



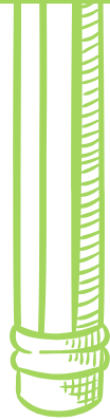
The National

CONSUMER VOICE

for Quality Long-Term Care

STAYING ENGAGED

Amplify your voice



The 2023 edition of the Staying Engaged enrichment booklet has a variety of activities aiming to keep you mentally engaged, prompt self-reflection, and help you meet and get to know the community of people around you.

Included in the activities are tic-tac-toe, word searches, crosswords, sudoku, trivia, self-reflection prompts, an ice breaker scavenger hunt, and art pages.

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.

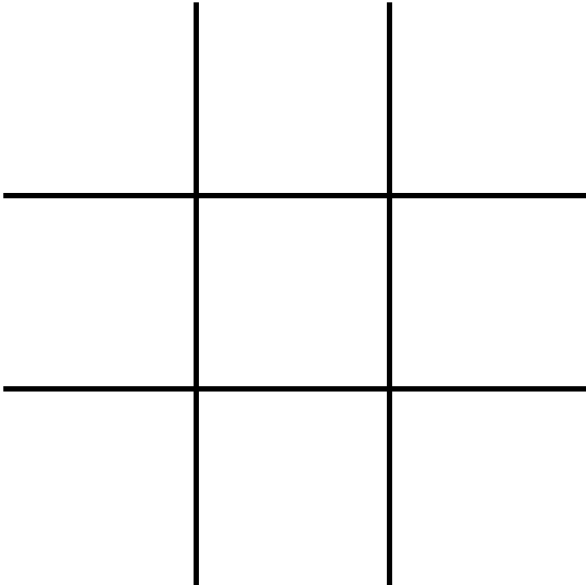
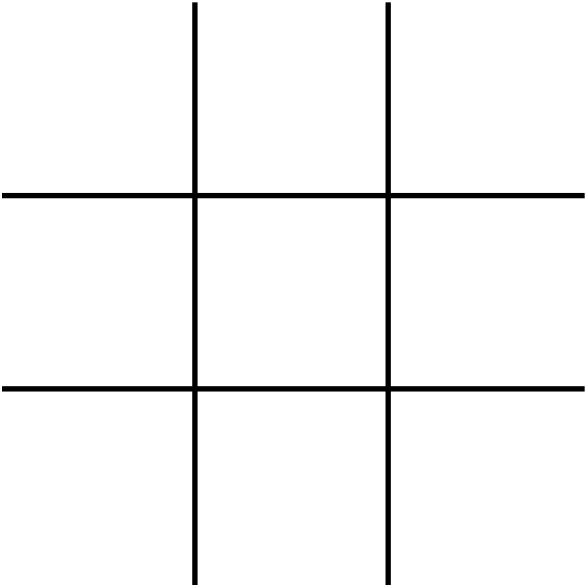
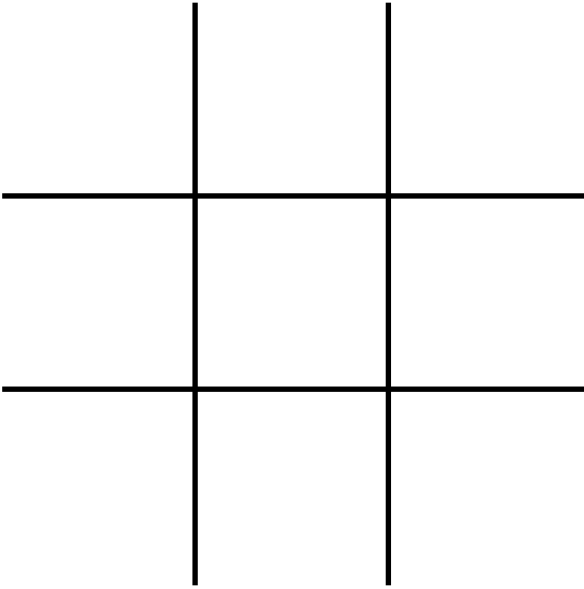
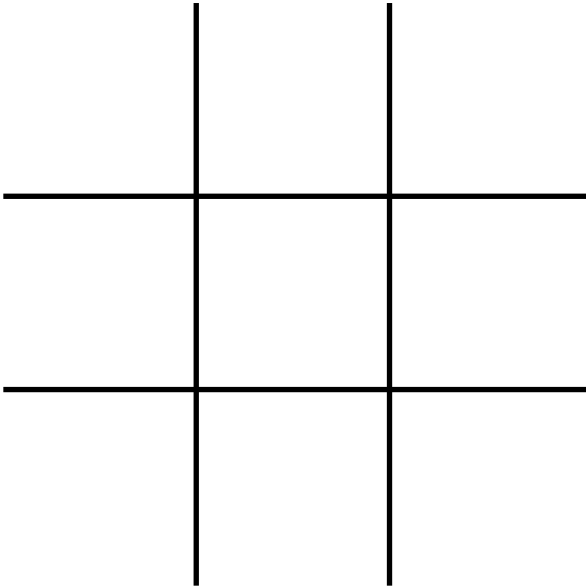
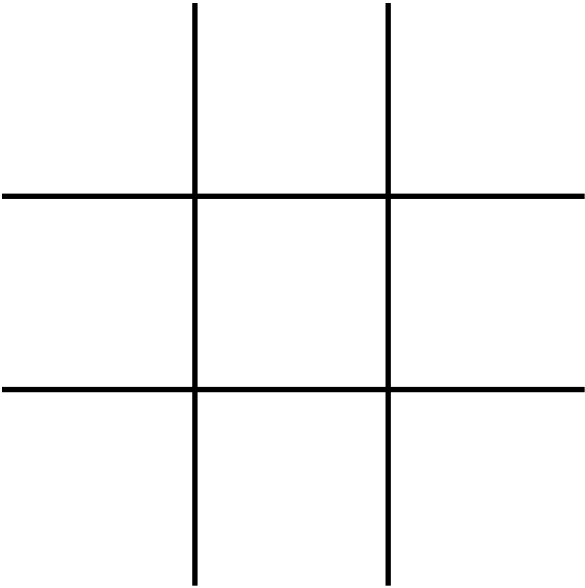
- Right to a Dignified Existence
- Right to Self-Determination
- Right to be Fully Informed
- Right to Raise Grievances
- Rights Regarding Access
- Rights Regarding Financial Affairs
- Right to Privacy
- Rights During Discharge and Transfer

