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### Reflecting about March and Looking Ahead to April

#### #WebinarWednesday Recap – Nutrition Month Edition Residents Influencing Dietary Services

On March 13<sup>th</sup>, OARC was pleased to partner with two inspiring Registered Dietitians involved with the [Ontario Seniors Nutrition and Advisory Committee](#), Heather Stukalo and Heather Toll. Catch the recording [here](#) to learn how residents and food service teams can work together on menu planning and pleasurable dining.

Access the [Webinar Recording](#) | Download the [Webinar Slides Resource to support resident and dietary team collaboration](#)

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### Mark Your Calendars for our April 10<sup>th</sup> Webinar, 2pm EST Setting Your Council Up for Success Part 3: Understanding Our Law

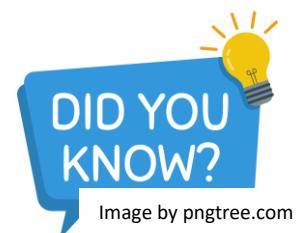
Join OARC as we review our popular tool “Understanding Our Law: Fixing Long-Term Care Act (FLTCA) 2021 and Residents’ Councils.” This tool was developed to support Residents’ Councils in understanding their full scope of influence as outlined in the FLTCA, 2021 – the legislation governing all long-term care homes in Ontario. This serves as a companion document in support of OARC’s Residents’ Council Provisional Agenda and Meeting Minutes Template, which we reviewed in our [December 2023](#) and [January 2024](#) webinars.

**Webinar Date: April 10, 2024, at 2pm EST**  
**Register [here](#) to secure your spot today!**

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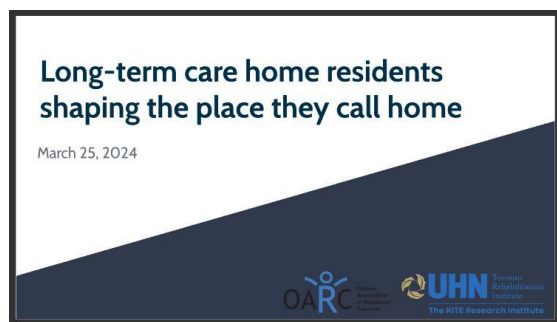
*Did you know that OARC offers a full catalogue of free archived webinars?*

Visit [www.ontarc.com/education-support/webinars.html](http://www.ontarc.com/education-support/webinars.html) for some fresh inspiration for you and your Residents’ Council.



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## OARC Quality Corner – Research Update and Webinar Recording



OARC’s research project, “[Empowering Ontario’s long-term care residents to shape the place they call home](#)” was featured on a recent webinar hosted by brainXchange in partnership with the Alzheimer Society of Canada and the Canadian Consortium of Neurodegeneration in Aging (CCNA). [Click here to access the recording.](#)

Presenters for this session included OARC Resident Leaders/project collaborators [Jim Gilhuly](#) and [Gale Ramsden](#), who together with Chloe Lee and Jennifer Bethell, reviewed existing approaches to engage residents in the organizational design and governance of their LTC homes, including barriers and facilitators/enabling factors.

We look forward to sharing more information about the next phases of our research project, including interview opportunities for residents, LTC team members and home Administrators! Visit our [current research webpage](#) or contact Chloe Lee, Quality and Evaluation Specialist, [clee@ontarc.com](mailto:clee@ontarc.com) to learn more or to get involved.

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### Support OARC Through Annual Membership

Membership dollars allow us to travel further, engage with more residents and teams in person, and take on special projects.

**We hope that we can count on your support for the 2024-2025 membership year (which begins April 1<sup>st</sup>, 2024).**

A reminder for [current 2023-24 members](#), your annual renewal letter was mailed in February, to the attention of your designated Residents’ Council Assistant.

Some Residents’ Councils are [corporately supported](#) to be OARC Members, in which case, your home might not have received a letter, but you can anticipate receiving a new membership certificate once a renewal has been processed.

If your Residents’ Council is interested in pursuing an [Annual OARC Membership](#) OR if you’re connected to an organization that might wish to explore a [Corporate Membership](#) on behalf of your family of long-term care homes, please contact Jennifer Langston at [jangston@ontarc.com](mailto:jangston@ontarc.com) or 1-800-532-0201 Ext 220 to learn more.

*Thank you!*



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## OARC Home Support Highlights

OARC's Melissa (Mel) Matheson has had a few busy and exciting weeks of travel and meetings with residents and their long-term care teams thanks to the milder weather and winding down of respiratory season. Each home visit presented a new opportunity to provide coaching, share promising practices, and deliver tailored support.

Chloe Lee, OARC's Evaluation and Quality Specialist, was pleased to join Mel for some of her recent visits in the GTA and share some highlights about OARC's [research project](#) that will include resident interviews in its next phase.

