

# OARC In Action

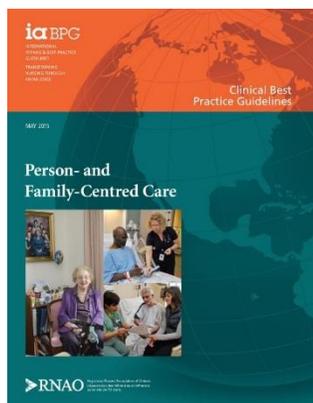
## For Residents By Residents



August 2018

### October 10, 2018 – OARC Live Webinar - Residents' Councils and RNAO's Best Practice Guideline: Person and Family Centred Care

Guest Speakers: Freda Poirier, Long-Term Care Best Practice Coordinator, and Suman Iqbal, Senior Manager, Long-Term Care Best Practices Program from the Registered Nurses Association of Ontario (RNAO)



The Long-Term Care Best Practices Program (LTC BPP) supports approaches in providing residents with the highest quality of care. In this webinar the presenters will share information about how the Program engages the LTC homes in implementing the best practice guidelines (BPG). You will learn about the program's mission, structure and strategies used within LTC homes to create a culture of evidence-based practice. We will talk about the role of the LTC Best Practice Coordinators and how they support and coach LTC homes to use the evidence-based resources. The presenters will introduce the Person-and Family-Centred Care BPG, speak to its recommendations and demonstrate its alignment with the Ontario Association of Residents'

Councils' (OARC) Through Our Eyes Bringing the Residents' Bill of Rights Alive. It will highlight the opportunity for collaboration in the implementation of Person-and Family-Centred Care recommendations in LTC using the Through Our Eyes program.

*RNAO is the professional association representing registered nurses, nurse practitioners and nursing students in Ontario. Since 1925, RNAO has advocated for healthy public policy, promoted excellence in nursing practice, increased nurses' contribution to shaping the health-care system, and influenced decisions that affect nurses and the public they serve.*

Register here: <https://attendee.gototraining.com/r/7518213512036665602>

### Mark your Calendar for Upcoming Webinars

JOIN OUR WEBINARS

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

**October 10, 2018** - Residents' Councils and RNAO's Best Practice Guideline: Person and Family Centred Care – [Register Here](#)

**November 14, 2018** - Becoming an OARC Board Member: Resident Leaders in Long-Term Care – [Register Here](#)

**December 12, 2018** – Residents' Councils Contributing to Wellness: Exploring Late Life Depression, Self-care & Encouraging Supports for the Resident – [Register Here](#)

**Check out our [website](#) for detailed descriptions of the webinars listed above.** *Our webinars are designed with residents in mind and are open to staff and residents of long-term care homes. \*All LIVE webinars are recorded and posted on the "[Archived Webinar](#)" webpage on OARC's website.*

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## OARC's 2017 Annual Report is Now Available



We are very pleased to announce the availability of OARC's 2017-2018 Annual Report [http://www.ontarc.com/assets\\_pdf/OARC2017-18AR.pdf](http://www.ontarc.com/assets_pdf/OARC2017-18AR.pdf). This report reflects the achievements of the Ontario Association of Residents' Council over the past year. All long-term care homes in Ontario will receive a copy of our annual report in September 2018.

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## Residents' Council Spotlight: Residents Giving Back



*Hillsdale Resident Council Executive with Melissa McVie. OARC*

The **Hillsdale Estates Residents' Council** proudly planned, sponsored and hosted their fourth annual Residents' Council BBQ luncheon on Tuesday August 21<sup>st</sup>, and OARC's [Melissa McVie](#), Education and Home Support Facilitator, was thrilled to be included as an invited guest.

This tasty tradition was started by Residents' Council President, Donna Kirtley, with the support of residents and team members working in the home. Donna shared that when the Council found themselves with a financial surplus in their bank account, they were determined to come up with an innovative new way to give back to the home and to celebrate the residents living at Hillsdale. Shortly thereafter, the idea of hosting a formal steak dinner was born!

This event is not your average summer barbeque—the Hillsdale Residents' Council sponsored a delicious plated meal for 100 residents, featuring a shrimp cocktail appetizer followed by a main course of Ribeye steak, corn on the cob, and a baked potato with all the fixings! Guests were offered a glass of wine or refreshing glass of lemonade with their meal and were treated to an hour of instrumental music provided by a favourite pianist. As the event drew to a close, resident leaders, Donna and Lucille, proudly announced the names of six lucky door prize winners, and recognized the hard-working volunteers, team members and managers who had come together to prepare and serve the meal.