Residents of assisted living, board and care, or other residential care 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:

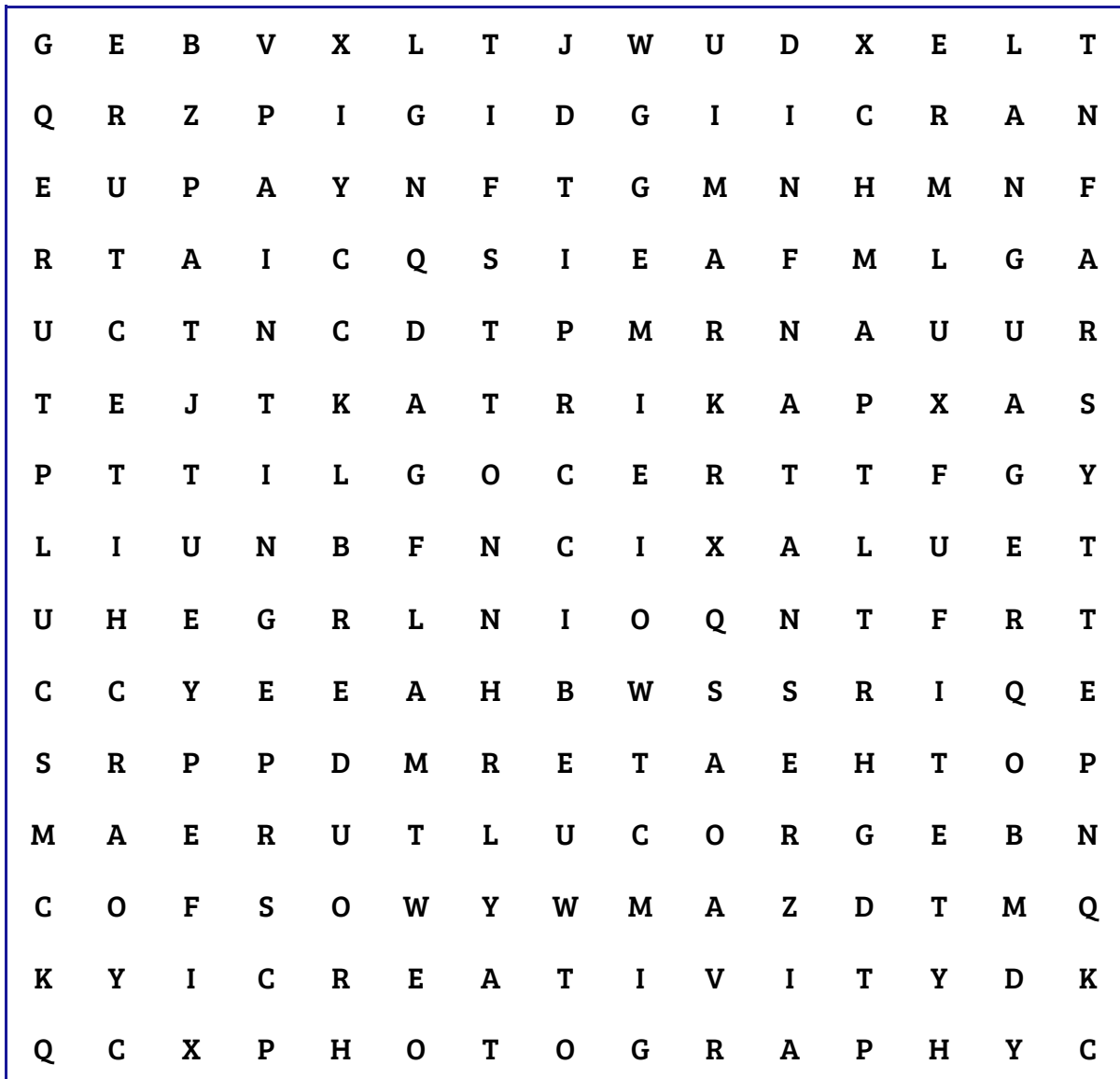
theconsumervoice.org/get_help

Tic-Tac-Toe



Art Word Search

A



Architecture

Dance

Inspiration

Music

Photography

Creativity

Digital

Language

Painting

Sculpture

Culture

Drawing

Literature

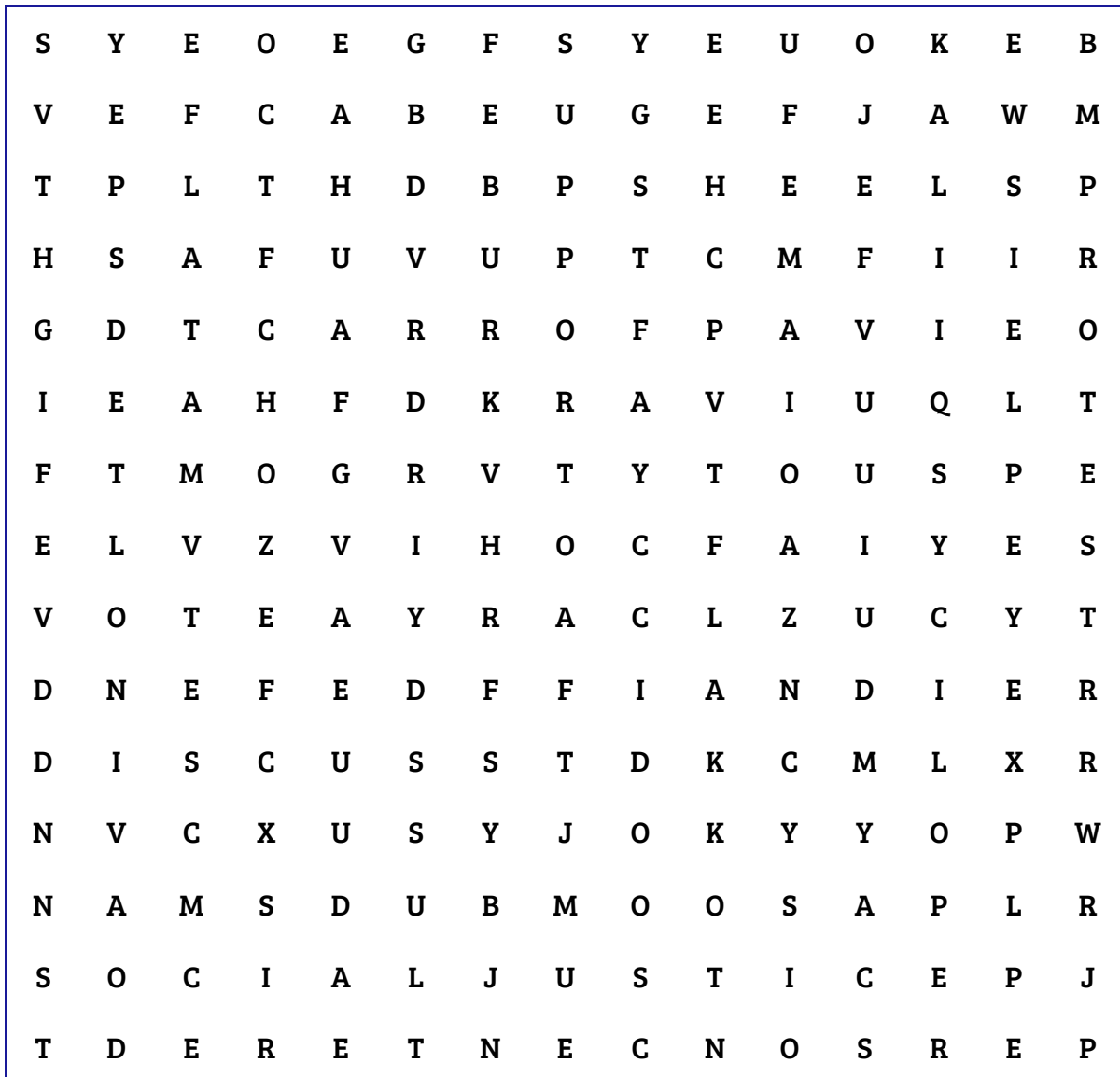
Performance

Theater

