



Dear Friends,

May is Older Americans Month, a time to honor the older adults in our lives and to recognize the contributions they continue to make in our communities. The 2024 national theme, led by the Institution for Community Living, is **Powered by**

Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Staying connected to others plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and so much more. Holy Trinity is committed to ensuring that older adults in our care have a multitude of opportunities to thrive in their community. We offer a range of programs and services to support older adults aging “their way.” We wholeheartedly encourage residents to socialize with others and with our staff by offering coffee and pastry socials, entertainment nights, arts and crafts, and birthday recognitions. And now that the warm spring weather has arrived, we can offer lunch outings and scenic excursions. Opportunities to gather with others to make connections can bring joy and laughter which benefit the mind, body and spirit. Everyone benefits when our residents, regardless of age or ability, are socially engaged.

Of course, I would be remiss if I did not acknowledge Mother’s Day, celebrated on Sunday, May 12th. It’s a day to honor mothers, grandmothers, mothers-in-law, and all the motherly figures in our lives. Our chef will be preparing a special meal to honor the occasion and of course, there will be other activities to brighten the spirits of all the mothers in our care. Our patio and grounds are wonderful areas for a Mother’s Day visit. I hope to see many of you then and throughout the month.

Until next month,

Rodolfo A. Parra
CEO and Administrator



