

June 2024



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Goodbye June, Hello July!

Our OARC in Action newsletter is designed to keep residents, Residents' Councils and their supporters informed, inspired and connected. Consider printing copies of this issue to share at your LTC home or use it to spark some conversation.

RC Week 2024

Residents' Council week (September 16th – 22nd) is the perfect time to showcase and celebrate the contributions of residents, help others learn more about your home's Residents' Council, and find ways to bring your community together.



We invite you to refer to our [June 18th bulletin](#) for more information about this year's photo contest and the return of our [Sharron Cooke Legacy Award](#). Visit our [Residents' Council Week webpage](#) to access printable resources and activity ideas!

Stay connected and share ideas at our OARC Forums

Are you looking for a way to connect and learn from other residents or team members that support Residents' Councils? Consider joining one of our OARC Forums.

RESIDENT FORUMS: Weekly, Thursday at 2 pm EST – Find more details about these resident-led weekly Forums [here](#). Participation is limited to residents living in Ontario 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.

OARC bids farewell to Murray Woodcock, OARC Board Director



With sadness and gratitude, we share the news of the passing of Murray Woodcock, Director on the Board of Directors with OARC. Murray joined OARC in 2020. His reason for pursuing the opportunity was clear: he wanted to make a difference in how life is experienced in long-term care (LTC) homes. He was not interested in long-winded meetings and political etiquette. He wanted change and he wanted it NOW. He knew the world of LTC first as a family member; loving husband of his wife who lived with dementia in an LTC home. Then he lived alongside her as a co-resident prior to her passing. He knew what LTC involved from the family perspective and from the resident perspective.

Murray was proud of his LTC home. He respected the team members and management in his home. He was the President of his Residents' Council and advocated loudly, strongly and sternly for the improved quality of living in long-term care; specifically, he was a champion for better food and a better dining experience. Murray was persistent, tenacious and passionate about speaking with the Ministry of Long-term Care and corporate leaders about the need for a raise in the food budget for LTC residents. He spoke for years about the need for an increase and in 2023 he was acknowledged by the (then) Minister of LTC, Honourable Paul Calandra as being the catalyst for the increase that was realized that year.

Murray was known for his powerful statement – ***“Residents’ Councils are the life blood of the home!”*** Murray understood the dynamic and powerful influence that Residents’ Councils have in making suggestions and prompting change in every LTC home.

With OARC, Murray was a steadfast advocate for ‘getting work done’ and for ‘always remembering the resident.’ In Board and Committee meetings we could rely on his sage wisdom in saying, ***“Whatever we do, we must always do it keeping residents in mind.”***

This is the tough part of the work that OARC is privileged to do. When we work so closely with resident leaders and then have to say goodbye, it hurts to the core. May Murray’s memory, advocacy and passion for a better quality of life for ALL RESIDENTS in LTC homes live forever!

OARC is indebted to Murray Woodcock. He led well. He advocated well. He kept OARC grounded and focused on what truly matters. He was a gentleman and a passionate leader. He passed at his LTC home peacefully, at the age of 93. May he rest in peace.

OARC Governance Update

OARC is governed by a volunteer Board of Directors, several of whom are residents living in LTC homes across Ontario. Every June, OARC holds its Annual General Meeting (AGM), the mandatory gathering of Directors and executive leadership for the Association. It’s the culmination of a year of activities including board meetings, Board Committee activities, acknowledgement of significant successes and challenges. It’s also the time when new Directors are welcomed to the Board through a voting process. Immediately following the AGM, OARC holds its first Board meeting at which time any new Officers to the Board are voted in. Officers include the Chair, Vice Chair, Treasurer, Secretary.

We are pleased to share the OARC’s new slate of Officers for OARC, solidified on June 25th:

Chair: <u>Mary Nestor</u>	Vice- Chair: <u>Dr. Fred Mather</u>	Secretary: <u>Carolynn Snow</u>	Treasurer: <u>Jim Gilhuly</u>
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OARC would like to extend a sincere thank you to John Scotland, CEO at the Steeves and Rozema Group, for generously sharing his time and knowledge in his capacity as Director and Treasurer of OARC’s Board, and Chair of OARC’s Finance and Audit Committee. Over the past three years, OARC has benefited greatly from John’s expertise, invaluable guidance and support. It has been our pleasure to work together.

