

October 2018  
*Resident's Rights Month Activities Calendar*



The 2018 Residents' Rights Month Activity Calendar provides ideas for events and activities throughout the month of October. Events and activities listed highlight this year's theme "Speak Up: Know Your Rights and How to Use Them" and provide an opportunity for education, discussion and community-building for residents, staff, and family members. Put together a committee to organize Residents' Rights Month activities; each staff member can lead an event or choose 1-2 events per week to put on.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>Celebrating Resident Rights Month Kick-off Event</b> - Review this year's theme and highlight the residents' rights poster. <a href="http://theconsumervoicce.org/events/residents-rights-month-2018">http://theconsumervoicce.org/events/residents-rights-month-2018</a>	<b>"My Life" Project</b> - Spend the week interviewing residents/family. Show the results in a presentation at the end of the week or the month. (Example questions: Tell me about where you grew up; How big was your family? Best vacation you took; places you have lived; Greatest accomplishment? etc.)	<b>Book Club</b> - Have residents select a book and hold a discussion at the end of the month.	<b>Get to Know You Bingo</b> - An easy icebreaker to find out about one another! <a href="http://theconsumervoicce.org/uploads/files/events/Getting-to-know-you-activities.pdf">http://theconsumervoicce.org/uploads/files/events/Getting-to-know-you-activities.pdf</a>	<b>Resident Idol</b> – A fun opportunity for residents to share their talents <a href="http://theconsumervoicce.org/uploads/files/events/Resident-Idol-RR07.pdf">http://theconsumervoicce.org/uploads/files/events/Resident-Idol-RR07.pdf</a>	<b>Residents' Rights Month Presentation</b> - Invite staff, family & residents to a presentation on Residents' Rights. Use the Residents' Rights presentation here: <a href="http://theconsumervoicce.org/events/residents-rights-month-2017#packet">http://theconsumervoicce.org/events/residents-rights-month-2017#packet</a> & add info about this year's theme & activities planned in October
7	8	9	10	11	12	13
<b>Finish the Sentence</b> - Post a bulletin board where residents can finish the sentence about residents' rights and quality care. Examples: "I feel good when my caregivers...." or "When my caregiver....it puts a smile on my face."	<b>Residents' Rights Crossword Puzzle</b> - <a href="http://theconsumervoicce.org/uploads/files/events/RR_Packet_2015_(2).pdf">http://theconsumervoicce.org/uploads/files/events/RR_Packet_2015_(2).pdf</a>	<b>Know Your Rights and How to Use Them</b> – Talk to residents about the rights they have and make sure to have available resources: <a href="http://theconsumervoicce.org/events/residents-rights-month-2018#packet">http://theconsumervoicce.org/events/residents-rights-month-2018#packet</a>	<b>Pets Day</b> - Work with your local animal shelter (or have family members bring in pets) to coordinate a time for residents and staff to spend time with man's best friend!	<b>Food: The Great Communicator</b> – Residents share what food means to them. <a href="http://theconsumervoicce.org/uploads/files/events/Food_Activity.pdf">http://theconsumervoicce.org/uploads/files/events/Food_Activity.pdf</a>	<b>Two Truths and a Lie</b> - Try to pull one over on others by sharing two truths about yourself and one lie; have the others guess which is the fib!	<b>Host a Residents' Rights Rally</b> – Get in the spirit! <a href="http://theconsumervoicce.org/uploads/files/events/RR-Rally-07.pdf">http://theconsumervoicce.org/uploads/files/events/RR-Rally-07.pdf</a>