Find word search answers on page 14

Advocacy Word Search

B



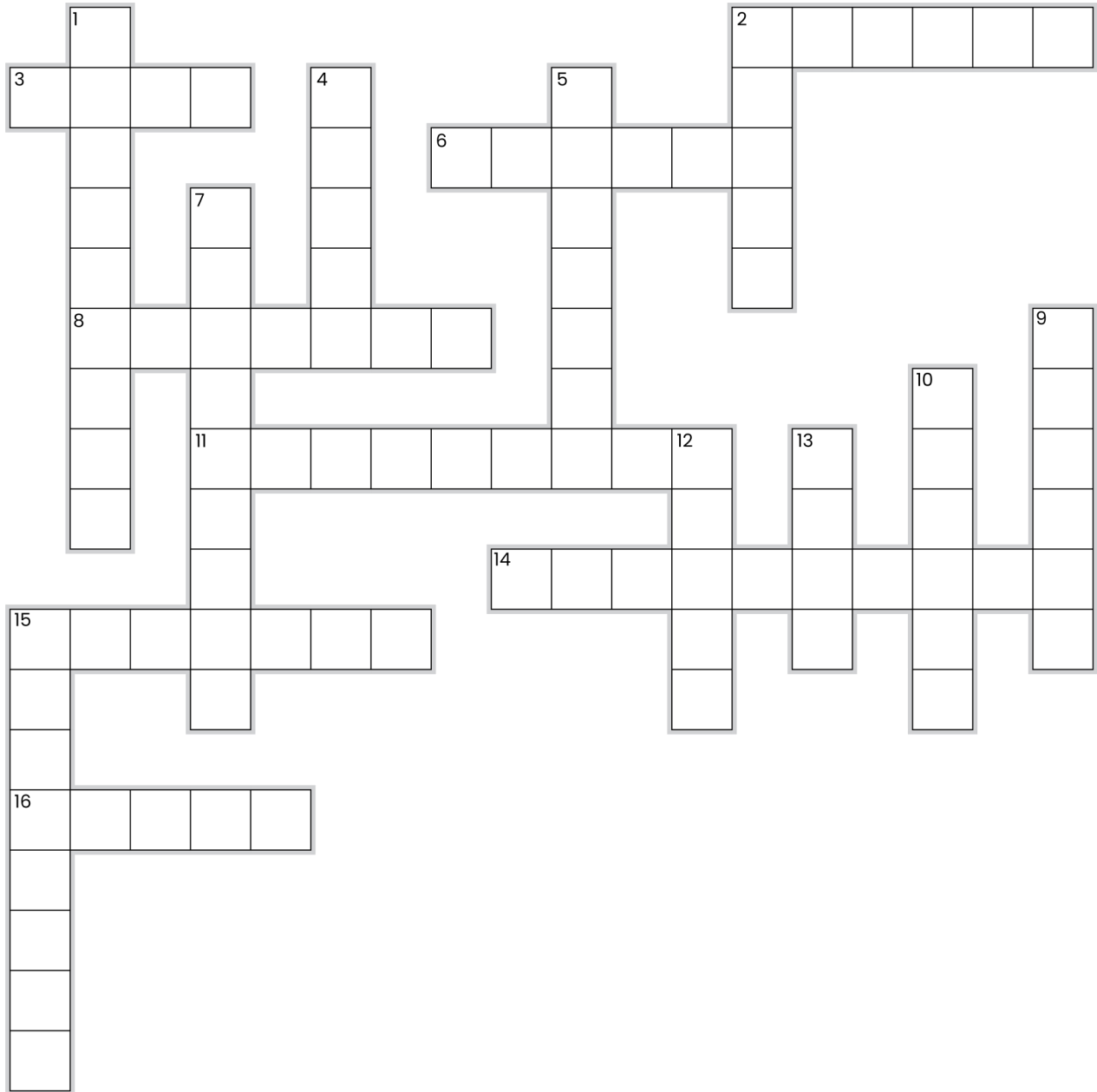
Activism
Defend
Empathy
Life
Policy
Self Advocacy
Voice

Cause
Discuss
Equality
Ombudsman
Protest
Social Justice
Vote

Data
Educate
Fight
Person Centered
Rights
Support

Find word search answers on page 14

Tune Teasers



ACROSS

- 2. Stringed instrument that comes in electric or acoustic
- 3. Group playing musical instruments
- 6. Small stringed instrument played with a bow
- 8. Complementary voices in a song
- 11. Ensemble in a symphony
- 14. Percussion instrument with jingling discs

15. Performance by a band or orchestra

16. Instrument with 88 black and white keys

DOWN

- 1. Brass wind instrument popular in jazz music
- 2. Artistic style or category - R&B or classical, for example
- 4. Speed of a musical piece
- 5. Musician who performs alone

