

## YOUR Membership Helps Us Make A Difference OARC Annual Membership

OARC's annual membership drive will begin in February. Member homes will receive their annual membership renewal package addressed to the "Residents' Council Assistant".

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.



THANK YOU to APANS Health Services, the City of Toronto, Extendicare Inc., S&R Nursing Homes Ltd., Sienna Senior Living Inc. for purchasing memberships for their homes in 2021.

*"Being part of OARC allows our group to stay connected with other long-term-care homes, and stay abreast of issues that have an impact on our quality of life...it's empowering" ~ Residents' Council Leader*

**OARC Moves to Virtual Office:** OARC has officially moved to a "virtual office". OARC's offices, which were housed in a long-term care home, have not been accessible since March 2020. Our team members quickly adapted to working from their home offices and we soon realised that one central physical office was not necessary to accomplish our work. Our team members live in different areas of the province and will continue to support Residents' Councils by serving our clients and stakeholders through virtual and physical meetings where appropriate.

**Our New Mailing Address is:** 4261 Highway 7 East, Suite #A14-360, Markham, ON L3R 9W6

**Phone and Fax remain the same:** 1-800-532-0201 | 905-731-3710 | Fax 905-731-1755

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## Meet Chloe Lee, Evaluation Specialist Practicum Position with OARC



As a practicum student, OARC welcomes Chloe Lee as she designs an evaluation of OARC's *Through Our Eyes Program: Bringing the Residents' Bill of Rights Alive*. Chloe Lee is a Master of Public Health candidate specializing in Health Promotion. She previously completed a Bachelor of Health Sciences from McMaster University. Her desire to advocate for older adults grew from years of assisting her grandparents in navigating the healthcare system. While pursuing her undergraduate degree, she volunteered as a patient visitor of geriatric patients at the emergency department of Juravinski Hospital. She has since worked as a research assistant and junior policy analyst focusing on geriatric populations and palliative care. After work, you will likely find her playing piano or binging another Netflix show.

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## Invitation to Participate in a Research Study

Did you or a loved one consider moving out of long-term care in Ontario during the COVID-19 pandemic? The goal of the research is to better understand why some people decided to stay in, while others moved out of, long-term care settings in Ontario during the pandemic. Researchers at the University of Toronto are inviting you to share your experience in one 30- to 60-minute phone or Zoom interview. You may be eligible to participate if you are:

- A resident (or former resident) in long-term care
- A family care partner of a person who lives (or lived) in long-term care
- A health professional who supports transitions to and from long-term care

If you are interested in participating or would like to learn more, please email Sarah Carbone ([sarah.carbone@utoronto.ca](mailto:sarah.carbone@utoronto.ca)).

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## Vaccination Resources from the Ministry of Long-Term Care

Still have questions about COVID-19 Vaccination? Our Partners at the Ministry of LTC have helped to compile a resource sheet to help keep you more informed of the evolving situation and current scientific research informing current practises and guidance. [English](#) | [French](#)

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## Starting the Conversation About Resident Mental Health

January 26, 2022 is widely known as “Bell Let’s Talk Day”. This program has helped break down the stigma around mental illness and has supported mental health across Canada. We can keep the conversation going by working in partnership with residents, care teams, families, and friends on January 26<sup>th</sup> and beyond. Making mental health resources accessible to the growing number of people living in long-term care who have different experiences and needs is essential.

Based on resident feedback, the OARC team, with support from Board Member, Jennifer Blaik, a Psychogeriatric Resource Consultant (PRC) working with the Regional Municipality of York, has helped us start to compile the beginnings of a Mental Health Supports Resource List for residents.

- [Bell let’s talk](#)
- [Coping Calendar](#)
- [Mental Health Commission](#)
- [Mental Health Supports](#)
- [Mental Health and the COVID-19 Pandemic](#)
- [Mind Beacon- Free to Ontario Residents](#)
- [Ontario Supports](#)
- [Self Care Resilience Guide](#)

Further external resources will be added to OARC’s webpage in the coming weeks. Are there specific areas of Mental Health and Wellness that you’d like OARC to explore through webinars and other educational formats? We’d love to hear from you.

Contact: Melissa McVie 905-731-3710 x 260 [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com)

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## February 1<sup>st</sup>, 2022 - 2 to 3 pm EST: Telephone Scams and Internet Trickery



**TECH**   
**COACHES**

Join Chris Bint, Chief Learning Officer from Tech Coaches, for a virtual, plain language information session about common technology-based scams and how to remain safe on the internet. Designed for residents living in long-term care homes, Chris will share tips on how to navigate email, internet and telephone scams to help participants feel more comfortable and confident. Tech Coaches aims to enrich the lives of adults with technology through literacy training and services that educate, inform, and enable. **Register here:**

[https://zoom.us/webinar/register/WN\\_WkqpdN6fSaaU6orgFNWMJg](https://zoom.us/webinar/register/WN_WkqpdN6fSaaU6orgFNWMJg)

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## Do You Have a Special Webinar Topic You'd Like to Explore with OARC?

