

Keeping Residents Informed & Connected with Government

On Friday, June 23, the Ministry of Long-Term Care (MLTC) announced changes in COVID-19 measures, including masking and infection prevention and control (IPAC) requirements. These changes, outlined in a [memo](#) from Assistant Deputy Minister, Jeff Butler, have been made following consultation with the Office of the Chief Medical Officer of Health and are expected to be implemented by this Friday, June 30th.

An updated [“What Residents Can Expect”](#) handout and [Frequently Asked Questions](#) resource highlighting the latest changes were included as part of the Ministry’s sector communications. OARC recommends printing and posting these materials in addition to providing verbal updates to residents in your home. **We invite residents to pre-register for our webinar next week, which will speak to the changes in greater detail:**

COVID-19 Response Measures Update, Webinar for Residents | July 5th, 2 to 3 PM

The Ontario Association of Residents’ Councils has partnered with the Ministry of Long-Term Care to host a webinar for residents living in long-term care homes on Wednesday, July 5th at 2:00 to 3:00 PM EST. The session will provide an overview of updates in pandemic response measures and provide residents an opportunity to have their questions answered by Ministry staff.

Register here:

https://us06web.zoom.us/webinar/register/WN_fFQs1bEMQjmyVkbl6hcVVg



For many residents, these updates have been received with much anticipation and enthusiasm. The OARC team has already received some positive responses from residents upon learning of the changes and witnessing them take effect in their own homes. One resident shared, “This is loooong awaited and welcome news! Thanks for sharing.” Pictured left is OARC Board Director, Carolynn Snow, posing (and smiling!) with team member Myrna.

Removing masks today was a joyful occasion for Carolynn. She exclaimed, *“I appreciate seeing a smile and I hope this will be uplifting to the residents who haven’t seen a smile in over 3 years!”* Many residents will also look forward to enjoying a meal or refreshment with a friend or loved one in the near future.

Residents' Rights Corner: **NEW** [Translation to Tamil](#)

Thank you to Michelle Defante, Quality and Clinical Education Manager from Shepherd Village, who reached out to OARC seeking the Tamil translation of the Residents' Bill of Rights. OARC has your Bill of Rights translated in over 20 different languages/dialects. Share a copy of the Bill of Rights with new residents in their preferred language to help support their understanding and make them feel included. Visit our website today:

<https://www.ontarc.com/residents-bill-of-rights/translations.html>

OARC team visits Northwestern Ontario!



Pictured above in the left picture from L to R: Stephanie Ventura, Melissa Matheson, Debbie Lipscombe, Executive Director at Grand Council Treaty #3, Dee Tripp, Melissa McVie and Calvin Morriseau, OARC Board Director.

Last week, four members of the OARC team had the opportunity to travel to Northwestern Ontario and visit nine long-term care homes. During these visits, we met with residents, team members and home leadership, and had a chance to learn more about Residents' Council operations in each home.

We would like to express our gratitude to the following homes for their warm welcomes and for their willingness to share and support OARC's understanding of the needs and opportunities that exist in long-term care homes that operate in northern communities, including the Residents' Council groups that exist within them:

Wiigwas Elder and Senior Care (Kenora)
Pinecrest Long-Term Care Home (Kenora)
William A.B. George Extended Care (Sioux Lookout)
Northwood Lodge Long-Term Care (Red Lake)
Emo Health Centre (Emo)
Rainy River Health Centre (Rainy River)
Atikokan General Hospital (Atikokan)
Princess Court Long-Term Care (Dryden)
Rainycrest Long-Term Care (Fort Frances)

Our visit to the Northwest presented an added opportunity for members of the OARC team to spend some very meaningful time with Board Director, [Calvin Morrisseau](#), based out of Fort Frances. Calvin not only opened his car doors to our team, accepting the roles of host and travel guide, but through his wisdom and gift of storytelling, he helped to open our eyes to a different way of seeing the world, and supporting the health and wellbeing of Elders in Ontario.

We have been truly humbled by the interactions and learnings of the last week, and while we acknowledge that we do not have all the answers or the influence, we remain strong in our commitment to listen, to partner on solutions, to elevate and amplify, and to ensure that residents' experiences are reflected at the tables that make decisions and influence change. The experiences and learnings from the last week will inform how we move forward as an organization, to better understand and meet the needs of Residents' Councils and long-term care teams across the province.

Visiting the beautiful communities in the north has reminded us about the critical importance of aging within a community and staying connected to the people, culture and traditions that shape and honour our identities throughout our lives. We are forever changed and grateful for this experience. Miigwech – and thank you to our new friends and connections in northern Ontario. Our collective voice is strengthened with yours included.

