



TRINITY CONTINUING CARE SERVICES



# Creating Sanctuary™ DAY BY DAY

For Advocates and Friends of Seniors



## Long-Term Care and Services for Seniors: It's Time for a Change

Dear Senior Advocates:

When examining our society's typical "nursing home," it's apparent that it's time for a change. The truth is, our elders languish in these impersonal facilities that are more akin to an institution than an inviting home where they have the freedom to flourish and lead fulfilling lives. To the seniors themselves, entering a nursing home means a slow, irreversible descent toward disability and death.

We can do better than this. It's time for us to challenge conventional practices and commit to finding and applying new ways of helping our elders live the best life possible. These changes must happen, because we cannot afford to let our seniors decline in stale, uninspired settings.

At Trinity Continuing Care Services, we're centering our culture around our new Sanctuary™ model of senior care, which emphasizes the importance of personal growth, purpose and meaning in life. Because our communities are elder-centered, we're helping to eliminate the institutional feel that remains so prevalent among senior residences. In future issues of this e-newsletter, we'll delve further into our new approach to senior care and how we're creating invigorating homes for elders.

Change rarely occurs in isolation. Eliminating the status quo and realizing long-term care environments where elders can truly thrive will take a sustained effort from all of us. We hope that you'll join us in this charge to achieve major improvements in the quality of life for our elders.

Sincerely,

Jackie Harris  
President and CEO  
Trinity Continuing Care Services

### HOW TO HELP AN ELDER IN YOUR LIFE

Create opportunities for a rewarding personal relationship for you and an elder by engaging in regular, friendly conversation.

Seniors are a wonderful human resource to be cherished. Spend a few minutes each day chatting with an elder in your life. Ask them about their lives and the things they enjoy – they can also offer sage advice on all life matters. It's a great way to start a rewarding friendship.



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### SANCTUARY™ SLIDE SHOW

Check out our Sanctuary™ Slide Show to see how TCCS is helping seniors lead rewarding lives.



### About This Newsletter

Welcome to this first edition of **Creating Sanctuary™ Day By Day**, a series of regular e-communications from Trinity Continuing Care Services (TCCS). In it, we'll share ideas about how to build relationships with our elders and help them lead rewarding lives.

The TCCS Sanctuary model is a small, constant community of elders and associates who work, grow and share life experiences together. We developed the Sanctuary concept from our mission and core values; the Eden Alternative philosophy of eliminating loneliness, helplessness and boredom; and through the recognition that today's typical long-term care residences do not adequately meet the needs of seniors.

Feel free to forward this newsletter to your friends and colleagues. To subscribe, please enter your e-mail address in the Newsletter Sign-Up box below.

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Trinity Continuing Care Services owns and manages 34 long-term care and senior housing facilities in four states. TCCS cares for more than 25,000 seniors each year.

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