercise, Purple, Brain, Learn, Sleep