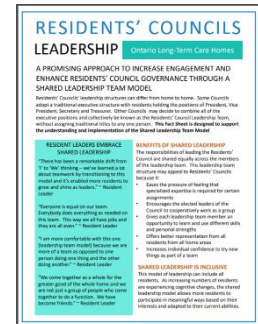


Residents' Council – Shared Leadership

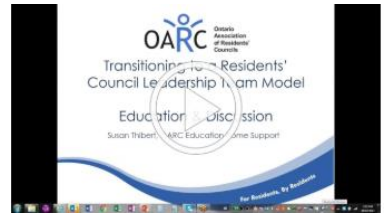
Residents' Councils' leadership structures can differ from home to home. Some Councils adopt a traditional executive structure with residents holding the positions of President, Vice President, Secretary and Treasurer. Other Councils may decide to combine all the executive positions and collectively be known as the Residents' Council Leadership Team, without assigning traditional titles to any one person.



Shared leadership is inclusive. A model of shared leadership can include all residents. As increasing numbers of residents are experiencing cognitive changes, the shared leadership model allows more residents to participate in meaningful ways based on their interests and adapted to their current abilities.

If your Residents' Council is thinking of changing or enhancing their leadership structure you may wish to consider the Shared Leadership Team Model:

1. Discuss and examine leadership options
2. Decide on the trial period of the chosen leadership model
3. Identify potential resident leaders
4. Determine if an election is necessary
5. Evaluate the trial model and update the bylaws



For an introduction to Shared Leadership Model and to access the free OARC video, please see the resource links below:

1. Common Residents' Council Structures and Leadership Options/OARC Resource Guide (see pages 51-54, 70-78):
http://www.ontarc.com/documents/ResourceGuide/2019RGuide_Complete.pdf
2. Residents' Councils and Shared Leadership:
<http://www.ontarc.com/documents/factsheets/122018OARCFactSheetSharedLeadership.pdf>
3. Transitioning to a Shared Leadership Model Webinar: https://youtu.be/weG_zlt6hTo

Connecting with the Community: Contacting Your Member of Provincial Parliament (MPP)

There are times when it might be appropriate and advantageous for Residents' Councils to contact their local MPPs, either by telephone or in writing. Your Council may decide to extend an invitation to have your MPP visit/tour your home, attend a Council meeting as an invited guest, or participate in a special event or fundraiser. Councils may reach out to their MPP to raise awareness, celebrate good news stories, or to seek support about a specific concern (at the LTC home or community-level). [Connect with OARC's website](#) to learn more about contacting your local Member of Provincial Parliament.

Membership with Ontario Association of Residents' Council (OARC)

Formed by residents living in long-term care homes over 30 years ago, OARC has grown to be a central place for Residents' Councils.

Focusing on education, tools and support, OARC empowers Ontario long-term care residents to understand their rights, share their lived experience, and inspire a better tomorrow. Your Residents' Council membership with OARC helps make this happen by supporting our efforts to help educate and coach Councils. **Membership renewal notifications were sent to your Residents' Council Assistants on February 12th and if your Council is not already a member of OARC, please consider joining our over 400 Residents' Council members.**

Do you have questions about membership? Please contact Jennifer Langston, Client Relations and Project Manager jangston@ontarc.com 1-800-532-0201 x220



Now Accepting Visa and Mastercard for Membership Fees!

Pay Now

March 18 – 2:30-3:30 pm | OARC Live Webinar - Residents Exploring Resiliency in Times of Grief and Loss in Long-Term Care Homes



Tara Cohen, MSW, RSW, Program Manager –
Champlain Hospice Palliative Care Program; Pamela
Grassau, PhD, MSW, BSW, Assistant Professor,
School of Social Work, Carleton University

Residents living in long-term care homes experience different types of loss and associated grief, including the loss of friends/peers on a regular basis. Join our guest presenters, Pamela Grassau and Tara Cohen, as they explore the realities of loss and grief in long-term care. This webinar will look at ways to attend to our emotions and needs, strengthen self-compassion and resiliency in order to enhance well-being. Together, we will honour the simultaneous joy and suffering that may be present during the grieving process. OARC Board members will share how their homes' residents are engaged in Palliative Care committees and related home efforts as well as finding ways to celebrate the memories of lost

friends. This webinar may appeal to Residents' Councils, residents and their supportive partners including team members, family and friends.

Special Note: We are mindful that this webinar may bring up feelings of grief and sadness. If you feel overwhelmed, we invite you to pause and settle yourself – give yourself permission to stop listening/watching at any time and then resume watching webinar later when you are ready. Please talk to the social worker at your long-term care home should you require further support. **Register here:** <https://attendee.gototraining.com/r/827875485630269441>

Call for Working Group Members – By Us For Us



The Murray Alzheimer Research and Education Program (MAREP) is currently seeking people living with dementia and their care partners to join a working group to help develop a new By Us For Us guide. By Us For Us guides are developed by people living with dementia and/or care partners. This new guide will focus on tips and strategies for how to reduce social isolation. [Click here](#) to learn more about the working group. **If you are interested please contact Sian Lockwood by March 31st at sian.lockwood@uwaterloo.ca. 519-904-0660 x 4112.**

Welcome New OARC Board Member, Murray Woodcock



Murray was born in his family home in Maple Lake, near Haliburton, Ontario during what he refers to as the “worst recession.” He’s a passionate leader and advocate with the ability to inject levity and maintain a positive outlook even during difficult times. Murray enjoyed a varied career in retail and personnel management overseeing over 75 team members. His extracurricular interests included membership with the Bramalea Rotary Club for over 20 years and a role as President of the Board of Directors for the Bramalea City Centre Merchants Association for 10 years.