During their travels, our team observed a trend of Residents' Councils embracing the [Shared Leadership Team Model](#) as an alternative to the traditional structure for Council leadership. Councils reported that they are seeing the value and experiencing the benefits of adopting a more inclusive, team approach. When meeting with different resident groups, Mel was able to share ideas and speak about the implementation journeys of other Councils that have transitioned to a new leadership structure with positive outcomes. If this sounds like something your Council might appreciate, please feel free to reach out to Mel by toll-free telephone at 1-800-532-0201 extension 280 or by email: [mmatheson@ontarc.com](mailto:mmatheson@ontarc.com) to set up a home support call or visit.

Mel and Chloe would like to acknowledge and thank the following homes for their warm welcomes and memorable visits. It was a joy spending time with you!

**Ballycliffe LTC Residence, Ajax**  
**Chester Village, Scarborough**  
**Eden House Care Home, Guelph**  
**Elm Grove Living Centre, Toronto**  
**Extendicare Winbourne Park, Ajax**  
**Hillsdale Estates, Oshawa**  
**Seven Oaks, Scarborough**  
**St. Joseph's Health Centre, Guelph**  
**St. Lawrence Lodge (virtual meeting), Brockville**

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## Stay Connected with OARC and Your Peers... Join our **Forums!**

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

**RESIDENT FORUMS:** Weekly, Thursday at 2 pm EST – 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 EST – register [here](#). Participation is limited to team/staff members who assist long-term care home Residents' Councils.

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## Updates from Our Ministry of Long-Term Care (LTC)

**OARC encourages LTC teams to explore ways to share the following updates (and how they relate to activities in the LTC home) with Residents' Councils to support transparency and open communication. Distributing this newsletter can help to start the conversation.**

**April 2, 2024:** [Assistant Deputy Minister Memo – Preparedness for Total Solar Eclipse](#)

To ensure the safety of long-term care home residents and team members, the Ministry of Long-Term Care has provided some information and recommendations to help homes prepare for the upcoming total solar eclipse on April 8<sup>th</sup>, 2024. The memo also contains ideas to support proactive communication with residents, and promote safe enjoyment, such as participation in online viewing events etc. as the eclipse is likely to generate lots of interest. Consider using the posters below and include residents in preparations for next Monday!

Access the full ADM Memo – [English](#) | [French](#)

Solar Eclipse Information and Safety Poster – [English](#) | [French](#)

**March 28, 2024:** [One-Time Funding Increase for Long-Term Care Homes](#)

The Ministry of Long-Term Care is providing a one-time increase in long-term care funding up to \$201.9 million. This translates to an investment of \$2,543 for each licensed or approved long-term care 'bed' (resident space) in a long-term care home, with some exceptions.

The purpose of this funding is to relieve financial pressures and help homes address key priority areas. For homes that are not yet compliant in meeting the Ontario Fire Code requirements by January 2025, meeting these requirements (e.g. installation of sprinklers) should be the priority use of funds. Other uses of funds can include addressing deferred maintenance and proceeding with (re)development projects.

Read more about the One-Time Funding [Program Terms and Conditions](#).

*OARC recommends that Residents' Councils consider inviting their home Administrator to a future Council meeting to discuss how this infusion of funds might be utilized in their homes.*

**March 27, 2024:** [Minister's Letter – Long-Term Care Budget 2024](#)

Last week, our Minister of LTC, Stan Cho, released a letter to the sector regarding the Ontario budget, entitled [Budget 2024: Building a Better Ontario](#). In his memo, Minister Cho shares that, "our government is fixing long-term care using a plan built on four pillars: staffing and care; quality and enforcement; building modern, safe and comfortable homes; and connecting seniors with faster, more convenient access to the services they need."

OARC looks forward to sharing additional updates about the budget and related programs as this information is communicated in the coming days.

Access the full letter from the Honourable Stan Cho, Minister of Long-Term Care [here](#).

## March 21, 2024: 2024-25 Resident Health and Well-Being Funding

The Ministry of Long-Term Care is providing up to \$6,786,700 in 2024-25 to enhance resident access to social support services provided by registered social workers (RSWs), social service workers (SSWs) and other allied health professionals\* (AHPs) to increase overall health, well-being and quality of life in their long-term care homes through the Resident Health and Well-Being Program, which was initiated back in 2022.

LTC home licensees will begin to receive funding for the 2024-25 fiscal year in April 2024.

\*Allied Health Professionals is a broad category, which now includes the following positions:

- RAI MDS Staff
- Rehab, Active Living and Therapeutic Support Staff (Physiotherapy Aides / Assistants, Restorative Aides [Rehab / Therapy Aides], Activity Assistants / Recreation Assistants, Occupational Therapy Aides / Assistants, Kinesiology Support Staff)
- Activity Directors
- Volunteer Coordinators
- Medical Directors
- Directors of Nursing and Personal Care
- Nutrition Managers
- Behavioural Support Ontario (BSO) Staff.
- Complementary Therapy Staff (Music Therapy Staff, Horticulture Therapy Staff, Art Therapy Staff)
- Barbers / Hairdressers / Aesthetician Staff
- Foot Care Services Staff
- Interpretation Services Staff
- Respiratory Therapists

