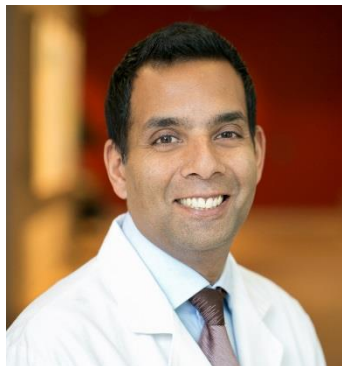


June 2019

July 16, 2019 – 2:30 to 3:30pm EST – **LIVE WEBINAR** - Cohesive Living in Long-Term Care: Supporting Your Peers



Guest Speaker: Samir K. Sinha, MD, DPhil FRCPC, Director of Geriatrics, Sinai Health Systems and University Health Network, Toronto

Residents in long-term care homes live with peers experiencing cognitive changes. Residents who are not experiencing these changes, but live with those who are, can feel ill equipped to deal with difficult situations. Residents' Councils can support their fellow residents by developing ways to work with and communicate with those experiencing cognitive changes. Join expert Geriatrician, Dr.

Samir Sinha, as he speaks to the work of the National Dementia Strategy and provides some guidance that will contribute to living cohesively in long-term care.

Register here: <https://attendee.gototraining.com/r/6561385513286915841>

JOIN OUR WEBINARS



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

SAVE THE DATES

Mark your Calendar for Upcoming Webinars

Upcoming webinar topics include pet therapy, Patient Ombudsman update, Smile Theatre, Osteoporosis clinical tool, fundraising, palliative care, residents' rights and more...

- August 14, 2019 - 2:30 to 3:30pm EST
- September 11, 2019 - 2:30 to 3:30pm EST
- October 9, 2019 - 2:30 3:30pm EST
- November 13, 2019 - 2:30 to 3:30pm EST
- December 11, 2019 - 2:30 to 3:30pm EST

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 in the "[Webinar Library](#)" on OARC's website.*

Check Out OARC's Website Refresh www.ontarc.com



The OARC website has been refreshed and reformatted, making it easier to navigate! New features include drop-down toolbar menus, and the option to enlarge text size to make content easier to read and enjoy. Get to know our OARC Board members through their video testimonials and enjoy the free tools and publications available. Check out the new website today!

Call for Seasons Submissions

The OARC Education Team invites you to share story submissions for our bi-annual print publication, Seasons magazine! This is a great opportunity to celebrate and share the efforts and innovations of your Residents' Council and inspire other Councils across the province! To help get your creative wheels turning, we've brainstormed a short list of topics that we'd like to highlight in the Fall/Winter edition of Seasons:

- *How does your Residents' Council connect with the broader community?*
- *How does your Residents' Council generate funds/make money?*
 - *E.g. Share your successful fundraiser ideas and describe how residents were involved*
- *How does your Residents' Council reinvest Council funds back into your home to enhance resident quality of life?*
 - *E.g. Share some of the programs/events that Council has sponsored, or items you've purchased etc.*
- *How are the residents in your home involved in Committees or Quality Improvement?*

This is not an exhaustive list! Tell us what makes your Council unique and what you're most proud of. We look forward to hearing from you soon!

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

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



PHOTO CONTEST: Seasons Magazine Cover



Calling all shutter-bugs and paparazzi! The OARC team is starting to compile stories and images for the Fall/Winter Edition of Seasons and we want to feature YOUR photographs! Do you have a picture of a resident or small group of residents that would make a great front cover for our next print publication?

The winner of the photo contest will receive an additional 15 copies of the magazine to share and distribute at their home, and the photographer will receive an OARC pin. Digital formats (jpegs) of your photo submissions can be emailed to our Seasons Editorial Team at mmcvie@ontarc.com by July 30, 2019.

Please be sure to include your name, your home's name, and provide a caption of what's going on in the image (For example, "residents at OARC LTC enjoying a crisp fall day outside") with your submission. Limit of 3 photo submissions per home. For all submissions, we ask that you also ensure that all individuals captured in your images have a current/signed media release with the home.

