



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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## On The Horizon:

**Waitlist Members of Loomis Lakeside at Reeds Landing and Applewood, we are planning a special event in July just for you!**

**Be on the lookout for an invitation with full details from JoAnne and Christine to reserve your spot.**

## Going Green at The Loomis Communities

Green is so much more than our logo color. It is a way of life we embrace at Applewood, Loomis Lakeside at Reeds Landing, and Loomis Village. The changes we are making today, both big and small, are creating ripple effects for the future. We strive to protect the wildlife and ecosystems that call our communities home. We incorporate sustainability into our dining operations, including the dishes featured on our menus. On June 5th, the world celebrates Environment Day. In that spirit, we want to offer a glimpse into how we are trying to do our part each day.



Several hives call Loomis Village home, relying on us to maintain a safe environment for them to

## Growing Our Gardens



Pulling duckweed from the pond.

Each spring, residents take to the ponds on Loomis Village campus to remove the duckweed that grows on top of the water; instead of throwing the duckweed away, residents have come up with a better solution: composting. The weeds are sorted into three large bins (crafted from scraps in The Loomis Communities on-campus woodshop) and combined with autumn leaves. The resulting compost is then used in resident gardens to help feed our variety of vegetables and flowers.

## Here Comes The Sun

With multiple electric companies and municipal power companies in Massachusetts, it is increasingly difficult to select the right power sources. The Loomis Communities derives a significant portion of its energy from local solar farms. We partner with these farms and continue to be one of their primary customers. In doing so, we are able to send the energy they produce back into the grid, thus offsetting the communities' power needs.

## Taking a Bite out of a Big Problem

An important factor in creating a greener world that is often overlooked? Food. Its production and waste are major contributing factors to environmental issues. This is why we chose to work with Sodexo, a company that helps us put sustainability in the forefront of our dining program. For instance, we maintain a regular list of meats and seafood we will not use for a variety of reasons, including the way they are raised. We try to reduce reliance on foods with a negative impact on the environment. As you might imagine, this list is always changing. We think it's worth the effort, though. Our dining menus also include seasonal favorites like honey. Some of what our bees produce gets used in our restaurants, making dessert that much sweeter.

To learn more about our efforts, call us at the number on the back of this newsletter. We'd love to share more about the many ways we're innovating.

## A Month of Celebration

June heralds more than the start of summer. This month's calendar is packed with celebrations, commemorations, and more. June signifies important observances to many groups of people, including the individuals who come together in calling The Loomis Communities home.

### Community Pride

The first LGBTQ celebration was initiated by Brenda Howard, now known as the "Mother of Pride," to honor the changes resulting from New York City's 1969 Stonewall Riots. Parades, community events, poetry readings, public speaking, street festivals, and educational sessions are some ways our culture continues to recognize change. At The Loomis Communities, we too are honored to celebrate Pride Month, by not only welcoming diversity in our residents and team members, but also by continuing to learn how to be an ally. This month, we welcomed Melissa Heckman, LICSW, Med to discuss "Trans Basics" and JM Sorrell who led a "Gay Rights through the Ages" talk. You can learn more about Heckman's event [here](#) and Sorrell's [here](#). Residents have additionally created several displays to share readings, educational FAQs, and more information about the LGBTQ community.



The Applewood Pride display,

### Title IX's 50th Anniversary

In 1972, Title IX protected people from discrimination based on sex in education programs or activities. This important ruling enabled a generational shift, providing new opportunities to women everywhere. One of those women happened to be Loomis Lakeside at Reeds Landing resident Dr. Mimi Murray. The Women's Sports Foundation named Dr. Murray one of five "Pioneers in Women's Athletics." She was essential to the passage of Title IX's landmark legislation.

"Title IX means that I have opportunity, it provides opportunities for all women," Murray says. "It's just not about sport, title IX is about anything in education. The first lawsuit was brought against Texas A&M because they had an all male marching band."

Dr. Murray enjoys a national and international reputation in the field of athletics, having served as president for the International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD); the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD); and the National Association for Girls and Women in Sports (NAGWS). We are honored she chose to reside at The Loomis Communities — a Continuing Care Retirement Community where diversity, equity, and inclusion matter beyond the mission statement.

### Juneteenth

Even though the Emancipation Proclamation was issued January 1, 1863, it would not be until June 19, 1865 that enslaved Black Americans in Texas learned they were free. This date is now commemorated as Juneteenth. This federal holiday is often observed with traditional food and drink, especially those red in color. Red signifies a spiritual connection to those who were enslaved.

"Texas was at the end of the world to the Antebellum South," Culinary historian and writer Michael Twitty says. "There were a lot of enslaved Africans who were coming to Texas from the continent, through the Caribbean. The color red is highly associated with the cultures that would've come through the later years of the trade, which would have been Yoruba and Kongo. [Red] could symbolize sacrifice, transition, and power."



Carolyn Hoyt, Loomis Village resident, holding a poster of

At The Loomis Communities, we make time to reflect and honor this time in history by hosting a dedicated Juneteenth dinner — complete with appropriate food and beverage service. The Resident Inclusion and Social Justice Committee and the Dining Services Committee are pivotal in orchestrating such an important occasion. To learn more about other ways you too can celebrate Juneteenth, [click here](#).