



The Beacon

A Newsletter for Long-Term Care Residents

November 2023

Join the Dialogue: The Value of Resident and Family Councils



As long-term care residents, you are the experts of your own experiences. And your friends and family members are often your best advocates. So it is only natural that councils led by you and your families can play a crucial role in making long-term care more livable.

Join the New Jersey Office of the Long-Term Care Ombudsman and advocacy group FACE NJ for an informative, online discussion about resident and family councils. The event will be held Thursday, Nov. 9 at 6 p.m. Register at <https://tinyurl.com/2p8behmt>.

Presenters during the online event will include resident council members, a family council member, and a representative of a care provider. The discussion will cover what resident and family councils are, why they are important, and how to establish and support them.

Join our online discussion Thursday, Nov. 9 at 6 p.m.

Register at <https://tinyurl.com/2p8behmt>.



Thankful for Veterans

Every year during this month of giving thanks, we set aside November 11 to honor veterans and show gratitude for their service to our nation.

This Veterans Day, let the veterans in your life know how much we appreciate the sacrifices they made on our behalf.

Your Vote is Your Voice



Election Day is Tuesday, Nov. 7. All 120 seats in the New Jersey Legislature are up for election this year, and there is still time to make your voice heard. If you are registered to vote and have not yet returned a mail-in ballot, you have three possible ways to vote.

—**Vote-by-mail ballots** must be completed and...

- Postmarked and mailed; OR
- Placed in a secure ballot drop box; OR
- Delivered to the Board of Elections in your county...

...BEFORE 8 p.m. on Tuesday, Nov. 7.

—**In-person, early voting** is available through this Sunday, Nov. 5.

—**You may vote at your polling location** on Tuesday, Nov. 7.

Visit the New Jersey Voter Information Portal at <https://tinyurl.com/yz275s7a> to learn more about in-person voting or to find your polling location and secure ballot drop boxes.

Nursing homes are required to help you exercise your right to vote. If you have concerns about being able to vote, call 1-877-582-6995.

REMINDER: Help Improve Minimum Staffing Rules

Monday, Nov. 6, is the deadline to submit comments on proposed minimum staffing requirements for nursing homes.



You may submit comments online at <https://tinyurl.com/2y7juzsk>.

For assistance, contact our Director of Community Engagement at 609-690-4740 or community@ltco.nj.gov.

HAPPY THANKSGIVING

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

SQUASH, STUFFING, TURKEY, CORN,
GRAVY, PUMPKIN



New Jersey Office of the Long-Term Care Ombudsman

Laurie Facciarossa Brewer, LTC Ombudsman

www.NJ.GOV/LTCO

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