First Annual Ontario Association of Residents' Councils' Education Bursary for Residents' Council Assistants

OARC is thrilled to offer an annual education bursary for Residents' Council Assistants (RCA) designed to support their development and growth in working directly with Residents' Councils. A Working Group of the OARC Education and Publications Committee will select the recipient – who will receive \$500 in September 2019. Applicants must work in an OARC Residents' Council member home and education requests will be reviewed based on:

- Enhancing knowledge of issues faced by residents
- Improving the standard and quality of care and life in long-term care
- Advancing facilitation and leadership skills

Applications for the bursary are due on July 31, 2019 at 5 pm and all applicants will be notified of the results. [Click here](#) for the application and submission instructions. Questions? Please contact Jennifer Langston jangston@ontarc.com 905-731-3710 x 220.

The Ontario Association of Residents' Councils Annual Education Bursary for Residents' Council Assistants was inspired by OARC Board members who have and continue to promote positive and meaningful education experiences for long-term care home residents and team members/staff.

Celebrating Residents' Councils in June!



June has been a vibrant and busy month recognizing Pride and Seniors! Residents and team members in long-term care homes across Ontario have been actively engaged in the festivities all month long!

Fudger House in Toronto kicked off Pride month with a flag raising ceremony. They continued the tasty tradition of hosting an annual Pride barbecue and the viewing of a Hot Docs Short Film (CBC) entitled "Take Me to Prom," which features the President of the Fudger House Residents'

Council Alf Roberts: https://youtu.be/NR4fcsx_U6k

It's never too early to start taking notes in preparation for next June! To help get you started, the Fudger House team has shared their Pride and Senior's Month event line-up with OARC which is sure to inspire: <http://www.ontarc.com/LinkedIn/FudgerHouseJuneCelebrations.pdf>

Welcome New OARC Board Members Maurice and Virginia!



Maurice Bourdon, Sudbury

Maurice is the President of the Residents' Council at St. Joseph's Villa in Sudbury. He has extensive experience with long-term care, both as a caregiver to his late wife and through his own personal experience moving into long-term care. Maurice was awarded the Ontario Long-Term Care Lifetime Achievement Award in 2018 for his commitment to enhancing quality of life for all residents at his home. Maurice sits on the Recreation Committee that raises funds and steers facility recreation programs.

As resident leader, Maurice is very passionate about residents' rights education and considers himself an advocate for others, including those who may not be able to speak up for themselves, and for others

who may feel too timid to do so. Maurice was invited to join the OARC Board as Delegate member in May 2019.



Virginia Parraga, Toronto

Virginia is the Vice-President of the Residents' Council at Kensington Gardens (North Building) in Toronto. She is a published writer, with editorial credits in both the Globe and Mail and Toronto Star. She continues to share her gift of writing and storytelling through her own personal column, "Ask Virginia" in the Kensington Bulletin, a community newsletter in which she profiles new residents and team members.

As a resident leader, Virginia is particularly passionate about enhancing food quality and increasing resources for long-term care to reduce wait-times for admission and to better support residents with complex care needs. Virginia also serves as member of the "We Respect All People" (WRAP) Committee that celebrates diversity in the community.

OARC Engages Future Leaders at the AdvantAge Ontario Administrator Leadership Program



On June 18th David Kent, OARC Board Director and Vice President and Josie-Lee Gibson, Education and Community Engagement Manager presented to the [AdvantAge Ontario Administrator Leadership Program](#) on the key role the Administrator plays in supporting Residents' Councils in Ontario long-term care homes. David challenged aspiring administrators with the responsibility to set the tone, model the behaviour and language they wish to see in their home and to value the importance of a healthy Residents' Council. OARC wishes continued success to all participants of the Leadership Program. Pictured on the left: David Kent, OARC Vice-President and Josie-Lee Gibson, OARC Education & Community Relations Manager

OARC Presents at Extendicare's REACH Meeting



Speakers Rosemarie Lindau, Program Consultant and Niklas Chandrabalan, Regional Director, Extendicare

Formed in 2014, the goal of Extendicare's REACH – (The Resident Experience Action Council for Homes) is to implement Extendicare's visions to provide the best possible care and services for seniors across the healthcare continuum. This council is made up of residents, family members, front-line team members, managers and corporate representatives primarily from Extendicare's long-term care division.

