

Upcoming Webinar May 18th: Long-Term Care Home Residents' Bill of Rights – What's Changed?

Webinar Purpose: To educate and support long-term care (LTC) home residents and team members with understanding and implementing recent changes in LTC legislation.

In this session, the OARC team is joined by Jane Meadus, Barrister and Solicitor and Institutional Advocate from the [Advocacy Centre for the Elderly \(ACE\)](#) to present an overview of the newly expanded Residents' Bill of Rights from the [Fixing Long-Term Care Homes Act, 2021](#). This session will also highlight some of the other areas where Residents' Councils have increased scope of influence and engagement in the new LTC legislation, including emergency planning and continuous quality improvement.

Date: May 18th, 2pm-3pm

Registration: https://us06web.zoom.us/webinar/register/WN_XV03FQ0vRn6GUdhNvlzrfQ

Have you seen the **NEW** LTCH Residents' Bill of Rights? [ENGLISH](#) | [FRENCH](#)

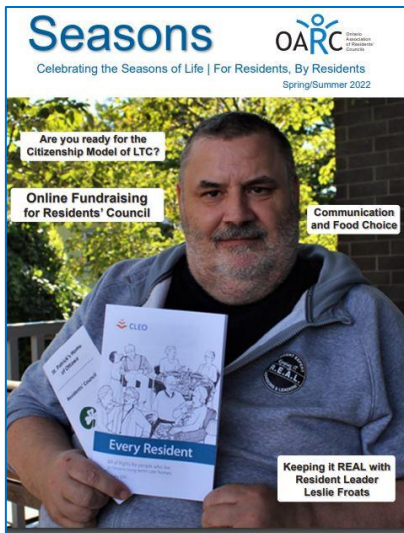
Residents' Rights and OARC Resource Updates are Underway

The OARC team is working hard behind the scenes to review and update our existing tools and resources to reflect the new long-term care legislation that came into force on April 11, 2022, known as the "Fixing Long-Term Care Homes Act, 2021." We look forward to sharing these updated materials in the coming weeks.

We also know many residents and teams frequently reference the [Every Resident- Bill of Rights for people who live in Ontario long-term care homes](#) resource published by the Community Legal Education Ontario (CLEO) in collaboration with the Advocacy Centre for the Elderly (ACE). Rest assured as we have confirmed that this resource will also be updated soon. Our Ministry of Long-Term Care are also working internally to update their resources. We look forward to communicating any updates relevant to residents and their Councils as soon as we are notified about them.

In the meantime, the OARC team would love to hear from you! How is your home implementing/educating the new Bill of Rights? Share your stories at mmcvie@ontarc.com

Check Out the Latest Edition of Seasons Magazine



Coming to a mailbox near you! OARC's Spring/Summer edition of Seasons Magazine has been sent to the Residents' Council Leadership team in your LTC home. This expanded 20-page issue contains a collection of inspiring articles to share with residents, families and your whole team! Keen to sneak a peek early? [Click here](#) to review our digital format.

With Residents' Council Week 2022 only 5 months away, the OARC team has enclosed a special gift with Seasons – a complimentary notebook and pen! We encourage your Residents' Council members to put these tools to use and start to plan activities and events to celebrate and recognize their Council this fall.

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
- 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

Share your stories with us for future editions – Melissa McVie, Director of Education and Communications mmcvie@ontarc.com 1-800-532-0201 x 260



Join OARC in 5 Days of Wellness

Mental Health Week starts next week on May 2nd and OARC is supporting awareness and wellness for residents' mental health through OARC's "5 Days of Wellness". The week includes a webinar for residents and Residents' Council

leaders. Learn more from our latest [bulletin](#). Build your knowledge and increase your understanding of this topic by joining our webinar next week, on Wednesday, May 4th at 2pm. Spaces still available. Please pre-register [here](#).

NEW SPECIAL FORUM FOR RESIDENTS' COUNCIL STAFF ASSISTANTS

OARC's Education team is convening a special Forum for Residents' Council Assistants in May. We will be limiting participation to the first 50 participants to maintain the intimacy of this group.

Mark your calendars: Tuesday, May 24th at 1pm

Register here:

https://us06web.zoom.us/webinar/register/WN_D_pFgglOTfakouPI94BWUQ

Registration is limited to the first 50 Resident Council Assistants

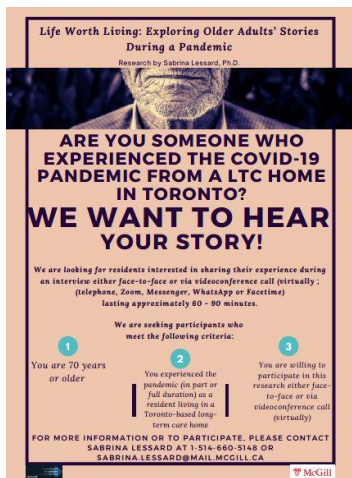
Topic: Residents' Council Reset

Changes on OARC Board and REAL group

Earlier this month, we accepted resignations from Board Member, Jill Knowlton and REAL member, Pierre Joly. The OARC team and Board would like to recognize and thank Jill and Pierre for their 9 months of commitment and service in their respective capacities. It has been a pleasure working with you, we wish you our very best, and look forward to future collaboration. Thank you.

