



246 North Main Street
South Hadley, MA 01075

Loomis Life

May 2023

Volume 6, Issue 5

Calling all Loomis
Lakeside at Reeds
Landing Wait List
Members:

We have an
exclusive event
Friday, June 23rd
just for you!

Watch your mailbox
for an invitation
from Chance Plant.

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



Peeling Back the Petals: Physical Wellness

Older adults nationwide celebrate **National Senior Health and Fitness Day** the last Wednesday of May each year; however, at the Loomis Communities, physical wellness is a way of life everyday. It is one of our eight dimensions of wellness, and it is the focus of this month's newsletter issue.



Physical wellness is so pivotal in our three communities that we open our *Bloom Book* with it. We define this vital dimension of overall health as the following:

Maintaining an optimal level of physical health allows you to truly attend to and nurture the other dimensions of wellness. Here you are supported in your physical wellness goals through access to onsite healthcare professionals, fitness classes, gyms, swimming, healthy menus, and special places to walk, bike, run, or simply take in the beauty of Western Massachusetts.

From a variety of fitness classes to trail walks, cornhole, bocce, and more, there are versatile and accessible ways to get involved in your physical wellness at Loomis. For residents, there are even virtual fitness class options. As a reader of *Loomis Life*, you can try a sampling of Loomis fitness classes by simply clicking the links below.

[Fitness with Theresa](#)

[Chair Aerobics](#)

[Tai Chi](#)

"I love to breathe in the air, relish in the beauty around me, and enjoy the company of whomever I've talked into walking with me! And when the weather doesn't cooperate, I will work with my personal trainer or take a swim. I feel better when I keep moving." — Don Sibley, Loomis Village Resident

Benefits abound for seniors who live a physically active lifestyle. For most adults, the loss of strength and stamina attributed to aging is in part caused by reduced physical movement. Sedentary living increases with age, and by the age of 75 approximately one in three men and one in two women engage in no physical activity; however, those who do remain engaged — like so many of our Loomis residents — experience advantages such as these:

- Being able to reduce the risk of falls and fractures
- Lowering the risk of coronary disease, high blood pressure, colon cancer, diabetes, and more
- Helping with chronic, disabling conditions to improve stamina and muscle strength
- Maintaining healthy bones, muscles, and joints
- Controlling joint swelling and pain associated with Arthritis
- Reducing symptoms of anxiety and depression and fostering improvements in mood

If you are someone who needs motivation to start being more active, give us a call and schedule some time to partake in one of our fitness classes. You'll get to meet the trainers, Loomis residents, and work towards a healthier future. If being outside is more your style, drop by our campuses to take advantage of the trails and grounds. One of our welcoming team members will be happy to assist.

A Centennial Celebration

A 100th birthday isn't an everyday occasion, so we were thrilled to honor Loomis Lakeside at Reeds Landing resident Felix Salzano this month! Springfield Mayor Dominic Sarno also paid a visit, and the event culminated with a Loomis Lakeside at Reeds Landing bocce court dedication in Felix's name.



Loomis In the Community

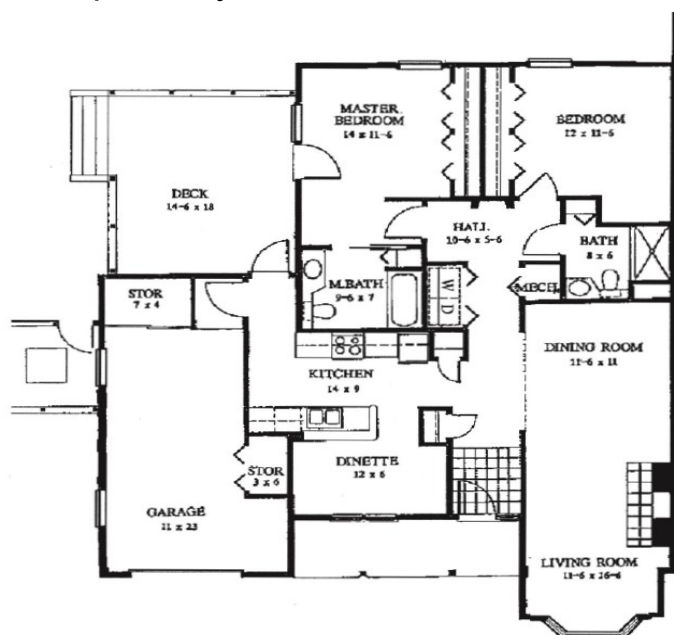
As a 501c3 not-for-profit organization, part of our mission is to give back to the local community where we live and work. Our dedicated team of staff and residents do this throughout the year with various philanthropic efforts and initiatives. This month, we were excited to host a Cinco de Mayo luncheon at the East Longmeadow Senior Center, as well as a cooking demonstration at the Longmeadow Adult Center. We also aim to serve and support each other, right here at home. Loomis Village residents Randy Hyvonen and John Schechter recently gave their time to build a custom bookshelf for some new neighbors, a couple who just moved into Applewood.



From left to right: East Longmeadow Senior Center Cinco De Mayo lunch gathering, Loomis Lakeside at Reeds Landing Chef Anthony performs a live cooking demo at the Longmeadow Adult Center, Randy Hyvonen and John Schechter pose before-and-after with a custom bookshelf they built for new Applewood residents

Style Highlight: The Walnut

Rightsizing at the Loomis Communities means still having ample space for what matters most to you. This Reeds Landing cottage boasts more than 1200 square feet and an open concept floor plan — ideal for entertaining and comfortable living. With two bedrooms, two bathrooms, a private deck, garage, and fireplace, this design offers the coziness of a spacious home and the option to host friends and family. Check out the below floor plan, take a virtual tour [here](#), and picture yourself home at The Walnut.



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

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