Loomis Life

November 2026

246 North Main Street
South Hadley, MA 01075

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:

Planning 2027

Loomis Lakeside:
Planning 2027

Loomis Village:
Planning 2027

All events require RSVP to Devin by phone or email:
413-530-4144
DCameron@loomiscommunities.org

The Importance of Belonging and Community

Have you ever walked into a room and immediately felt comfortable because you recognized a familiar face? Or visited a place where people remembered your name and made you feel welcome? That feeling of belonging is something we all appreciate. It gives us a sense of connection and reminds us that we are part of something bigger than ourselves.

Belonging is an important part of overall well being. It's about feeling accepted, included, and comfortable being yourself. It doesn't necessarily mean having a large group of friends or being involved in every activity. Sometimes, belonging comes from just a few familiar people and the comfort of knowing there is a place where you feel at home.

Community plays a big role in creating that feeling. When people share spaces, experiences, and everyday routines, connections often begin to develop naturally. A quick hello in the morning can turn into a regular conversation. Sitting with someone at lunch can lead to a new friendship. Even small interactions can help people feel more connected to the world around them.

One of the best things about community is that everyone brings something different to it. We all have our own interests, backgrounds, experiences, and stories. These differences make communities interesting and give us opportunities to learn from one another. You might discover a shared interest with someone you never expected or hear a story that gives you a whole new perspective.

Belonging also doesn't happen overnight. Building connections takes time, and everyone approaches social situations differently. Some people enjoy jumping right into group activities, while others prefer getting to know people through smaller conversations. Both are perfectly fine. There is no single way to become part of a community.

It's also important to remember that being part of a community isn't just about what we receive. It's about what we contribute, too. A friendly greeting, a helping hand, a kind word, or simply taking the time to listen can make someone else's day a little brighter. We all have the ability to help create an environment where others feel welcome.

At The Loomis Communities, community is part of everyday life. It's found in shared spaces, conversations over meals, activities, celebrations, and the countless little interactions that happen throughout the day. It's also shaped by the people who bring their own personalities, interests, and experiences to the community.

November is a natural time to think about connection and togetherness as Thanksgiving approaches. It's a chance to appreciate the people who make our lives a little brighter and to remember that even the smallest gestures can help someone feel included.

So, this month, consider reaching out to someone you haven't spoken with in a while, inviting someone to join you for an activity, or simply taking a moment to say hello. You never know how much a small gesture might mean to someone else. After all, a strong community isn't built in one big moment. It's built every day, one conversation, one friendship, and one act of kindness at a time.





