



Seasons Magazine is on it's way to you this April!

OARC's Spring/Summer edition of Seasons Magazine is currently in production and will be mailed to the Residents' Council Leadership in your LTC home early to mid April.

Keen to sneak a peek early? Click [here](#) to review our digital format. Please note that this edition of Seasons has been translated into French and will be circulated in hardcopy to French-designated homes (digital link coming soon).

Here are a few tips to help you make the most of Seasons magazine:

- Bring it to your next Residents' Council meeting to discuss innovative ideas and opportunities shared by other long-term care residents and leaders.
- Consider printing additional copies of this magazine to share with residents in your home using our digital links.
- Print, post and distribute copies of articles that might be of interest on Activity/Residents' Council Boards in every part of your Home.
- Share copies with Residents' Council Leaders and home area representatives and encourage them to contribute stories to our next publication.
- Consider distributing virtual copies of Seasons to residents with email accounts/access. Seasons may also be of interest to team members, family and friends and other stakeholders on your distribution lists.
- Assist residents to enjoy the digital version of Seasons using a tablet device or resident computer, if available.
- Consider using your copy of Seasons as a tool/conversation starter for a resident discussion group or during a 1:1 visit!

To share your ideas or submit stories for future editions, please reach out to Melissa McVie, Director of Communications at mmcvie@ontarc.com . Thank you!

Webinar Next Week – Registration Spaces Still Available!

Exploring National Long-Term Care Services Standards

Join us on Wednesday, April 5th at 2pm for our next webinar: [HSO Standards Discussion with OARC](#). This session will be offered in both English and French via simultaneous interpretation.

Save the Date: Mental Health Webinar – May 3rd at 2 pm

Residents have told OARC that mental health is a topic that they'd like to continue to learn about, to support their own personal wellness, and to help their understanding of resident peers who might be living with a mental health diagnosis. OARC invites residents to attend a webinar on May 3rd with special guest, [Jennifer Blaik](#), Psychogeriatric Resource Consultant, The Regional Municipality of York (and OARC Board Director) as we have a candid and educational conversation about mental health, with insights from our OARC Resident Leaders.

Additional details coming soon! [Secure your spot with registration today.](#)

HOME VISIT TRAVELOGUE: DISCOVERING ONTARIO, ONE HOME AT A TIME



Mel with Resident Leaders, Mike and Oskar from Huron Lodge, Windsor



Mel with Resident Leaders from Brouillette Manor, Tecumseh



Mel with Residents' Council @ Bobier Villa, Dutton

Melissa Matheson, Education and Home Support Manager, is back on the road after a brief pause over the inclement winter months (and flu season!). Melissa's trip covered parts of Southwestern Ontario this time around. Starting in Windsor, Melissa made some memorable stops in Tecumseh, Dutton and St. Thomas.

During her travels, Melissa was able to meet Heather Ingram, Programs and Restorative Manager at Banwell Gardens Care Centre, where they had a great chat about Residents' Council and the importance of proactive, transparent communication. Melissa also had an enjoyable visit at Brouillette Manor where a group of welcoming residents paused a lively Bingo game in order to meet her and learn more about OARC.

Melissa's various home visits included tailored education and support for each respective Residents' Council and an opportunity to learn more about OARC, what we do and how we support, advocate, and educate Residents' Councils and the community. Melissa presented Residents' Council 101 to new members and had thoughtful discussions and idea sharing.

A recurring theme from Melissa's home visits has been the importance of collaborative relationships and communication between LTC Home Administration and Residents' Council. Residents expressed the desire to have a better understanding of the places they live in and how they can contribute to the quality and operation of their homes.

Melissa would like to express her sincere gratitude to the following homes for allowing her the opportunity to connect in-person: Banwell Gardens Care Centre, Brouillette Manor, Huron Lodge, Bobier Villa, and Elgin Manor.

Toronto Blue Jays Fan Club at Allendale Long-Term Care



You can tell it's Spring when the snow is melting away, you see robins running across the lawn and more brilliant sunshine than you can see every day. Although it's often referred to as the "Boys of Summer", the Blue Jays are bringing baseball March 30th starting in St. Louis with the home opener on April 11th with exciting changes made to the stadium's 300 million dollars spent on upgrades to the outfield's seating area. There are several new players joining the team who are poised to show off their baseball talent and make a difference.