June Reflections

This month, we have been inspired by stories and social media posts shared by LTC home teams featuring residents engaged in events to celebrate seniors and elder wisdom, demonstrating 2SLGBTQIA Pride and recognizing Indigenous History Month. OARC encourages residents and Residents' Councils to continue to **explore and embrace new ways to make your LTC home more inclusive and welcoming in addition to finding new ways to listen and learn**. Consider utilizing some of the following resources developed and shared by our sector partners:

- Archived webinar: [Creating Inclusive Communities with the Ontario CLRI Diversity Calendar](#)
- Resource for Program/Special Event Planning and Discussion Groups/Learning Circles: [Printable Diversity and Inclusion Calendars](#)
- Ontario Centres for Learning, Research and Innovation in Long-Term Care: [2SLGBTQI+ resources for long-term care homes](#)
- LGBT2SQ Health Connect: [Online Learning Platform](#), from Rainbow Health Ontario
- City of Toronto, "[Leading and Learning with Pride: A Revitalized Tool Kit on Supportig 2SLGBTQI+ Seniors](#)"
- Behavioural Supports Ontario: [The Indigenous Land Acknowledgement Guiding Framework](#)
- Ontario Centres for Learning, Research and Innovation in Long-Term Care: [Supporting Indigenous Culture in Long-Term Care](#)

Have you and your Residents' Council used other resources to support your learning and facilitate discussion that you'd like to recommend? We'd love to hear from you! Please reach out to Melissa at mmcvie@ontarc.com.

Celebrating Residents' Council Week



The Countdown Has Begun Residents' Council Week September 11 to 17, 2023

Residents' Council Week is just a few months away! What is your Residents' Council planning for this annual week of recognition?

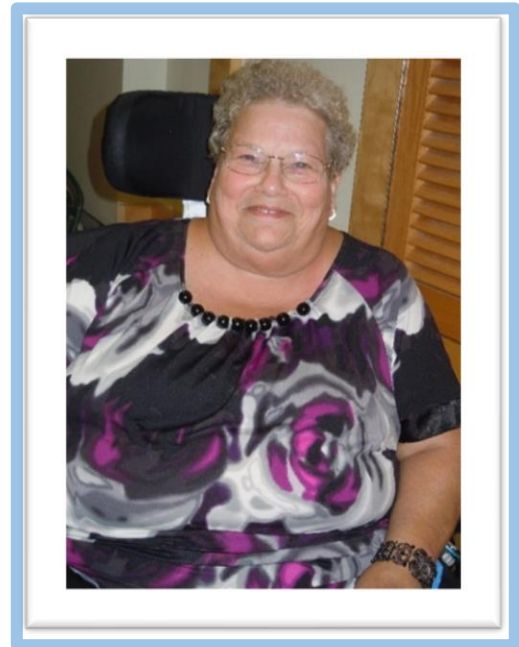
NEW THIS YEAR: OARC looks forward to launching the Sharron Cooke Annual Legacy Award, that will be

awarded during Residents' Council week this year and every year moving forward. Learn more about this award and how to get your home involved by visiting [OARC's website](#).

Apply Now: Sharron Cooke Legacy Award

Collaboration ❖ Communication ❖ Trust ❖ Friendship ❖ Hope

The Sharron Cooke Annual Legacy Award was created to memorialize the vision and collaborative spirit of the late Sharron Cooke, former OARC President, and was conceptualized (with Sharron’s help!) as a way to honour the people who live and work in Ontario long-term care (LTC) homes. The award recognizes teams who have demonstrated a commitment to authentic communication, relationship-building, establishing trust, and inspiring a sense of hope. This award is based on these principles and supported by the influence of Residents’ Councils in every LTC home. For Award details and applications visit [OARC’s website](#) or download the [Award brochure](#).



Important dates:

August 11, 2023 – 5 pm	Applications Close
Aug 14 - Sept 1 (3 weeks)	Award Selection (internal review)
Week of September 4	Applicants Notified/Prize selection
Residents’ Council Week 2023 (week of Sept 11)	Winner announced

OARC’s Upcoming Engagements

Next month, the OARC team and our Resident Expert Advisors and Leaders (REAL) Group are looking forward to some exciting engagement and travel opportunities. Here’s a snapshot of what we’ll be up to:

- July 5 – [COVID-19 Response Measures Update: Webinar for Residents](#) – REAL members will pose your registration questions to Ministry partners
- July 12 – OARC team and Resident Leaders will contribute to an education session for the Compliance Program’s new Long-Term Care Investigators in St. Catharines
- July 17-21 – Education Manager, Mel Matheson will be visiting LTC homes and spending time with Residents’ Council groups in Huntsville, Powassan, and North Bay

‘Grandparent Scams’ – Resources to keep you safe and well-informed:

The Ontario Provincial Police and GTA police services are jointly conducting an investigation into Emergency Grandparent Scams, which target elderly persons throughout Canada. According to a communication released by the Ministry of Long-Term Care (MLTC) on June 6th, the majority of the victims of recent phone scams are Ontario residents. The MLTC is partnering with the OPP and the Ministry of Health to share the attached prevention materials with Ontario long-term care homes and their residents.

