



The National
CONSUMER VOICE
for Quality Long-Term Care

Staying Engaged

Using the Power of My Voice



The 2025 edition of the *Staying Engaged* enrichment booklet has a variety of activities aiming to keep you mentally engaged, prompt self-reflection, and remind you of the importance of advocating for your rights, especially your right to make choices about how to live your life.

Included in the activities are a maze, a word search, a crossword, word unscramble puzzles, sudoku, self-reflection prompts, an ice breaker scavenger hunt, and an art page. We hope you enjoy the activities!

Know Your Rights

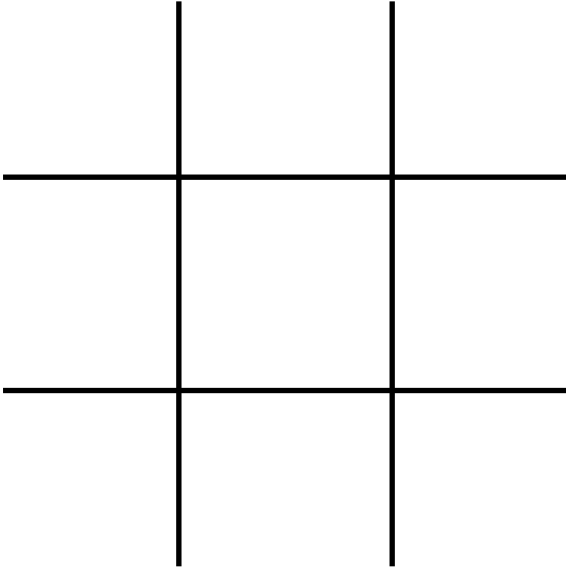
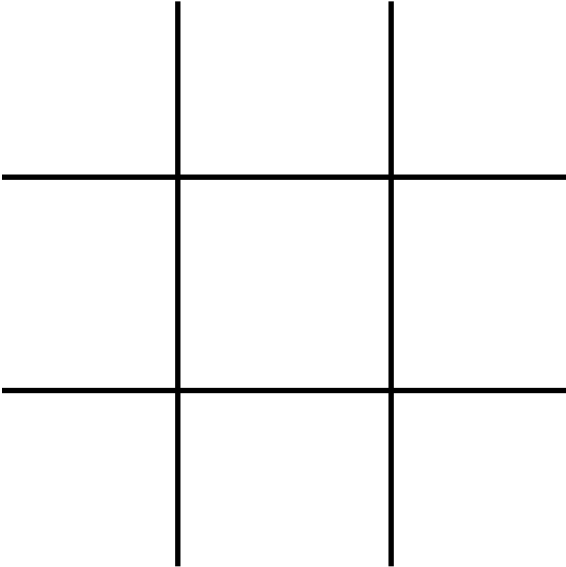
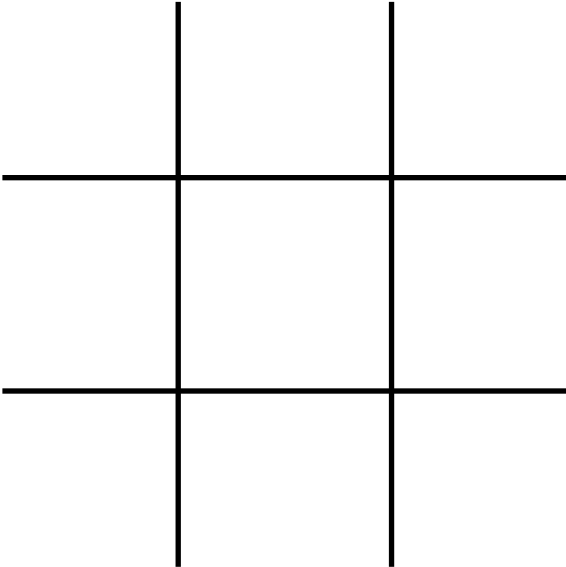
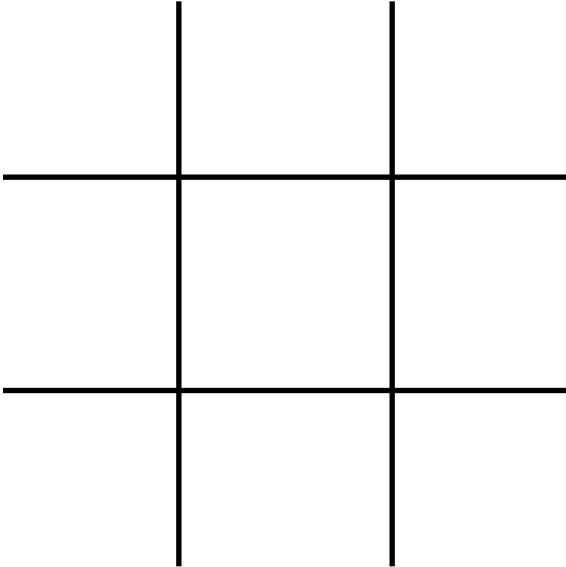
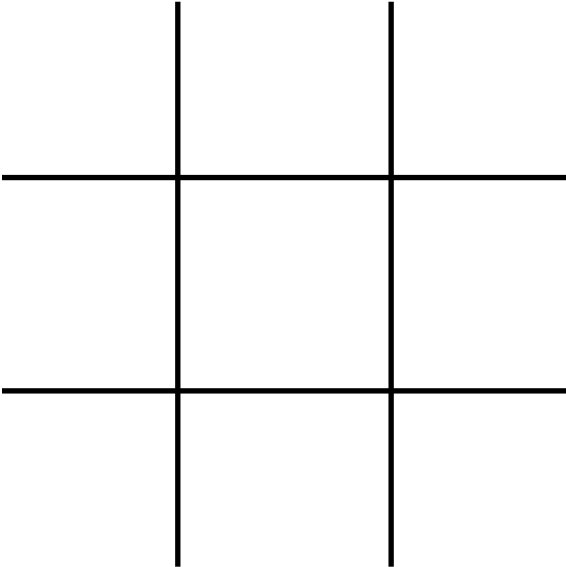
Residents of nursing homes have rights that are guaranteed by the federal Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and stresses individual dignity and self-determination.