Thank you, John, for enriching OARC through your service and commitment! And thank you for everything that you do within the long-term care sector more broadly.

Quality Corner – OARC Research Project Update

On behalf of the research team involved with the [“Empowering Ontario Long-Term Care Residents to Shape the Places They Call Home”](#) project, *thank you* for the positive response to our recruitment efforts in the month of June. Our team has been busy meeting with residents and long-term care team members for interviews, and we’ve

enjoyed hearing about ways that residents are being engaged in the operations and decision-making of their homes.

To ensure that our research project includes the important perspective of long-term care home leadership, our team is looking to connect with more Administrators from homes across Ontario. If you are an Administrator and would be interested in participating in a brief interview, please reach out! Additional details about our study can be found in this research recruitment poster [here](#).

The feedback our team collects from interviews will inform the third stage of our research project, which includes the creation of a co-designed toolkit to facilitate meaningful resident engagement in LTC.

If you are interested in participating or would like to learn more, please reach out to Chloe Lee at chloe.lee@uhn.ca or call +1 (437) 872-7450. Thank you!

Updates from Our Ministry of Long-Term Care

June 6, 2024: [Ontario Welcomes a new Minister of Long-Term Care](#)

Natalia Kusendova-Bashta has been appointed as Ontario's new Minister of Long-Term Care. Read the government's news release [here](#).

Minister Kusendova-Bashta was previously the Parliamentary Assistant to the Minister of Long-Term Care and the Minister for Seniors and Accessibility. She has served as a member of the Legislative Assembly of Ontario since 2018 and is MPP for Mississauga Centre. Minister Kusendova-Bashta is also a registered nurse.

The OARC team had the opportunity to speak briefly with Minister Kusendova-Bashta shortly after taking on her new role and we were encouraged by her enthusiasm and commitment. In our short time together, she mentioned how vital it was to hear resident voices and to connect directly with residents during her many home visits.

OARC looks forward to getting to know our new Minister in the coming months and working together to advance our shared goal of enhancing the resident experience and quality of living in Ontario long-term care homes. We would like to thank our former Minister, Stan Cho, for his time and contributions to our sector. We send Minister Cho our best as he takes on a new position as Minister of Tourism, Culture and Gaming.

June 19, 2024: [Air Conditioning Requirement Reminder and Heat Related Illness Prevention and Management Plans](#)

Kelly McAslan, Assistant Deputy Minister, Long-Term Care Operations Division circulated a memo to [long-term care licensees](#) as a reminder to implement heat-related illness prevention and management plans. An accompanying [fact sheet](#) describes amendments to the air conditioning requirements that came into effect on May 1, 2024.

June 19, 2024: 2024-2025 Rate Reduction Application Forms Now Available

Rate Reduction application forms for the 2024-25 program cycle are now available. Long-term care team members will be available to assist residents seeking to apply for an annual Rate Reduction. Learn more about the Long-Term Care Rate Reduction program and eligibility [here](#) or ask a trusted team member at your home for more information.

June 24, 2024: [Designation of Placement Coordinator](#)

Deputy Minister Melissa Thomson released a [memo to the sector](#) announcing the amalgamation of the 14 Local Health Integration Networks, operating as Home and Community Care Support Services (HCCSS), into a new service organization called Ontario Health atHome. This new organization has been designated as the new placement coordinator for long-term care homes under the *Fixing Long-Term Care Act, 2021*, although these changes (effective June 28th) are not anticipated to impact the long-term care placement process.

OARC June Engagement Highlights



On June 13, OARC's Executive Director Dee Tripp had the opportunity to meet Canada's Minister of Labour and Seniors Honourable Seamus O'Regan Jr. The Canadian Club hosted a luncheon where Minister O'Regan was invited to share his plans for and views of Seniors' care across Canada.