- [Emergency/Grandparent Scams](#)
- [Emergency/Grandparent Scam Prevention – Handout](#)

To learn more about ways to keep yourself informed about other common telephone and internet scams, we encourage you to tune into OARC’s [archived webinar](#) with guest presenter from Tech Coaches.

Sharing Dance with People Living with Dementia: Study

People living with dementia live in a stigmatized society. Researchers from the University Health Network (UHN), Baycrest, and the National Ballet School are looking for policy makers (including advocates) to participate in a study to view a short documentary film on how dance might lessen stigma, facilitate social inclusion and create self-expression. After viewing the film, participants will engage in a focus group and/or interview. A small gift is included as a thank you. [Please click here](#) for more information.

Tribute to Reid Walker – Former OARC Board Member



OARC has learned about the recent passing of Reid Walker, Resident Leader and former Director on OARC’s Board. Reid is pictured here with Denise Burke, another former Board member and friend.

Reid proudly served as President of the Residents’ Council at the Chartwell Brant Centre Long-Term Care Home for many years. A true ‘out of the box’ thinker and go-getter, Reid is remembered fondly for his commitment to enhancing the quality of life of fellow residents and team members. He was actively involved in fundraising efforts and enjoyed planning special meals, outings, and events. Reid guided the Council in seeking

new opportunities to give back to his home and community. With the help of a team member from his home, Reid led the charge for the Residents' Council to sponsor a local girl's soccer team. The Council members were extremely proud of this initiative. The OARC family of team members, Board, REAL members and all of our dedicated volunteers are sending our collective best to Reid's family and friends. He will be greatly missed.

News from the Ministry of Long-Term Care

[June 22, 2023](#): The Ontario government is providing \$16.5 million to provide education to 600 new personal support workers across the province. Humber College's accelerated education, Learn and Earn Accelerated Program for Personal Support Workers in Long-Term Care (LEAP LTC) will offer existing long-term care team members the opportunity to become PSWs.

#iPrecept – Mentors for success

Have you heard of iPrecept? **iPrecept** is a free society for long-term care (LTC) preceptors established by the Preceptor Resource and Education Program in Long-Term Care (PREP LTC). It acknowledges preceptors' crucial role in training and recruiting future LTC team members while providing resources and opportunities to support their professional development, personal recognition and overall success.

As a culture change initiative, **iPrecept** builds an environment that attracts, rewards, and retains the best, most dedicated preceptors by:

- Acknowledging and distinguishing them from their team members.
- Creating a reward system for long-standing and top-performing preceptors.
- Establishing an online platform to access resources and promote knowledge-sharing and problem-solving opportunities under the #iPrecept hashtag.
- Hosting public recognition and appreciation events.

So, join the conversation!

Preceptors in LTC can use the #iPrecept hashtag on social media to share their success stories, suggestions and feedback. Have your say in what it takes to be a preceptor and what the future of LTC looks like!

Interested in bringing **iPrecept** to your LTC home? Connect with your [Regional Engagement Liaison](#) or email prepltc@the-ria.ca.

Registration Now Open: This is Long-Term Care Conference – October 22-24

[This is Long Term Care 2023](#) offers a unique opportunity to connect in person with leading experts in the field while engaging in valuable education, gaining practical takeaways, and expanding your professional network. The planning committee is

diligently curating an exceptional program that will provide you with practical strategies to enhance both quality of care and quality of life. Be prepared for enlightening sessions, expert-led workshops, and insightful discussions that will empower you in your professional journey. Registration is now open: <https://thisisltc.com/2023-registration/>

Participate in the GERAS Landmark Study

Canadian long-term care (LTC) homes are invited to participate in a research study to help prevent hip fractures in residents (age 65+) and improve their quality of life. This study opportunity has been shared by the [GERAS Centre for Aging Research](#), part of Hamilton Health Sciences and affiliated with McMaster University.



Why is this study being done? Together with our partners in LTC, we are looking to reduce the devastating impact of fractures (suffering, pain and reduced quality of life) by integrating routine assessment and multifactorial osteoporosis management within LTC homes.

What does this research involve? Over a one-year period, LTC teams will participate in an educational meeting describing the PREVENT model, the fracture prevention recommendations in LTC and our fracture prevention toolkit.

Why is it important? This is the first randomized controlled trial in LTC using a model to examine fractures which may be used across Canada with potential lifesaving and healthcare cost-saving implications.

How to get involved If you would like to participate or have any questions, please email or call the Geras Research Coordinator Lauren Kane at kanel@hhsc.ca or 905-521-2100 ext. 77866.

This research study has been reviewed by the Hamilton Integrated Research Ethics Board [#13622]

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 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.



Thank you to [Java Group Programs](#) and [Extendicare](#) 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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