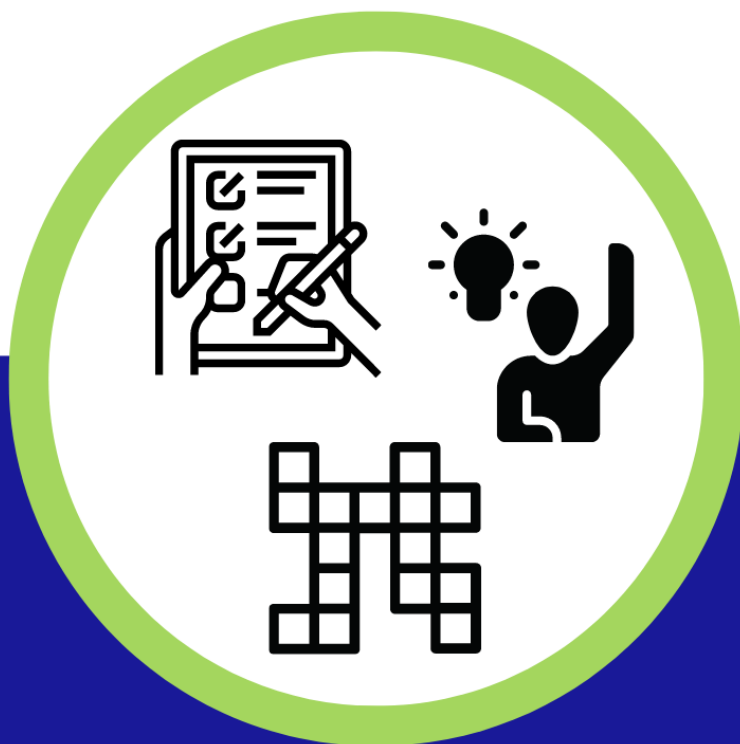




The National

**CONSUMER VOICE**

for Quality Long-Term Care



# STAYING ENGAGED

*Connecting with others in  
your community*

This is the 2022 edition of a series of enrichment booklets for long-term care residents. This book serves to keep residents entertained and active. This edition includes activities to encourage residents to communicate with each other, with staff, and with visitors in order to broaden their community within and outside of their home.

Included in the activities are puzzles, prompts for conversation or writing, trivia to challenge yourself or others, an icebreaker activity, and art pages for relaxing.

## ***Know Your Rights***

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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.

