STAYING ENGAGED

Connecting with others in your community
Residents of nursing homes have rights that are guaranteed by the federal Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and stresses individual dignity and self-determination.

- Right to a Dignified Existence
- Right to Self-Determination
- Right to be Fully Informed
- Right to Raise Grievances
- Rights Regarding Access
- Rights Regarding Financial Affairs
- Right to Privacy
- Rights During Discharge and Transfer

Residents of assisted living, board and care, or other residential care settings should check their state rules for a list of rights.

To learn more about your rights or if you have concerns about your care, contact your Long-Term Care Ombudsman program. Visit the Consumer Voice website to find contact information for your local program: theconsumervoice.org/get_help
Tic-Tac-Toe
Community Word Search

Find word search answers on page 14

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Mindfulness Word Search

Find word search answers on page 14

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ACROSS
1. Most common presidential name
6. Elvis Presley's military branch
8. America's favorite past-time
9. Amendment giving women the right to vote
11. National symbol
12. 41st or 43rd U.S. President
15. US military branch launched in 2019
16. Capital of California
17. Tea party town
18. National park spanning 3 states
19. Capital of the United States
22. Inventors of the airplane
23. Copper President
25. Means of electing
26. Kentucky-produced whiskey
27. Country that donated the statue of liberty
30. First man on the moon

DOWN
2. Singer who serenaded JFK
3. New York City nickname
4. Singer with an ode to West Virginia
5. Capital of the United States' largest state
7. Capital of the buckeye state
10. Capital of Missouri
13. Anthem lyricist
14. First president to appear on television
20. Largest American lake
21. Institution which oversees numerous museums around the Mall
24. John F. Kennedy's military branch
28. Last state to join the Union
29. America's top-selling cookie

Find crossword answers on page 15
Sudoku

Find sudoku answers on page 16

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Trivia

The following trivia questions can be used to test your own knowledge or to compete against your roommates or neighbors.

**Pop Culture**

1. What was the name of Stephen King’s first published novel that came out in 1974?
2. What convenient breakfast food was first released in 1964, and then again in 1967 with a frosted version?
3. Which 70s-80s comedy sitcom depicted Army hospital staff in the Korean War?
4. What company first franchised in 1955 and featured the Dilly Bar?
5. Which cartoon shorts taught children about grammar, the government, and more through music?
6. What famous wreckage was found in 1985?
7. What was Muhammad Ali’s real name before he changed it?
8. Which baseball player scored the maximum number of home runs in the 2000s?
10. What toys, first created in the 1960s, were modeled after American muscle cars?

**Politics**

1. What was Ronald Reagan’s profession before he became a politician?
2. Who was president when Alaska became a state in 1958?
3. Whose faces are on Mount Rushmore?
4. In 1984, Geraldine Ferraro became the first female to do what?
5. Which president launched the “Great Society” initiatives in 1964 with the goal of ending poverty and racial injustice?
6. What does the S in Harry S Truman stand for?
7. Who was the first female U.S. Supreme Court Justice?
8. Who is the oldest living president?
9. The Berlin Wall fell in what year?
10. Which president ended the draft?

Find trivia answers on page 17
Share Your Story

So much of our own life story includes connections—with people, places, pets, experiences. Using these prompts, take a moment to reflect and share your story. Either in writing or in conversation with others.

1. Do you prefer having a daily routine or do you like to do something different each day?
2. Do you prefer spending time alone or with others?
3. Who do you most like spending time with and why?
4. Is there an activity you like to do to make yourself feel better?
5. What are your favorite qualities about yourself?
6. What qualities in others do you admire?
7. How do you show kindness to others?
8. Do you prefer to have a large or a small group of friends?
9. When you have a disagreement with someone, how do you resolve it?
10. Describe your family. Is it large or small? Are you close to each other?
11. What is your favorite family memory from your childhood?
12. Growing up, did you have a mentor who helped shape you?
13. What’s the best advice you’ve ever received?
14. Do you prefer to ask for help from others or work things out yourself?
15. What does it mean to you to be a part of a community?
16. How do you get to know your neighbors?
17. Have you ever been involved in community activities (e.g., rotary club, community garden, etc.)?
18. What changes do you think can be made to improve your community?
# Icebreaker Scavenger Hunt

Our lives can be made better when we know the people around us. This activity is a great way to get to know your neighbors and the staff in your facility. Each square contains a personal fact or hobby—using these prompts, interview others and find someone to fit each one.

