

Volunteer

It's not for money, It's not for fame. It's not for any personal gain. It's just for the love of fellowman. It's just to lend a helping hand. It's just to give a tithe of self. That's something you can't buy with wealth. It's not medals won with pride. It's for that feeling deep inside. It's that reward down in your heart. It's that feeling that you've been a part Of helping others far and near That makes you become a Volunteer!



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 SOC

socials Arranging gatherings provide and 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



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

The gifts of Twelve Days of Christmas would equal 364 gifts

The word "nog" is from the

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

word "grog" meaning any drink made from rum.

23rd - Christmas Movie

Marathon Day

3rd - Make a Gift Day

5th - Int'l Volunteer Day

17th - Ugly Sweater Day 21st - National

Crossword Puzzle Day

31st - Resolution **Planning Day**

25th Christmas Day



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



Regional Ombudsman sbrooks@slcog.org 803.774.1983







