

Residents' Rights Month

Activity Calendar

October 2021



The 2021 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 "Reclaiming My Rights, My Home, My Life" 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. Additional activity suggestions are available on the Consumer Voice website: <https://theconsumervoice.org/events/2021-residents-rights-month>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<ul style="list-style-type: none"> • Celebrating Residents' Rights Month Kick-off Event – Review this year's theme and highlight the residents' rights poster. https://theconsumervoice.org/events/2021-residents-rights-month • Book Club – Have residents select a book and hold a discussion at the end of the month. • Music Activity – Residents share their favorite music and discuss. https://theconsumervoice.org/uploads/files/events/Music_Activity-revised.pdf • Residents' Rights Posters – Residents can clip images & words from magazines or express themselves artistically otherwise to create posters about what residents' rights mean to them. Display the posters in the nursing home or in a display at a local mall or community center. 						
4	5	6	7	8	9	10
<ul style="list-style-type: none"> • Resident's Voice Presentation – Participate in the Resident's Voice Challenge then hold an event during October to showcase the entries. • Pets Day – 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! • Get Outside – Designate an outdoor area for residents to enjoy sunshine and fresh air. Facilitate a discussion about favorite outdoor activities. • Food: The Great Communicator – Residents share what food means to them. http://theconsumervoice.org/uploads/files/events/Food_Activity.pdf 						

11	12	13	14	15	16	17
<ul style="list-style-type: none"> • “This is my home.” DIY Door Hangers – Decorate door hangers while having a discussion with residents about what home means to them. • Movie Night – Residents can nominate potential movies and then vote on their favorite. Don't forget the popcorn and soda! • Resident Idol – A fun opportunity for residents to share their talents. https://theconsumervoice.org/uploads/files/events/Resident-Idol-RR07-revised.pdf • Get to Know You Bingo - An easy icebreaker to find out about one another! https://theconsumervoice.org/uploads/files/events/Getting-to-know-you-activities-revised.pdf 						
18	19	20	21	22	23	24
<ul style="list-style-type: none"> • Right to Free Choice Activity – What are the ingredients of free choice? https://theconsumervoice.org/uploads/files/events/Recipe for a Good Life-revised.pdf • Caregiver Appreciation Day – The Resident or Family Council can plan a celebration honoring staff or other caregivers. https://theconsumervoice.org/uploads/files/events/Care Matters Thank You-revised.pdf • Happy Hour – Create a happy hour atmosphere by setting out bar snacks like nuts and popcorn, make cocktails or "mocktails" and hire a local musician for entertainment. • Residents' Rights Crossword Puzzle - See who can solve and return the quickest. Award small prizes (candy, notecards, buttons). https://theconsumervoice.org/uploads/files/events/Care Matters Word Games-revised.pdf 						
25	26	27	28	29	30	31
<ul style="list-style-type: none"> • Letter writing – Supply residents with pens, paper, envelopes, and stamps to write letters or send cards to friends and family. Encourage friends and family to write back, or setup pen pals within the facility, so residents can send letters to each other. • Photo Contest – Residents take photos of "A Day in their Life" and hold a contest for the best photo. https://theconsumervoice.org/uploads/files/events/Photo-Challenge-RR07-revised.pdf • Family History – 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. • Trivia Night – Test your knowledge at trivia night! http://www.theactivitydirectorsoffice.com/Gina_ActivityIdeasThatWork_TonsofTrivia.html 						