



Dear Friends,

Recently I stopped into the therapy department's simulated kitchen area and witnessed one of our occupational therapists with a patient who is recuperating from a stroke. I watched quietly as the therapist diligently helped the patient control hand

and arm movements to stack dishes, a task he had not been able to complete a few weeks prior. This hard-won accomplishment was not just physically liberating but also emotionally empowering, giving the patient a sense of accomplishment and pride.

Along with the treatment of patients recuperating from a stroke, the occupational therapists at Holy Trinity use a whole-person approach to the treatment of patients recuperating from surgery, joint replacement, pulmonary and cardiovascular conditions, and more. They help patients learn or relearn how to perform the tasks of daily living, restoring independence and confidence, guiding them along the path to recovery, and enhancing their quality of life. Whether it's developing strategies for memory loss, teaching adaptive techniques for limited mobility, or providing specialized equipment for self-care, occupational therapists tailor their interventions to optimize patient outcomes. They play a pivotal role in helping patients transition from illness or injury to a life filled with vitality and purpose.

I have found that occupational therapy is one of the most holistic healthcare professions. It requires sensitivity, understanding and compassion, all the characteristics that I admire. Our occupational therapists are devoted to their chosen profession and their work at Holy Trinity. To learn more, stop by for a tour or visit the services section of our website.

Until next month,

Rodolfo A. Parra
CEO and Administrator