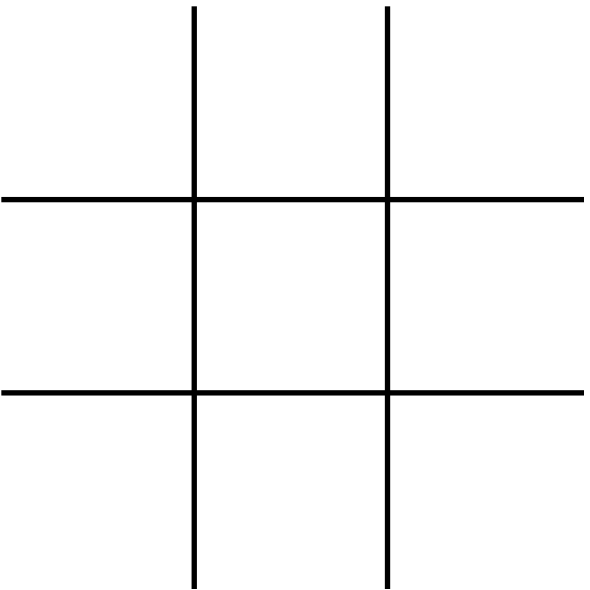
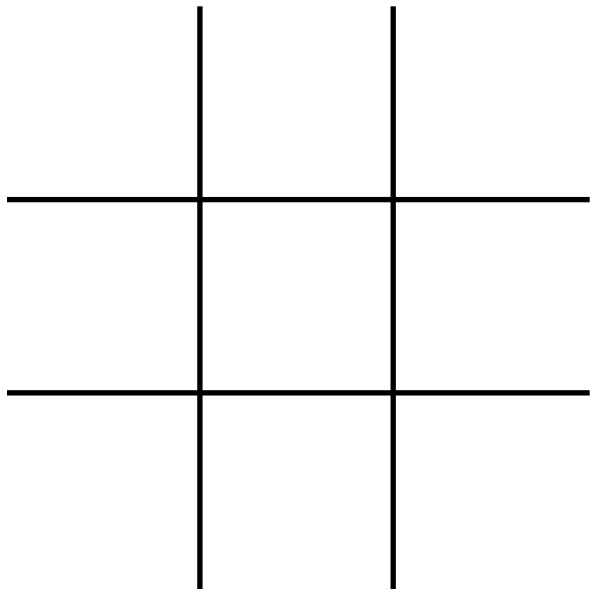
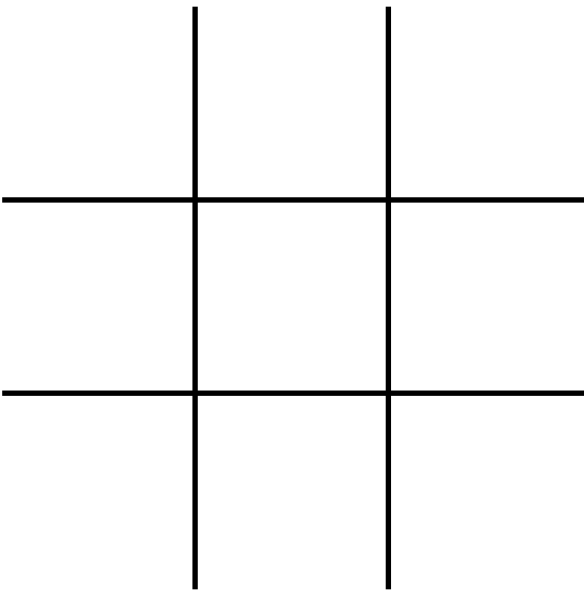
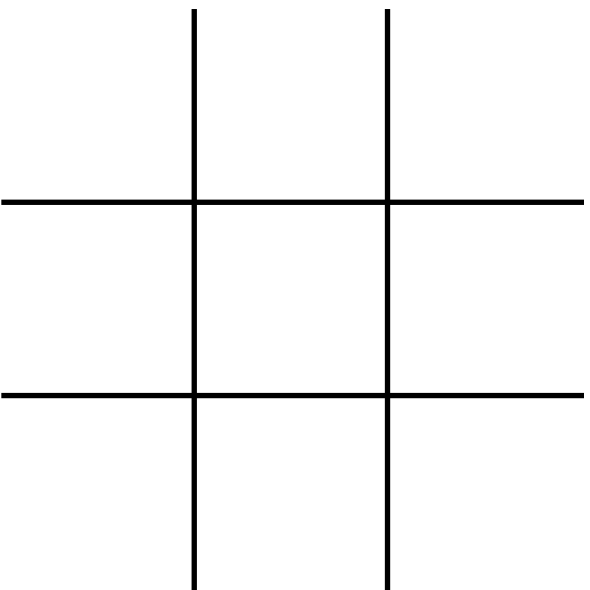
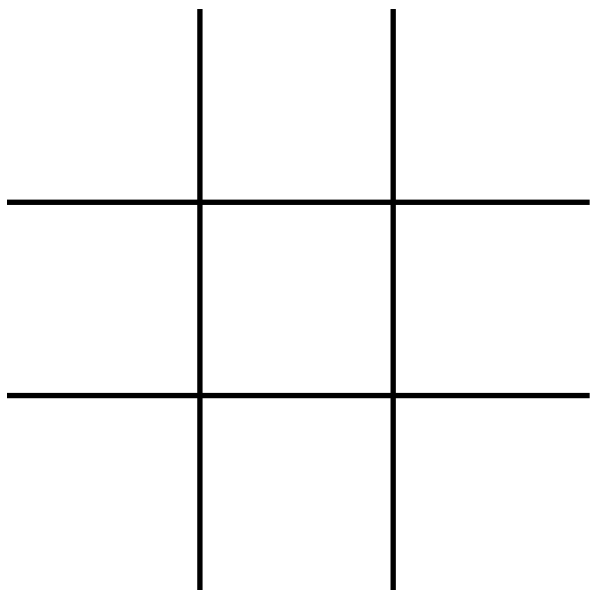
- Right to a Dignified Existence
- Right to Self-Determination
- Right to be Fully Informed
- Right to Raise Grievances
- Rights Regarding Access
- Rights Regarding Financial Affairs
- Right to Privacy
- Rights During Discharge and Transfer

