

January 2019

February 13, 2019 | 2:30 to 3:30 pm – Live Webinar: **Residents' Councils and Family Councils: Key Distinctions and Opportunities for Collaboration**

Guest Speakers: Samantha Peck, Family Councils Ontario, Director of Communication and Education and Melissa McVie, OARC's Education and Home Support Facilitator

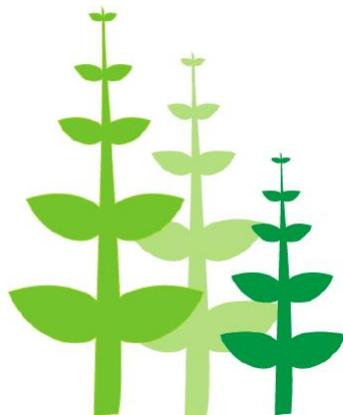


Residents' Councils and Family Councils each play significant roles in long-term care homes across Ontario. These self-governing groups share common goals and guiding legislation, but it is important to understand the differences between them. Join us and learn how to harness the powers of Residents' Councils and Family Councils. Participants will gain an understanding of each Council – their importance, roles, responsibilities, functions and strengths. Using scenarios and case studies, Samantha and Melissa will offer ideas to optimize times to collaborate and discuss how to get the most out of Residents' Council and Family Council collaboration.

Register here: <https://attendee.gototraining.com/r/6117837023091269122>

March 13, 2019 | 2:30 to 3:30 pm – Live Webinar: **Spring Forward: Tips and Hints on Making the Most of Horticultural Activities**

Guest Speaker: Nancy Lee-Colibaba, Horticultural Therapy Coordinator, Royal Botanical Gardens, Burlington



Are horticultural plans on your Residents' Council agenda? Join horticultural therapy expert Nancy Lee-Colibaba as she shares tips and hints to make the most of your plans. From indoor small potted plants to outdoor gardens, horticultural activities offer moments of peace and wellbeing. Sharing practical advice and ideas for projects, Nancy will highlight some of her expert advice to get you started. Residents' Councils will be provided with inspiration to create their own activities.

Register here: <https://attendee.gototraining.com/r/7325621960761846530>

Mark your Calendar for Upcoming Webinars

JOIN OUR WEBINARS



Join OARC for live, interactive, free, monthly webinars addressing Residents' Council needs and trends.

- **March 13, 2019 - 2:30 to 3:30** - Spring Forward: Tips and Hints on Making the Most of Horticultural Activities – [Register Here](#)
- **April 10, 2019 - 2:30 to 3:30** - Residents Welcoming Residents: Peer Support Opportunities to Enhance the Transition to Long-Term Care – [Register Here](#)

SAVE THE DATES for 2019 Live Webinars

- May 8, 2019 – 2:30 to 3:30
- June 19, 2019 – 2:30 to 3:30 (please note change in June date)
- July 10, 2019 – 2:30 to 3:30
- August 14, 2019 – 2:30 to 3:30

Check out our [website](#) for detailed descriptions of the webinars listed above. *Our webinars are designed with residents in mind and are open to team members/staff and residents of long-term care*

*homes. *All LIVE webinars are recorded and posted on the "[Archived Webinar](#)" webpage on OARC's website.*

NEW RESOURCE: Audio/Visual versions of the Residents' Bill of Rights

Looking for ways to make Residents' Bill of Rights education more inclusive at your home? OARC has created audio/visual recordings to better meet the changing needs of residents living with sensory changes and impairments.

A simple visual/audio and audio only version of the Residents' Bill of Rights, Long-Term Care Homes Act, 2007, c. 8, s. 3 (1). The resources are posted on OARC's *Through Our Eyes* webpage <http://www.ontarc.com/through-our-eyes.html> and can be accessed here:

- **Visual and Audio:** <https://youtu.be/UbHUKcJPdy0>
- **Audio Only:**
http://www.ontarc.com/assets_publications/TOE/RBR/20190108AudioRBREnglish.wma

Villa Leonardo Gambin Shares: Residents' Bill of Rights Translated to Italian



A big THANK YOU to the Residents' Council and team members for sharing their efforts to translate the Residents' Bill of Rights (LTCHA, 2007) to Italian with other long-term care homes and residents.

Villa Leonardo Gambin has embraced person-centered care by sharing residents' rights in many of their residents' first/preferred language. [Click here](#) to download the Italian version of the Residents' Bill of Rights (LTCHA, 2001).

Villa Leonardo Gambin's Residents' Council with team members, including Stephanie Romano, Director of Resident and Family Services and Umang Khare, Director of Support Services

If your home has developed/translated the Residents' Bill of Rights into a language other than English or French, and is willing to share this resource, we'd love to hear from you!

