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Good afternoon,

Now that the solar eclipse is over you've got something new to look forward to and it's Residents' Rights Month, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities. It is an opportunity during the month of **October** to focus on and celebrate awareness of dignity, respect and the rights of each resident.

This year's theme, "**It's All About Me: My Life, My Care, My Choices**" highlights residents' rights to choose their own schedule and activities, communicate how and with whom they choose, be an active partner in directing their care, and be treated as an individual with unique wants and needs. Residents' Rights Month is an opportunity for staff, families, ombudsmen, residents and other advocates to emphasize the rights of residents, hear from residents about what quality of life means to them, and refocus on promoting self-determination among residents.

If you would like to help residents celebrate Residents' Rights Month email me at [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov)

Cindy Tabor, Pennyriple District LTC Ombudsman