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

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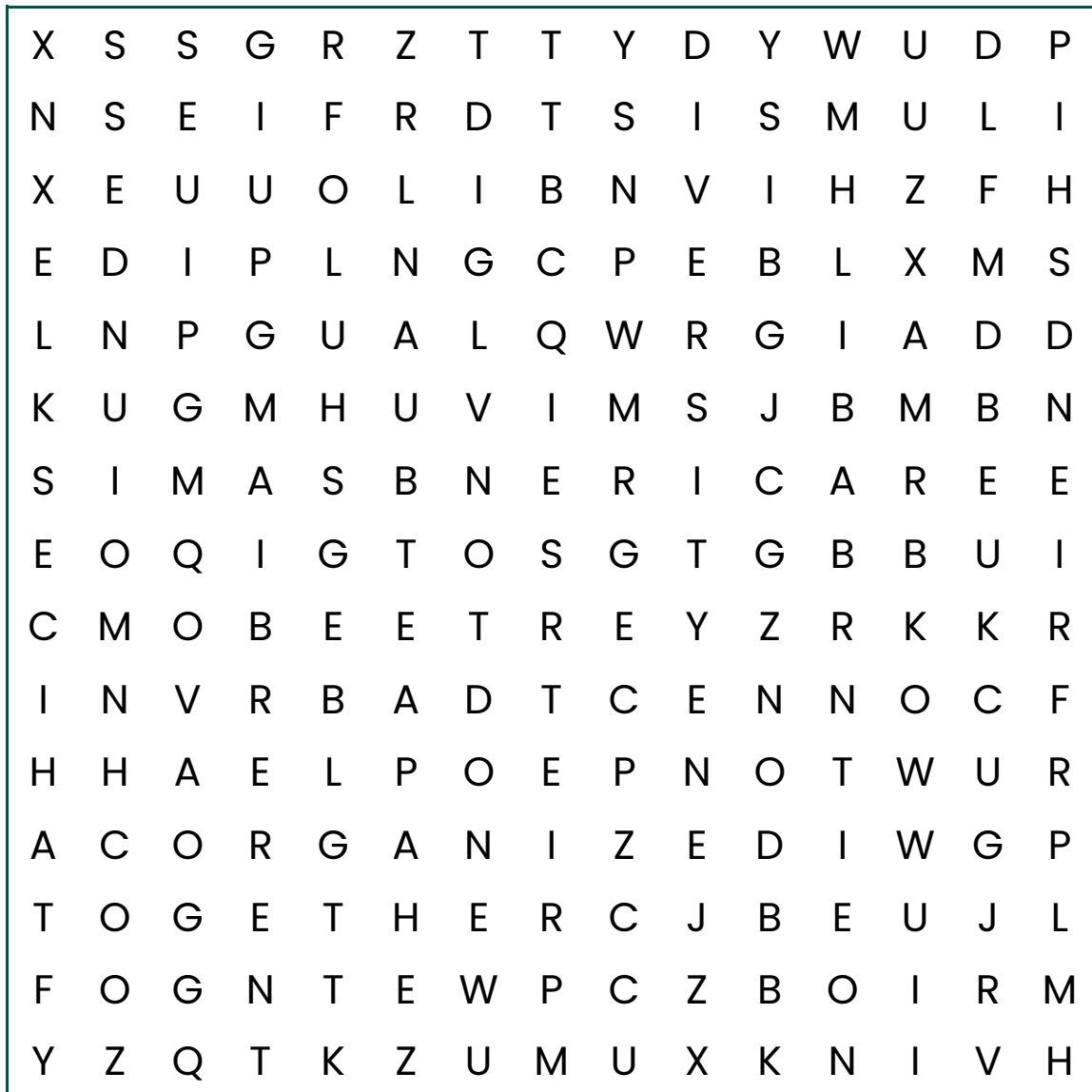
To learn more about your rights or if you have concerns about your care, contact your Long-Term Care Ombudsman program. Visit the Consumer Voice website to find contact information for your local program:  
**[theconsumervoice.org/get\\_help](https://theconsumervoice.org/get_help)**