- 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 communities should check their state rules for a list of rights.

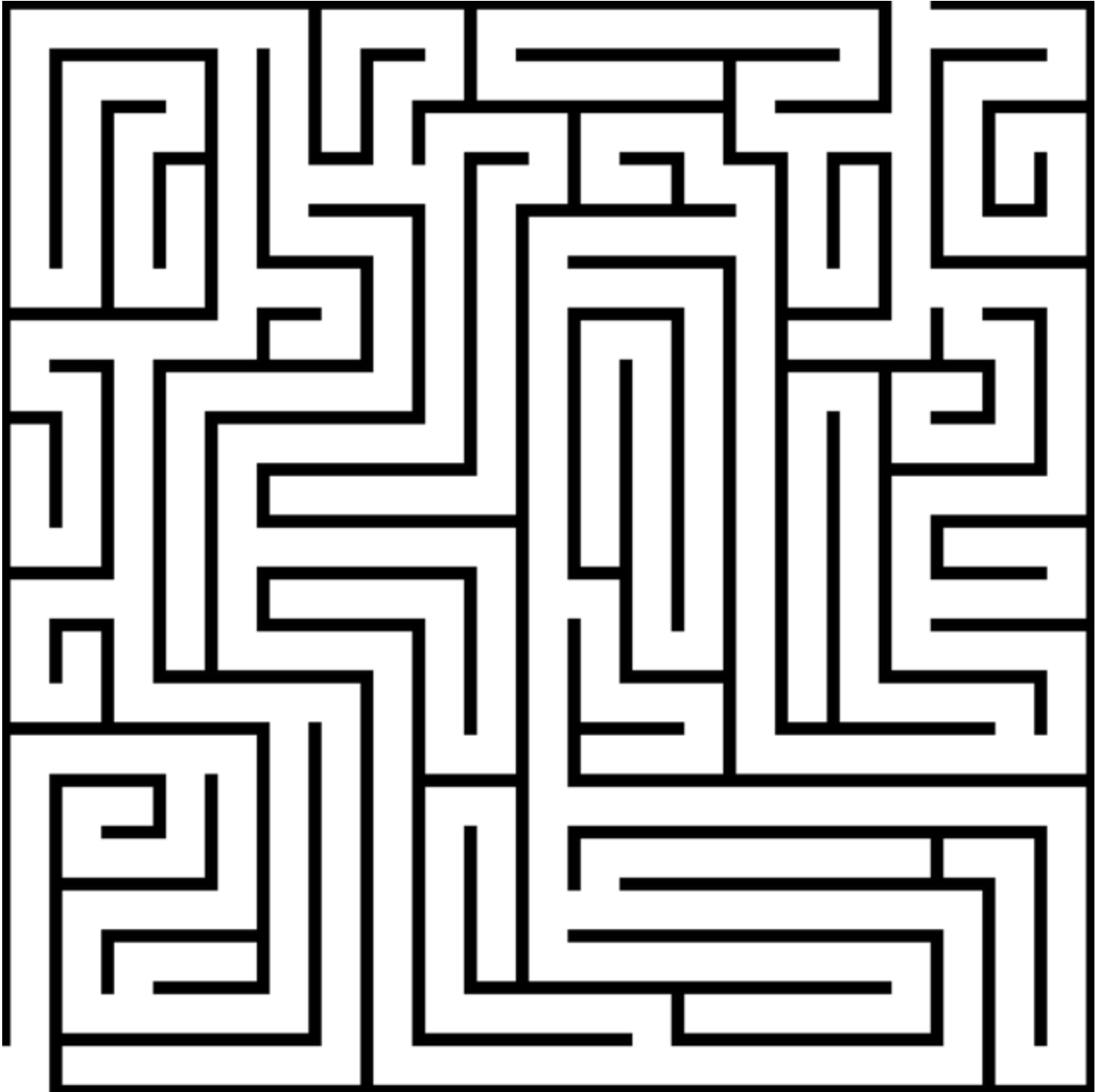
To learn more about your rights or if you have concerns about your care, contact your Long-Term Care Ombudsman program. Visit the Consumer Voice website to find contact information for your local program: theconsumervoice.org/get_help

