



YOUR Membership Helps Us Make a Difference!

Formed by residents living in long-term care homes over 40 years ago, OARC provides a unified network for support and education for Residents' Councils province-wide. OARC empowers residents to understand their rights, share their lived experience and shape the places they call home.

At OARC, we know that healthy, effective, and well-supported Residents' Councils are a powerful source of connection and a barometer for a desirable culture and quality of life in a long-term care home. Membership dollars support and extend OARC's ability to assist Residents' Councils to be meaningfully engaged, well-informed, adequately supported, and heard. We are also committed to assisting the supportive partners that help to mobilize and enrich Residents' Council operations, including team members and LTC home leadership.

OARC membership renewal letters have been mailed to our 2022 members and we are reaching out to Residents' Councils who may be thinking about becoming an OARC member for the year ahead, joining the 400+ Residents' Councils connected through our network.

We are grateful for our growing number of individual Residents' Councils and organizations who continue to demonstrate support for resident voice and contributions by investing in an annual OARC membership! Thank you!

If your long-term care home belongs to one of these organizations, the costs associated with your OARC membership have been generously covered for this upcoming membership year (from April 1, 2023 to March 31, 2024).

- APANS Health Services
- City of Toronto, LTC Homes
- Extendicare Canada
- Extendicare Assist Management & Consulting Services
- Jarlette Health Services
- S&R Nursing Homes Ltd.
- Schlegel Villages Inc.
- Sienna Senior Living Inc.
- The Regional Municipality of Niagara

Membership Inquiries: Jennifer Langston at jangston@ontarc.com 905-731-3710 x 220

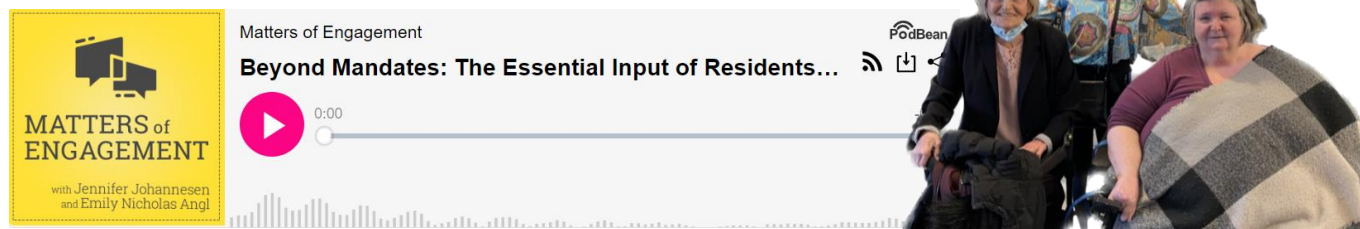
DID YOU KNOW

OARC's understanding of the needs of Ontario's LTC Residents' Councils was significantly enhanced by our province-wide environmental scan that we conducted in the summer of 2022, yielding over 1,000 responses from LTC residents, Residents' Council Assistants (team/staff members who support the Councils), and Administrators. In addition to identifying barriers to effective functioning of Residents' Councils, our research found that strengthening Residents' Councils requires ongoing support and education. OARC is taking steps to meet the diverse and evolving needs of Residents' Councils and their supporters.

OARC Featured on the Matters of Engagement Podcast (released Feb 15)

Resident Leaders Gale Ramsden and Devora Greenspon and OARC's Executive Director Dee Tripp were pleased to be part of a recent episode of the [Matters of Engagement](#) podcast. Hosted by Jennifer Johannesen and Emily Nichols Angl, this show examines issues at the intersection of health, health care and society. Part of a new health policy series, OARC's special episode was also supported by Christa Haanstra, a Communications Consultant recently engaged by OARC and Principal of ClarityHub Inc. Be sure to tune in for some engaging conversation about the essential input of residents in long-term care policy.

Access the podcast episode and show notes [here](#).



Together We Care 2023 Convention & Trade Show – March 27-29, 2023 – Visit OARC at Booth 229!

The Ontario Long Term Care Association and Ontario Retirement Communities Association are hosting Together We Care 2023, March 27-29 at the Toronto Congress Centre, joining the long-term care and retirement community sectors in co-creating and sharing ideas to promote holistic solutions for our aging population. TWC 2023 provides the unique opportunity to hear from inspirational keynotes, as well as leaders and change-makers from across the seniors' care continuum about novel ideas and case studies, new models of care, partnerships for success, and hot topics that both challenge and inform attendees. [Click here](#) to register for #TWC2023 today.

UPCOMING and ARCHIVED EDUCATION OPPORTUNITIES

[HSO Standards Discussion with OARC Webinar](#) - April 5, 2023 | 2 to 3 pm ET

OARC looks forward to welcoming two special guests from Health Standards Organization (HSO) for our next webinar. Join LTC resident Devora Greenspon as well as project lead Emma Park, as they discuss HSO's recently released national Long-Term Care Services standard and answer any questions you might have. The new standard provides LTC home teams, leaders, and governing bodies with guidance on delivering resident-centred, high-quality care enabled by a healthy and competent workforce.

Our Guest Speakers:

Devora Greenspon is a resident in long-term care, the co-chair of the Ontario Association of Residents' Councils (OARC) REAL (Resident Expert Advisor and Leader) Group, and a leader of the Residents' Council in her own home. She was also a member of HSO's Long-Term Care Services Technical Committee that developed the new standard.

Emma Park is a project lead at HSO and led the development of the new standard.

