



## Dear Friends,

One of the most common questions our social workers receive from family members of residents is, "How often and when should I visit?" At Holy Trinity, regular visits are important to stay connected and show how much you care. Seeing family and friends throughout their stay also helps resident's emotional and physical health and gives them a sense of belonging.

Please consider the following tips to help make your visits meaningful.

- Plan in advance. Holy Trinity has a robust activities and social calendar that is published monthly. Schedule times when visits will not interfere with meals, activities or religious services.
- Bring an activity that you can do together. Scrabble, puzzles, crafts and simple card games can be fun and mentally stimulating.
- Share photos to reminisce about people and places. Visitors are often surprised by the memories that a seemingly simple photo can awaken from years past. Current pictures of children and grandchildren help residents stay connected to their extended family.
- Get outdoors in good weather. Our walkway and gazebo area are safe and comfortable, perfect for a short stroll or quiet conversation while getting fresh air and sunshine.
- Children are always welcome. Their laughter is sure to spread joy throughout our residence. But young children can tire quickly, so visits should be short and well-planned.
- Bring a small gift. Flowers from your garden, handmade cards or hand-drawn pictures are always a hit.
- Try to keep track of who else is visiting so that visits are spread throughout the month. Keep a guest book in the room so that neighbors, friends and clergy can keep you updated on their visits.

Finally, remember that the staff at Holy Trinity are your partners in care. They are happy to answer any questions and can help you stay in touch between your visits.

Until next month,

Rodolfo A. Parra  
CEO and Administrator



