

Using Your Voice

If you are physically able, get up and get out of your room.

Participate, participate, participate. People will listen to you when they know who you are.

Make sure you know what you are talking about. Check your facts.

You may not get your point across the first time. Keep trying. Don't give up!

I go to exercise class every day and whatever activity the afternoon brings. Today is our Residents Council meeting. I am President. I have a list of things to discuss. It should be interesting. Aside from the nursing home, I write letters to the editor of the "Philadelphia Inquirer".

My voice is heard!

Sheryl Kalick

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