

January 2026



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New Year, Stronger Residents' Councils

The start of a new calendar year can be an exciting time for setting intentions and goals. For Residents' Councils, a new year might signal an opportunity to review current practices and collect resident feedback to enhance Council operations. To help set you up for a successful year of Council meetings, OARC has compiled a suite of downloadable and fully customizable tools with companion webinars to keep you feeling organized and inspired!

[Visit OARC's website to access the following](#) (available in English and French):

- Provisional Meeting Agenda + [webinar recording](#)
- Meeting Minute template + [webinar recording](#)
- Residents' Council Bylaw template + [webinar recording](#)

Need a refresher on the roles and responsibilities of the 'three pillars' of Residents' Councils? These fact sheets provide a helpful overview:

[Residents/Members](#) | [Residents' Council Assistants \(RCAs\)](#) | [Administrators](#)

The OARC Team is Growing to Better Support You

We are excited to share that OARC's team is doubling in size to better serve and support Residents' Councils and teams province-wide. On January 14th, OARC's live webinar provided an overview of our new regional home support model. Tune into our [webinar recording](#) to learn more and stay tuned for our February newsletter where we'll be officially introducing our 4 new Regional Coaches and Communications Coordinator!

Connect and Learn from Other Residents' Councils

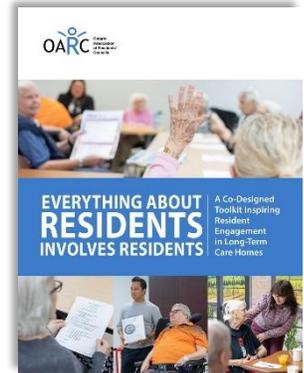
Did you know that OARC hosts **weekly** online Forums for Resident Leaders, and **monthly** Forums for Residents' Council Assistants? These sessions are designed to provide an intimate and confidential space for peer-to-peer sharing and support. Join us as your schedule allows, and leave feeling informed and empowered!

[Resident Forums](#) – Every Thursday at 2:00pm (same zoom link used weekly)
[Residents' Council Assistant Forums](#) – Last Tuesday of each month at 1:30pm (unique zoom link provided [upon registration](#))

OARC's New Partnership Resource Launching Next Week

Residents have consistently shared that they want to be meaningfully included in planning, problem solving, and decision-making in their homes. OARC's newest resource, *Everything About Residents Involves Residents*, provides a practical roadmap to help make that level of collaboration possible.

Shaped by direct input from long-term care home Administrators and Executive Directors—and co-designed with residents themselves—this evidence-informed engagement toolkit supports teams in reimagining what it means to work *with* residents. Focused on home operations, the toolkit offers concrete strategies, tools, and inspiration to help teams strengthen partnerships, no matter where they are on their quality improvement or culture-change journey.



[Stay tuned for the official launch of our Toolkit on OARC's website next week!](#)

Want to learn more about OARC's Resident Engagement Toolkit and explore how it can be embraced at your long-term care home?

Tools for Transformation: OARC's Resident Engagement Toolkit Workshop

February 4, 2026, at 1:30pm – 3:30pm

Join the Ontario CLRI at Bruyère Health and OARC for a free virtual workshop as we introduce our new Resident Engagement Toolkit. Participants will explore the value of resident engagement in decision-making, gain practical strategies for applying co-design principles, and leave with personalized, actionable next steps to support stronger partnerships with residents.

Register here: <https://clri-ltc.ca/register-for-applying-tools-for-transformation-oarcs-resident-engagement-toolkit-workshop/>

An Introduction to OARC's New Resident Engagement Toolkit (Resident Webinar)

February 18, 2026, at 2:00pm – 3:00pm

During this session, OARC team members and Resident Leaders will walk participants through our resident engagement toolkit and explore how it can be applied across the home, from hiring processes to capital project prioritization. When residents and home leadership work together, everyone benefits!

Register here:

https://us06web.zoom.us/webinar/register/WN_AMvoE_nkQVGSExAzY9QcYg#/registration

Save the Date for Residents' Council Week 2026

It's never too early to start brainstorming ideas to make this year's Residents' Council Week your home's very best yet! Recognized annually in the third week of September, Residents' Council Week is an opportunity to bring your community together to celebrate the contributions of residents and Residents' Councils.

Mark your calendars for **September 14 to September 20, 2026**.

Visit OARC's [Residents' Council Week page](#) in the coming weeks for some fresh ideas and inspiration. 2026 event planning is already underway with the OARC team, but your feedback and suggestions are always welcome. Email Melissa at mmcvie@ontarc.com.

OARC's New Website Planning– Thank You for Your Feedback

A sincere thank you to everyone who expressed interest and participated in our website planning workshop on January 15. It was a productive and informative session that has helped our design team map out a clear website strategy to guide our next steps. The OARC team looks forward to sharing updates as this exciting project unfolds. Our anticipated website launch is summer 2026!