7. Musical instrument also known as a mouth organ

9. Musical vocalist

10. Words of a melody

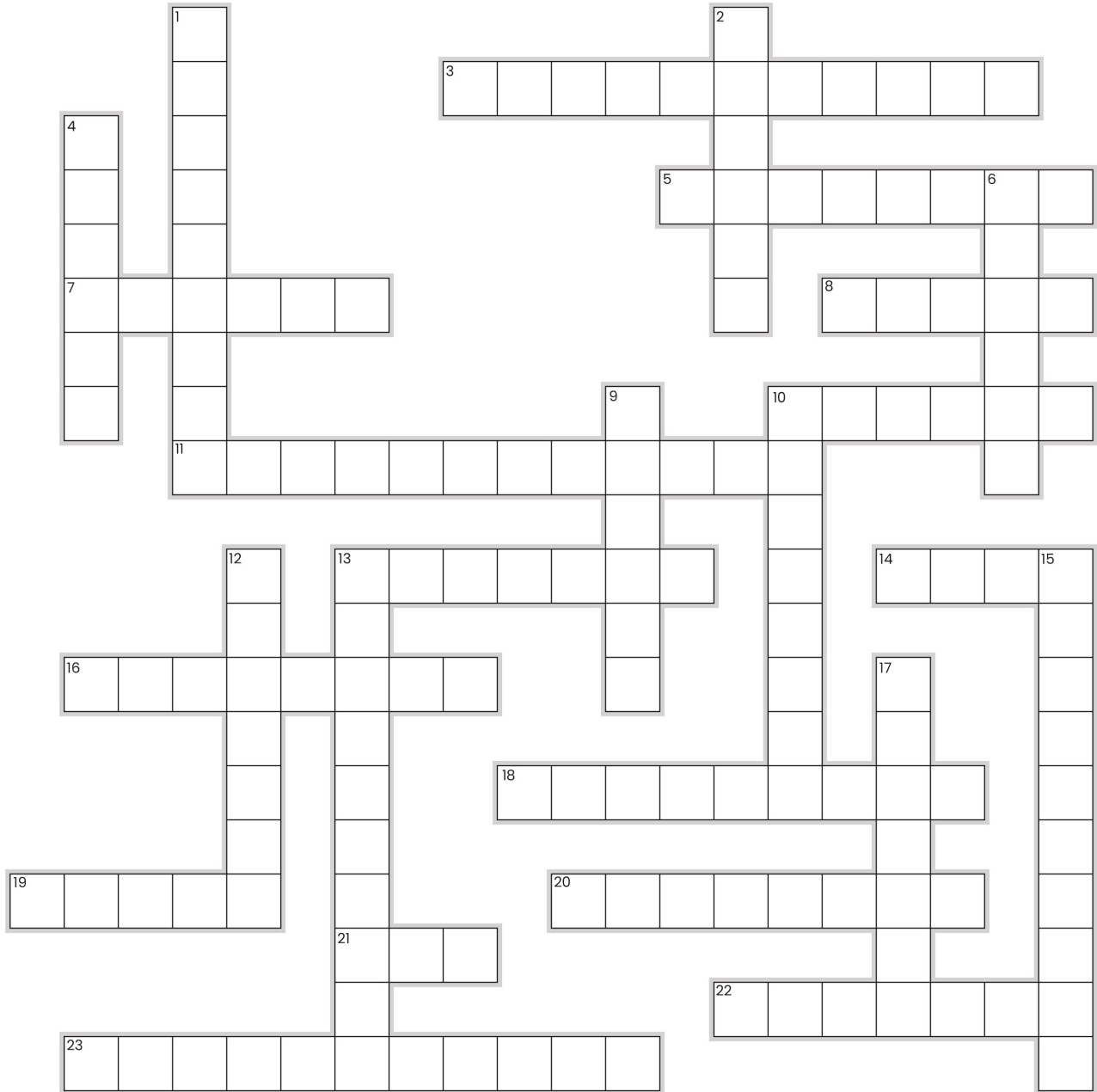
12. Collection of songs

13. Percussion instrument played with sticks

15. Someone who writes music, especially classical

Find crossword answers on page 15

Sports Stumper



ACROSS

- 3. Home of the Minnesota Vikings
- 5. Three goals in one game
- 7. Former Cavalier James
- 8. 2024 Summer Olympics host city in France
- 10. In golf, to start a hole
- 11. Parisian cycling race
- 13. Football players throw the ole _____ around
- 14. Catcher's hand gear
- 16. International soccer competition
- 18. Homerun with bases loaded

- 19. Older Williams tennis champion
- 20. Basketball shot (2 wrds.)
- 21. Boxing legend
- 22. Olympic toboggan on an icy track
- 23. Argentine soccer star who moved to Miami (2 wrds.)

DOWN

- 1. Aptly named Jamaican Olympic sprinter
- 2. Sand or water to a golfer, synonym for danger
- 4. Most decorated Olympian, swimmer

- 6. 2023 Super Bowl Winners from Kansas City
- 9. Baseball's Mr. Tiger, homerun hitter in Detroit
- 10. Distance for a first down in football
- 12. Boston basketball team
- 13. Newly popular court sport with paddles
- 15. US champion golfer
- 17. Milwaukee Bucks NBA star Antetokounmpo

Find crossword answers on page 15

Sudoku

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

E

F

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

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.

- [1] Who played the iconic role of Indiana Jones in the film "Raiders of the Lost Ark" released in 1981?
- [2] What was the name of the fictional character played by John Travolta in "Saturday Night Fever"?
- [3] Which President appointed the most Supreme Court Justices during their tenure?
- [4] Who won the first season of the reality TV show "American Idol"?
- [5] What was the name of the TV show that featured a group of friends living in a New York City apartment building?
- [6] Which musical group had a hit with the song "Dancing Queen"?
- [7] Which President signed the Lilly Ledbetter Fair Pay Act into law?
- [8] In the TV show "Cheers," what is the name of the bar where the characters gather?
- [9] Which President signed the Americans with Disabilities Act (ADA) into law?
- [10] In the movie "Back to the Future," what is the name of the time machine invented by Doc Brown?
- [11] In the movie "Top Gun," what is the call sign of Tom Cruise's character?
- [12] Which President initiated the Strategic Defense Initiative (SDI), also known as "Star Wars"?
- [13] Which toy line featuring creatures with big hair became popular in the 1980s?
- [14] Which sitcom featured a family known as the Huxtables?
- [15] What is the name of the social networking website founded in 2004 that gained immense popularity during the 2000s?
- [16] Which President was a peanut farmer?
- [17] What was the 22nd Amendment of the Constitution, ratified after FDR's presidency?