Tic-Tac-Toe



Maze

START



FINISH

Use Your Voice Word Search

S L C O E S L E F E M L R N E
D N P O D G G A L G N E H S C
L W O R N N A E N A B A W L I
Y A O I A V C S M G T R X D O
S W B H T T E E S N U N I C V
Q P C R U O F R D E A A P C D
W X E R E E M I S U M W G Q E
E K E A R V A E V E M J Y E S
Y X N A K L S O C I A L S X C
F V H C O M M U N I C A T E R
I S L G S S U C S I D D B C I
T T U I N T E R A C T I O N B
O E Y G N I N E T S I L I B E
N L J H T N E M E T A T S U L
G L A Y I G S I U A I Z A Y I

Communicate

Converse

Describe

Dialogue

Discuss

Emotions

Engage

Exchange

Interaction

Language

Learn

Lecture

Listening

Message

Notify

Share

Social

Speak

Statement

Tell

Verbal

Voice

Words

Logic Puzzle

Using the clues below, solve the logic puzzle by matching each speaker to their topic and speaking fee.

Clues:

1. The speaking engagement on Teamwork costs somewhat more than Taylor's topic.
2. The \$250 topic is on Teamwork.
3. Jamie's topic is on Voice Training.
4. Of Jamie's topic and Morgan's topic, one has a \$350 fee and the other is on Leadership.

		SPEAKERS				TOPIC			
		Alex	Jamie	Taylor	Morgan	Voice Training	Leadership	Conflict	Teamwork
FEE	\$200								
	\$250								
	\$300								
	\$350								
TOPIC	Voice Training								
	Leadership								
	Conflict								
	Teamwork								

Fee	Speaker	Topic
\$200		
\$250		
\$300		
\$350		

Word Unscramble

Engage your brain and enjoy a playful challenge with our word unscramble phrases. Each scrambled set of letters is a puzzle waiting to be solved. Each phrase features a past Residents' Rights Month theme.