Fan support is thriving here at Allendale in Milton, Ontario, and we would like to flash our own numbers. If you've got Blue Jays fans at your long-term care home, we'd like to hear from you. We're looking forward to our kick-off celebration for the home opener, where we'll be watching on the big screen with root beer floats, food, and fanfare!

Stay tuned for more updates in future newsletters. GO JAYS GO! To connect with the Blue Jays Fan Club at Allendale, please reach out to Christine Brown, Life Enrichment Therapist/Blue Jays Club Staff Assistant: Christine.Brown@halton.ca or 905-825-6000 ext. 8069. *Article shared by: Janice Jeynes (JJ), Resident Leader, LTC Toronto Blue Jays Fan Club Co-ordinator*

OARC Attends Spring Long-Term Care Conferences



This week, OARC is participating in the Together We Care conference event hosted by our friends at the Ontario Long Term Care Association and the Ontario Retirement Communities Association. We are looking forward to this special opportunity to reconnect (in-person!) with LTC owner operators and stakeholders from across the province. Attending this conference will help us to build more relationships and raise awareness that

OARC is here to help support and mobilize Residents' Councils!

Coroner Report: Did you Know? Checks and Balances to keep LTC homes safe

You might have heard that as of March 13th, your homes are starting to use a new form to report to the coroner when a resident passes away. The Resident Death Notice (RDN) replaced the previously used form called the Institutional Patient Death Record (IPDR).

Read more about the rollout of the new Resident Death Notice in the [Memo](#) from Ontario's Chief Coroner Dr. Dirk Huyer.

Background

When a resident dies in a long-term care home, the death must be reported to the Office of the Chief Coroner. Currently, the obligation to give notice of deaths in long-term care homes is fulfilled through submission of the Institutional Patient Death Record (IPDR), which acts as a screening tool to identify concerns regarding the death. In collaboration with Queen's University and after an extensive consultation process with content experts and potential users, the IPDR was revised into what will now be known as the RDN.

The Office of the Chief Coroner (OCC) has pursued this redesign in response to recommendations from the Long-term Care Homes Public Inquiry (LTCPI). The new RDN will ensure that data collected is being used appropriately to identify deaths that require a coroner's investigation, to make informed policy decisions and to detect trends of concern in resident deaths in long-term care homes.

Your Membership Helps Us Make a Difference!

OARC membership renewal letters were mailed to our 2022 members via the Residents' Councils Assistants. If you have not received your invoice or are thinking of joining OARC for the first time, contact Jennifer Langston at jlangston@ontarc.com 905-731-3710 x 220.

Stay Current with us!

Have you experienced a change in your Residents' Council leadership, appointed Council Assistant or home Administrator? Share this with OARC with a [click of a button](#) or with a phone call 905-731-3710 x 220.

Residents' Rights Corner

Our review of the RBR continues with this installment of OARC in Action. Your second Residents' Right is: "Every resident has the right to have their lifestyle and choices respected."

In other words...you have the right to expect that team members and others respect the choices you make about how you want to live your life in your LTC home. A few examples include:

- You have the freedom to express yourself and participate in groups/affiliations of your choosing.
- You may pursue a romantic or sexual relationship if that is something you and your partner both agree/consent to.
- You have the right to come and go from the home when you want to, if you are mentally capable. Others have the freedom to enjoy leaves of absence with family and friends, following health and safety measures and current Public Health guidance.

OSNAC: New Clinical Nutrition Best Practices

NEW CLINICAL NUTRITION BEST PRACTICES

OSNAC is pleased to announce the release of the next set of Best Practices including **NEW supporting Tools & Resources!** New topics include:

1. Consent to Treatment
2. Dementia & Responsive Behaviours
3. Diabetes Management
4. Liberalized Diets
5. Nutrition Assessment & Plan of Care

VISIT OUR WEBSITE - OSNAC-FNAT.COM TO ACCESS TODAY!

WATCH FOR THE NEXT TOPICS INCLUDING ENTERAL NUTRITION, PALLIATIVE CARE AND MORE...



Our friends from the Ontario Seniors Nutrition Advisory Committee (OSNAC) have released a new set of [Clinical Best Practice resources](#)! Remember to keep the conversations between residents and Dietary teams going all year round through Food Committees and other opportunities for feedback and sharing.

Our [archived webinar with OSNAC guests](#) has lots of great tips for getting started.

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



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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 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.



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