The OARC Education team is always planning and looking ahead and seeking meaningful educational opportunities to offer residents and their supportive LTC partners. Is there a topic that you or your Residents' Council would like to learn more about? Please forward areas of interest (including suggestions for potential guest speakers/collaborators) to Melissa McVie 905-731-3710 x 260 [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com)

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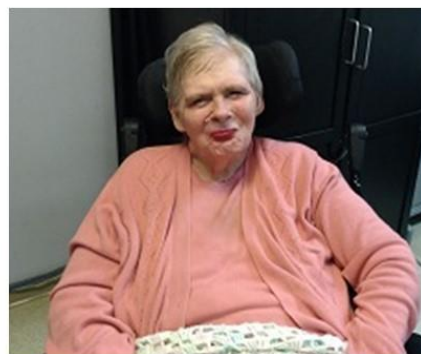
## Seasons Magazine – Nominate a Dietary Team Member for Team Member Spotlight!

Do you have a Cook or Dietary Aide that you'd like to see profiled and celebrated in our "Team Member Spotlight" section of our upcoming Spring/Summer Seasons magazine? We love hearing the 'why' behind each team member's passion and career journey in LTC. Please contact Melissa McVie for more information on how to submit an article entry 905-731-3710 x 260 [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com)

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## Fall/Winter Seasons Contest Winners:

Congratulations and thank you to everyone who took the time to scour the pages of our Fall/Winter edition of Seasons in search of the hidden pie picture! We received 5 submissions and will be awarding prizes to those who shared their findings with us!



Congratulations winners (from left to right) Beatrice F., Algonquin Nursing Home, Dennis H., Parkwood Mennonite Home, Linda D., Norwood LTC, Adele B., Extendicare Brampton and not pictured Laurretta L, Sumac Lodge.

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## OARC Resident Forums – Get Connected!

OARC Resident Leaders have enjoyed facilitating our Resident Forums with peers since April 2020. If you haven't joined one yet, we hope you'll consider dropping in, in the coming weeks (by phone or computer). OARC hosts Resident Forums [every Thursday at 2pm](#) using the Zoom meeting platform (same login every week).

\*We hope that you will consider joining us for our upcoming Resident Forums. We are pleased to host a special guest, Erin Hannah, Associate Deputy Minister of LTC Pandemic Response at our first meeting next month!

- January 27
- **February 3** \*Special Guest, Erin Hannah, Associate Deputy Minister of Long-Term Care, Pandemic Response
- February 10
- February 17
- February 24
- March 3

### To join the Resident Forum Meeting from a computer or tablet:

<https://zoom.us/j/9884879139?pwd=RjdaNmwxTzVLMmk2Wlp1QkVaQ1MxUT09>

Clicking the link should automatically launch you into the Forum waiting room, however, if you are prompted to enter any additional information, you can enter the following:

1. Meeting ID: 988 487 9139
2. Passcode: Resident

### To join the Resident Forum Meeting from a telephone:

1. Dial our toll-free phone-in option 1-888 475 4499
2. Enter our Meeting ID: 988 487 9139
3. Enter our Passcode: 93606329

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## Talking About Medications Workshop Series from [deprescribing.org](https://deprescribing.org)

Join [deprescribing.org](https://deprescribing.org) for three free virtual workshop sessions aimed to help older adults and their care partners have conversations with health care providers about medications. Each of the 90-minute interactive workshops is led by a pharmacist. Participants will learn how to find information about medications, document and share this information with others and take part in decision-making about medication use. We will mail a participant workbook in advance and provide suggestions for 'homework' activities between each session.

For more information and registration visit <https://deprescribing.org/medication-workshops/> Limited space is available for these sessions.

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## OLTCA Together We Care Virtual 2022 - Registration Is Now Open!

TWC will be held virtually April 4 – 6, 2022 to continue efforts to be cautious and keep everyone safe. Building on the success and positive response to last year's virtual event, OLTCA will host Pre-Conference streams for 2022 in addition to the classic TWC programming. OLTCA acknowledges that this is a challenging time for the long-term care and retirement community sectors. TWC will feature new programming formats designed for every delegate to immerse themselves in education and exciting content on their own schedule. For more information and registration visit <https://together-we-care.com/2022-registration/>

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## OARC Representing Residents

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, Ministry of Colleges and Universities
- Ontario Seniors Care and Assistance Roundtable (OSCAR)
- 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



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Thank you to Java Group Programs and the Ontario Centres for Learning, Research and 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](mailto:dlender@ontarc.com) 1-800-532-0201 x 240.

We encourage you to share this information with residents 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](http://www.ontarc.com) | [info@ontarc.com](mailto:info@ontarc.com)

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*and do not necessarily reflect those of the province.*