



## Dear Friends,

September is designated Healthy Aging Month, which focuses on the many positive aspects of aging and empowers older adults to adopt a healthy lifestyle. While many books and articles about aging focus on the importance of diet and exercise after age 50, healthy aging is a more holistic approach that involves maintaining physical, mental, social and spiritual health throughout your lifecycle.

At Holy Trinity, we practice a holistic approach to healthy aging that is also resident-centered to make living at our residence as enriching and fulfilling as possible. Along with a focus on ensuring our residents have a healthy diet and opportunities for regular exercise, we include plenty of mental stimulation and opportunities for social and spiritual engagement. We believe that social connections with others and opportunities for spiritual fulfillment are just as essential for ensuring our resident's sense of purpose, meaning and quality of life.

For example, our activities department offers a variety of activities seven days a week. Some are designed for mental stimulation and critical thinking, such as word games, trivia and discussions on current events. Others provide physical exercise, including chair exercises, table bowling and even ballroom dancing. These activities improve or maintain muscle tone in fun ways – allowing interaction and engagement with others. Finally, spiritual fulfillment is a critical component of life at Holy Trinity. Many of our residents have a life-long connection to their faith community and place of worship. We offer many opportunities for residents to gather as "family" to pray or practice the spiritual customs of their choice. Orthodox Christian liturgy and catholic mass are celebrated weekly, pastoral counseling is offered and visits by members of the clergy of all faiths are welcome.

For more information on long-term care at Holy Trinity, please visit [holytrinityrehab.org](http://holytrinityrehab.org). We invite you to visit and tour our center so you can see our activities in full swing!

Until next month,

Rodolfo A. Parra  
CEO and Administrator