Research Engagement Opportunity for Residents: McGill University

Sabrina Lessard is an anthropologist specializing in social gerontology, and her research interests are rooted in a desire to improve the quality of life of residents in long term care homes. Sabrina is currently engaged as a postdoctoral researcher through McGill University, and she is looking for resident volunteers from Toronto long-term care homes to contribute to her learning and research. Sabrina's study, entitled, "Life Worth Living: Exploring Older Adults' Stories During a Pandemic" will highlight lived experiences from residents living in both Toronto and Montreal, Quebec.



Sabrina is hopeful to connect with potential participants, ages 70+, who are willing to share their COVID-19 pandemic journey by way of an in-person or virtual (videoconference) interview, lasting approximately 60-90 minutes. Interview questions will touch on resident experiences, as well as their perceptions of life and loss, identified sources of support, challenges they encountered, and hope for the days to come. Study outcomes will be shared with all participants and other interested parties (caregivers and managers) to improve knowledge about the experiences of residents during the

pandemic. If you are interested in contributing to this work, or wish to learn more about the study, please contact Sabrina Lessard at 514-660-5148 or sabrina.lessard@mail.mcgill.ca

Invitation to Participate in a Research Study

Did you or a loved one consider moving out of long-term care in Ontario during the COVID-19 pandemic? The goal of the research is to better understand why some people decided to stay in, while others moved out of, long-term care settings in Ontario during the pandemic. Researchers at the University of Toronto are inviting you to share your experience in one 30- to 60-minute phone or Zoom interview. You may be eligible to participate if you are:

- A resident (or former resident) in long-term care
- A family care partner of a person who lives (or lived) in long-term care
- A health professional who supports transitions to and from long-term care

If you are interested in participating or would like to learn more, please email Sarah Carbone (sarah.carbone@utoronto.ca).

UPDATES FROM THE MINISTRY OF LONG-TERM CARE

Ministry of the Solicitor General, Office of the Chief Coroner: Strategic Plan to Address Recommendations from the Long-Term Care Public Inquiry

Chief Coroner, Dr. Dirk Huyer has released a memo ([English](#) | [French](#)) regarding the strategic plan to address recommendations from the Long-Term Care Public Inquiry (LTCPI). The plan highlights overall responsibilities within the LTCPI recommendations and outlines how they will be implemented. This plan has five key pillars:

1. Education, training and mentoring to build awareness about the systemic vulnerabilities of the elderly
2. Oversight and accountability, both within and across stakeholder organizations

3. Communication, to ensure concerns, processes, patterns and best practices can be shared across the healthcare system to reduce potential harm to the elderly
4. Culture, to establish a “just culture” that encourages and prioritizes the reporting of vulnerabilities
5. Continuous improvement, to normalize the questioning and continued quality improvement efforts by the long-term care sector and death investigation system in Ontario

The plan can be found at <https://www.ontario.ca/page/office-chief-coroner-strategic-plan-awareness-vulnerabilities-elderly>

Compliance and Enforcement Fact Sheet

For your interest, this resource provides information related to enforcement actions of the long-term care inspectors. [Click here](#) to access the fact sheet.

Mask Mandates Extended

The Chief Medical Officer of Health announced in a news release (April 22) that Ontario is maintaining existing provincial masking requirements in select higher-risk indoor settings, including long-term care, until June 11th. Access full news release [here](#).

New Resource from OSNAC/FNAT: Menu Planning in LTC in Ontario



Our friends at the Ontario Seniors Nutrition and Advocacy Committee (OSNAC) and their advocacy working group, Food and Nutrition Advisory Team (FNAT) have released a [new sector resource](#) highlighting process changes in LTC menu planning. While this resource was designed for Dietary/Food Service teams, it might be of interest to resident leaders to learn about regulatory changes taking effect July 11, 2022.

OARC Connecting with Students: Sheridan College



On April 6th, OARC Education Team Members and REAL Group Chair Devora Greenspon had the pleasure of meeting with Sheridan College students enrolled in the Social Service Worker – Gerontology program. OARC regularly contributes to the curriculum of various programs at different colleges and universities, but this was the first time we had the opportunity

to work with Sheridan College and we are grateful for this newly formed relationship. During the 45-minute virtual presentation, Sheridan students learned about OARC's history, the resources and tools available through OARC, and how Residents' Councils are one way to elevate the voices of people living in long-term care. Devora shared her lived experience as a resident leader in her home and stressed the importance of involving residents in meaningful ways based on their individual strengths and interests. To help drive home the message that people living in long-term care are still people – Devora shared her personhood affirming “I am...” statements (part of OARC's *Through our Eyes* Residents' Bill of Rights education program.) At the end of the presentation, students were asked whether they would consider working in the long-term care sector after graduation and we were pleased that the overwhelming response was a resounding “yes!” The OARC Education team is proud to play a part in inspiring the next group of long-term care team members!

