



The Beacon

A Newsletter for Long-Term Care Residents

October 2025



October is Residents' Rights Month, an annual celebration led by the National Consumer Voice for Quality Long-Term Care to highlight the value of listening to and empowering long-term care residents.

Residents from across the nation submitted poems, letters, artwork, and videos echoing the theme ***Stand with Me***, which emphasizes the importance of solidarity and support for residents who stand up and advocate for their rights.

Visit theconsumervoice.org/2025-residents-rights-month/#entries to view the residents' submissions.

Flu, COVID-19 Vaccines Available to All Residents

COVID-19 is back — *did it ever really leave?* — but the good news is that any resident who wants a vaccination can get one, under an executive directive by the state Department of Health.

The vaccines are proven safe and effective in protecting against severe illness, hospitalization, and death. Vaccination is vital for people age 65 and older, those at risk of severe COVID-19, and anyone who has never been vaccinated.



Ask a nurse or other staff member at your nursing if you wish to have a flu or COVID-19 vaccine. If you are denied access to the vaccines, call **877-582-6995**.

RESIDENTS' RIGHTS CORNER: FRESH AIR AND SUNSHINE



You have a right to leave your nursing home during the day, and the Office of the Long-Term Care Ombudsman (LTCO) believes this applies to day trips, overnight stays with relatives, or simply spending a little time outside.

There are proven health benefits to fresh air and sunshine. Autumn is a great time to get outside and soak up those benefits before winter weather arrives.

Let a staff member know if you want to go outside. Or seek out the activities director to see if outdoor activities are available. If you are not getting anywhere, tell the administrator or bring up the issue at Resident Council.

If you feel your rights are being violated, call the LTCO at **877-582-6995**.

WHAT'S UP WITH THE PNA?

The state Legislature is in recess but will return to Trenton in early November. **Bill A3908/S3319**, which would raise the personal needs allowance from \$50 to \$140 a month, needs Senate and Assembly approval, along with Gov. Murphy's signature, before the legislative session ends **Jan. 13, 2026**.

TIME TO VOTE! Registration Deadline is Oct. 14

New Jersey voters will elect a new governor and all 80 members of the state Assembly in November. If you are not yet registered, there is still time. ***Not sure of your registration status?*** Visit [VOTE.NJ.GOV](https://www.nj.gov/vote) and click *Register to Vote!*

You can look yourself up and learn how to register online, by mail, or in person. **The registration deadline is Tuesday, Oct. 14.**

More questions? Download our Election Guide at [WWW.NJ.GOV/LTCO](https://www.nj.gov/LTCO).

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 <small>Full moon</small>	7	8	9	10	11
12	13 <small>Columbus Day</small>	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FALL WORD SEARCH

ORANGE

FALL

HALLOWEEN

BAT

OCTOBER

OWL

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

PUMPKIN

TREAT

CANDY

PATCH

COSTUME

TRICK

New Jersey Office of the Long-Term Care Ombudsman

Laurie Facciarossa Brewer, LTC Ombudsman

[www.NJ.GOV/LTCO](https://www.nj.gov/LTCO)

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