Murray has been connected to long-term care (LTC) for the last decade, first as a family member and more recently, as a resident. Murray was a devoted caregiver to his wife for 15 years, supporting her through her journey with Alzheimer’s Disease. Her eventual transition to LTC, followed by his own move four years ago through spousal reunification, has allowed him to experience the nuances of LTC while navigating some of the challenges first-hand.

Murray has worked with and on behalf of many people his entire life, and he’s not afraid to speak out on issues of importance to him. He is passionate about senior care and is committed to mobilizing efforts that enrich the lives of residents and team members and ensure that people are cared for in the most dignified way possible. He is a champion of culture change and person-centred language.

Murray’s involvement with his home’s Residents’ Council has allowed him to draw on his leadership and people skills and make peace with the unexpected life events that resulted in his move to LTC. He shared, “I approached moving in with considerable anxiety and now I feel like it’s my second home.” Murray currently serves as President of the Residents’ Council at Extendicare Brampton, where he is described as being articulate, solutions-oriented and team-driven

Murray was invited to join the OARC Board as Delegate member in January 2020.

Inspiring Activation Coordinators at George Brown College



OARC Board Directors Devora Greenspon and Jamie Ward welcomed the opportunity to co-present with Education and Home Support Facilitator Melissa McVie at George Brown College on February 19th.

The OARC team presented to a group of second-year students in the Activation Co-ordinator/ Gerontology program. Devora and Jamie opened the 90-minute lecture with impactful stories of their respective health challenges and life events that preceded their move to long-term care. They spoke about culture change in the sector and the role that students/ new graduates can play in creating home environments that celebrate and support Residents’ Councils and encourage residents to contribute in meaningful ways based on their unique interests and strengths.

A big thank you to Cindy Martin, Professor at George Brown, for helping to coordinate our visit.

Upcoming Conventions and Special Dates

March 30th – April 1st, 2020 | Ontario Long Term Care Association & Ontario Retirement Communities Association's Together We Care Convention & Trade Show

Toronto Congress Centre

Canada's largest gathering of long-term care and retirement home professionals with more than 1,200 delegates and over 250 exhibitors. Registration is now open <https://together-we-care.com/>

April 22nd – 24th, 2020 | Advantage Ontario Annual General Meeting and Convention

Sheraton Centre Toronto

Ontario's largest gathering of senior staff from not-for-profit long-term care homes, seniors' housing and community service organizations. Register at www.advancingseiorcare.ca

National Volunteer Week 2020 - April 19th to 25th

National Volunteer Week (NVW) is a time to celebrate and thank Canada's 12.7 million volunteers. This year's theme is: "[It's time to applaud this country's volunteers.](#)" From coast to coast to coast, Canada's volunteers work tirelessly to spur progress in their community, city and country. Volunteer Canada has developed a campaign kit to support your volunteer celebration efforts. the kit and more information from Volunteer Canada can be found here <https://volunteer.ca/index.php?MenuItemID=408&lang=en>

OARC Launching Ontario's FIRST Residents' Councils Week September 14th-19th, 2020

Residents Councils' play an important role in shaping the place residents call home. They bring residents together as peers, to discuss issues of importance and to stay connected and engaged in home operations and decision-making. Ontario's first official Residents' Councils week will allow Councils the opportunity to creatively showcase who they are and what they do. Stay tuned in the coming months for customizable tools and templates to help promote this special week in YOUR home!

SAVE THE DATE: April 22nd – 23rd, 2021 | WALK *with* ME 2021

Calgary, Alberta

Walk with Me: Changing the Culture of Aging in Canada is a biennial conference that brings together older adults/residents, care partners, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living. For more information visit <https://the-ria.ca/events/walk-with-me/>

OARC Representing Residents' Councils

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

- Ministry of Long-Term Care
- Behaviour Supports Ontario: Advisory Group, Integrated Teams Collaborative, Lived Experience Advisory Group, Non-Stigmatizing Language Expert Panel

- CLRI Provincial Advisory Committee; CLRI Supporting Diversity and Inclusion in LTC Advisory Group; CLRI Ontario Caring Advisory Circle (OCAC), Implementation Advisor
- Health Quality Ontario: Resource Development Advisory Group; Long- Term Care Practice Report Advisory Committee; Transitions from Hospital to Home Advisory Group



ONTARIO
CLRI Centres for Learning,
Research & Innovation
in Long-Term Care
BAYCREST • BRUYÈRE • RIA

Thank you to Java Group Programs and the Ontario Centres for Learning, Research & Innovation in Long-Term Care for supporting OARC's Culture Change products and education programs. To find out more about how you can support OARC, please contact Dee Lender, Executive Director dlender@ontarc.com 1-800-532-0201 x 240.

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.



Tel 905-731-3710 | Toll-free 1-800-532-0201 | Fax 905-731-1755

www.ontarc.com | info@ontarc.com

©2016 OARC | 194 Eagle Street, Suite 3105, Newmarket, ON L3Y 1J6



OARC is funded by the Ministry of Long-Term Care, membership dues and sponsorships.

The views expressed in this publication are the views of OARC

and do not necessarily reflect those of the Province.