[Webinar Recording - Residents' Councils Supporting Collaboration with Menu Planning and Pleasurable Dining](#)

To kick off Nutrition month, the Ontario Association of Residents' Councils (OARC) partnered with guests from the Ontario Seniors Nutrition Advocacy Committee (OSNAC) for an engaging conversation about the resident dining experience in long-term care. If you missed our live webinar, you can now access our recording [here](#) and Power Point Presentation [here](#).

[Residents' Councils' Bylaws Webinar and Resources](#)

In January, we dove into the topic of Residents' Councils' Bylaws to demonstrate how they provide important structure and safeguards for your Council, especially during periods of transition and change. Missed the live session? Access our recording [here](#).

During our live Bylaws webinar, we received lots of excellent questions from participants. To support your understanding, we have generated a [Frequently Asked Questions \(FAQ\) document](#) to supplement our latest [Bylaws Fact Sheet](#). Please reach out to the OARC team with any questions or support needs.

Congrats to our Seasons Magazine Hidden Snowflake Contest Winners!

Thank you to everyone who took the time to submit entries for our “Find the Hidden Snowflake” contest in our Fall/Winter Seasons magazine. Congratulations to the 3 residents who were selected by draw as our contest winners: Malitta Lockrey (Golden Manor Home for the Aged), Ron Malcolm (Fordwich Nursing Home) and Elaine Hirst (Extendicare Brampton).

Hardcopies of OARC’s Fall/Winter edition of Seasons magazine arrived in all long-term care homes in Ontario in December 2022. Free downloads are available in [English](#) and [French](#).

Stay tuned for our Spring/Summer edition coming to you in April!



LONG-TERM CARE HOME SHARING

Petting Zoo at Cedarwood Village

Set in the small town of Simcoe, Cedarwood Village is home to many residents who grew up in local farming communities. Reflecting on warmer days, the Cedarwood Village residents and team shared this photo (bottom) taken at the home when they



hosted a Petting Zoo program. Resident Leader, Evelyn, who is captured in the picture, exclaimed that she “could have spent the entire day feeding the alpaca!” Cedarwood is also home to a resident peacock named Peter who lives in the back garden year-round.

Thank you to Sherri Young, Program Manager/Volunteer Coordinator for sharing this uplifting story!

[Celebrating Black History Month at Chartwell Gibson LTC Residence, Toronto](#)

Residents’ Council President, Kathy Lang was excited to share some photos from a Steel Drum Performance organized by her home as part of Black History month programming. Kathy remarked how lively and engaging the experience was for her and others. She shared, “ I really enjoyed hearing the music – especially the guitar and drum!”

Thanks Kathy!



Do you have a story you would like to share with other residents and team members?
Contact Melissa McVie mmcvie@ontarc.com

Ministry Update: Ontario Doubles the Number of Long-Term Care Inspectors

On February 24th, the Ontario government announced that 193 new long-term care inspection staff, including 156 new inspectors, have been hired on— doubling the number of inspectors in the field completing on-site inspections and responding to complaints more quickly. Read the full news release [here](#).

OARC looks forward to contributing to the training program for new inspectors and investigators that will be joining the Ministry of Long-Term care.

Regular and ongoing inspections play a role in optimizing care and the quality of living that residents experience in their long-term care (LTC) homes. OARC is pleased that the government has invested in this important accountability measure. Our hope is that the increased number of inspectors will result in regular touch points with Residents' Councils, more Proactive Inspections being performed and sharing of best practices across LTC homes.

McMaster University Research Study: Opportunity for Residents

Interested residents are invited to participate in a research study led by Jeonghwa You (she/her/hers), a PhD student in the Health Policy program at McMaster University. Jeonghwa is looking for residents who are willing to share their thoughts on what makes a good representative for residents in Ontario's long-term care policymaking. Jeonghwa wants to make sure that residents' perspectives are reflected and considered as much as possible in this research. If you're interested in participating, please look at the recruitment poster below for additional details.

Are you a resident or a family member of a resident in LTC facilities in Ontario?

We would like to invite you to our research study.

The goal of this study is to learn about the characteristics that you believe those who represent your interests in Ontario's long-term care policymaking should have.

Participation involves a 60 minute confidential interview, virtually or in person. In appreciation for your time, you will be offered an honorarium of \$25.

For more information, contact Jeonghwa You (PhD student)
Email: youj25@mcmaster.ca
Text or phone: 437 244 7853

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #15150.



Forums to Stay Connected: Residents and Residents' Council Assistants

Looking for a way to connect and learn from other residents or team members that support Residents' Councils. Join us any time your schedule permits!

RESIDENT FORUMS: Weekly, Thursday at 2 pm ET – Find more details [here](#).

Participation is limited to residents living in long-term care homes.

RESIDENTS' COUNCIL ASSISTANT FORUMS: Monthly, last Tuesday of the month at 1:30 pm ET – register [here](#). Participation is limited to team/staff members who assist long-term care home Residents' Councils.

Celebrating
Residents' Council Week



SAVE the Date for
Residents' Council Week
2023
September 11 to 17



ONTARIO
CLRI Centres for Learning,
Research & Innovation
in Long-Term Care
BAYCREST • BRUYÈRE • RIA

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 Tripp, Executive Director dtripp@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 | info@ontarc.com

©2016 OARC | 4261 Highway 7 East, Suite #A14-360, Markham, ON L3R 9W6



OARC is funded by the Ministry of Long-Term Care, membership dues and sponsorships.

*The views expressed in this publication are the views of OARC
and do not necessarily reflect those of the province.*