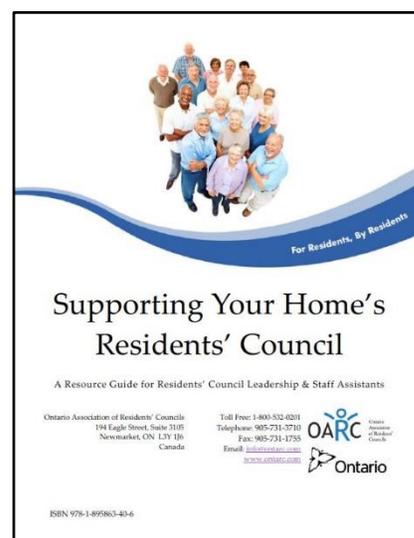
Educating residents, team members, and other stakeholders about the Residents' Bill of Rights is a necessary and ongoing effort taking place at every long-term care across the province. At OARC, we are committed to making resident rights education as accessible and meaningful as possible. To enhance current efforts, the OARC team has recently started to collect and compile an inventory of the Residents' Bill of Rights translated into different languages, to better support homes serving residents of diverse cultural backgrounds. Every resident deserves to have a copy of the Bill of Rights in their first/preferred language to promote/enhance their understanding, and the team at OARC is hoping to make this possible through this initiative.

Contact: Melissa McVie, Education and Support Facilitator, mmcvie@ontarc.com 905-731-3710 x 260

OARC's Resource Guide Refresh

OARC's popular Resource Guide, entitled, "Supporting Your Home's Residents' Council" was published and distributed to all long-term care homes across Ontario about six years ago, to help Residents' Council Leaders, Residents' Council Assistants, and home Administrators support and sustain effective Councils in their homes.

In the coming year, OARC's Education team will be releasing some updated content for this resource, reflective of culture change in long-term care, and some of the current language and best practices. These refreshed sections will be released with companion videos that summarize the content and highlight some of the changes we've identified. Upon each release, you will be directed to print and replace pages in your home's hardcopy of the guide. You may also access the digital version of the full Resource Guide on the OARC website: <http://www.ontarc.com/tools.html>



This month, OARC has streamlined and re-released Section One of the Guide, which is available here: http://www.ontarc.com/documents/ResourceGuide/RG_Section1_2019.pdf
Please note that this is an introductory section and there is no accompanying video.

Residents' Councils Matter – Join our Culture Change Journey

Your Residents' Council is IMPORTANT and positively contributes to the quality of living in your home. OARC is instrumental in educating, supporting and advocating for Residents' Councils in long-term care. OARC Board members sit at government and long-term care home community tables to support and represent what is important to long-term care residents across Ontario. OARC membership renewal notices will arrive at your home in February. We value your membership and look forward to welcoming you for another year of Residents' Council education and activities. Annual membership dollars help us to travel further and more frequently to reach residents province-wide for education and in-person support as well as supporting special projects and resident-centred initiatives.

[Ontario Long Term Care Association & Ontario Retirement Communities Association's Together We Care Convention & Trade Show](#)

April 1-3, 2019, Toronto Congress Centre, Toronto

Together We Care 2019 is Canada's largest gathering of long-term care and retirement home professionals. With more than 1,200 delegates and over 250 exhibitors, this year's event will feature exceptional keynote speakers and educational sessions that cover a range of hot topics in both the long-term care and retirement community sectors.

Registration is now open. For more information, please visit the [conference website](#).

Celebrate Residents' Councils – Share your Stories

Celebrate Residents' Councils! Do you have a story about a project, event or program that was supported or created by your home's Residents' Council that you would like to share and celebrate with other residents? Submit your stories for the chance to be featured in OARC's publication, Seasons. We'd love to hear from you!

To share your story email Melissa McVie at mmcvie@ontarc.com with the following information:

- PICTURES – we love sharing your pictures
- Submission title and authors
- 500-word (maximum) story summary of the event, project, program
- Your contact information

Questions? Contact Melissa McVie at 1-800-532-0201 x 260

The OARC Office has moved to Newmarket

OARC moved on September 12th, 2018 and our new address is:

Ontario Association of Residents' Councils
c/o York Region Newmarket Health Centre
194 Eagle Street, Suite 3105, Newmarket, ON L3Y 1J6
905-731-3710 | 1-800-532-0201 | F 905-731-1755

Our new office resides in a long-term care home and our phone, and fax numbers have remained the same.

OARC Representing Residents' Councils

Working with our Ministry of Health and Long-Term Care (MOHLTC) and Stakeholder Groups as members of various committees, residents attend and provide their lived experience to government and sector leaders through:

- Ministry of Health and Long-Term Care:
 - Long-Term Care Stakeholder Liaison Committee
 - Long-Term Care Quality Improvement Program
- Behaviour Supports Ontario:
 - Advisory Group
 - Integrated Teams Collaborative
 - Lived Experience Advisory Group
 - Non-Stigmatizing Language Expert Panel
- CLRI Provincial Steering Committee
- Health Quality Ontario:

- Resource Development Advisory Group
- Long-Term Care Practice Report Advisory Committee
- Transitions from Hospital to Home Advisory Group

We encourage you to bring this information to the next Residents' Council meeting in your home. We love to hear from you... Call, write or email us with your questions, suggestions and stories.



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