



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

June 2023

Volume 6, Issue 6

## 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!



## Peeling Back the Petals: Intellectual Wellness

The Pioneer Valley's academic culture and vast learning opportunities provide a natural framework to support the Loomis Communities' intellectual dimension of wellness.

At Loomis, we believe that remaining intellectually active is a pathway to healthy aging. When you continue your education, you improve your cognitive wellness. The National Institute of Health has completed multiple studies on brain health in older adults. According to their studies, people who engage in stimulating activities like volunteering and hobbies say they feel happier and healthier.

One study also found that older adults who learned a skill, such as quilting or digital photography, experienced more memory improvement than those who only socialized or participated in less cognitively demanding outlets. Some of the research on engagement in activities like music, theater, dance, and creative writing has also shown promise for improving quality of life in seniors — from increased memory, social interaction, and self-esteem to reduced stress. Scientists have argued that these kinds of activities may protect the brain by establishing cognitive reserve.



From stimulating conversations to taking classes with the five colleges, there are always ways to grow our intellectual wellness at the Loomis Communities.

*“There are so many opportunities to learn new things. The chance to take courses with Five College Learning in Retirement has been amazing!”*

— Sandi Albertson-Shea, Applewood resident

When you live life in the Pioneer Valley, you have an abundance of access to these kinds of programs. Below, we have highlighted some of our favorite ways to maintain and grow intellectual wellness here at home.

1) **Take in a show** — From the majestic theatre in West Springfield, to the Fine Arts Center at UMass Amherst, there are varied performances to enjoy. Whether it be live music, dance, or a play, you can find entertainment that suits you in one of over a dozen venues in the valley.

2) **Broaden your horizons** — Did you know that a single ticket for the [Springfield Museums](#) gets you entrance into all five, including the Dr. Seuss Museum? Spend the day exploring art, history, and science. As you make your way north, you gain access to three dozen more museums, including the Yiddish Book Center in Amherst and the Calvin Coolidge Presidential Library.

3) **Picture the falls** — The Pioneer Valley has more than a dozen waterfalls of all shapes and sizes. Add in the hundreds of hiking trails with a plethora of wildlife and vantage points, and you have a photographer's dream! Team members at Loomis can make trail recommendations, and resident photographers can help get you started on photography basics if you've ever desired to learn.

## Peeling Back the Petals: Intellectual Wellness (cont. from p. 1)

When on campus, you'll notice several daily intellectual wellness-promoting events offered; these are easily found by locating the associated lightbulb icon in our Loomis programming calendar. If you ever have questions, be sure to ask our Life Enhancement Coordinators when visiting campus.

Providing ample opportunities to grow and develop is important at the Loomis Communities as residents have a noticeable desire to constantly be learning. A significant component of meeting that need is the Five College Learning in Retirement (5CLIR) and Life Long Learning programs. 5CLIR utilizes the five college consortium (Hampshire, Smith, Amherst, UMass, and Mount Holyoke) to offer more than one hundred courses of various topics each semester, with some of those courses being led by Loomis residents and some held at Loomis Village and Applewood. Life Long Learning works in partnership with Springfield College, offering nearly a hundred courses held both at our Loomis Lakeside at Reeds Landing campus and Springfield College campus. You can learn more about Life Long Learning here and Five College Learning in Retirement here.

For those of you who are members of our waitlist, we invite you to come experience some of these learning opportunities that make up the Intellectual Wellness dimension here at Loomis. Give us a call today to schedule some time to explore. We'd love to connect you.

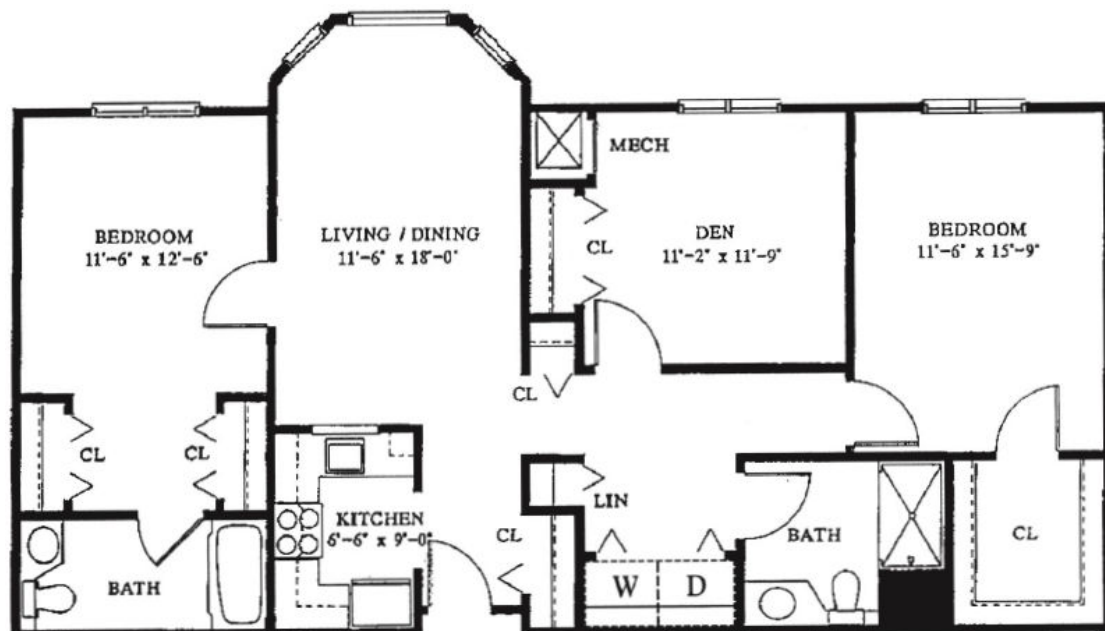
## Reading Your Way Through Loomis

If you are an avid reader, you're going to love the libraries at each of the Loomis Communities. From biographical books to fiction and non-fiction, you'll find every genre along with daily newspapers from several local and national publications. All libraries are resident-driven and maintained, with library committees deciding which titles to add and remove. Books can also be donated to the library. Watch for our annual library sale; you can score excellent reads, some priced as low as a dollar!



## Style Highlight: The Chestnut

With two bedrooms, two bathrooms, a den, and generous square footage, the Chestnut apartment provides all the space you'll need and more. Entertaining is easy with this apartment's sizeable living room and pass-through kitchen. Family and friends will be able to comfortably stay over, thanks to an extra bedroom that can also be converted into an office, art studio, or whatever you may desire. Check out the below floor plan and take a virtual tour [here](#). Like what you see? Give us a call to schedule an in-person tour.



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

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