Find trivia answers on page 17

Share Your Story

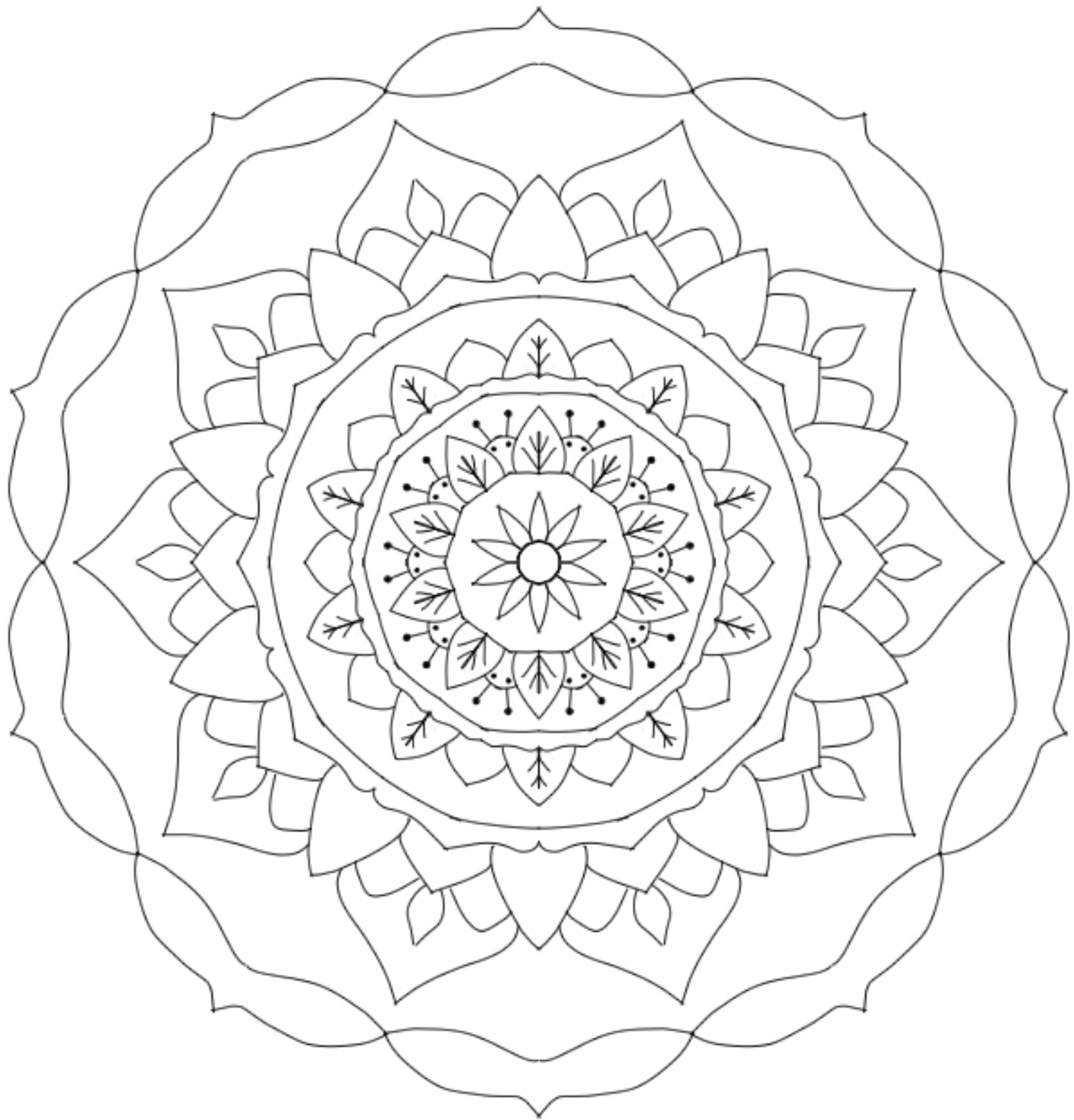
So much of our own life story includes connections—with people, places, pets, experiences. Using these prompts, take a moment to reflect and share your story. Either in writing or in conversation with others.

- Who are the most important people in your life, and how have they influenced your values and beliefs?
- Have you ever had a mentor or role model who inspired you to become a better person? What qualities did they possess that you admire?
- Are there any past friendships or relationships that taught you valuable lessons about trust, loyalty, or communication? What did you learn from those experiences?
- How do your current friendships contribute to your overall happiness and well-being?
- Reflect on the support system around you. How do your relationships and connections influence your ability to advocate for yourself?
- Have you ever experienced a significant disagreement or conflict with someone close to you? How did it affect your relationship, and what did you learn from the experience?
- How do you approach meeting new people and building connections? Are you open-minded and receptive to diverse perspectives?
- How do you handle disagreements or differences of opinion within your relationships? Are you open to compromise and finding common ground?
- What kind of legacy do you hope to leave in terms of the impact you've had on the lives of others?
- Are there any social or community causes that resonate with you deeply? How can you get involved and make a difference?
- How do you handle loneliness or feelings of isolation? Are there steps you can take to foster a sense of belonging and connection?
- What's a time you had to stand up for yourself or advocate for your needs? What was the situation, what actions did you take, and what was the outcome?
- How do you balance the need for self-advocacy with empathy and consideration for others' perspectives and needs?

