



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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Are You Prepared?

We invite you to join us
for a virtual event on
Summer Weather
Preparedness.

The 22 News Storm
Team will share tips you
need to know!

Join us at The Loomis
Communities
[YouTube page](#).

June 28th - 11:00 a.m.

Active Aging at The Loomis Communities

The Loomis Communities lives by eight dimensions of wellness; one of these is physical wellness. What better month than May to celebrate what that means? Not only does this month herald opportunities to enjoy the outdoors. It also marks **National Senior Health and Fitness Day**.

As we increase in age, so does the need for remaining regularly active. This does not have to be defined as strenuous, exhausting exercise. It can look instead like an extended duration of low intensity movement, such as walking and gentle aqua aerobics or shorter bursts of higher intensity jogging.

By age seventy-five, one in three men and one in two women will no longer engage in physical activity, the CDC reports. The result? Loss of strength and stamina. Working to ensure you are not part of that statistic will lead to a healthier life.

Remaining active as an older adult, per the CDC, will:

- 1) Increase chances of living independently while reducing the risk of falls and fractures.
- 2) Reduce risk of developing heart disease, colon cancer, and diabetes.
- 3) Lower blood pressure in some people with hypertension.
- 4) Improve muscle strength and endurance for those with chronic disabling conditions.
- 5) Decrease symptoms of anxiety and depression, fostering more positive feelings of wellbeing.
- 6) Maintain healthier bones, muscles, and joints.
- 7) Control joint swelling and pain associated with arthritis.



Gardening at The Loomis Communities keeps residents enjoying the outdoors and an active lifestyle.



Active aging comes in many different forms, including a hike along our trails.

Continuing Care Retirement Communities are wonderful places to focus on your active aging health goals. The professionally-trained team members and friends you'll make at The Loomis Communities form a ready network of support, accountability, and camaraderie. Here, there is an array of activities from which to choose: hiking trails, swimming, group exercise classes, gardening, and more. Each campus has its own unique outdoor options, including a walk at your own pace through gardens and arboretums or a rigorous trek through the Seven Sisters Range. You will find that getting outside and being active will also lead to benefits such as better sleep, higher levels of energy throughout the day, and reduced feeling of stress. If you're not sure where to start, email or call us at the contact points on the bottom of the next page.

Discover more about the importance of active aging in this National Institute of Aging [article](#).

National Senior Health and Fitness Day

The Loomis Communities hosts various events every spring at each of its three communities in celebration of National Senior Health and Fitness Day. This day encourages older adults to get out, get active, and take that first step towards a healthy retirement. At The Loomis Communities, it is a chance for us to offer new ways to explore an active lifestyle. From pool volleyball and cooking demonstrations, to exercise classes and wellness fairs, National Senior Health and Fitness Day is well spent at Applewood, Loomis Village, and Loomis Lakeside at Reeds Landing.



Covid-19 Updates

All of us at The Loomis Communities want to keep you informed of adjusted safety protocols. At press time, both Hampshire and Hampden Counties remain at a “yellow” or moderate risk level. This means that all residents are encouraged to wear masks when in public areas of the communities. Visitors and team members are to be masked at all times. Dining rooms are closed to non-residents for the time being; however, we still welcome guests to visit. If you have any questions, please let us know. We are happy to assist.

Running the Big Apple

We would be remiss to not feature resident Carolyn Bentley in this issue of *Loomis Life*. An avid runner, this year she completed her fifth New York City Marathon, on top of her Boston Marathon finish. A goal-oriented person, she views training for races — especially in NYC — as the perfect way for her to actively age.



Loomis Village resident Carolyn Bentley with some of her racing medals.

“There are neighborhood changes of all cultures in New York,” Bentley says. “There’s a crowd all along cheering you on. Marathons give me a goal. I have to get out there, and it moves me. If I have nothing to train for, then it’s really hard for me to commit. With New York, you could finish the next day and there would still be crowds. It’s very inspiring!”

Being out in the fresh air and sunshine is also something she finds therapeutic. A physical therapist by profession, Carolyn says as long as she can move, she wants to be on-the-move.

When asked if she will run another marathon, “Absolutely!” is her reply.

Celebrating a New Outdoor Space

This summer, The Loomis Communities will enhance Loomis Village with a new courtyard. The addition will provide ample space for walking, relaxing, and entertaining. It will be complete with a gazebo, walking paths, and fire pits. The expansion will be accessible from the Loomis Village auditorium, the back side of the Courtyard neighborhood, and most first floor apartments in the Mountainside and Courtyard neighborhoods. Improvements will continue throughout the year, and we look forward to welcoming residents and guests alike in the coming months. Stay tuned...