CEAR METSART _____

EOWRP OF MY OIECV _____

FMLIAYP UOR CEVIOS _____

MRCILGNAIME YM HTSRGI _____

TOEOICNNN ESMTART _____

YM TOEV TMSTRAE _____

YM OCVEI, YM EVOT, YM TGHIR _____

SEPAK UOT ATGANIS EERLD AEBUS _____

ERTTEB FFGNSTIA TEH EYK OT BTTRE ECRA _____

GIPSINNRI NIYUT ITINWH URO COYMIUMNTM _____

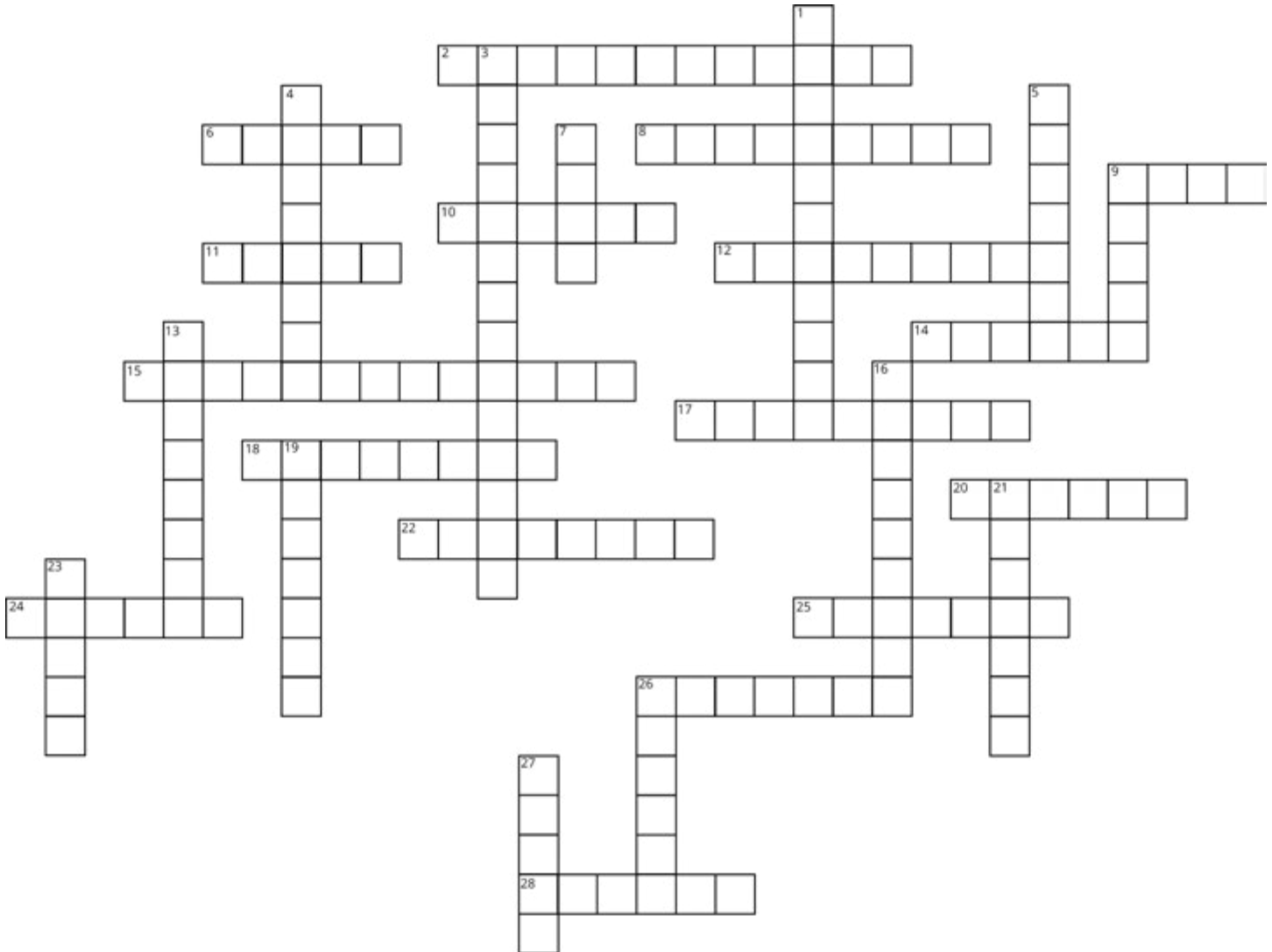
MRCILGNAIME YM HTSRGI, YM OMEH, YM IELF _____

Sudoku

4		9			5	1		
5	3		2	1				
	6	2	7		4	5		8
		3		6		4		
	8	7	3					
	5	4		9	7	6	8	
		5	9		6			1
7	2					3		
8	9			7			5	6

	7	6						3
	4	5	9	8		1	2	7
	2	9	3	4	7	6	8	
7			5					
				3	8		1	9
	9					8	5	
	8							1
2	3		8	6				
9				7	5	2		

Crossword



ACROSS

2. Official public declaration
6. Calm and quiet state
8. A special right or honor
9. An earnest entreaty
10. Urgent call for action
11. Repeatedly say or sing words in unison
12. Complaint or concern
14. Skilled public speaker
15. Street march, for example
17. General agreement among a group
18. The ability to withstand pressure or force
20. Overhaul for the better
22. Campaign for
24. Choosing a ticket
25. 1 of 100 in Congress
26. Say in an emphatic manner
28. Cause change to

DOWN

1. Cause that King dedicated his life to
3. Member of the House based on population
4. Organized effort to achieve a goal
5. Express disagreement
7. Manage to convince
9. Knowledge is _____
13. Document with many signatures
16. Have an effect on or change
19. Swear under oath
21. Publicly support or approve
23. Raise one's _____
26. Come to a conclusion
27. "Say something!"

Share Your Story

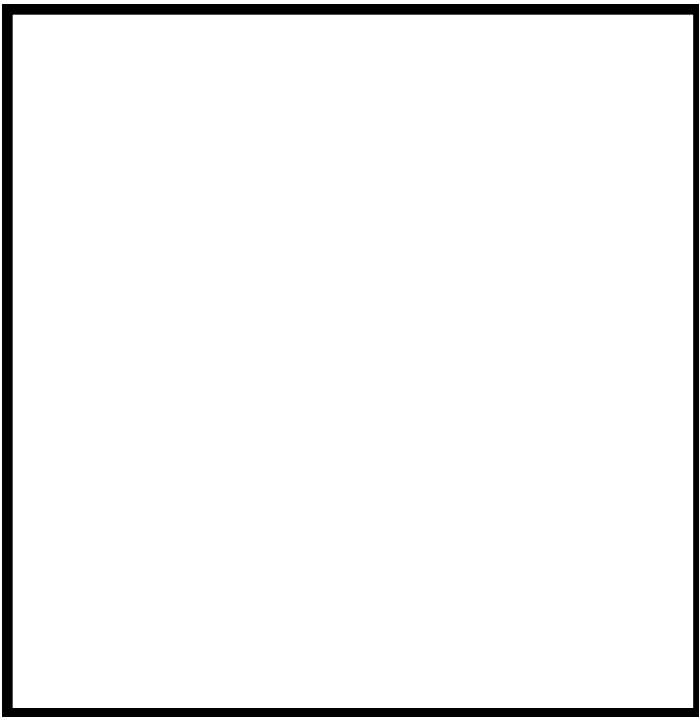
These prompts are designed to help you explore how you can use your voice to reflect on and actively shape the life you want. Answer these prompts through writing or conversations, and discover how to express yourself and pursue your self-determination.