# Tic-Tac-Toe



# Community Word Search

A



Community  
Together  
Group  
Diversity  
Interact

Connect  
Values  
Friendship  
Support  
Care

Neighbor  
Inclusion  
People  
Organized  
Engaged

Find word search answers on page 14

# Mindfulness Word Search

B



Mindful

Relax

Thoughts

Respect

Healthy

Exercise

Appreciation

Refresh

Comfort

Energy

Inspiration

Aware

Sleep

Hopefulness

Present

Breathe

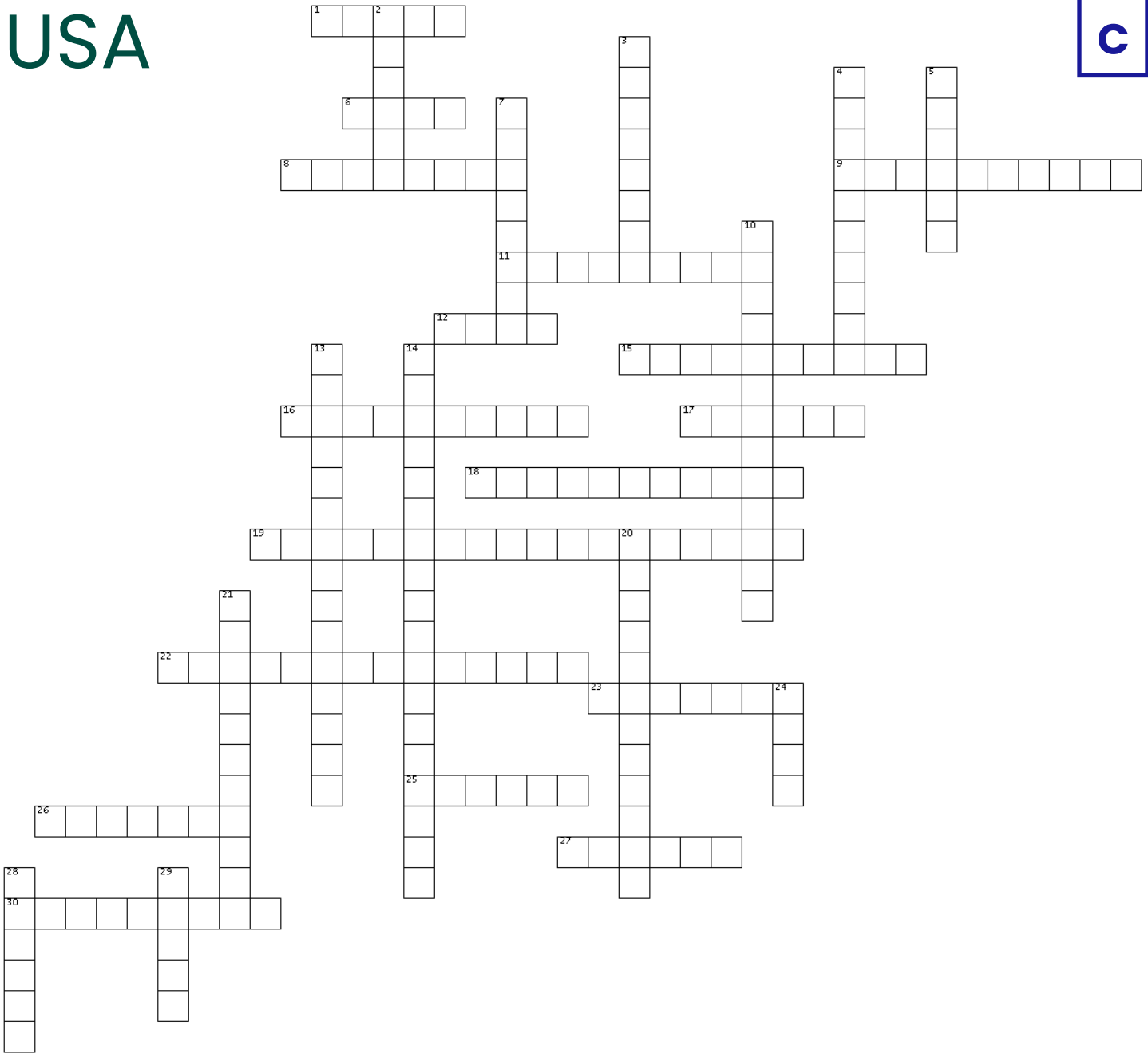
Nature

Focus

Love

Reflect

Find word search answers on page 14



## 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

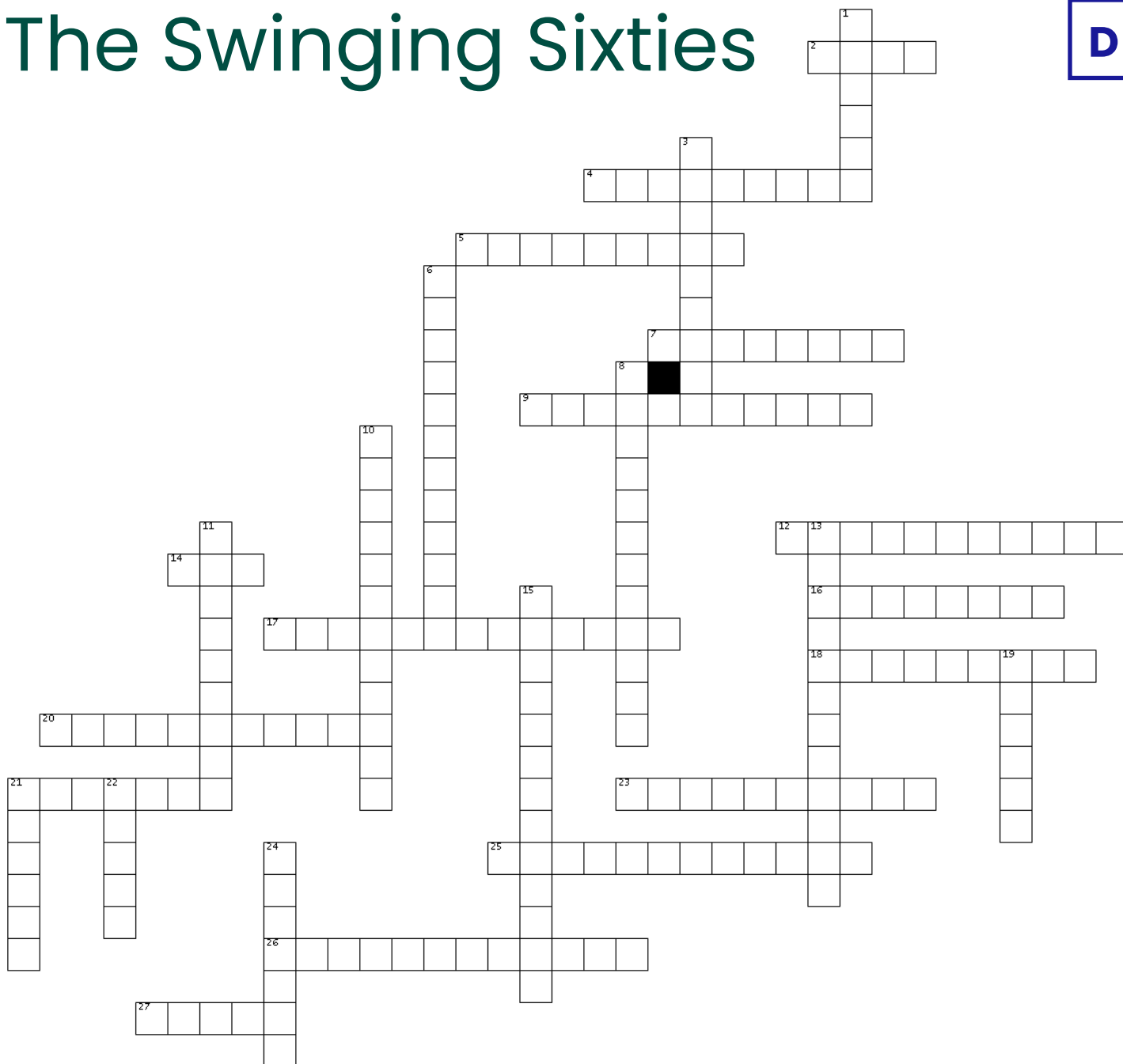
2. Singer who serenaded JFK
3. New York City nickname
4. Singer with an ode to West Virginia
5. Capital of the United States' largest state
7. Capital of the buckeye state
10. Capital of Missouri
13. Anthem lyricist

