



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

October 2022

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## Upcoming Events

RSVP with

The Loomis  
Communities

Joshua Powers

413-588-5178

[jpowers@loomiscommunities.org](mailto:jpowers@loomiscommunities.org)

## Resident Showcase: Watercolor Painting

Monday, 11/28

11:00 a.m.

Virtual - YouTube -  
Click [here](#) to watch.

Stay tuned for exciting  
2023 event updates!  
Have an idea?  
Send it to Josh Powers  
at  
[jpowers@loomiscommunities.org](mailto:jpowers@loomiscommunities.org)

## Tech Talk: Older Adults Bridge the Digital Divide

The fastest growing demographic of Facebook users is the 65 and older population, according to data released by the social media giant; additionally, four out of ten in this age group report owning smartphones, as reported by the Pew Research Center. These are just a couple examples of how seniors are utilizing technology more and more as a savvy health support and engagement tool. Whether you're an IT guru or just starting to explore, here are some ideas to get you started with technologies that can have a positive impact on lifestyle and wellbeing.

### Connected Living

Included in the single monthly fee at The Loomis Communities is a daily use software with multiple applications called Connected Living. Connected Living includes not only an in-house television channel and Amazon Alexa capabilities but also a website and a touchscreen TV. With Connected Living, you can see menus at each dining room for the week, keep tabs on programs and events happening throughout all three locations, check community bulletins and important notifications, and find contact information for other residents and team members. The interface is user-friendly, but our IT team members are also available should you have questions.

### Amazon Echo Show

Owning an Amazon Echo Show allows you to do typical tasks like ask Alexa questions and set reminders, but the Show feature enables face-to-face virtual connections. This means you can communicate via the built-in camera with family and friends who also have a Show. It's as easy as saying, "Alexa, call ..." You'll be automatically connected

like a traditional phone connection. The Loomis Communities fitness centers each have the Echo Show, too, which lets you play any music you might want to work out with, find how-to videos and tutorials for fitness movements, and time your workouts.

### Apple Watch

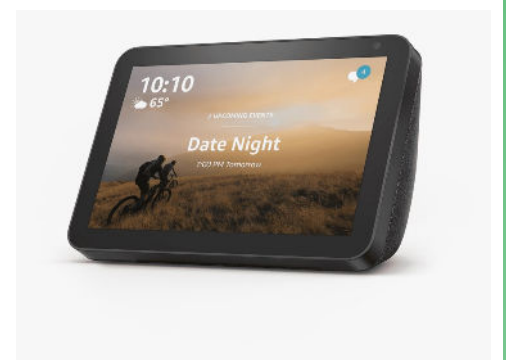
More than a device to track time, the Apple Watch has valuable health technologies. It can take a pulse and record ECG data. These results can then be sent to your doctor for further examination, and in the event that something seems off, the watch can alert you. While not a replacement for professional medical care, the Apple Watch can provide supplemental safeguarding. Another



consideration is the background monitoring of an Apple Watch. For instance, if you fall while wearing the device, it can detect such an incident and give you a minute to reset. If you do not, the watch will alert your emergency contacts and rescue personnel — even providing coordinates.

Throughout the COVID-19 pandemic, an increasing number of older adults have turned to technology. Devices like the above have created opportunities to remain close with family

and friends, to safely explore outdoors, to keep current on news and events, and to attend programming at a distance when in-person is not possible. After all, prolonged isolation is the equivalent health threat of smoking fifteen cigarettes a day based on [National Institute on Aging](#) data. The Loomis Communities is committed to identifying and sharing opportunities with residents to engage dynamically with others and the world around them through digital means.





# Tech Talk: Older Adults Bridge the Digital Divide - Continued From Page 1

The advancements in technology are also helping healthcare providers with improved analytics and a growing understanding of aging and biology. This allows doctors to shift the narrative from treating disease to prevention and health promotion. For the user, technology is allowing us to connect virtually to our doctors from anywhere in the world. We can now ask a question and get an answer at a moment's notice.

Handheld electronics now have apps that allow for personal healthcare management that will only become more and more readily accessible. These digital helps can improve health literacy and have a large-scale impact on healthy aging and longevity. Sudoku apps available on the app stores are great tools to help with health!

Something to consider when choosing that next phone, tablet, and computer! Need help selecting the right device for your needs? Our friendly, knowledgeable IT staff at The Loomis Communities is on standby ready to assist.

## Cutting the Ribbon for Our New Venue

It seemed only fitting to host an Oktoberfest celebration at The Loomis Communities to commemorate the grand opening of The Courtyard at Loomis Village. This new center of activity will be a dedicated spot for entertaining, movie nights, concerts, visits with family and friends, and more to come. It features a fire pit, gazebo, walking paths, and night time lighting to extend the possibilities for gathering in a multitude of ways — while also serving as a relaxing green space for everyday enjoyment.



## Team Member Spotlight: Tyler Vital

Technology can enrich our lives, but it can also be perplexing. We all have tech questions from time to time. Thankfully we have a full time team member here at The Loomis Communities to address resident IT needs.

Tyler Vital, IT technician, has been on staff for almost a year and a half. Because this industry is his passion, he is often building, disassembling, and repairing computers in his free time when not outdoors hiking. We asked Tyler what he loves most about his job. "Helping someone learn something new and solving issues residents have with their technology," he says.

Don't hesitate to stop by and say hello to Tyler, and be sure to bring along your most pressing IT questions.



Tyler Vital - IT Technician