

November 2018

January 9, 2019 | 2:30 to 3:30 pm – Live Webinar: Medical Cannabis: Exploring Alternative Healthcare Solutions in LTC Helping to Reduce Polypharmacy and Increase Quality of Life

Guest Speaker: Wendy Weber, Registered Practical Nurse and Cannabis Educator



Wide use of cannabis became legal in Canada on October 17th and cannabis can now be used recreationally as well as medicinally. This webinar will primarily explore the medicinal uses of cannabis.

Join Wendy Weber from WeedMD, to learn all about the cannabis plant and the history of cannabis as a medicine. Participants will learn the difference between cannabidiol (CBD) and tetrahydrocannabinol (THC) and the ways in which the medicine is administered.

Participants will gain an understanding of the positive effects medical cannabis can have for pain, fibromyalgia, appetite, sleep, etc. for the senior population.

WeedMD has taken an active role in outreach to long-term care homes across Ontario. WeedMD's Medical Director has prescribed cannabis to over 1,000 patients with a myriad of chronic health conditions and has played an active role not only in educating his peers on the uses of medical cannabis but also guiding them with proper dosing and product selection. WeedMD's goal has been to create awareness and by creating awareness, together we can advocate for change.

The content in this webinar is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition

Register here: <https://attendee.gototraining.com/r/1324778865080718594>

Resources and Information About the New Cannabis Laws and How They Affect Long-Term Care

- [On the Radar](#) newsletter: "A snapshot of the new cannabis law" (November 5, 2018), Community Legal Education Ontario (CLEO)
- [Steps to Justice](#): "What do the new laws mean?"
- [Long-Term Care Homes Act \(2007\)](#) – updated regulations about cannabis and police checks
- [Cannabis legalization, "Ontario's new rules..."](#), Ontario Provincial Government
- [Cannabis in Canada: Get the Facts](#) - Government of Canada

Mark your Calendar for Upcoming Webinars

JOIN OUR WEBINARS



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

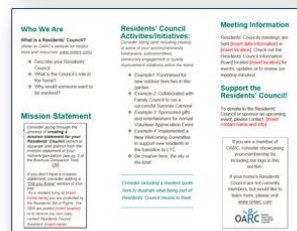
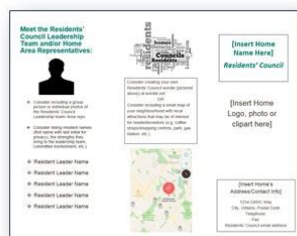
December 12, 2018 | 2:30 to 3:30 pm – Residents' Councils Contributing to Wellness: Exploring Late Life Depression, Self-care & Encouraging Supports for the Resident – [Register Here](#)

January 9, 2019 | 2:30 to 3:30 pm - Medical Cannabis: Exploring Alternative Healthcare Solutions in LTC Helping to Reduce Polypharmacy and Increase Quality of Life – [Register Here](#)

February 13, 2019 | 2:30 to 3:30 pm - Residents' Councils and Family Councils: Key Distinctions and Opportunities for Collaboration – [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 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.

You Asked, We Listened: NEW - OARC Residents' Council Brochure Template



The team at OARC received several requests for a brochure template that individual Residents' Councils could use to better promote themselves within their homes.

We are happy to share that a fully-customized template (with companion document) has been developed to guide you through the process of creating your own trifold brochure that suits the needs and best represents the Residents' Council at your home. This tool is not prescriptive and allows you to introduce resident leaders, feature subcommittees, and share important information about your Council including meeting location, frequency, fundraising goals/accomplishments, your Residents' Council mission statement, local area map, and much more!

The Residents' Council Brochure Template and Companion Document are available on our website and can be downloaded here:

- [Residents' Council Brochure Template](#)
- [Residents' Council Brochure Template - Companion Document](#)

Consider bringing this template to your next Residents' Council meeting and start 2019 with a new brochure to promote your Council in a new and exciting way!



"Seasons" Sneak Peak!

OARC's Winter edition of *Seasons* is available online now and will arrive in your long-term care home in the next few weeks. This exciting edition includes profiles of our newest Board members, Celebrating Residents' Councils, HQO Transitions in Care, Health and Wellness, OARC and RNAO working together and more... [Click here](#) to access this edition.

