

Made with Love

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.

National Cancer Prevention Month



Reducing the Risk of Developing Cancer

• The significant decline in cancer mortality over the past three decades is largely attributable to reductions in smoking and increased cancer screening following the implementation of public health campaigns and policy initiatives.

- Many cases of skin cancer can be prevented by protecting the skin from UV radiation from the sun.
- Nearly 20 percent of U.S. cancer diagnoses are related to excess body weight, unhealthy dietary patterns, alcohol intake, and physical inactivity.



- Nearly all cases of cervical cancer, as well as many cases of head and neck and anal cancers, can be prevented by HPV vaccination; many cases of liver cancer can be prevented by HBV vaccination.

TIPS FROM
THE AMERICAN
ASSOCIATION FOR
CANCER RESEARCH

WWW.AACR.ORG

The month of February is a time to reflect on and celebrate the loved ones in our lives. Make sure you tell the ones you care about just how much they are valued. Visit, call, or better yet, bring back the art of sending flowers or a hand-written letter. Brighten someone's day!

How do you CELEBRATE

Black History Month
National Embroidary Month

3rd Week of Feb -
Random acts of
Kindness Week

Feb 2 - Groundhog's Day
Feb 11 - Superbowl LVIII
Feb 13 - Mardi Gras
aka "Fat Tuesday"

Feb 14 - Ash Wednesday
Feb 19 - Presidents' Day
Feb 29 - Leap day
(once every 4 years)



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

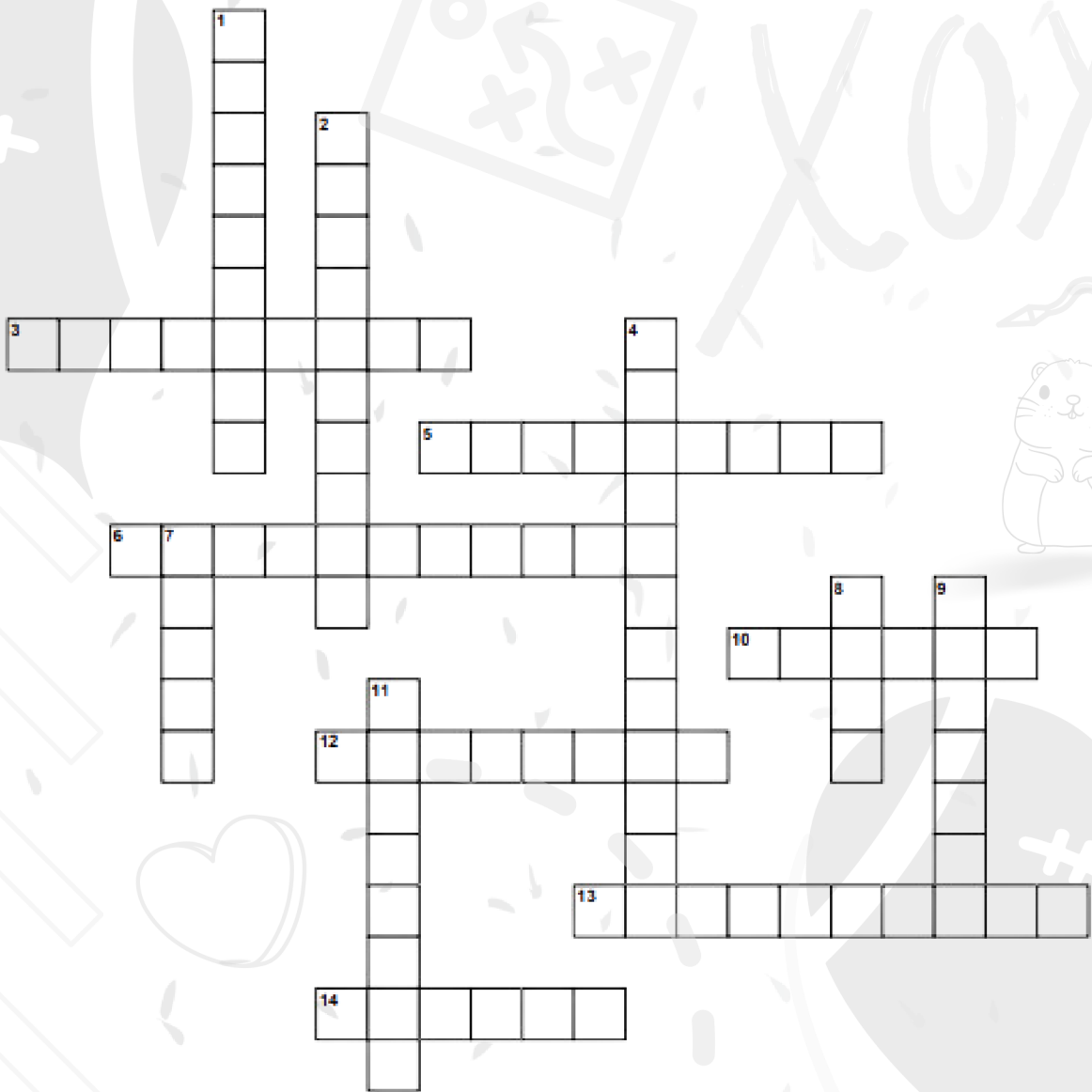
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FEBRUARY CROSSWORD



ACROSS

- [3] Only the best teams play in this sporting event
- [5] Will you be my _____?
- [6] Don't like football? Watch these expensive advertisements.
- [10] Will Phil see his _____?
- [12] Every 4 years February has 29 days on this
- [13] 1st American President
- [14] "Queen of Soul", RESPECT

DOWN

- [1] A New Orleans style celebration
- [2] Valentine's Candy
- [4] Where Groundhog Phil lives
- [7] Two-time Democratic presidential candidate.
- [8] Musical genre known for its brass bands and Caribbean influences
- [9] A bunch of flowers
- [11] One of the most misspelled words in the English language; We are in it.



"The groundhog saw *your* shadow, idiot. This'll probably bring on the Ice Age."



No, I'm not taking a selfie. This is the only way I can read my bloody phone!



SEE? I TOLD YOU MY GRANDMOTHER COULD TACKLE BETTER THAN YOU KNUCKLEHEADS!

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