



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

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## Upcoming Events

RSVP with

The Loomis  
Communities

Joshua Powers

413-588-5178

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

## Open House & Tour of Homes

Sunday, 10/23  
10:00 am  
Loomis Village  
(South Hadley)

## Missed our September Affordability event?

Enjoy a replay by  
clicking [here](#).

## Seeing Purple at The Loomis Communities

September is World Alzheimer's month -- a time to shine a purple light for the more than 55 million people living with Alzheimer's or another dementia. Research confirms that seniors can improve cognitive function and even reduce risk of Alzheimer's and other dementias through certain lifestyle behaviors.



Here are strategies for maximum impact on mental acuity — all of which we promote at The Loomis Communities through our programming and resources for residents.

- **Move more.** Regular physical activity can prevent or delay dementia symptoms, especially for those with a genetic disposition to Alzheimer's Disease.
- **Meditate.** This practice continues to grow in popularity, partly due to the scientific research that meditation can have powerful effects on the brain. This includes an increase in gray matter within areas of the brain associated with both short and long term memory, as well as complex cognitive processes.
- **Go for "good" fats.** Found in a variety of foods, such as avocados, salmon, nuts, seeds, and olive oil, the mono and polyunsaturated fat nutrients promote brain health. Unlike saturated and trans fats, they don't clog arteries.
- **Enjoy a cuppa joe.** Coffee has the capability to improve short term memory. One study even found that three cups of coffee a day decreased the risk of Alzheimer's by as much as 65 percent. You can read the study [here](#).

- **Consume more colorful produce.** Eating the rainbow increases the intake of a wide array of antioxidants found in fruits and vegetables. Plant chemicals have the power to reduce inflammation and relieve oxidative stress, which has been linked to a number of conditions and diseases, including Alzheimer's.
- **Take on a challenge.** To sharpen the brain, up the difficulty of any common activity you do to make it more complex, such as increasing the level you choose for Sudoku or crossword puzzles.
- **Keep learning.** Researchers believe the most efficient way to increase brain cell connections is to learn something new. You can do just that here at Loomis with the 5CLIR and Learning in Later Life programs.
- **Take heart.** Cardio fitness, such as brisk walking, is linked to growth in the area of the brain associated with creating new memories.
- **Rest.** Balance out stress levels by activating your relaxation state. Enjoying a cup of tea with a friend, sitting quietly and focusing on slowing the breath, or taking in a good book by the fire are all examples.
- **Practice mental healthcare.** We often tend to our physical but not always emotional and psychological health. Letting go of grudges and anger can reduce stress and depression and increase feelings of wellbeing — all beneficial to the brain.
- **Be on top of B12.** Research suggests that nearly 43 percent of older adults may have vitamin B12 deficiencies. Low levels of this vitamin have been associated with depression, dementia, and increased confusion. Increase intake of B12 in your diet through dairy, fish, and beef.
- **Cultivate a heart-healthy lifestyle.** What's good for the heart is also good for the brain. The American Heart Association's "Simple 7" survey measures important factors for heart health we can modify, such as weight and smoking. A study of older adults who took the survey found that those who scored well had a 35 to 37 percent lower risk of cognitive impairment. You can take the test at [www.heart.org/MyLifeCheck](http://www.heart.org/MyLifeCheck).



## Seeing Purple at The Loomis Communities (continued from page 1)

Part of The Loomis Communities' partnership with Springfield College includes utilizing spaces on both campuses for Brain Empowerment Studies. This space is used to identify and foster strengths-based, life-enhancing approaches to brain function in older adults and people with disabilities. The laboratory allows for interdisciplinary collaboration in research across a wide array of expertise, including physical therapy, occupational therapy, speech language pathology, exercise physiology, athletic training, art therapy, counseling, and psychology. With this dedicated space for innovation, researchers will also be able to improve their understanding of and assessment tools for aphasia, the loss of speech abilities due to brain damage.

Dementia represents one of the Loomis Communities' five core Strategic Priorities. Team members from all campuses undergo yearly training to not only better understand dementia, but to better serve those living with dementia. From a robust events calendar focused on both physical and intellectual wellness, to supporting the dietary pillars of brain health and function through nutritionally-sound dining services, The Loomis Communities staff aims to provide the highest quality care for those living with dementia and cognitive decline.

Residents and team members have made it an annual tradition to celebrate our commitment to brain health by coming together as a team for the Walk to End Alzheimer's. Each year, The Loomis Communities works to raise funds and awareness through raffles, t-shirt and blueberry muffin sales, walking together to further Alzheimer's research. These walks, held nationwide, make tremendous strides in the fight to end Alzheimer's. We are honored to be part of such an important mission.



This year, more than two dozen team members and residents participated in the Pioneer Valley walk. The combined efforts of The Loomis Communities will help put us one step closer to finding a cure for Alzheimer's. If you want to get involved, you can click [here](#) to find a walk near you!

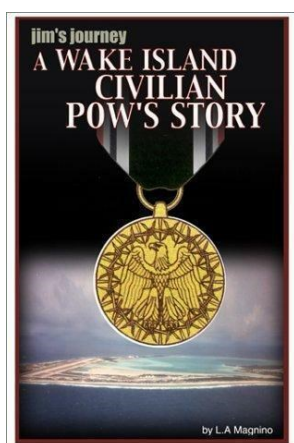


Art exhibits like the "Beyond Van Gogh" installation in Hartford are just one of many programs and events on our calendars.



## Authors Among Us

As we inch closer to fall, we eagerly anticipate warming up next to the fireplace with a good book to read the day away. Because reading is a pivotal way to strengthen brain health, the resident-led library committees at all three campuses are available to make recommendations. In the meantime, here are three books written by Loomis residents to add to your list.



A gripping book about a civilian POW on Wake Island. Written by Loomis Village resident Leilani Magnino.

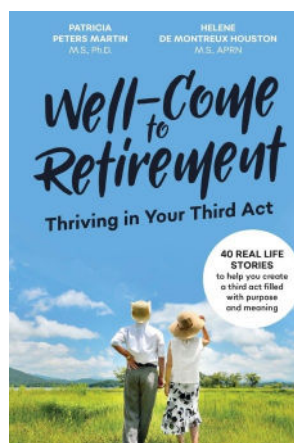
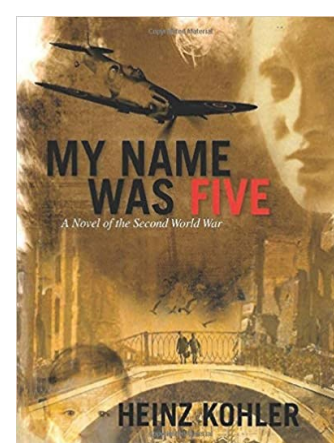


Chart a course for new adventures and paradigms for aging. Written by Loomis Lakeside at Reeds Landing resident Helene Houston.



An intense historical fiction novel about growing up in Berlin Germany during WWII and the fight to survive. Written by Applewood resident Heinz Kohler.