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

# The Swinging Sixties



## ACROSS

2. Orange powdered drink mix
4. Major football event first held in 1967
5. 1969 festival held on Max Yasgur's dairy farm
7. U.S. singer/songwriter born Robert Zimmerman
9. Potential artist's toy of the '60s
12. Original James Bond
14. Organization for bringing women into "full participation in the mainstream of American society"
16. Classic sci-fi TV series
17. Peanut butter/marshmallow

## sandwich

18. "American" music TV show
20. 1964 Disney film about a magical nanny
21. John, Paul, George, and Ringo
23. Volunteer org. established by JFK in 1961
25. Long-distance traveler of 1969
26. TV show featuring Muppets that debuted in 1969
27. President elected in 1968

## DOWN

1. American pop-art artist Andy
3. "Good Vibrations"

## band

6. Haight-Ashbury event of 1967
8. Protestor-defendants of 1968
10. The hills are alive with the \_\_\_\_
11. '60s footwear
13. Toy sold with cake mix packets
15. "Breakfast at Tiffany's" actress
19. Popular first dance song made famous by Etta James
21. Famous doll, often paired with Ken
22. Dance characterized by gyrations of the arms and hips
24. George, Jane, Judy & Elroy

Find crossword answers on page 15

# Sudoku

**E**

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

**F**

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

Find sudoku answers on page 16



# 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?
9. What Tom Cruise film from 1983 featured "Old Time Rock and Roll" by Bob Seger?
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?