1. Finish the sentence: "What I've always wanted to say is..."
2. If you only had four sentences to tell someone about yourself, what would you want them to know?
3. What's something people don't understand about you?
4. What are the benefits of speaking your truth, even when it's uncomfortable?
5. You know the person with whom you're talking is lying. Do you confront them or let them continue?
6. What lessons were you taught as a child that you still use today?
7. What makes you feel empowered?
8. What types of interests, hobbies, or activities enrich your life?
9. How do you use your voice to empower yourself and others?
10. Describe a moment when speaking up changed the outcome of a situation for the better.
11. Reflect on a time when you felt silenced. How did you overcome it, and what did you learn?
12. How does using your voice help you overcome personal challenges?
13. Share a time when listening to someone else's voice inspired or empowered you.
14. Reflect on a time when you felt empowered by someone else's support. How did their encouragement affect your voice and actions?
15. What strategies do you use to build confidence in expressing your opinions?
16. What are some ways you can encourage others to find and use their own voices?
17. Describe a situation where you felt your voice made a difference in a group setting.
18. How do you balance speaking up and listening in conversations to empower both yourself and others?
19. Describe a personal mantra or affirmation you use to stay confident in your voice.
20. How can you use your voice to advocate for causes you care about?
21. What changes would you like to see in how people use their voices in your community or workplace? How can you contribute to those changes?

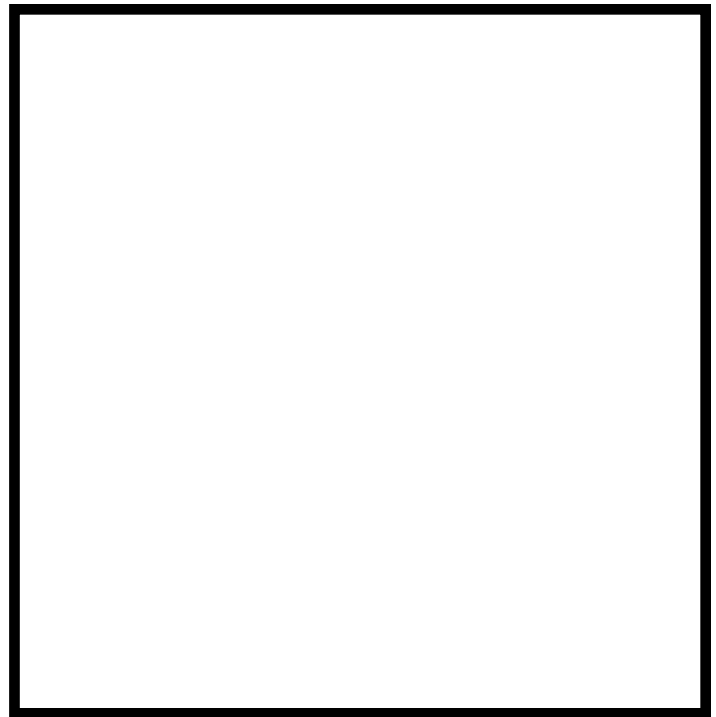
Icebreaker Scavenger Hunt

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.