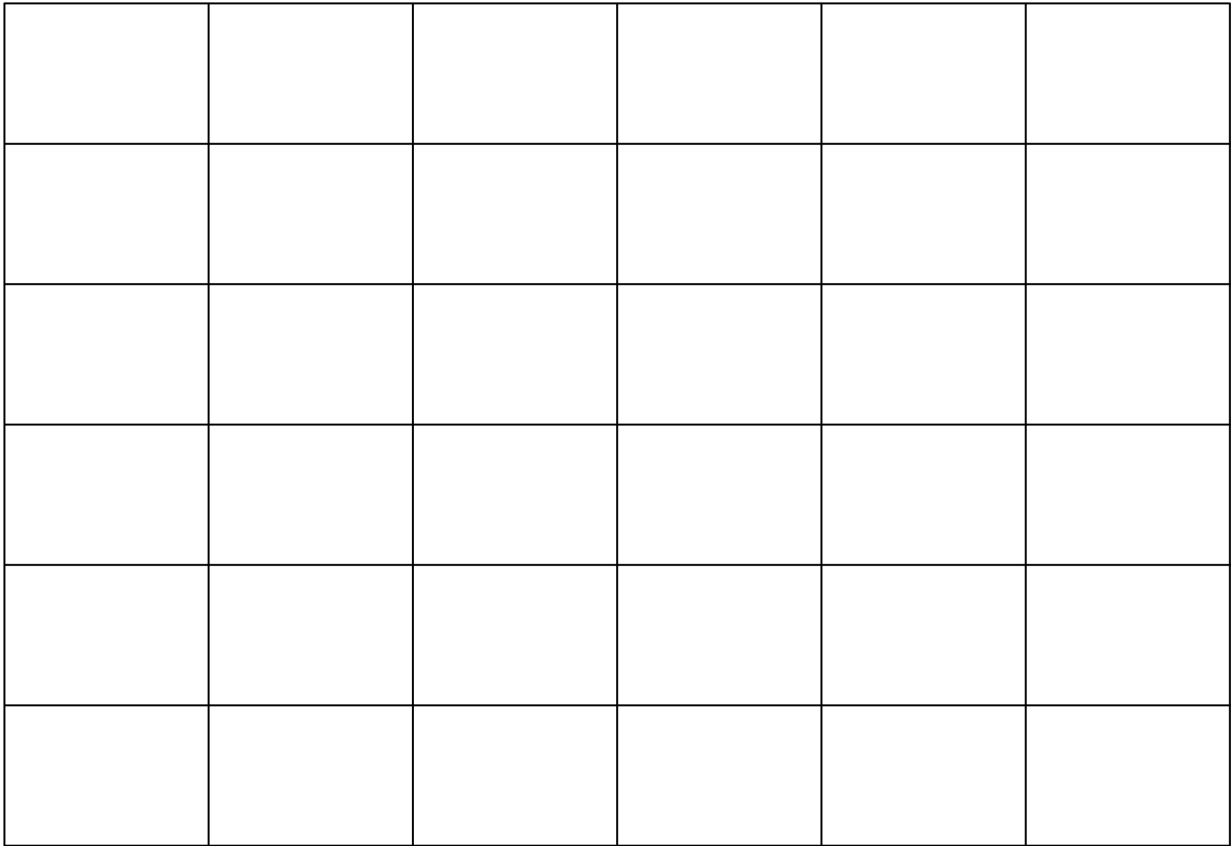
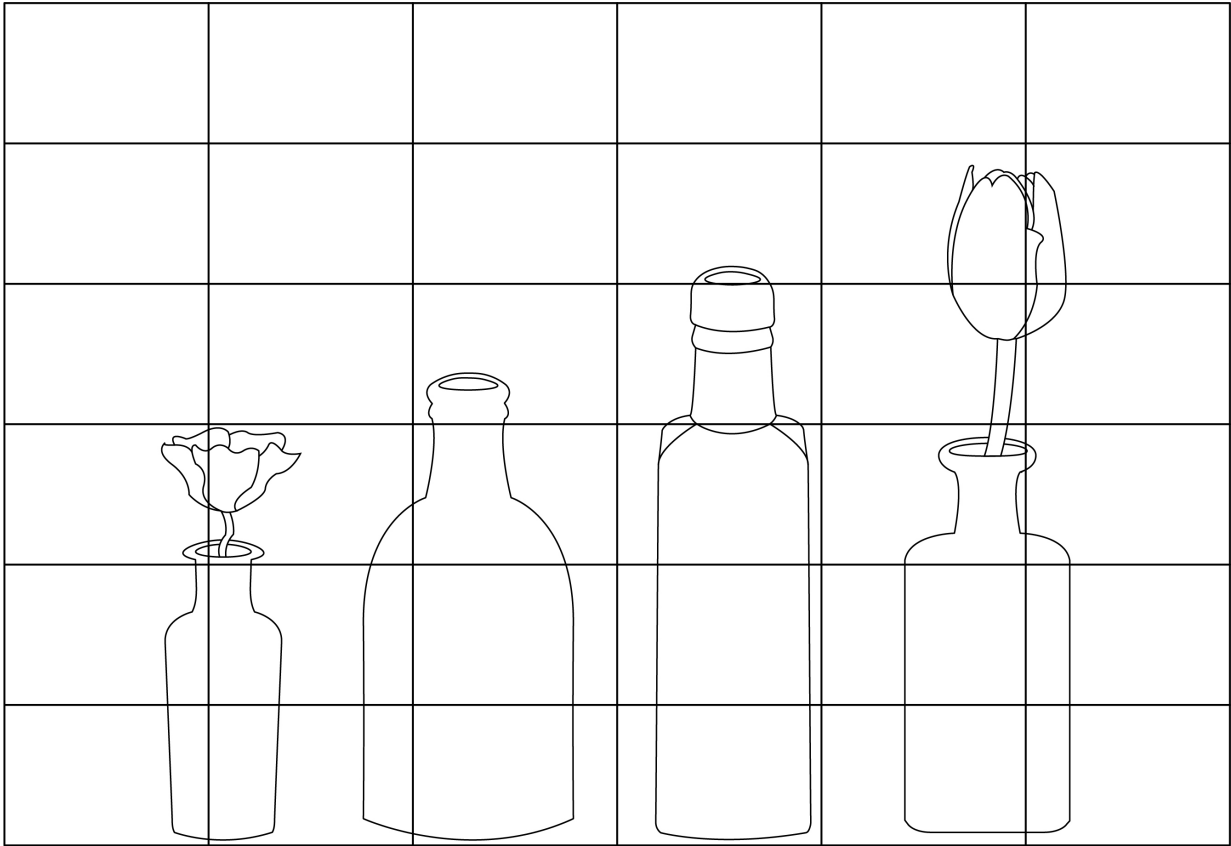
Icebreaker Scavenger Hunt