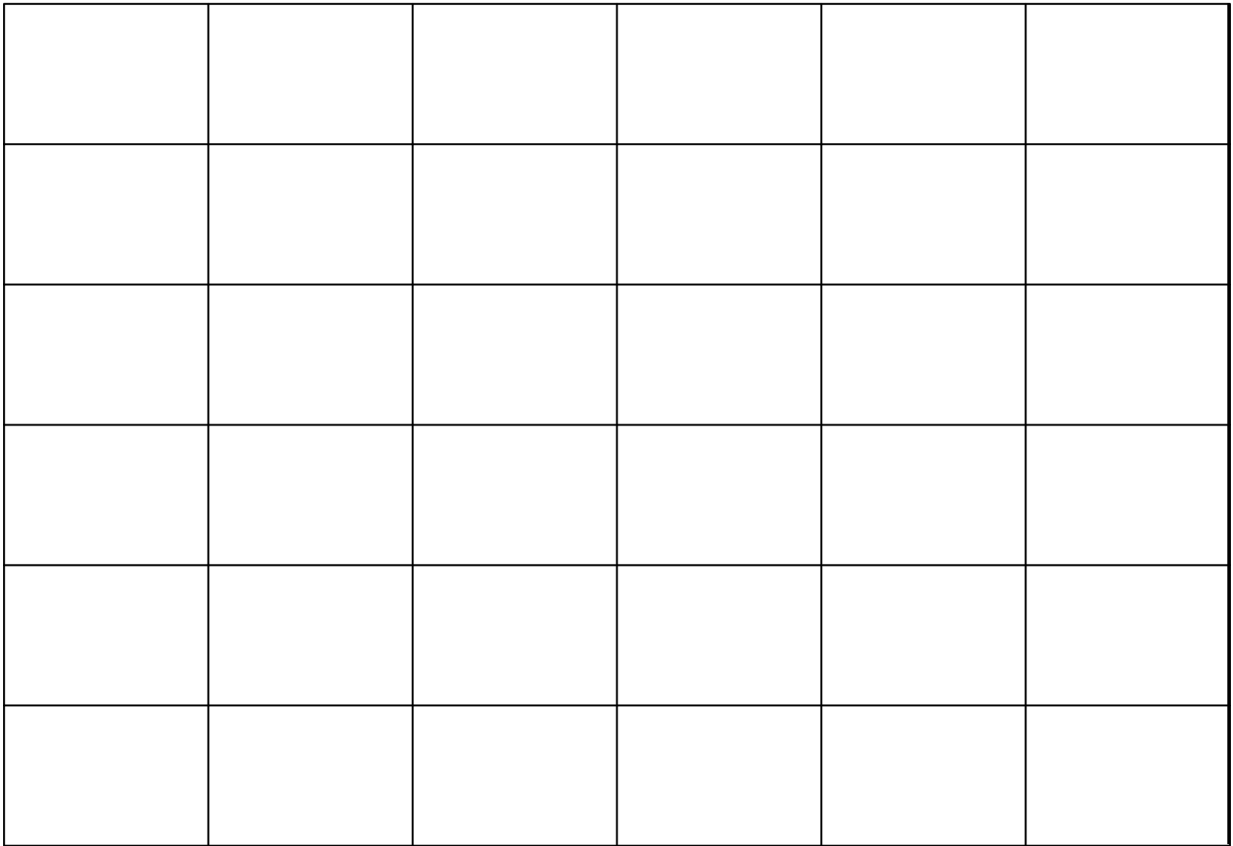
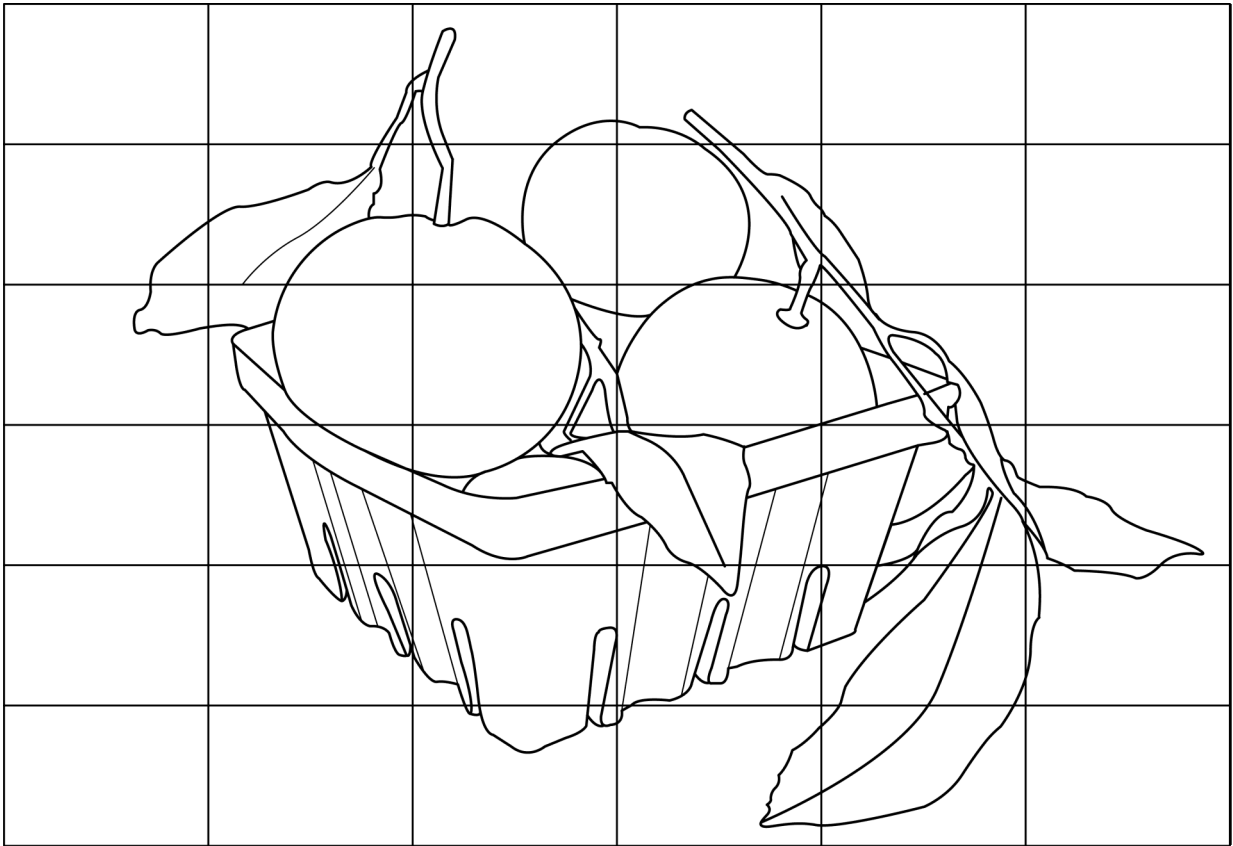
# Icebreaker Scavenger Hunt

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.