<table>
<thead>
<tr>
<th>Enjoys dancing</th>
<th>Prefers vanilla over chocolate</th>
<th>Has a Masters degree</th>
<th>Enjoys cooking</th>
<th>Collects something</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has a favorite sports team from another state</td>
<td><strong>Enjoy singing</strong></td>
<td>Is the youngest in their family</td>
<td>Has met a president</td>
<td>Plays a musical instrument</td>
</tr>
<tr>
<td>Is a morning person</td>
<td>Does not like cheese</td>
<td>Enjoys doing art</td>
<td>Has more than 3 children</td>
<td>Enjoys doing math</td>
</tr>
<tr>
<td>Has the same favorite color as you</td>
<td><strong>Enjoy gardening</strong></td>
<td>Has a secret talent</td>
<td>Was born in a different state</td>
<td>Can speak another language</td>
</tr>
<tr>
<td><strong>Enjoy swimming</strong></td>
<td>Has a summer birthday</td>
<td>Enjoys creative writing</td>
<td>Likes football over baseball</td>
<td>Enjoys baking</td>
</tr>
<tr>
<td>Has visited more than 2 countries</td>
<td>Has had a pet other than a dog or cat</td>
<td><strong>Is a night person</strong></td>
<td>Prefers tea over coffee</td>
<td>Is the oldest in their family</td>
</tr>
</tbody>
</table>

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Copy the Drawing
Answer Keys
### USA

**ACROSS**
1. James
6. Army
8. Baseball
9. Nineteenth
11. Bald Eagle
12. Bush
15. Space Force
16. Sacramento
17. Boston
18. Yellowstone
19. District of Columbia
22. Wright Brothers
23. Lincoln
25. Voting
26. Bourbon
27. France
30. Armstrong
10. Jefferson City
13. Francis Scott Key
14. Franklin D Roosevelt
20. Lake Michigan
21. Smithsonian
24. Navy
28. Hawaii
29. Oreos

**DOWN**
2. Monroe
3. Big Apple
4. John Denver
5. Juneau
7. Columbus

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**The Swinging Sixties**

**ACROSS**
2. Tang
4. Super Bowl
5. Woodstock
7. Bob Dylan
9. Etch a Sketch
12. Sean Connery
14. NOW
16. Star Trek
17. Fluffernutter
18. Bandstand
20. Mary Poppins
21. Beatles
23. Peace Corps
25. Apollo Eleven
26. TV show featuring Muppets that debuted in 1969
27. President elected in 1968
6. Summer of Love
8. Chicago Seven
10. Sound of Music
11. Go Go Boots
13. Easy Bake Oven
15. Audrey Hepburn
19. At Last
21. Barbie
22. Twist
24. Jetsons

**DOWN**
1. Warhol
3. Beach Boys
Trivia

Pop Culture
1. Carrie
2. Pop Tarts
3. M*A*S*H
4. Dairy Queen
5. School House Rock
6. Titanic
7. Cassius Clay
8. Alex Rodriguez
9. Risky Business
10. Hot Wheels

Politics
1. Actor
2. Eisenhower
4. Ferraro was the first female vice-presidential candidate to represent a major political party
5. Lyndon B. Johnson
6. It doesn’t stand for anything—his middle name is just the letter S
7. Sandra Day O’Connor
8. Jimmy Carter
9. 1989
10. Richard Nixon
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