



Dear Friends,

The morning air is crisp and cool, and the leaves are just beginning to change color. September, the harvest month, has arrived!

September has several national and international holidays. Some, like Labor Day, are well-known and widely recognized. Others may not be as popular, but I consider them just as special and a reason for the residents and staff of Holy Trinity to celebrate.

Grandparent's Day is observed in the United States on the first Sunday after Labor Day. Grandparents play a significant role in supporting families, so it's fitting that they have a special day highlighting their contributions, especially how they inspire, mentor, and shape the future of younger generations. Many grandparents are in our rehabilitation and long-term care programs at Holy Trinity, most with a wealth of knowledge and family history to share.

Healthy Aging[®] Month is an annual observance designed to focus national attention on the positive aspects of growing older. At Holy Trinity, healthy aging is not just a topic to highlight a particular month; it's a year-long commitment. At Holy Trinity, we practice a holistic approach to healthy aging that is resident-centered to ensure our residence is as enriching and fulfilling as possible. Along with a focus on a healthy diet and opportunities for regular exercise, we include plenty of mental stimulation and social and spiritual engagement. We believe that social connections with others and opportunities for spiritual fulfillment are just and essential for ensuring our residents' sense of purpose, meaning, and quality of life.

I hope you will take some time this month to join us as we celebrate the many special days of this beautiful season.

Until next month,

Rodolfo A. Parra
CEO and Administrator

