



Loomis Life

May 2026

Calling all Readers!

We enjoy sharing the most recent updates and valuable resources through *Loomis Life* each month, so your feedback is essential to us.

What topics would you like to see covered in future editions?

Whether it's health and wellness tips, community events, resident spotlights, or anything else, please reach out to Devin at: DCameron@loomiscommunities.org

Share your thoughts with us today!

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



Upcoming Events:

Applewood:

Oktoberfest - October 2026

Loomis Lakeside:

BBQ on Patio - July 30, 2026

Oktoberfest - October 2026

Loomis Village:

Oktoberfest - October 2026

All events require RSVP to Devin by phone or email:

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DCameron@loomiscommunities.org

The Role of Nature in Healthy Aging

Spending time in nature does more than provide beautiful scenery, it plays an important role in overall wellness. Research continues to show that access to outdoor spaces, gardening, walking paths, and fresh air can improve physical health, reduce stress, support memory, and increase happiness.

At The Loomis Communities, nature is woven into everyday life. From peaceful walking paths and landscaped gardens, to outdoor gatherings and resident gardening opportunities, each community offers spaces that encourage residents to slow down, connect with others, and enjoy the benefits of the outdoors.

According to the National Institutes of Health (NIH), spending time outside can help lower blood pressure, reduce anxiety, improve mood, and support better sleep. Even small amounts of time outdoors can have a positive effect on both physical and emotional well being.

Why Nature Matters

Research from Harvard Medical School shows that time spent in green spaces can:

- Reduce stress and anxiety
- Improve mood and emotional health
- Support heart health
- Increase physical activity
- Improve focus and memory
- Encourage social connection

Nature also encourages movement. Whether it's gardening, walking with a friend, or simply enjoying fresh air on a patio, outdoor activity supports both body and mind. Studies published in the International Journal of Environmental Research and Public Health found that older adults who regularly spend time outdoors often report higher levels of happiness, lower stress, and greater overall life satisfaction.

Gardening Supports Mind and Body

Gardening is one of the most rewarding ways to connect with nature. Beyond growing flowers and plants, gardening provides gentle physical activity, mental stimulation, and a sense of purpose.

Research from the University of Colorado found that gardening can:

- Improve flexibility and mobility
- Reduce stress levels
- Support cognitive health
- Encourage healthy eating habits
- Increase social interaction

Gardening also supports emotional wellness. Watching something grow over time can bring joy, relaxation, and accomplishment.

Across The Loomis Communities, residents enjoy beautifully maintained grounds and seasonal gardening opportunities that help bring people together while encouraging outdoor activity and creativity.

Walking Paths and Outdoor Movement

Walking is one of the simplest and healthiest forms of exercise. According to the Centers for Disease Control and Prevention (CDC), regular walking can:

- Improve balance and coordination
- Strengthen muscles and bones
- Support heart health
- Reduce the risk of falls
- Improve sleep and mood

Outdoor walking provides additional benefits because nature itself helps reduce stress hormones and encourage relaxation. Research from Stanford University found that walking outdoors in natural settings may also help reduce mental fatigue and improve overall emotional well being.

Many residents throughout The Loomis Communities enjoy taking walks along community paths, relaxing in outdoor courtyards, or simply spending time enjoying fresh air and changing seasons.

Fresh Air and Sunshine

Sunlight and fresh air are important parts of healthy living. Moderate sunlight exposure helps the body produce Vitamin D, which supports bone health, immune function, and muscle strength. The National Institute on Aging notes that Vitamin D deficiency becomes more common as we age, making safe outdoor time even more important.

Fresh air and natural light can also:

- Improve mood
- Increase energy levels
- Support healthier sleep patterns
- Reduce feelings of stress and isolation

Outdoor patios, courtyards, gardens, and gathering spaces across The Loomis Communities provide residents with welcoming places to relax, socialize, and enjoy nature comfortably and safely.

Nature Builds Community

Nature does more than support physical health, it also brings people together. Outdoor concerts, walking groups, gardening clubs, seasonal events, patio gatherings, and community celebrations all create opportunities for social connection.

Research from Harvard's Study of Adult Development found that strong social relationships are one of the biggest contributors to happiness and long term wellness as we age. Simple moments, sharing a walk with a friend, attending an outdoor event, or sitting together in the sunshine, can have a lasting impact on emotional well being and quality of life.

Outdoor Spaces Across The Loomis Communities

Each Loomis community offers outdoor spaces designed to encourage relaxation, movement, and connection.

At Applewood, residents enjoy scenic grounds, outdoor gathering areas, the orchard arboretum and walking opportunities that encourage residents to stay active and connected to nature.

At Loomis Village, beautifully landscaped spaces and patios provide peaceful settings for socializing, multiple walking trails throughout the property, gardening, and enjoying the outdoors throughout the seasons.

At Loomis Lakeside at Reeds Landing, residents can take in water views, walking areas, and outdoor community spaces that promote both relaxation and activity.

Across all communities, outdoor events, seasonal celebrations, and wellness initiatives encourage residents to enjoy the many benefits of spending time outside.

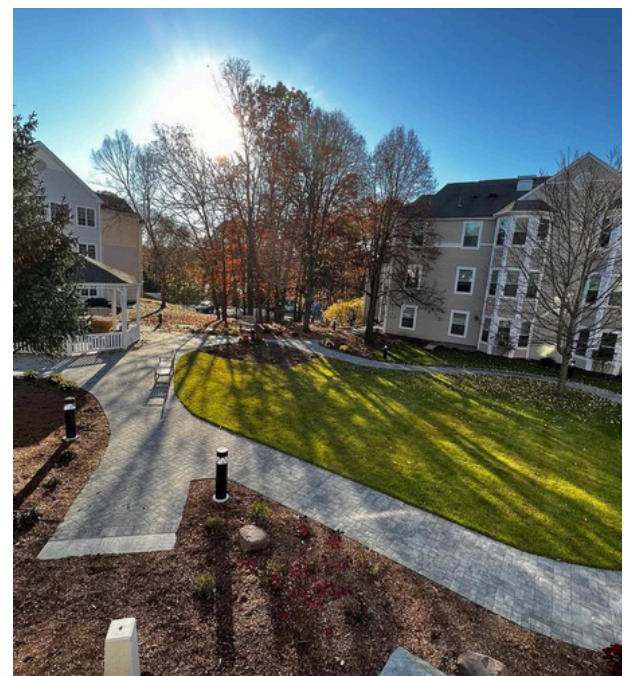
Wellness Starts with Simple Moments Outside

Healthy aging doesn't always require major lifestyle changes. Sometimes wellness begins with something simple:

- Taking a walk
- Sitting in the sunshine
- Watering flowers
- Breathing fresh air
- Spending time with friends outdoors
- Enjoying the beauty of the changing seasons

At The Loomis Communities, nature is more than scenery, it's an important part of supporting healthy, active, and fulfilling lives.

Through outdoor spaces, wellness programs, gardening opportunities, and community connection, residents are encouraged to enjoy the healing power of nature every day.



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

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