

**Attention Long-Term Care Ombudsman Volunteers:**

**Here's a few things that will help you be a really GREAT Volunteer Ombudsman on the job! Here's a:**

**Toothpick— PICK OUT** only the good qualities in others

**Rubber Band— Be FLEXIBLE**, things don't go the way they should always!

**Pencil and Eraser—L IST** those blessings and recognize everyone makes some **MISTAKES**

**Mint Chewing Gum—STICK**with volunteering because you are worth a **MINT!**

**Tea Bag—RELAX** and think about all those residents who have benefited from your visits!

**Candy Kiss- Because WE APPRECIATE YOU!!!**

**HAPPY BELATED  
NATIONAL VOLUNTEER  
WEEK 2005  
(IT WAS LAST WEEK!!)**

**Ombudsman Staff  
in Missouri think  
you are PRICELESS!!**

**Compliments of:  
MARC Long Term Care  
Ombudsman Program  
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(816) 474-4240**