New Residents' Bill of Rights Translation Available: Punjabi

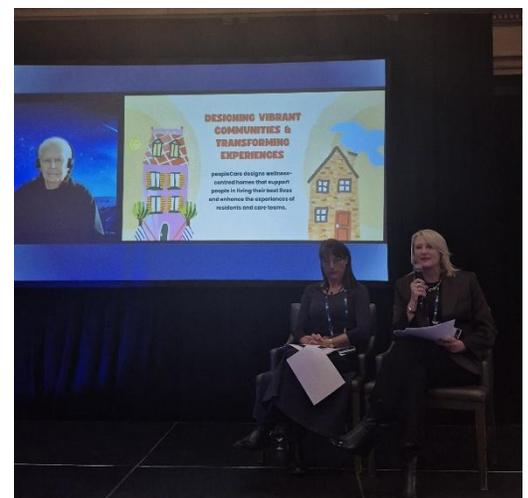
Thanks to the ongoing feedback from residents and long-term care teams, OARC continues to expand our offerings of the *Residents' Bill of Rights* translated into different languages. This month, we have added [Punjabi](#) to our website.

Visit [OARC's website](#) to download copies of the *Residents' Bill of Rights* in 30 languages!

Can't find what you're looking for? Let us know by emailing Melissa at mmcvie@ontarc.com.

OARC Leaders Present at Canadian Institute

Earlier this week, OARC's Executive Director, Dee Tripp, and Board Directors Ann Donaldson and Jenn Killing, attended the [Canadian Institute's Forum on Healthcare Infrastructure for Aging Populations](#). Together, they delivered an impactful presentation highlighting the importance of drawing on the lived experiences of residents and team members to inform the creation of long-term care homes that are person-centred, efficient, and sustainable.



Sector Partner Resources and Opportunities

Research Advisory Group Seeking Resident Members with Lived Experience

The [Geras Centre for Aging Research](#) is seeking new Resident Advisors to join its Resident and Family Advisory Committee for Long-Term Care Research. This volunteer group brings residents and families together with researchers 2-3 times per year to share lived-experience insights and help shape studies that improve health and quality of life in long-term care. OARC Resident Leaders and team member Melissa McVie have been part of the committee since its launch in fall 2024, helping to inform current fracture-prevention research.

Having first-hand experience with falls or fractures is especially valuable, as it enriches the group's discussions and keeps the work grounded in real resident experience. If you're interested in lending your voice to meaningful, resident-focused research, we encourage you to get involved! Contact Melissa by emailing mmcvie@ontarc.com to learn more.

Alzheimer's Awareness Month – Featured Resources

In recognition of Alzheimer's Awareness Month, the Schlegel-UW Research Institute for Aging (RIA)'s January newsletter featured a range of resources that might be of interest to residents, LTC teams and care partners. Consider sharing these to spark discussion and deepen understanding.

- [Words of Wisdom](#) – an inspiring series of resource guides highlighting personal experiences of people living with dementia and those who support them.
 - OARC Recommends: [Words of Wisdom: Addressing Stigma and Misconceptions – Hearing from People Living with Dementia](#)
- [Creating Safe Spaces for People Living with Dementia](#) – a compilation of sensory and environmental factors that influence how people living with cognitive changes experience the world around them.

Spirituality and Aging Resources

The Schlegel-UW Research Institute for Aging (RIA) has released *Providing Spiritual Care in Long-Term Care: Guidance for Long-Term Care Leaders*, a comprehensive resource designed to support LTC homes in hiring and integrating spiritual care providers. The guide outlines best practices, role expectations, hiring considerations, and practical tools to strengthen spiritual care for residents.

- Access the full resource here: [Providing Spiritual Care in LTC \(RIA\)](#)
- To explore all RIA spiritual-care resources, visit: <https://the-ria.ca/resources/providing-spiritual-care-in-ltc/>
- Spirituality and Ageing Encore Webinar Series. Explore upcoming sessions [here](#).

Navigate Long-Term Care with Confidence: New Quick Guides for Ontario LTC Homes

Shared on behalf of the [Waiting Room Revolution](#) team:

Entering long-term care (LTC) can be overwhelming for residents and families. To help with this transition, the Waiting Room Revolution has designed a set of practical, accessible Quick Guides to support residents, families, and staff from day one.

To help inform the usefulness of these guides, The Waiting Room is inviting the first 250 Ontario LTC homes that register to receive and participate in this free education program.

Registration is free and open to all Ontario LTC homes. Access begins April 2026.

Register Now: <https://longtermcarequickguides.com/>

What's Included in this Program:

- Free Downloadable LTC Quick Guides, and unlimited access for one full year
- 48 copies of the Best-Selling Book, *Hope for the Best, Plan for the Rest*. Delivered directly to your home to distribute freely to residents and families.
- Webinars to learn how these resources improve communication and care experiences

Who Can Register: Residents' Council members, Family Council members, Clinical staff and administrative leaders.

Share at you LTC home: [Download promotional poster here.](#)



Thank you to [AdvantAge Ontario](#), [Extencicare](#), [Java Group Programs](#), [peopleCare communities](#), [Schlegel Villages Inc.](#), [Sienna Senior Living](#) and [S&R Group](#) for supporting OARC's Confidence in Culture Change Program.

To find out more about how you can support OARC, please contact Dee Tripp, Executive Director dtripp@ontarc.com 1-800-532-0201 x 240.

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

www.ontarc.com | info@ontarc.com

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