



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

September 2023 Volume 6, Issue 9

## Retirement Communities & Finances

A discussion with  
Loomis Communities  
CFO Carly Cavanaugh

October 27th — *Applewood*

October 30th — *Loomis  
Lakeside at Reeds Landing*

October 31st — *Loomis  
Village*

11:00am—12:30pm

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



## Peeling Back the Petals: Spiritual Wellness

Sources of restoration, strength, and fulfillment can be as diverse as the residents who call a Continuing Care Retirement Community (CCRC) home. This is absolutely the case here at the Loomis Communities, where individuals freely explore and reflect on their beliefs and meaningful pathways to actualize their unique values.

We have spent much of this year discussing the various dimensions of wellness that comprise our Bloom wellness campaign. As we conclude with spiritual wellness, it is important to note that spirituality is defined differently for everyone. It could resemble connection with others, nature, a higher power, or even one's inner self; at the Loomis Communities, you are free to explore your spirituality how you see fit.

A National Institute of Health study from 2018 followed fourteen older adults, focusing on the role and importance that religion, spirituality, and a belief system held in the subjects' everyday lives. The researchers examined how their practices could be incorporated into the goal of positive aging. The study found that spiritual wellness plays a number of significant roles, including serving as a source of strength, comfort, and hope in difficult times. In sum, the participants' attention to their spiritual lives aided their resilience and psychological fortitude. This is just one reason why we value the spiritual petal in our residents' overall wellness here at the Loomis Communities. You can read the entire study by [clicking here](#).



Whether through meditation, solo reflection, group experiences, or some other form, Loomis welcomes all types of spiritual wellness.

*"Here you can seek inspiration and further explore your sense of being or spirituality as you live within the natural beauty that surrounds us. Here I am inspired to meditate or reflect in ways that work for me, while striving to understand the values and beliefs of others." — Jeanne Achille, Loomis Village resident*

Moving through any of the three communities at Loomis, you'll find a diverse resident base representing varied walks of life. Odds are you are going to find someone, or several people, who share values similar to your own. There are plenty of activities to support residents' desire to grow or celebrate their spiritual wellness, including the following:

- Passover Seders
- Weekly Eucharistic services
- Transportation to local church services
- Meditation classes and spaces
- Loomis Village medicine wheel



Spiritual wellness here comes in many forms, including time spent together appreciating our natural surroundings.

The medicine wheel at Loomis Village is open to the public daily, and we invite you to come and see it for yourself. If you think it is time to deepen your own spirituality, we welcome you to consider some of the programs and events happening at all three campuses. Contact us using the information provided in this newsletter to arrange a visit. We'd love to have you as our guest!



## Welcoming our Newest Team Member

As our new Marketing Manager, Stacey may have connected with you already, but feel free to give her a call whenever you have questions.

Stacey calls Springfield home with her husband Arduino, and they have two children Isabella and Anthony. She loves to spend her free time with her family and dogs, cooking, and reading non-fiction literature. Stacey's background is in women's specialty retailing, but she says her secret to being successful is empathy. She prioritizes making the time to know the people whom she is working with and supporting.

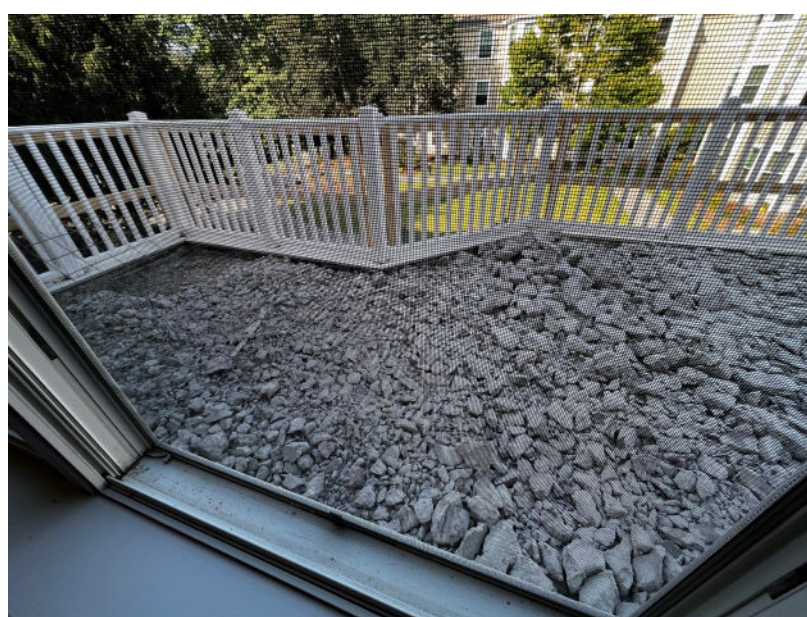
When asked what she is most looking forward to about being at Loomis, Stacey says, "Spending time with people, getting to know them, and helping them make such a large decision!"



Meet Stacey Siniscalchi, Marketing Manager for Loomis Lakeside at Reeds Landing

## Updates from Construction Central

Community enhancements continue at both Applewood and Loomis Village. At Applewood, the foundation for the expansion has been backfilled and established; this will allow construction to commence on the actual structure that will eventually become our new meeting room and apartments. At Loomis Village, behind the temporary walls, there are now improved HVAC systems and electrical installations. These systems will allow front-facing work to continue in an efficient manner. We are happy to report that all construction projects have remained right on track this month.



## Something to Rave About!

We take our mission of "opening doors to worlds of positive aging" seriously at The Loomis Communities. More than a phrase, these are words we strive to realize each day for our residents.

The Springfield community recently recognized these efforts by choosing The Loomis Communities as the "Best Retirement Community" in *The Springfield Republican's* Reader Raves Awards. To win such an honor, readers have to write in candidate names for votes to count; this tells us we are doing the kind of work that is reaching far and wide.

We'd like to take a moment to express gratitude to those voters. Thank you for voting for us, thank you for trusting us with your senior living needs, and thank you for sharing with others how special of a place The Loomis Communities is. Want to see for yourself? Prospective residents are always welcome to stop by, have a bite to eat, and experience for themselves the Loomis difference. Allow us the opportunity to show you why we were selected "Best Retirement Community" by scheduling a visit.



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

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