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.

Loves to read	Has met someone famous	Can speak two or more languages	Favorite color is purple	Enjoys singing
Has more than 5 children	Played a sport	Enjoys watching the news	Has a social media account	Has never driven a car
Favorite color is blue	Enjoys science	Enjoys riding roller coasters	Has traveled to over 30 states	Prefers cats to dogs
Has never flown on an airplane	Has a younger sibling	Has a fall birthday	Has been a part of a community group	Has attended a protest
Enjoys the theatre	Has been in the military	Enjoys taking photos	Plays an instrument	Favorite color is red
Favorite sport is basketball	Is the same age as you	Has more than one brother	Can ballroom dance	Has been on a stage



Copy the Drawing



Answer Keys

A

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

B

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

Tune Teasers



ACROSS

- 2. **GUITAR**—Stringed instrument that comes in electric or acoustic
- 3. **BAND**—Group playing musical instruments
- 6. **VIOLIN**—Small stringed instrument played with a bow
- 8. **HARMONY**—Complementary voices in a song
- 11. **ORCHESTRA**—Ensemble in a symphony
- 14. **TAMBOURINE**—Percussion instrument with jingling discs
- 15. **CONCERT**—

Performance by a band or orchestra

- 16. **PIANO**—Instrument with 88 black and white keys

DOWN

- 1. **SAXOPHONE**—Brass wind instrument popular in jazz music
- 2. **GENRE**—Artistic style or category - R&B or classical, for example
- 4. **TEMPO**—Speed of a musical piece
- 5. **SOLOIST**—Musician who performs alone
- 7. **HARMONICA**—Musical instrument also known as a

mouth organ

- 9. **SINGER**—Musical vocalist
- 10. **LYRICS**—Words of a melody
- 12. **ALBUM**—Collection of songs
- 13. **DRUM**—Percussion instrument played with sticks
- 15. **COMPOSER**—Someone who writes music, especially classical

Sports Stumper



ACROSS

- 3. **MINNEAPOLIS**—Home of the Minnesota Vikings
- 5. **HATTRICK**—Three goals in one game
- 7. **LEBRON**—Former Cavalier James
- 8. **PARIS**—2024 Summer Olympics host city in France
- 10. **TEEOFF**—In golf, to start a hole
- 11. **TOURDEFRANCE**—Parisian cycling race
- 13. **PIGSKIN**—Football players throw the ole _____ around
- 14. **MITT**—Catcher's hand gear
- 16. **WORLD CUP**—International soccer competition

- 18. **GRANDSLAM**—Homerun with bases loaded

- 19. **VENUS**—Older Williams tennis champion

- 20. **SLAMDUNK**—Basketball shot (2 wrds.)

- 21. **ALI**—Boxing legend

- 22. **BOBSLED**—Olympic toboggan on an icy track

- 23. **LIONEL MESSI**—Argentine soccer star who moved to Miami (2 wrds.)

DOWN

- 1. **USAIN BOLT**—Aptly named Jamaican Olympic sprinter

- 2. **HAZARD**—Sand or water to a golfer, synonym for danger

- 4. **PHELPS**—Most decorated Olympian, swimmer

- 6. **CHIEFS**—2023 Super Bowl Winners from Kansas City

- 9. **KALINE**—Baseball's Mr. Tiger, homerun hitter in Detroit

- 10. **TEN YARDS**—Distance for a first down in football

- 12. **CELTICS**—Boston basketball team

- 13. **PICKLEBALL**—Newly popular court sport with paddles

- 15. **TIGER WOODS**—US champion golfer

- 17. **GIANNIS**—Milwaukee Bucks NBA star Antetokounmpo

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

E

F

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

Trivia

- [1] Harrison Ford
- [2] Tony Manero
- [3] Franklin D. Roosevelt—appointed 9 Justices
- [4] Kelly Clarkson
- [5] Friends
- [6] ABBA
- [7] Barack Obama
- [8] Cheers
- [9] George H.W. Bush
- [10] DeLorean (outfitted with a flux capacitor)
- [11] Maverick
- [12] Ronald Reagan
- [13] Trolls
- [14] The Cosby Show
- [15] Facebook
- [16] Jimmy Carter
- [17] Introduced a two-term limit on presidents



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