REACH has met monthly since its inception but had never met face to face. That changed on Tuesday, June 11th bringing people from Alberta and Ontario together for a full day meeting in Markham. Presentations were given to update the group on Extendicare's redevelopment and strategic partnerships, introductions were made with senior management, updates given on key programs and services, and a presentation from OARC was given focusing on the importance of Residents' Councils.

OARC's Devora Greenspon (Treasurer) and Dee Lender (Executive Director) spoke for about 45 minutes drawing attention to the critical importance of listening to the voice of residents when making any/all decisions in the home. Dee and Devora spoke about the *Through Our Eyes: Bringing the Residents' Bill of Rights Alive* program and the importance of building a culture in the home that supports equipping residents with tools and confidence to speak for people who cannot speak for themselves. Devora spoke from her experience living as a resident at Extendicare Bayview, and from her experience working with OARC for over 6 years. One Family Council member stood up, applauded Devora saying, "You are an incredible inspiration to us all!"

OARC Participation at the MAREP Priority Setting Day

On June 6th, Dee Lender, OARC's Executive Director attended a full day meeting of like-minded stakeholders to discuss MAREP's history, look at ways to advance dementia research and care together, and collectively honour the recent passing of Ken Murray, the founder of MAREP.

MAREP, the Murray Alzheimer Research & Education Program, is an innovative program, that integrates research and education to improve dementia care practices in Canada and around the world.

MAREP was founded in 1993 by Kenneth Murray, whose experience as a care partner for his late wife Helen inspired him to support a research and education initiative that improves the quality of life for individuals with Alzheimer's disease and related dementias. MAREP operated within the Faculty of Applied Health Sciences at the University of Waterloo celebrating many successes for 23 years before moving to the Schlegel Research Institute on Aging (RIA) in 2018.

Given the increasing numbers of people living in long-term care homes who are living with cognitive changes due to dementia, OARC continually embraces opportunities like these to collaborate with dementia specialists, seeking ways to ensure that everyone's voice is heard. Dee extends her sincere thanks to the MAREP team and Schlegel RIA for including OARC in these valued discussions and priority setting exercises.

Family Councils Ontario: LTC Change Makers Conference



Dave Fasano from the Minister's Patient and Family Advisory, Dee Lender, Executive Director of OARC and Samantha Peck of FCO

On June 12th, OARC team members and Board members participated in Family Councils Ontario's (FCO) "Long-Term Care Change Makers Conference" in Toronto. With a focus on supporting Family Councils, this event brought key stakeholders and family members/persons of importance to residents from various parts of Ontario together to commemorate FCO's 20-year milestone anniversary!

Dee Lender, Executive Director of OARC was invited to participate in a fireside discussion with Samantha Peck of FCO and Dave Fasano from the Minister's Patient and Family Advisory

Council to address questions and talk over areas of organizational alignment and the potential for working together in the future. All agreed that with the emergence of Ontario Health and localized Health Teams, there is a great deal of coordinated collaboration needed. One key agreed upon focus is that the language used to describe people living in LTC homes needs to be person focused, recognizing that the LTC home is *home*, not hospital to those who live there. Therefore, the preferred term for people living in LTC homes is 'resident' not 'patient.'

OARC's Education and Home Support Facilitator, Melissa McVie, co-presented with FCO's Client Services Coordinator, Tiffany Fearon, in an interactive session highlighting the key distinctions and opportunities for collaboration between Residents' Councils and Family Councils.

Missed the conference but want to learn more about Council Collaboration? Register to view our free archived webinar: <https://attendee.gototraining.com/r/3779381401791933698>

Thank you to FCO for including OARC at your conference, and congratulations on your 20 years of Family Council excellence!

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
- 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



Thank you to Java Group Programs for supporting OARC through our Confidence in Culture Change Gifting Program! Your generosity enables us to strengthen our ability to influence culture change in our LTC sector and beyond through education and awareness.

To find out more about our Confidence in Culture Change Gifting Program, 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

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