



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

May 2024

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## Celebrating National Senior Health & Fitness Day Every Day at Loomis

### Senior Health & Fitness Day 2024

May 29th was a day dedicated to promoting the importance of regular physical activity and health awareness for older adults. Celebrated annually on the last Wednesday of May, it is the largest health and wellness event for seniors in the United States. A few objectives of Senior Health and Fitness Day are to promote physical activity, health awareness, community engagement, and access to resources for health services, fitness programs, and other wellness initiatives. As we age, staying active and healthy becomes increasingly important. That's why National Senior Health and Fitness Day is such a valuable occasion. It's a reminder to prioritize our well-being and to incorporate fitness into our daily routines.



### The Many Dimensions of Wellness

Within The Loomis Communities, our team and residents regularly seek ways to expand an approach to healthy, dynamic aging — whether it involves physical wellness, financial wellness, spiritual wellness, or social wellness. As in prior years, we were intentional about observing National Senior Health & Fitness Day through a full day of events and programming in each of our unique communities and the wider community too.

Individuals, professionals, and organizations committed to healthy senior living came together to enjoy each other's company while engaging in healthy physical activities and learning new ways to stay well. Public Affairs from the VA visited The Loomis Communities to discuss veterans' benefits and how the VA can be a partner and advocate for residents. The Baystate Health Stroke Program hosted a conversation around stroke and heart occurrences and the protocols that need to coincide. Dr. Sobel led a presentation titled "Celebrate Joy, Happiness and Humor." Many residents also marked the occasion by taking an outside nature walk at Springfield College's East Campus.

From starting your mornings with a stretch to incorporating varied, low-impact exercise into a daily routine, the health and fitness staff at Loomis can get you moving in the right direction in a way that works for you. Our culinary team also ensures a nutritious and delicious balanced diet for residents that is filled with fresh produce, lean protein, healthy fats, whole grains, and adequate hydration.

Maintaining and attending to a healthier lifestyle becomes increasingly important as we age to prevent chronic diseases, enhance mobility, and improve overall quality of life. National Senior Health & Fitness Day serves as a reminder each year. That's why we at The Loomis Communities regularly make it part of our mission to assist in everyone's individual wellness goals to live more vibrant and independent lives.

Loomis Life  
Photo Contest



We love the Pioneer Valley so much that we have called it home for more than 120 years.

Now, through the end of May, email us your favorite original photo taken in the valley, and we will pick one to win an Atkin's Farm gift basket.

To enter, email your photo and a description to [dcameron@loomiscommunities.org](mailto:dcameron@loomiscommunities.org)

We can't wait to see your photos!

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



Staff from Loomis Lakeside at Reeds Landing



## Updates From Construction Central

Loomis Village enhancements are nearing completion to offer new opportunities for residents and their guests. Updated dining rooms will soon open their doors, providing a welcoming space for friends and family to gather. At Applewood, the new meeting venue and apartments are steadily progressing. We will continue to provide updates as construction phases advance.



Above: The updated Phylly's dining room and billiards room at Loomis Village



Above: The new meeting room with apartments above and the new addition to the tower at Applewood at Amherst

## In the Loop with Loomis Experts

This month we have our very own Maureen O'Toole, Executive Director at Loomis Village, sharing some insight on National Senior Health & Fitness and what it means to her.

### Why is National Senior Health & Fitness Day important?

It is the largest national day dedicated to older adults and their health and fitness. It is a critical day for us to highlight health and wellness for our older adults population.

### How can an active lifestyle delay the onset of health issues as we age?

Being active along with living in life planning communities show that you age much more successfully than your counterparts who may not be as active or living in a community similar to The Loomis Communities.

### How are you celebrating National Senior Health & Fitness Day at Loomis?

All three communities serving over 300 older adults are having over 20 programs. You can listen to a dietician talk about healthy eating, you can listen to an educational seminar talk about stroke awareness, or you can take a walk throughout the communities.



Maureen O'Toole on *Mass Appeal*

We are always excited to have Loomis Experts share tips and tricks with us to provide to everyone inside and outside of The Loomis Communities. Watch for more words of wisdom in future issues of *Loomis Life*.

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

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