



Dear Friends,

Happy New Year! The hustle and bustle of the holidays are over, and many of us are now settling into the quiet of the winter months. Although wintertime can be beautiful in New England, snow and ice can make it difficult for seniors to stay active and connected to friends and family. Many seniors experience loneliness and depression and miss the social interaction and activities typical of the warmer months. That's why respite care at Holy Trinity Nursing and Rehabilitation Center is a great alternative for seniors to stay active and engaged with others this time of year.

Respite care means a short-term stay at a residential community. The stay can be as short as a few weeks to a few months. Residents in our respite program receive the same amenities as all our residents seven days a week, including three delicious meals, assistance with personal care such as dressing and bathing, help managing medications, interesting and entertaining activities, spiritual services, exercise programs, and opportunities to socialize with others with similar interests.

Respite also allows caregivers to take a break, schedule a winter vacation, or catch up on work and home responsibilities. It can even provide an opportunity for your loved one to experience the care and comfort of our beautiful residence before making the move permanent.

If you are interested in respite care and want to learn more, contact our admissions team at 508-852-1000 or info@holytrinityrehab.org. You can rest assured your loved one will be cared for like family.

Until next month,

Rodolfo A. Parra
CEO and Administrator