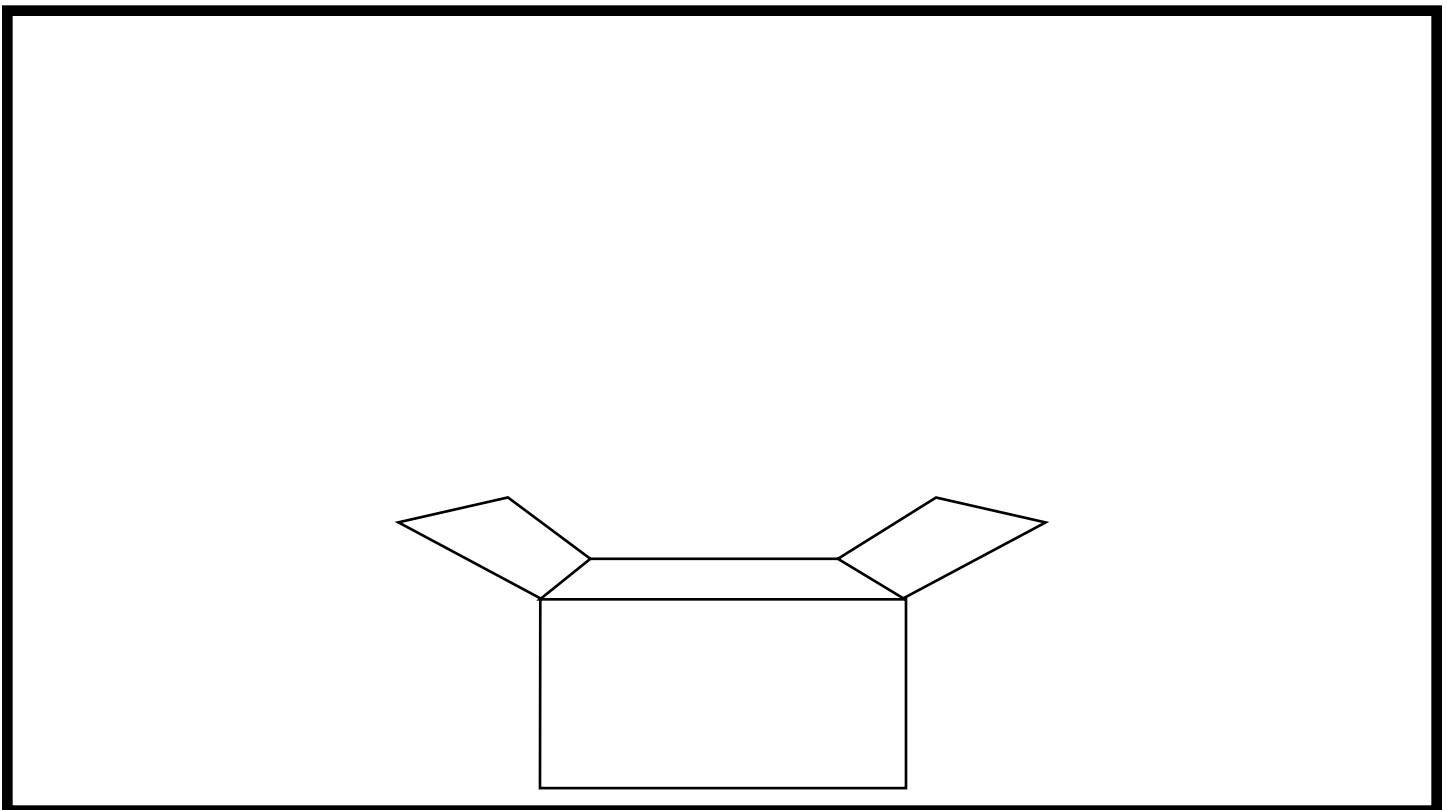
Has a green thumb	Has completed a marathon	Is a vegetarian or vegan	Enjoys playing board games	Enjoys mystery novels
Has a unique collection (e.g., stamps, coins)	Has had a role in a play or musical	Enjoys camping	Has visited a famous landmark	Enjoys practicing yoga or meditation
Is a fan of sci-fi movies	Is an avid bird watcher	Can do magic tricks	Has been on a cruise	Loves to knit or crochet
Has a favorite author	Is an early riser	Enjoys puzzle-solving	Has taken a cooking class	Has been to a live comedy show
Has been scuba diving	Is a member of a book club	Has been involved in a charity event	Can do a specific type of art (e.g., sketching, sculpting)	Enjoys listening to classical music
Enjoys visiting museums	Can perform a dance routine	Has run a business or side hustle	Has learned to dance a specific cultural dance	Can speak sign language



Take a moment to sketch something you see every day. Try to look at it from a new perspective and see it in a way you haven't before.



