

# LTCOP NEWSLETTER | DECEMBER 2024

## Know Your Rights

The 1987 Nursing Home Reform Law protects **YOUR RIGHTS** to:

1. Be Fully Informed
2. Raise Grievances
3. Participate in Your Care
4. Privacy and Confidentiality
5. During Transfer & Discharge
6. Dignity, Respect, & Freedom
7. Visits
8. Self-Determination

**Facility Councils** are organized to discuss and address concerns regarding residents' rights, quality of care and quality of life.

Interested in organizing a Resident or Family Council? Contact your local Long-Term Care Ombudsman Program.

## HOLIDAY SOCIALS

Arranging socials and gatherings provide opportunities to engage with others and create a warm and welcoming atmosphere where you can meet new people, forge friendships, and strengthen existing relationships. When you participate in social activities and build a community within your facility, you can experience numerous benefits like...

- Increased emotional support
- improved mental well-being
- Strong Sense of belonging
- Enhanced cognitive function, and
- Higher overall quality of life



## FUN FACTS

If you lived during the Medieval period, you would have used apples to decorate your Christmas tree

The gifts of Twelve Days of Christmas would equal 364 gifts

The word "nog" is from the word "grog" meaning any drink made from rum.

Around 35 million living Christmas trees are sold each year in the U.S.

**3rd - Make a Gift Day**

**5th - Int'l Volunteer Day**

**17th - Ugly Sweater Day**

**21st - National Crossword Puzzle Day**

**23rd - Christmas Movie Marathon Day**

**31st - Resolution Planning Day**

**25th Christmas Day**



Questions about abuse, neglect or exploitation?  
Contact the Regional Long-Term Care Ombudsman

**Sheila Brooks, MSW**  
Regional Ombudsman  
sbrooks@slcog.org  
803.774.1983



**Amanda Hester**  
Volunteer Coordinator  
ahester@slcog.org  
803.774.1979





# Gingerbread Village

Color Me



WHAT HAPPENED TO MY BLOUSES? DANGIT, I BOUGHT THE WRONG DETERGENT.



"Everyone's always calling my sweaters ugly."

"The gifts are wet again! I swear, can't you go one year without marking your territory!"



ON DASHER! ON PRANCER! ON VIXEN!  
ON COMET! ON CUPID!  
ON DANCER! ON DONNER!  
ON BLITZEN!

YIPPEE!  
BACKSEAT DRIVER!