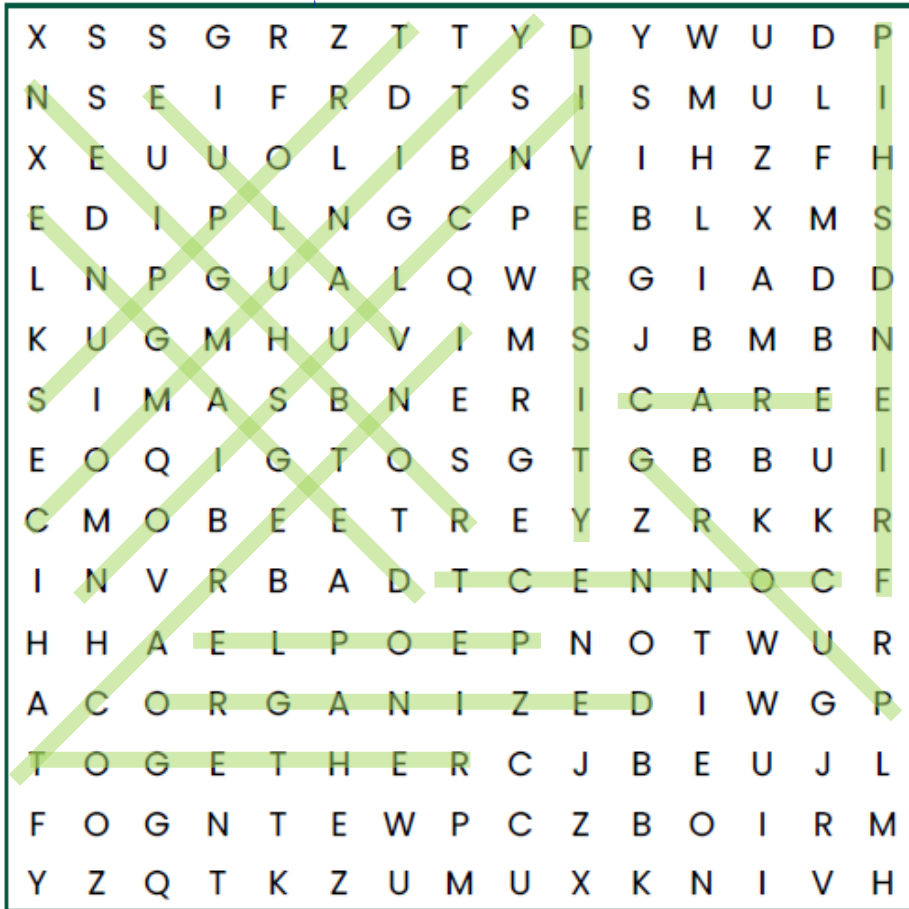
Enjoys dancing	Prefers vanilla over chocolate	Has a Masters degree	Enjoys cooking	Collects something
Has a favorite sports team from another state	Enjoys singing	Is the youngest in their family	Has met a president	Plays a musical instrument
Is a morning person	Does not like cheese	Enjoys doing art	Has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



# Copy the Drawing



# Answer Keys



**A**

**B**



# USA

C

## 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

## DOWN

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

- 10. Jefferson City
- 13. Francis Scott Key
- 14. Franklin D Roosevelt
- 20. Lake Michigan
- 21. Smithsonian
- 24. Navy
- 28. Hawaii
- 29. Oreos

# The Swinging Sixties

D

## 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

## DOWN

- 1. Warhol
- 3. Beach Boys

- 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



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

**E**

**F**

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

# 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
3. George Washington, Thomas Jefferson, Theodore Roosevelt, Abraham Lincoln
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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