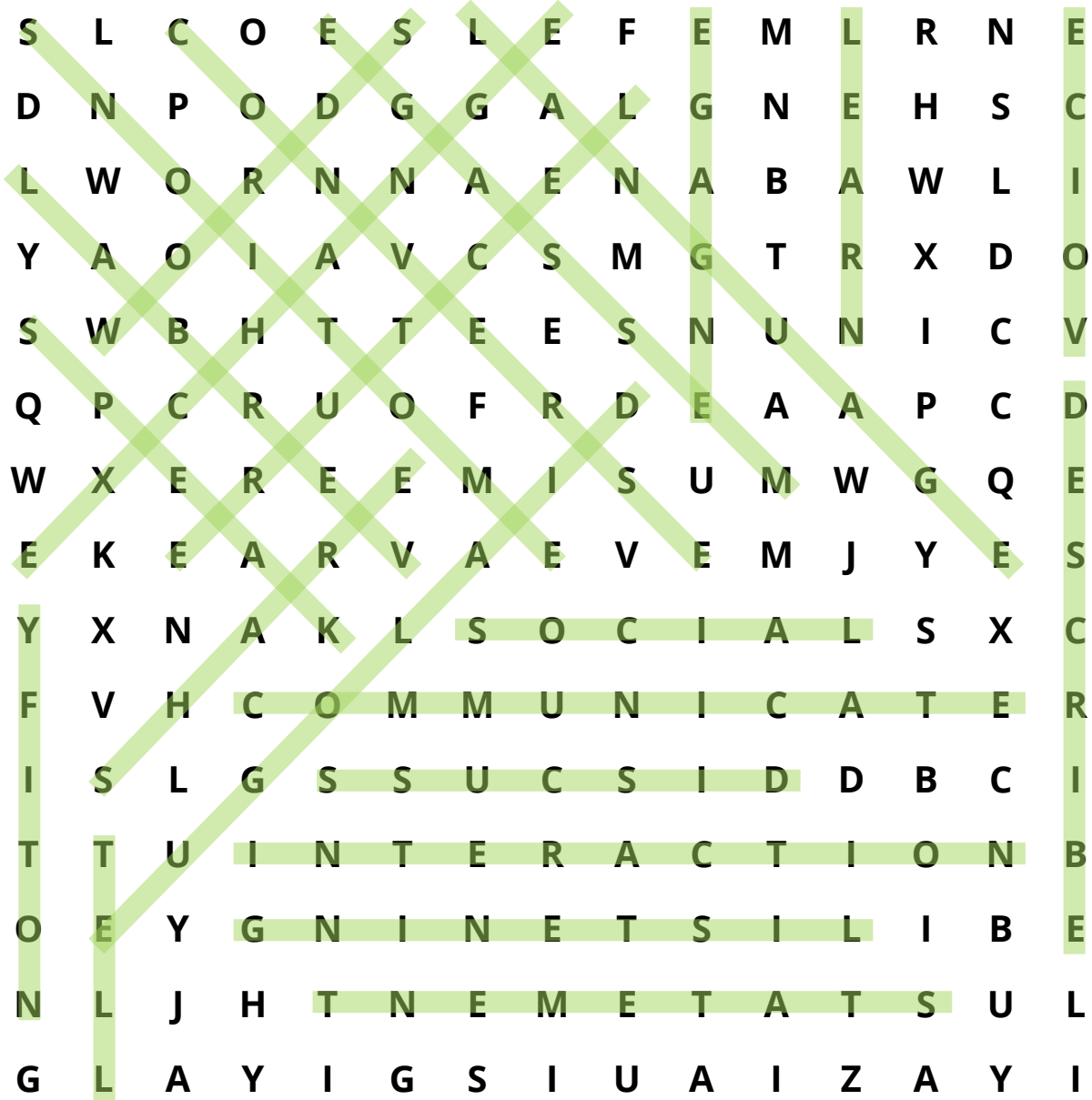
Sketch 3 symbols that represent strength and empowerment to you.



What are 5 objects that have held significance in your life? Sketch them above to go in the memory box.

Answer Keys

Word Search



Logic Puzzle

		SPEAKERS				TOPIC			
		Alex	Jamie	Taylor	Morgan	Voice Training	Leadership	Conflict	Teamwork
FEE	\$200	✗	✗	●	✗	✗	✗	●	✗
	\$250	●	✗	✗	✗	✗	✗	✗	●
	\$300	✗	✗	✗	●	✗	●	✗	✗
	\$350	✗	●	✗	✗	●	✗	✗	✗
TOPIC	Voice Training	✗	●	✗	✗				
	Leadership	✗	✗	✗	●				
	Conflict	✗	✗	●	✗				
	Teamwork	●	✗	✗	✗				

Fee	Speaker	Topic
\$200	Taylor	Conflict
\$250	Alex	Teamwork
\$300	Morgan	Leadership
\$350	Jamie	Voice Training

Word Unscramble

CEAR METSART - [CARE Matters](#)

EOWRP OF MY OIECV - [Power of My Voice](#)

FMLIAYP UOR CEVIOS - [Amplify Our Voices](#)

MRCILGNAIME YM HTSRGI - [Reclaiming My Rights](#)

TOEOICNNN ESMTART - [Connection Matters](#)

YM TOEV TMSTRAE - [My Vote Matters](#)

YM OCVEI, YM EVOT, YM TGHIR - [My Voice, My Vote, My Right](#)

SEPAK UOT ATGANIS EERLD AEBUS - [Speak Out Against Elder Abuse](#)

ERTTEB FFGNSTIA TEH EYK OT BTTRE ECRA - [Better Staffing The Key To Better Care](#)

GIPSINNRI NIYUT ITINWH URO COYMIUMNTM - [Inspiring Unity Within Our Community](#)

