



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!

Robena Graham.....January 21st



BRISTOL HOME *Happenings*

January 2018

1500 Main Street Buffalo, NY 14209 ♦
 Serving WNY Women since 1868 ♦ Issue 150 vol 1
 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
- Right to Privacy & Confidentiality**
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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Foster earned \$15,000 during his lifetime; today his songs are worth millions.

An American Original

Stephen Foster has been called America’s first pop artist, thanks to the musical artistry he put into penning some of the 19th century’s most memorable songs. You may not be familiar with all 200 of his hits, but his classics “Oh! Susanna,” “Camptown Races,” and “Old Folks at Home” (known as “Swanee River”) have earned their rightful place in America’s national songbook. Don’t be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal schooling, Foster taught himself how to play the

clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, “Oh! Susanna,” as a teenaged member of a secret society known as the “Knights of the S.T.” (Square Table). “Oh! Susanna” eventually became the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It was during this time in his life that he wrote “Hard Times Come Again No More.” Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for any of his compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved status at the forefront of America’s artistic elite.



Charles Sherwood Stratton became a global celebrity in the 19th century.

Little Man Big Success

was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton’s hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and

enamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America’s Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon at the White House.

Last Month's Happenings



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>