Celebrating Residents' Councils - Craiglee Nursing Home



Melissa, OARC's Education and Home Facilitator, was thrilled to be invited to Craiglee Nursing Home in Scarborough where 27 residents and their enthusiastic new assistant, Viviana, participated in a presentation about the Role of Residents' Council in Long-Term Care. This group was particularly passionate about resident rights and enhancing the resident experience. The Craiglee Residents' Council is very involved in fundraising efforts, and earlier this fall, they hosted an Art Gallery Auction event where over 100 pieces of resident artwork were displayed and sold to raise money for the Residents' Council. Keep up the great work!

Resident leaders at Craiglee, George, Norma, Maureen with Council Assistant, Viviana

The Education team goes East!

Melissa, OARC's Education and Home Facilitator, has recently returned from a busy education and home support circuit, which included stops in Ottawa, Cornwall, Athens, Gananoque and Kingston. Melissa would like to thank the following homes for hosting OARC Education Sessions: Heartwood, Maple View Lodge, Carveth Care Centre and Trillium Care Community.



Residents at Heartwood (Cornwall) with RCA Caroline



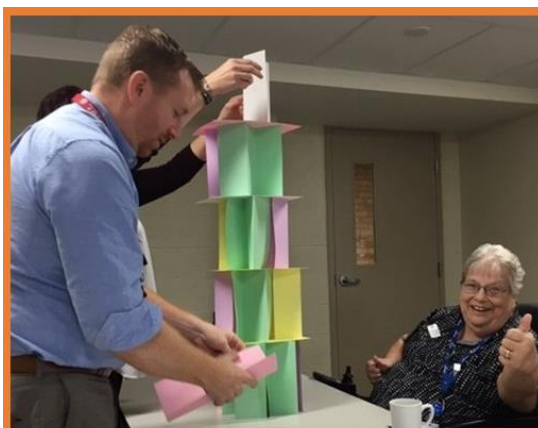
Resident leaders Roger and Faye at Trillium Care Community (Kingston)



Residents at Maple View Lodge (Athens)

OARC's Togetherness Workshop At Newmarket Health Centre

This month kicked off with OARC's **Togetherness Workshop** at Newmarket Health Centre (NHC), which brought together NHC's new Residents' Council Assistant, Kelly, and Administrator Darren, with seasoned Residents' Council leader, Sharron. These three individuals, representing the three key pillars of a Residents' Council, invested a morning to getting to know one another better, and to explore their individual roles and responsibilities for supporting an effective and sustainable Residents' Council.



Joyful celebrations for Darren, Kelly and Sharron who built the tallest team paper tower on record!



An interactive tower-building exercise required Kelly, Darren and Sharron to work and communicate effectively as a team in order to build the tallest paper tower without tape or additional props. This activity proved to be a tremendous success thanks to the active listening and teamwork demonstrated by the group, and the strengths-based approach adopted by the participants that allowed each individual to contribute in a meaningful way (pictured here). Thank you for your commitment to enhancing your home's Residents' Council by strengthening relationships, trust, and communication between resident leaders, the assistant to Council, and Administrator!

OARC Board Update: Consultation with the Hon. Justice Eileen Gillese



OARC Directors at Ottawa Location

OARC Directors at Newmarket Location

The Hon Justice Eileen Gillese and Sharron Cooke

The Public Inquiry into the Safety and Security of Residents in the Long-Term Care Homes System, led by Commissioner, the Hon. Justice E. Gillese is well into the second phase of the process which involves face to face consultations with key groups that will help to shape the content and direction of the recommendations put forth by the Commissioner in a document slated for release in July 2019.

On November 15, the OARC welcomed the Commissioner to an in-person Board meeting in Newmarket. Some Board members and team members attended the Newmarket gathering while others attended through a virtual connection (computer or telephone) from Ottawa, St. Catharines, and Cornwall. In the span of the two-hour consultation, OARC worked to 'paint a picture' for the Commissioner, describing what life in long-term care is truly like. Many Board Members prepared a 2-minute commentary each, speaking on topics such as:

- How did you feel when you moved into LTC?
- What changed in your life when you moved into LTC?
- What does it mean to be vulnerable?
- What does a 'day in the life' of a resident in LTC look like?
- How has the Elizabeth Wettlaufer case affected you?
- What is important for excellent quality of life in LTC and reducing risk of harm?

Justice Gillese immediately connected with OARC's resident leaders and together, the OARC team and the Commissioner shared in candid reflection and commentary on the important themes that were raised. Justice Gillese was receptive, respectful and extremely interested to know the truth from residents' perspective. She acknowledged the important changes that could be implemented, based on her recommendations, to ensure that residents live free from risk of harm.