Resident Forums: Sign up to Receive Reminder Emails

Are you or do you know a LTC resident who might like to learn from the experiences of other residents living in LTC homes across the province? Or perhaps someone looking to connect socially? OARC's weekly [Residents' Forums](#) are resident-led and are a great place to pose questions, discuss challenges and opportunities, share promising practises, talk about Residents' Council, and meet new friends.

Whether you come weekly, monthly, or just drop in occasionally we want to hear from you! Forums are every Thursday at 2pm (same link each week).

Would you like to receive an auto-reminder for our Forums with meeting link/phone in details? Contact info@ontarc.com to be added to our distribution list.

Home Sharing: Queensway LTC - Tim Hortons Taste Testing Program

Shared by Margaret Sutherland, Program Manager, Queensway LTC & Retirement Community

Queensway residents usually enjoy a coffee and Tim bit treat twice a month, but since this Iconic Canadian food chain has added a new product, ice cream, we wanted to put them to the test.

To judge how close, the company was able to recreate these tasty treats we offered a taste test of a double chocolate donut, Apple fritter and a salted caramel iced cappuccino alongside its ice-cream counterpart. Then residents were able to vote to say whether they tasted the same. Our resident Jill enjoyed the flavours but didn't mind

they tasted the same, while Wes thought they “hit the nail on the head” It was a fun afternoon of really paying attention what our taste buds were telling them.



Residents of Queensway Long-Term Care Home, Jill and Wes, participate in Tim Hortons Taste Testing Program

Extendicare Brampton Spreading Joy with Launch of Drumfit Classics

Shared by Maria Rojas, Resident Program Manager, Extendicare Brampton



Extendicare Brampton introduces “Drumfit Classics”, a fun and active program that produced laughter and smiles.

Extendicare Brampton’s Recreation Department was proud to launch and implement an active program called Drumfit Classics - a unique, and dynamic physical program that incorporates Music, Motion & Memory all in one. The goals and benefits of this program

are enhanced mood, and reduced stress, depression and anxiety. We saw clear evidence of this through residents' smiles, laughter, and enthusiasm as they drummed away.

Other benefits include improvement of cognitive function and memory, increase in range of motion and mobility, and improved cardiovascular health. At Extencicare Brampton we take pride in running programs that are meaningful and purposeful, and we have achieved this with Drumfit Classics. It doesn't get any better than drumming away to your favourite tunes with friends, while following a sequence of movements to stimulate the brain.

Our team members also enjoyed the program so much that they customized their own routines according to the residents' taste of music, or specific culture, and took song requests as well! We are running this program twice a month, and residents can't wait for the next session to make some noise and have fun!

Nutritional support funding increase

You have likely heard the news that the long-term care nutritional support funding will increase by 15% as of July 11, 2022 (see April 8th [news release](#)). The OARC team would like to take this opportunity to recognize our Board Director and long-term care resident leader Murray Woodcock for keeping the issue of the nutrition budget top of mind in every consultation and meeting we've had since he joined us as an OARC Board member back in 2019. While we recognize that the funding boost was not as big as what we had hoped for as Murray says, "it's a gigantic step in the right direction."

Reflecting on his experience of advocacy and perseverance, Murray shared that he is "heartened, and hopeful." Murray looks forward to seeing how the boost in funding combined with the increased flexibility around food and nutrition provided for in the new legislation will impact the dining experience and quality of life for people living in long-term care and says, "hopefully speaking, this is not the end of this thing." Thank you, Murray!

OARC Annual Membership Update

Thank you to all who have renewed their OARC Annual Memberships and provided updated member contact information. OARC is currently processing renewals and sending out corresponding member certificates. Electronic membership certificates will be emailed to the Residents' Council Assistant email address on file, so please ensure we have the most up-to-date information. If you have not renewed your membership, you still can by visiting the [Supporting OARC](#) section of our website or contacting Jennifer Langston at jangston@ontarc.com x 220.

OARC Moves to Virtual Office - Our New Mailing Address is:

4261 Highway 7 East, Suite #A14-360, Markham, ON L3R 9W6

Phone and Fax remain the same: 1-800-532-0201 | 905-731-3710 | Fax 905-731-1755

OARC Representing Residents

Working with our Ministry of Long-Term Care (MOLTC) and Stakeholder Groups as members of various committees, residents attend and provide their lived experience to government and sector leaders through:

- Ministry of Long-Term Care, Ministry of Colleges and Universities
- Ontario Seniors Care and Assistance Roundtable (OSCAR)
- Behaviour Supports Ontario: Advisory Group, Integrated Teams Collaborative, Lived Experience Advisory Group, Non-Stigmatizing Language Expert Panel
- CLRI Provincial Advisory Committee; CLRI Supporting Diversity and Inclusion in LTC Advisory Group; CLRI Ontario Caring Advisory Circle (OCAC), Implementation Advisor



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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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