



HOLY TRINITY

Nursing & Rehabilitation Center

Newsletter

July 2022



Dear Friends,

Given our mission to protect and care for the well-being and dignity of those most vulnerable, our social worker's primary responsibility is to ensure that a patient's wishes

are carried out.

According to the Massachusetts chapter of the National Association of Social Workers, this type of advocacy is particularly important when a patient cannot communicate or is not competent to make decisions.

And since the oldest members of the baby-boom generation turned aged 75 in 2021, dementia has become an increasingly important issue we faithfully address in our care plans for every resident and patient, no matter how short the stay.

The Alzheimer's Association estimates that seven million older adults (65+) will have Alzheimer's dementia by the end of this year. In Massachusetts alone, there are over 350,000 caregivers providing some 400 million hours of care to family members with dementia. Many in this so called "Sandwich Generation" struggle with caring for parents and children while holding down jobs.

Our social workers are here to help overburdened caregivers, transition loved ones into a caring environment where they are treated like family.

Sincerely yours,

Rodolfo A. Parra

CEO and Administrator

Teamwork – Building Trust

Imagine the stress of leaving your home where you've lived for decades. Memory loss, ambulatory disabilities and dependence on others is tough.

[Denise in for a chat](#)

Consider residents like Denise. She can be found daily chatting about "this and that" in the Social Services Office. It's a place where she feels at "home," and a place where gerontological social workers resolve conflicts or safety concerns that individuals or families cannot resolve alone.



Holy Trinity's Social Services staff include Director of Long-term Care, **Judy Sullivan** (MSW), Coordinator of Social Services, **Brianna Bash** (B.S.); and part-timer, **Victoria Minka** (LSW). All provide psychosocial counseling to residents and patients and support for transitioning to the next level of care. And that takes plenty of empathy, patience, strong active listening skills, and an ability to build trust.



Judith Sullivan

"We constantly foster a climate that enable residents to maximize their independence, dignity and quality of life," says Sullivan. "This happens because we make sure our policies and routines are aligned with a care plan for each resident."

(continued...)



**“Laughing is,
and will
always be,
the best form
of therapy.”**

(Voire)



Sullivan and Minka focus on all units, including long-term care residents in both the Hillside and Courtyard units with duties including end-of-life planning. “Many patients have unfinished business, such as family estrangements, and need help in resolving those issues,” adds Sullivan.

The discharge planning process has become increasingly difficult because of staffing shortages for homecare in Worcester County. Blash, who works with short-term Village patients, comments: “My focus is to ensure that rehab patients have enjoyable and positive rehab experiences, their needs are met, and when discharged, they continue to have the support they need to return safely to the community.”

Most important is the need to educate families about the aging process, particularly as it relates to the progression of dementia. “There are many types of dementia,” notes Sullivan, “and all are progressive, starting out with mild symptoms that get worse over time.”

Our social work team stands ready to make sure that each resident’s complex needs are met and that all feel cared for and respected.



Vicky Minka and Brianna Blash



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