



Dear Friends,

I am delighted to reintroduce our monthly newsletter. I hope you will find it informative, providing some insight into the wonderful community we have here at Holy Trinity Nursing and Rehabilitation Center.

Most of our residents will agree that July is associated with family road trips, beach and boating vacations, and leisure time to enjoy summer's warm weather. But July is also recognized for its most memorable holiday, the 4th of July.

The Fourth of July has always been a fun-filled time to celebrate our nation's independence. For residents, the Fourth of July typically brings up memories of backyard barbeques, hot dogs, hamburgers, and lots of fireworks. Some also associate the day with their time in the military, protecting the freedoms we all cherish. The activities department is actively planning a special celebration and holiday menu for residents to mark the occasion. The day will also include opportunities for residents to reflect on the holiday's deeper meaning – the many liberties we all enjoy because of that historic signing of the Declaration of Independence.

Many of our residents like to spend time in our gardens and gazebo during the warm summer months. Natural environments are comforting sites for spiritual connectedness and an excellent way for our residents to relax and enjoy the beauty around them. Enjoying outdoor time can be therapeutic for patients in our rehabilitation program who are recuperating from an illness or injury. Our physical therapists excel at using the most advanced technology along with targeted exercise, including walking outdoors, to improve strength, mobility, and movement. Our patients also get valuable practice in outdoor spaces and gain confidence to remain independent.

Remember that visitors are always welcome at Holy Trinity. I hope to see many families and friends visiting this month, sharing time with those they hold dear.

Until next month,

Rodolfo A. Parra
CEO and Administrator