Thank you to the *Hillsdale Estates Residents' Council* for including OARC in this special luncheon, and for reinvesting your fundraising dollars back into your community in the form of a very special event for residents to enjoy, year after year!

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## OARC's Education Team at Pioneer Network, Denver Colorado!



Josie-Lee Gibson and Melissa McVie were very pleased to have the opportunity to spend an inspiring four-days networking, sharing and growing alongside fellow pioneers from across the country.

Pioneer Network is a national not-for-profit organization working hard to create “a culture of Aging that’s life-affirming, satisfying, humane and meaningful.”

Melissa shared; “We have returned home inspired and with a renewed hope that the culture change movement in

Ontario’s health care sector will continue to have momentum.”

Thank you to OARC for investing in your Education team!

### The OARC Office is Moving to Newmarket – September 12<sup>th</sup>

OARC is moving on September 12<sup>th</sup>, 2018 and our new address will be:

Ontario Association of Residents’ Councils  
c/o York Region Newmarket Health Centre  
194 Eagle Street, Suite 3105, Newmarket, ON L3Y 1J6

Our new office will reside in a long-term care home and our phone, and fax numbers will remain the same. While we transition to our new space, we will have limited access to email and telephone from September 11<sup>th</sup> to the 14<sup>th</sup>. OARC will resume regular operations on September 17<sup>th</sup>.

### OARC's Sunflower Contest Winner



Congratulations Patricia Gallant, resident of Cassellholme, North Bay for finding the sunflower in the most recent edition of Seasons. Patricia will receive an OARC pin! Thank you to everyone who participated in the contest!

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### Thank You Sam Clark!



It is with mixed emotions that we announce Sam Clark’s resignation from the OARC Board of Directors. During her time with OARC, Sam contributed to projects, education and advocacy for resident quality improvements, resident centered care, residents’ rights, long-term care home research and more. When asked what stands out for her over the 4 years of service with OARC, Sam simply replied, “everything.” She believes strongly in the good work of OARC and expressed that she was thankful for the positive steps that have been gained in working towards more effective Residents’ Councils and excellence in care in LTC. We

extend our sincere appreciation to Sam and wish her all the best in the future. Thank you, Sam!

## **October 1<sup>st</sup> – United Nation’s International Day of Older Persons**

On 14 December 1990, the United Nations General Assembly (by resolution 45/106) designated 1 October the International Day of Older Persons. The 2018 theme of UNIDOP is “Celebrating Older Human Rights Champions”. “Older human rights champions today were born around the time of the adoption of the Universal Declaration of Human Rights in 1948. They are as diverse as the society in which they live: from older people advocating for human rights at the grass root and community level to high profile figures on the international stage.” Celebrate and learn more about the International Day of Older Persons here <https://www.un.org/development/desa/ageing/international-day-of-older-persons-homepage/2018unidop.html>

## **Your Annual Membership is Important to OARC**

Thank you to the Resident Councils across the province who have invested their valuable dollars into the work of OARC. Through membership dollars and provincial government funding, OARC educates, supports and strengthens the voice of residents in long-term care.

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### **OARC Supports Residents’ Councils Through:**

- Participation in Ministry of Health and Long-Term Care committees, working groups and focus groups regarding quality, design, care, operations, funding and more...
- Collaboration with stakeholders, students and researchers to further the voice of residents in long-term care
- Community and stakeholder education about Residents’ Councils

### **OARC is Directed by Residents from Long-Term Care Homes Who:**

- Reside in long-term care homes across Ontario
- Participate in Ministry of Health and Long-term Care meetings and consultations
- Represent residents in long-term care homes at various consultations and presentations

### **OARC Offers:**

- Free education through monthly live webinars and education modules
- Archived webinars that are available to you to view anytime
- The “Through Our Eyes: Bring the Residents’ Bill of Rights Alive” program
- In-home programs, support and education services
- Regular communication to Residents’ Councils through “Seasons” newsletter and monthly email updates
- Free tools and resources to support Residents’ Councils

Have you renewed your Residents’ Council membership or are you interested in becoming a member? Please visit our website at <http://www.ontarc.com/Membership.html> or contact OARC at 1-800-532-0201.

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## 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:
  - Enhanced Strategy Stakeholder Advisory Committee
  - Enhanced Strategy Design Variance Committee
  - Enhanced Strategy Issues Working Group
  - 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
- Partnerships for Health Systems Improvement (PHSI) Advisory Boards for the Strengthening a Palliative Approach in Long-term Care
- Bruyère CLRI 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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