[Access additional details in the following attachments:](#)

Letter from Minister Stan Cho – [English](#) | [French](#)

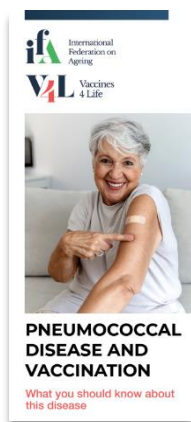
2023-25 Resident Health and Well-Being Program Funding Policy– [English](#) | [French](#)

Frequently Asked Questions– [English](#) | [French](#)

*Residents' Councils may consider inviting their home Administrator to a future Council meeting to discuss how these funds might be utilized in their homes. Proactive consultation with residents can help to identify opportunities and influence decisions aimed at enhancing resident health and well-being, as expressed by residents themselves.*



## Engagement Opportunities for Residents, Family Care Partners and LTC Teams



### **Pneumococcal Disease and Vaccination Resources for Older Adults**

OARC was pleased to have been part of a working group led by the [International Federation on Ageing](#) to inform the development of resources about pneumococcal disease and vaccination for people living in long-term care homes. Feedback from the late Bernie Flanagan, former OARC Resident Leader, helped to inform the design of this [informative brochure](#) about pneumococcal disease and vaccines for residents. Learn more about this initiative and access other knowledge assets [here](#).

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### **Réseau francophones des Conseils de familles Ontario**

Are you a French-Speaking caregiver? Would you like to be part of a support network (Réseau) with other French-speaking caregivers? Contact [reseaufcfo@gmail.com](mailto:reseaufcfo@gmail.com) to get involved and join these monthly meetings!

Help spread the word using these promotional posters: [English](#) | [French](#)

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### **Strengthening Medication Safety in Long-Term Care: Call for Participants**

The [Institute for Safe Medication Practices \(ISMP\) Canada](#) is seeking homes for the next phase of the Strengthening Medication Safety in Long-Term Care initiative. ISMP is working in partnership with the Ministry to provide education and support regarding medication safety to staff and residents in long-term care homes across the province.

Homes can now register to become Innovators in the next phase of the initiative and join other homes in provincial collaborative learning and sharing sessions.

Innovators will participate in a 6-month program that concludes with coaching and facilitation for implementing a targeted quality improvement initiative in your home. Specialized support will be provided to Innovators in rural /northern locations.

**Please send an e-mail to [LTC@ismpcanada.ca](mailto:LTC@ismpcanada.ca) to receive a registration form.**

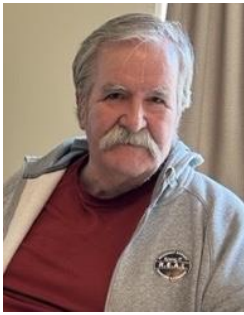
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### **Roundtable Consultations – Have your say about medication safety in LTC!**

[ISMP Canada](#) is hosting in-person and virtual consultations to receive feedback on two priority areas:

- Medication safety challenges and needs for residents with responsive behaviours. [Register here](#) to join the virtual Zoom session on April 4<sup>th</sup>, 1pm-3pm ET
- Integration of Indigenous traditional medicines and practices into resident care processes for homes delivering care in Indigenous communities. (Date/time TBD)

The ISMP is hoping to engage more residents and families in these discussions, and they are offering an honorarium for attending. Contact [LTC@ismpcanada.ca](mailto:LTC@ismpcanada.ca) for more info.



## Dave's Monthly Musing: Weather

Between my undergraduate and post-graduate degree programs at McGill University in Montreal, I spent 6 years studying a host of varied and challenging courses. My 'major' was in Marketing with a 'minor in Psychology, but I strayed into other subjects like Statistics, Applied Time Series Analysis, Physics, Calculus, Geology and Meteorology.

People often ask me, "of all the courses you studied, which one do you 'use' most often?" ... and my answer is always the same: Meteorology! Not a day goes by that I don't think about the weather. *Is it going to rain today? Do I need to put on sunscreen? What's the temperature?* But it's also fun that I can look up at the clouds and know that I'm looking at cumulus clouds or scud.

I know why a snowflake has six sides, how a raindrop forms and what a 'sun dog' is, why low-pressure systems are 'bad' and high-pressure systems are 'good'. Or that the temperature of the air around a lightning bolt is five times hotter than the surface of the Sun and what makes thunder!

But you don't need a degree in Meteorology to appreciate good weather or even bad weather for that matter. My bedroom window has a commanding view of the CN Tower and I love to watch it get hit by lightning! I encourage you to marvel in the variety that Mother Nature gives us every day. Get outside and feel the warmth of the sun on your face. Weather makes you feel 'alive' and we all need a little boost every so often.

Shared by: [David Stanyon](#), Resident Leader, Kensington Gardens & OARC REAL member.



Thank you to [Java Group Programs](#), [Extendicare](#), [Schlegel Villages Inc.](#) and [Sienna Senior Living](#) 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](mailto: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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