

OMBUDS BULLETIN

I'm a bud, you're a bud, we're Ombuds!

March 2025

A MONTHLY BULLETIN PUBLISHED THROUGH THE LOUISIANA LONG-TERM CARE OMBUDSMAN PROGRAM

Empowering Choice, Enhancing Care by Making Residents' Voices Heard

Empowered residents are the heart of our mission. The more they engage in problem-solving, the more control and purpose they gain. As Ombuds, we ignite this spark—one conversation at a time.

Upcoming Events

Coffee & Cases:

First Monday of the month, 9:30-11:00am

- **March 10 - Open Discussion**
- **April 7 - PACE Program, Jeanne Abadie**
- **May 5 - Open Discussion**
- **June 2 - NOAGE, Jim Meadows**

Make Resident Voices Count!

National Consumer Voice is calling on all residents in nursing homes and assisted living facilities to share their experiences—because their voices matter! Responses will help shape national advocacy efforts.

Encourage residents to participate:

<https://www.surveymonkey.com/r/7SFSP5X>

Deadline: March 28, 2025.

Growing Our Ombudsman Team

Our program is expanding! Four Ombud Interns have successfully completed their classroom training and are now shadowing certified Ombuds in Baton Rouge, New Orleans, and Shreveport. Stay tuned for introductions once they complete their certification!

Ombudsman Certification Training: Do You Remember?

Are these complaints? 🤔

- “The facility is going to kick me out, can you do something?”
- “One aide is rude, but I don’t want you to say anything.”

What about Emergency Transfer Logs?

- Are you receiving them?
- What do you do with them?
- If not, how do you follow up?

Ever been asked to leave a facility for ‘riling up’ residents by discussing their rights?

Let’s talk about it during our next Coffee & Cases!

Book Spotlight: Ageless Aging

AARP recommends *Ageless Aging: A Woman’s Guide to Increasing Healthspan, Brainspan, and Lifespan* by Maddy Dychtwald. Women are living longer, but many spend their final years in poor health. This book provides science-backed strategies on fitness, nutrition, sleep, and cognitive health to help women live longer and better.