

February 2025



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OARC Resident Leaders in Action!

This month, four of OARC's Resident Expert Advisors and Leaders (REAL) joined Director of Education Stephanie Ventura as featured speakers at George Brown College for an online presentation for the Recreation Management in Gerontology Program, Industry Resources course.

Resident Leaders Ann Donaldson, Wanda Jensch, Steven Wenzowski and La Vern Simkins shared personal stories and insights and highlights from their work with OARC, leaving the group of 39 students feeling inspired.

Reflecting about her participation, Ann shared, **“it was great to see so many young people interested in the resident experience in long-term care homes. They appeared very engaged with the presentation, and the comments and questions that followed were proof positive. I was really impressed by their interest in the subject.”**

Election Day in Ontario

Today, many long-term care homes will be hosting Elections Ontario officials on site to support residents to vote in the Provincial Election. In addition to [OARC's previous communication about the election](#), our Ministry of Long-Term Care released a memo on February 24th, addressed to LTC home Licensees, recognizing Elections officials as essential visitors under the *Fixing Long-Term Care Act, 2021*, which ensures their “access to visit a LTC home even in the event of an outbreak of a communicable disease, subject to any applicable laws.” [Access the full memo here.](#)

We wish you a smooth and positive voting experience!

OARC Webinar Wednesdays

On February 19th, OARC welcomed residents and team members from Meadow Park Chatham as guest panelists on our live webinar. This engaging session featured Meadow Park's experience with implementing a resident-led Welcome Committee, that has evolved to include several additional peer support and program opportunities for residents.

Missed our live session? A recording of **Resident Mentors: Peer Welcoming Initiatives in Long-Term Care Homes** can be accessed [here](#).

Mark Your Calendars and tell a friend about OARC’s next live webinar, March 19, 2pm ET
[Keeping Residents Informed and Engaged: Nutrition Month Webinar with OSNAC Guests](#)

Just in time for Nutrition Month, the OARC team is partnering with representatives from the [Ontario Seniors Nutrition and Advocacy Committee \(OSNAC\)](#) for an informative discussion about food services in long-term care (LTC). With the help of special guests Dale Mayerson and Heather Toll, Registered Dietitians working in LTC, residents can expect to learn about advocacy and education efforts led by OSNAC to improve nutrition quality and the resident dining experience. Residents can look forward to learning about where their food comes from, the role of standardized recipes in meal preparation, and ideas to help Residents’ Councils and Food Committees influence positive changes in their homes.

Register to join us:

https://us06web.zoom.us/webinar/register/WN_sHxI9UhzTsOkUWbXtyNEag#/registration

OARC Annual Membership... It’s time to renew for 2025-2026

OARC’s annual membership period is fast approaching (April 1st, 2025 to March 31st, 2026), and it’s time to renew. For current OARC Residents’ Council members, your renewal packages including invoices have been emailed to the attention of your Residents’ Council Assistant. We thank you for your continued support and investment in the work of OARC!

Some Residents’ Council memberships with OARC are organizationally supported through our corporate membership program. We are grateful to our current corporate members:



Annual membership invoices for corporate member homes have been sent to the central offices of each organization. Learn more about corporate membership [here](#).

Considering OARC Membership for your Residents' Council?

Residents' Councils that may be considering becoming an OARC member are encouraged to [visit our website](#) or contact us directly to learn more and have your questions answered.

We'd love to have you join our network of close to 500 Residents' Council members from across Ontario! Contact Jennifer Langston at 1-800-532-0201 extension 220 or by email: jlangston@ontarc.com.

Has your Residents' Council or home contact information changed? Regardless of membership, we invite you to share any updates [here](#) to ensure that your Council stays connected through OARC's communications.

Geras Centre Fracture Prevention Initiative – Join the PREVENT Trial!

The Geras Centre for Aging Research invites long-term care homes to participate in research to help enhance fracture prevention care. This landmark initiative, funded by CIHR, will assess the current challenges to fall and fracture prevention homes face, provide education on fall and fracture prevention recommendations, and identify resources to help homes meet their goals to improve resident care and quality of life. There is remuneration for homes that agree to participate in the trial.

As members of the Geras Centre's Resident and Family Advisory Committee for Long-Term Care Research, OARC Resident Leaders, Devora Greenspon and Jim Gilhuly have helped to inform this study by sharing their ideas and lived experiences, and they encourage homes to consider getting involved. This study places emphasis on the whole person and includes resources to support discussions to better understand each resident's personal goals and definitions of quality of life.

If you live in a long-term care home, please contact your Director of Nursing or another trusted team member at your home to discuss participation in the study. To learn more about the trial or if interested in participating, long-term care homes can contact Lauren Kane at kanela@hhsc.ca or Teshan Dias Desinghe at diasdesing@hhsc.ca, and also call 905-521-2100 ext. 77866. More information can be found online at the Geras Centre [here](#).

Register to attend *Together We Care 2025* – Program now live!

Canada's largest gathering of leaders from the long-term care and retirement living sectors takes place April 7-9 in Toronto.

The *Together We Care* Convention and Trade Show offers valuable opportunities to connect with industry leaders and experts shaping the future of seniors' care. Explore the newly

published program featuring sessions on technology adoption, workforce development, family engagement, palliative care and more.

We look forward to attending and engaging with the Ontario Long Term Care Association and Ontario Retirement Communities Association members and communities at **#TWC2025**. See you there!

Check out the 2025 program here: <http://bit.ly/4aQAaaN>



Thank you to [AdvantAge Ontario](#), [Extendicare](#), [Java Group Programs](#), [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.

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