



## Dear Friends,

The month of giving thanks is upon us! November is one of my favorite months. The air is crisp (but not yet cold) with the fragrance of fallen leaves, colorful expressions of the season abound, and, of course,

Thanksgiving. At Holy Trinity, pumpkins, mums and

Thanksgiving-themed decorations fill the common areas and resident rooms, setting the tone for the season. In addition, our Activities Department has a unique lineup of holiday activities, crafts and events for residents to enjoy all month long. And our chef has prepared a fabulous fall menu with foods to celebrate the season, including a delicious Thanksgiving Day dinner for residents and staff.

While the Thanksgiving holiday is a specific time to celebrate with family and friends and focus on our many blessings, practicing thankfulness every day can enrich our lives and the lives of others. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood and help you feel more positive in the face of challenges.

In this spirit of thankfulness, I invite you to join residents and staff on Wednesday, November 15, from 4:00 – 7:00 p.m., for a special "Friendsgiving" celebration dinner. This event is an opportunity for friends, in addition to family, to spend time with residents before the busy days leading up to the holiday. It is a day to relax, gather together and give thanks. I hope you can join us.

Please RSVP to 508-852-1000 or email [info@holytrinityrehab.org](mailto:info@holytrinityrehab.org).

Until next month,

Rodolfo A. Parra  
CEO and Administrator







