



Dear Friends,

Are you planning a summer vacation? Holy Trinity can help.

August is typically a popular vacation month in New England. The days are longer and warmer, and summer activities abound. However, a vacation challenge some face is how to

care for an elderly parent or family member who isn't able to travel. People who've taken on a caregiving role might think a vacation isn't an option. In fact, taking a vacation is doable. It just requires some advanced planning.

Being a caregiver to a parent or family member can be incredibly fulfilling. But it also has challenges. That's why taking a break is essential for its mental and physical benefits. Whether it's a weeklong trip to New Hampshire's mountains or a restful stay at the beach, don't discount the power of a little self-care.

The first step in planning is determining who will fill in for you. That's where Holy Trinity can help with respite care.

Our Respite Care program provides short-term, temporary care for an aging parent or family member in a secure and welcoming community. They also have access to all the personalized services available to our long-term care residents, including 24-hour supervision and security, three delicious meals a day, assistance with personal care, medication management, and housekeeping services. And they have opportunities to socialize with others in our dining room, on beautifully landscaped grounds, and at the many daily social programs we offer.

Respite care also allows families and their loved ones an opportunity to try Holy Trinity's long-term care program. They can get to know the staff and the amenities available, and equally important, the people who live here and call our residence home. Throughout their stay, they may even make a few long-lasting friendships.

For more information about a respite stay, [visit our website](#) or call 508-852-1000.

In closing, August 15th marks the 29th anniversary of opening our doors to the community. We are honored to continue providing the highest quality, compassionate care to all those in need of skilled nursing and rehabilitation care.

Until next month,

Rodolfo A. Parra
CEO and Administrator