The Commissioner explained that in her view, the Public Inquiry will shine a light on each corner of the long-term care system, so that the system can begin to be repaired, and recover from what was described as a shattered reputation and loss of public confidence. When asked how she would learn about Culture Change in the long-term care sector she said, "OARC is

our window into a resident's home." We were honored to host Justice Gillese and she expressed her gratitude for the candid exchange.

The final report and recommendations of the Public Inquiry into the Safety and Security of Residents in the Long-Term Care Homes is expected to be released sometime in July 2019.

OARC presents Resident Centred Home of the Year Award at OLTCOA Conference



Recipients of OLTCOA's Resident Centred Home of the Year Award Longfield Manor Team Members with Candace Chartier (OLTCOA CEO) and Sharron Cooke and Devora Greenspon (OARC Board Directors)

OLTCOA's event titled, "This is Long Term Care 2018: Disrupting the Norm" brought together hundreds of people from the long-term care sector including policy makers, researchers, students, home management and team members. The focus of the event, held on November 14-16 was to highlight new and emerging research and innovation, and provide a celebratory forum for networking and learning together. One of the highlights was an awards gala, where OARC President, Sharron Cooke and Secretary/Treasurer, Devora Greenspon, presented the team from Longfields Manor Long Term Care Home (located in Nepean) the award of "Resident Centred Home of the Year". Each year, several weeks in advance of the event, OARC receives the entries for this award. The Board of Directors, comprised of resident leaders in long-term care homes across Ontario, meets together to adjudicate all entries, resulting in the selection of a winner. CONGRATULATIONS LONGFIELDS MANOR TEAM!

BSO Person-Centred Language Initiative – Report, Tools and Upcoming Webinar

Behavioural Supports Ontario (BSO) worked with an expert panel to create resources to support person-centred language. The [23-page report](#) provides background on the project and the panelists (which included OARC's Dee Lender and David Kent). The report breaks down and defines what is meant by "person-centred language" and offers strategies to consider and asks vital questions for organizational and self reflection.

[Posters, certificates and an online pledge](#) were created to support LTC home's efforts to adopt appropriate language. Please note that these tools are also available in [French here](#).

Finally, BSO will offer a live webinar to support the initiative on Tuesday, February 19, 2019 from 12 noon to 1 pm. Details and registration will follow in January. OARC is proud to support this important project!

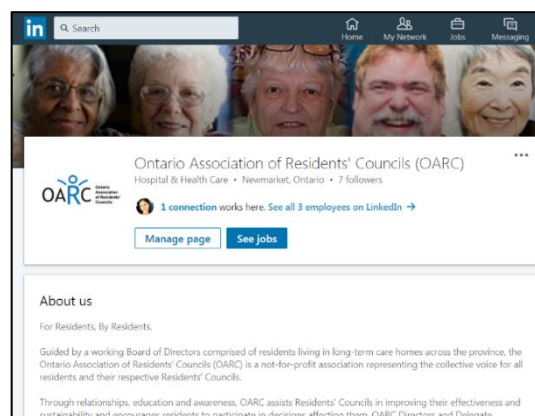
Questions? Please contact provincialBSO@nbrhc.on.ca | 1-855-276-6313

Ontario CLRI Supporting Diversity: Education & Training *Quick Questions*

The Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) Supporting Diversity team launched a brief anonymous questionnaire to learn about the education and training initiatives being used in long-term care homes to support inclusion, diversity and cultural sensitivity/competency. The Ontario CLRI Supporting Diversity team would appreciate your feedback and have asked if you could complete these quick online questions and share the link with your LTC colleagues and networks: [Tell the Ontario CLRI About Your Diversity, Inclusion and Cultural Sensitivity Education and Training](#). Do you need a hard copy of the survey or have any questions? Please contact Holly Hebner via email at holly.hebner@uwaterloo.ca or call 519-904-0660 ext. 4111.

NEW: OARC LinkedIn Company Page

The Ontario Association of Residents' Councils recently launched its own LinkedIn company page to keep you updated on all the exciting things happening within the organization, with our community partners and stakeholders, and with the Residents' Councils in long-term care homes throughout the province of Ontario! Stay connected, and follow us today: <https://www.linkedin.com/company/ontario-association-of-residents-councils/>



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 ext 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 remain the same.

Your Annual Membership is Important to OARC

Thank you to the Residents' 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.

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" magazine 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.

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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*The views expressed in this publication are the views of OARC
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