



Notable Quotable

“The most luxurious possession, the richest treasure anybody has, is his personal dignity.”

~ Jackie Robinson, baseball Hall of Famer

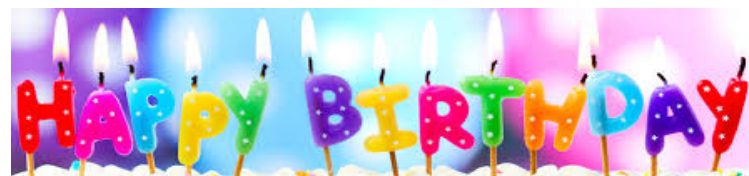
January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

- Paul Revere – January 1, 1735
- J.R.R. Tolkien – January 3, 1892
- Diane Keaton – January 5, 1946
- Zora Neale Hurston – January 7, 1891
- Elvis Presley – January 8, 1935
- Richard Nixon – January 9, 1913
- Julia Louis-Dreyfus – January 13, 1961
- Martin Luther King Jr. – January 15, 1929
- Vidal Sassoon – January 17, 1928
- Dolly Parton – January 19, 1946
- Neil Diamond – January 24, 1941
- Wolfgang Mozart – January 27, 1756
- Jackie Robinson – January 31, 1919

Happy January Birthdays!

- John Sarratori.....January 2nd
- Dolores ConnellyJanuary 2nd
- Rita Hardy.....January 3rd
- Eleanor Verbanic.....January 4th
- Donald Courtney.....January 4th
- Janice Koch.....January 5th
- Ed DeutschmanJanuary 13th
- Emily Forsyth.....January 15th
- Betty Clemen.....January 23rd
- Leo Majka.....January 27th
- Richard Keller.....January 29th
- Olive Keller.....January 31st
- Charles Pegan.....January 31st
- Monroe Frank.....January 31st



BRISTOL VILLAGE VOICE

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 BRISTOL HOMES CELEBRATING 150 YEARS!



Celebrating January

Polka Music Month

Change Your Stars Month

Book Blitz Month

First Foot Day
January 1

World Braille Day
January 4

Bubble Bath Day
January 8

International Kite Day
January 14

Thank Your Mentor Day
January 18

Big Wig Day
January 26

Understanding Resident’s Rights

Resident’s Rights for all residents living in Assisted Living, Long Term Care or any elder care facility were first evoked with the federal 1987 Nursing Home Reform Law. The rights were introduced to promote and provide residents with dignity and self-determination within the health care facility. Every resident should be familiar with these rights and Contact their ombudsman regarding any issues with these rights. This is the following list of resident’s Rights:

The Right to Be Fully Informed of:

1. Available services and the charges for each service
2. Facility rules and regulations, including a written copy of resident rights
3. Address and telephone number of the State Ombudsman and state survey agency
4. State survey reports and the nursing home’s plan of correction
5. Advance plans of a change in rooms or roommates
6. Assistance if a sensory impairment exists
7. Residents have a right to receive information in a language they understand (Spanish, Braille, etc.)

Right to Complain:

8. Present grievances to staff or any other person, without fear of reprisal and with prompt efforts by the facility to resolve those grievances
9. To complain to the ombudsman program

10. To file a complaint with the state survey and certification agency



Right to Participate in One’s Own Care:

11. Receive adequate and appropriate care
12. Be informed of all changes in medical condition
13. Participate in own assessment, are-planning, treatment, and discharge
14. Refuse medication and treatment
15. Refuse chemical and physical restraints
16. Review one’s medical record
17. Be free from charge for services covered by Medicaid or Medicare
18. Private and unrestricted communication with any person of their choice
19. During treatment and care of one’s personal needs
20. Regarding medical, personal, or financial affairs

Rights During Transfers and Discharges

21. Remain in the nursing facility unless a transfer or discharge:
 - (a) is necessary to meet the resident’s welfare

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LAST MONTH'S HAPPENINGS....*Christmas Festivities!*



Resident's Rights, cont:

- (b) is appropriate because the resident's health has improved and s/he no longer requires nursing home care;
 - (c) is needed to protect the health and safety
 - (d) is required because the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request
22. Receive thirty-day notice of transfer or discharge which includes the reason, effective date, location to which the resident is transferred or discharged, the right to appeal, and the name, address, and telephone number of the state long-term care ombudsman
 23. Safe transfer or discharge through sufficient preparation by the nursing home
- Right to Dignity, Respect, and Freedom**
24. To be treated with consideration, respect, and dignity
 25. To be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints
 26. To self-determination
 27. Security of possessions
- Right to Visits**
28. By a resident's personal physician and representatives from the state survey agency and ombudsman programs
 29. By relatives, friends, and others of the residents' choosing
 30. By organizations or individuals providing health, social, legal, or other services
 31. Residents have the right to refuse visitors
- Right to Make Independent Choices**
32. Make personal decisions, such as what to wear and how to spend free time
 33. Reasonable accommodation of one's needs and preferences
 34. Choose a physician
 35. Participate in community activities, both inside and outside the nursing home
 36. Organize and participate in a Resident Council

Taken from: <http://ltombudsman.org/issues/residents-rights>