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**SPEAK UP:**  
**Know Your Rights**  
**And How To Use Them**  
National Consumer Voice For Quality Long-Term Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>14  <b>Residents' Rights Posters</b>                      – Residents can clip images &amp; words from magazines or express themselves artistically otherwise to create posters about what residents' rights means to them; Display in the nursing home or in a display at a local mall or community center.</p>	<p>15  <b>Movie Night -</b>                      Residents can nominate potential movies and then vote on their favorite. Don't forget the popcorn and soda!</p>	<p>16  <b>Music Activity –</b>                      Residents share their favorite music and discuss.  <a href="http://theconsumervice.org/uploads/files/events/Music_Activity.pdf">http://theconsumervice.org/uploads/files/events/Music_Activity.pdf</a></p>	<p>17  <b>Speak Up -</b>                      Have a discussion with residents on how to exercise their rights! Ask them about a time when they spoke out and used their rights for quality care.</p>	<p>18  <b>Family History -</b>                      Ask residents to bring old pictures of themselves and their families. Try to make a family tree for each resident, see how far back you can trace their families. Get the families involved too.</p>	<p>19  <b>Show and Tell –</b>                      Have residents bring something that is important to them and have them tell the group why it is special.</p>	<p>20  <b>Culture Change in Action -</b>                      Resident &amp; Family Councils meet to discuss what home means to them. Deliver comments to nursing home administrator.  <a href="http://theconsumervice.org/uploads/files/events/2008_Residents_Rights_Week_Culture_Change_in_Action.pdf">http://theconsumervice.org/uploads/files/events/2008_Residents_Rights_Week_Culture_Change_in_Action.pdf</a></p>	
<p>21  <b>Right to Free Choice Activity –</b>                      What are the ingredients of free choice?  <a href="http://theconsumervice.org/uploads/files/events/Recipe.doc">http://theconsumervice.org/uploads/files/events/Recipe.doc</a></p>	<p>22  <b>Caregiver Appreciation Day -</b>                      Resident or Family Council can plan a celebration honoring staff or other caregivers.  <a href="http://theconsumervice.org/uploads/files/events/Activity_Section_entire.12.pdf">http://theconsumervice.org/uploads/files/events/Activity_Section_entire.12.pdf</a></p>	<p>23  <b>Residents' Rights Training: The Airplane Analogy -</b>                      Train staff on residents' rights.  <a href="http://theconsumervice.org/uploads/files/family-member/RR_Airplane_Exercize.pdf">http://theconsumervice.org/uploads/files/family-member/RR_Airplane_Exercize.pdf</a></p>	<p>24  <b>Make Your Own Activity -</b>                      Residents and staff can create their own RRM activity.  <a href="http://theconsumervice.org/uploads/files/events/Activity_Template.pdf">http://theconsumervice.org/uploads/files/events/Activity_Template.pdf</a></p>	<p>25  <b>Resident's Voice Presentation -</b> Participate in the Resident's Voice Challenge  <a href="http://theconsumervice.org/events/residents-rights-month-2018#RV-Challenge">http://theconsumervice.org/events/residents-rights-month-2018#RV-Challenge</a>                      then hold an event during October to showcase the entries.</p>	<p>26  <b>Happy Hour -</b>                      Create a happy hour atmosphere by setting out bar snacks like nuts and popcorn, make "mocktails" and hire a local musician for entertainment.</p>	<p>27  <b>Puzzle Day -</b>                      All day/week hand out a new puzzle and hold a contest to see who can solve and return the quickest. Award small prizes (candy, notecards, buttons).</p>	
<p>28  <b>Photo Contest –</b>                      Residents take photos of "A Day in their Life"  <a href="http://theconsumervice.org/uploads/files/events/Photo-Challenge-RR07.pdf">http://theconsumervice.org/uploads/files/events/Photo-Challenge-RR07.pdf</a></p>	<p>29  <b>Trivia Night –</b>                      Test your knowledge at trivia night!  <a href="http://www.theactivitydirectorsoffice.com/Gina_ActivityIdeasThatWork_TonsofTrivia.html">http://www.theactivitydirectorsoffice.com/Gina_ActivityIdeasThatWork_TonsofTrivia.html</a></p>	<p>30  <b>Book Club -</b>                      Come back together to discuss the book chosen for book club.</p>	<p>31  <b>Halloween -</b>                      Have a Halloween Haunt - Invite local daycares, or elementary schools to let kids come to trick or treat at your facility. Make sure to buy enough candy for your residents to pass out to the kids.</p>	<p>For more activity ideas and resources for Residents' Rights Month, visit:  <a href="http://theconsumervice.org/events/residents-rights-month-2018">http://theconsumervice.org/events/residents-rights-month-2018</a></p>			