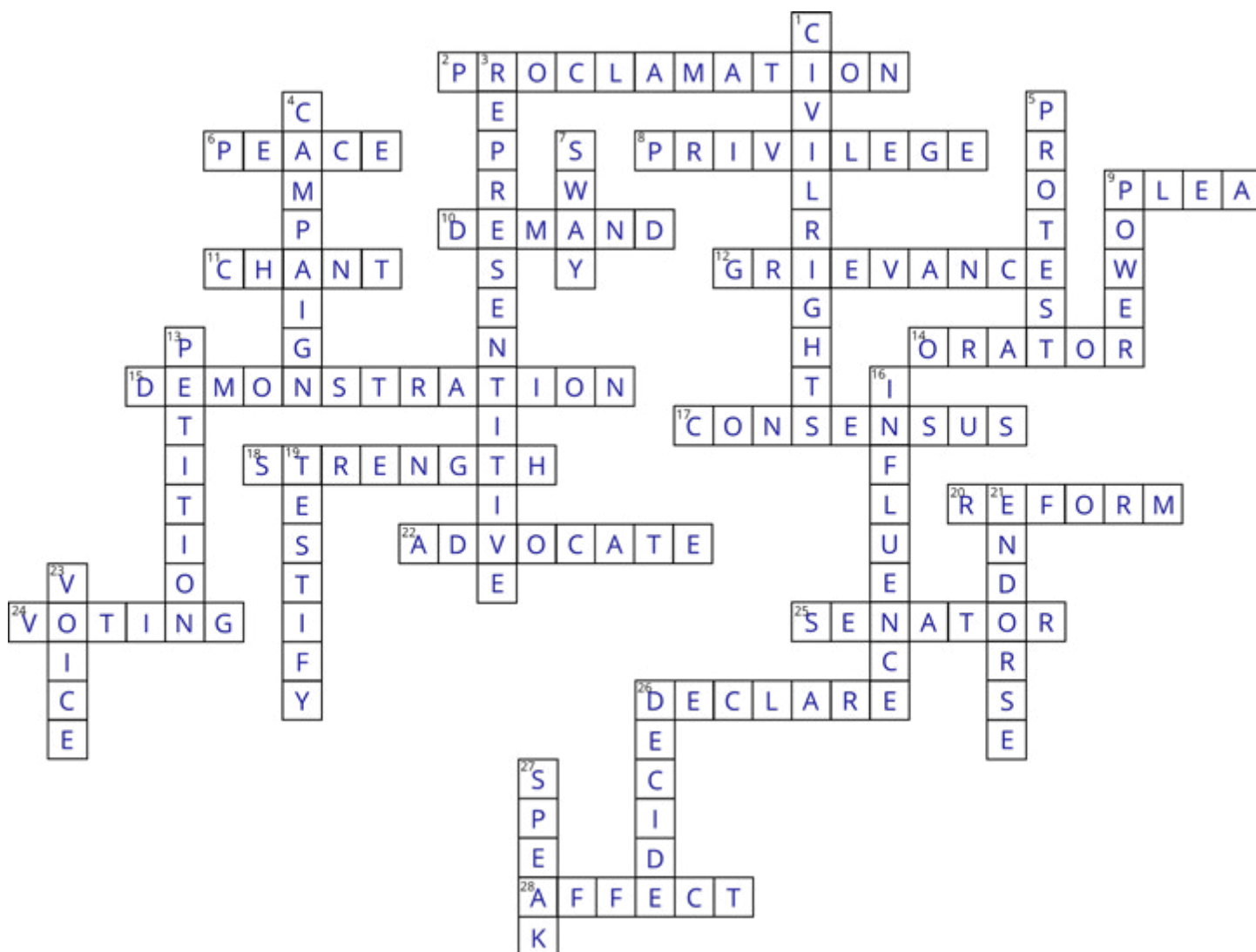
MRCILGNAIME YM HTSRGI, YM OMEH, YM IELF - [Reclaiming My Rights, My Home, My Life](#)

Sudoku

4	7	9	6	8	5	1	3	2
5	3	8	2	1	9	7	6	4
1	6	2	7	3	4	5	9	8
9	1	3	5	6	8	4	2	7
6	8	7	3	4	2	9	1	5
2	5	4	1	9	7	6	8	3
3	4	5	9	2	6	8	7	1
7	2	6	8	5	1	3	4	9
8	9	1	4	7	3	2	5	6

8	7	6	2	5	1	4	9	3
3	4	5	9	8	6	1	2	7
1	2	9	3	4	7	6	8	5
7	1	8	5	9	2	3	4	6
4	5	2	6	3	8	7	1	9
6	9	3	7	1	4	8	5	2
5	8	7	4	2	3	9	6	1
2	3	1	8	6	9	5	7	4
9	6	4	1	7	5	2	3	8

Crossword



ACROSS

2. PROCLAMATION
6. PEACE
8. PRIVILEGE
9. PLEA
10. DEMAND
11. CHANT
12. GRIEVANCE
14. ORATOR
15. DEMONSTRATION
17. CONSENSUS
18. STRENGTH
20. REFORM
22. ADVOCATE
24. VOTING
25. SENATOR
26. DECLARE
28. AFFECT

DOWN

1. CIVIL RIGHTS
3. REPRESENTATIVE
4. CAMPAIGN
5. PROTEST
7. SWAY
9. POWER
13. PETITION
16. INFLUENCE
19. TESTIFY
21. ENDORSE
23. VOICE
26. DECLARE
27. SPEAK



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