



246 North Main Street
South Hadley, MA 01075

Loomis Life

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Loomis Life
Photo Contest



We love the Pioneer Valley so much that we have called it home for more than 120 years.

Now, through the end of May, email us your favorite original photo taken in the valley, and we will pick one to win an Atkin's Farm gift basket.

To enter, email your photo and a description to dcameron@loomiscommunities.org

We can't wait to see your photos!

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



Rightsize Your Downsized Space

Upgrade Your Life

Whether making a move or simply spring cleaning, considering which belongings to keep and which to release is the start of rightsizing. Rightsizing is a different process from downsizing. Whereas downsizing is about moving into reduced square footage, rightsizing ensures that the belongings you add to any-size dwelling not only clear clutter but also enhance quality of life, reduce stress, and enable focus on valued activities and interests.

Downsizing

Many advantages are to be had when downsizing your home. Reduced-space homes result in declining upkeep costs—saving you time, money, and energy. A more moderate home also decreases expenses like utilities, taxes, and fees related to unanticipated maintenance burdens.

Additionally, a downsized home increases accessibility and promotes independence with lessened mobility challenges. Less square footage can also lead to a simpler, more organized lifestyle where clutter does not easily accumulate and hide in rarely-used rooms.

Another benefit: Downsized homes generally have a smaller environmental footprint, which promotes sustainability.

Moving into a smaller space within a Continuing Care Retirement Community, however, can mean big gains in lifestyle. For example, the Loomis Communities provides access to rich amenities, quality healthcare, enhanced security, and engaging opportunities with other residents. It's hard to long for former housing arrangements while learning new skills,



Rightsizing

Once you've made the commitment to downsize, you can improve the safety around your home through rightsizing. Clearing clutter minimizes hazards and obstacles to moving freely. A spacious, safe environment lessens stress and overwhelm for healthier aging. Eliminating the anxiety associated with chaotic living is connected with improved well-being. A home without piles of "stuff" is easier to keep clean and tidy, without added physical strain. Air circulation and quality will also improve without dust accumulation in your home. Efforts to establish an orderly living environment make it quicker to locate what you really need for increased efficiency and independence in your everyday activities.

Would you like to learn more about downsizing and rightsizing? We can help. Contact us at the email or phone number found at



Updates From Construction Central

We are thrilled to announce that one of our dining room renovations at Loomis Village is nearing completion. This inviting atmosphere will set the stage for many pleasant dining experiences for our residents and guests. In addition, the meeting space and new apartments at Applewood are well underway in turning vision into reality. As we welcome the changes spring brings, we also watch with anticipation the enhancements each project phase brings toward the big reveal.



Above: The Dining Room at Loomis Village



Above: Applewood's construction of the new units and meeting room

In the Loop with Loomis Experts

Happy National Nutrition Month! What's a better way to celebrate being healthy and cooking great food than meeting and getting some tips from our very own Lynanne Pease, Executive Chef at Loomis Village.

How long have you been a chef? What made you want to become a chef?

I have been a chef for 27 years; 18 years as the Executive Chef at Loomis Village. I didn't choose to become a chef, it chose me. I went for a job as a server while I was raising my children and was offered an entry level prep cook position. Cooking came so easily to me that I kept growing in the field. I started as a prep cook, on to a line cook, to the private chef for the president of MassMutual, then on to a Sous Chef /Jr. Executive Chef at Elm Park, and then I finally landed here at Loomis Village as the Executive Chef.

What tips do you have on how to make healthier choices while dining out?

Skip the liquid calories. Watch the portion size. If it comes to you in large portions, take half of it home. Always ask for your condiments on the side and dip your fork into them as you take each bite. Be mindful of salad toppings. Don't add sweet things like raisins or any dried fruit that contain a lot of sugar or things high in carbs.

Any recent menu changes you have made to promote healthier dining options?

We have the Mindful Menu always available as an option, as well as mindful options on the daily menus. We have also started to implement more gluten-free and dairy-free options. We have started to use more power foods like grains, kale, and berries.

How fortunate to have Chef Lyn's expertise and knowledge right here at *Loomis Village*. Watch for more words of wisdom in upcoming issues of *Loomis Life*.



Lynanne Pease
Executive Chef, Loomis Village

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

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