The themes of his message were dignity, the power of listening, and the universal inescapable fact that care and caring is what links every human being together. All of us were cared for and most of us will require some sort of care as we live our lives and grow older. He announced that he is about to convene a National Advisory table to advise on issues and solutions related to provision of care (caregiving) in Canada.

Dee spoke with Minister O'Regan and a member of his team about OARC's role in the LTC sector, the unique position Ontario LTC homes have with the mandated existence of Residents' Councils in LTC homes, and the fact that OARC is unique in mandate to all of Canada. In fact, Dee advocated for a seat at the table to advise on matters that are important to residents living in LTC homes.

REAL Member Home Spotlight: Rainycrest Long-Term Care Home

OARC Resident Leader Gary Strickland, and his home team at Rainycrest Long-Term Care Home in Fort Frances, Ontario, were extra busy in the month of June. In addition to running the home's tuck shop, Gary regularly rolls up his sleeves to plan and support activities in the home that enrich the lives of his co-residents.



When a family emergency resulted in the last-minute cancellation of the scheduled Pow Wow and Smudging Ceremony on June 21st, Gary and his team were quick on their feet, coming up with an alternative program for Indigenous Peoples Day. Reflecting on the experience, Gary shared: “As a fill in, I was asked to make Bannock [a form of bread], which I love doing. Me and Garrick, an Activation worker, made 3 large Bannocks to

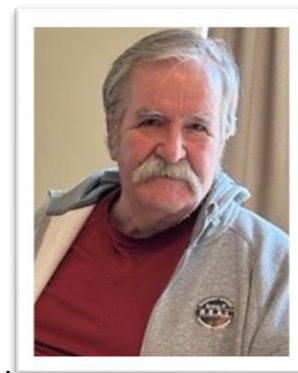
share with residents in the home. Native Residents were invited to watch me prepare this traditional food. I spoke in my Oji-Cree language, explaining what I was doing...” Gary was encouraged by the positive responses he received from all the residents in his home that sampled the Bannock – “everyone loved it!” He was proud to see how this impromptu activity was able to bring together the residents and team members at Rainycrest to learn and connect with Indigenous culture and traditions.

Back for a second year at Rainycrest was the popular Senior Prom! This year's theme was “the Roaring 20's” with black and gold home décor and dress code was a real hit!



Dave's Monthly Musing: Summer

Traditionally, we think of summer as comprising the months of June, July and August, but if you live in Australia, your summer is December, January and February. Still hot, mind you, but it doesn't feel 'right' to think of Christmas and a day at the beach in the same sentence.



Summer will always hold a special place in our hearts as the antithesis of winter ... it's warmth and the list of things to do expands exponentially... swimming, cycling, hiking, canoeing, camping ... so many things to choose from. Summer is fun!

And we've been conditioned this way thanks to our years in school. Summer is vacation time! No more classes, no more books no more teacher's dirty looks. Teenagers and university students often take summer jobs and business activity for the recreation, tourism, restaurant, and retail industries reach their peak.

For me, it was an escape from the hustle and bustle of city life (in Montreal) to the calmness and serenity of the country ... rivers, mountains, forests, lakes and streams. I'm glad I wasn't raised on the Prairies where the land is so flat, you can watch your dog run away for three days. In my youth, that meant a cottage in Knowlton Grove, Quebec on beautiful Brome Lake with my family.



The one drawback to this was that my birthday was in July, so I rarely had a traditional birthday party with my friends from school or on my block. And yes, that cute little guy in the picture is me a long time ago! I'm sure everyone reading this can remember happy memories tied to the warmer and longer days of Summer!

This Summer we also get the Olympics from Paris, and for you football (soccer) fans there's also UEFA Euro from Germany, so get ready to cheer for your country! Go Canada!

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

Research Study: Addressing the Housing Needs of People with SCI

The following research opportunity is open to residents who are living with a spinal cord injury as well as their family and team members who have experience/expertise in assisting residents with a spinal cord injury.



Addressing the Housing Needs of People with Spinal Cord Injury/Dysfunction



We are looking for people with spinal cord injury/dysfunction (SCI-D), family members & professionals involved in accessible housing to take part in a study exploring housing needs.

The study involves a 60 minute interview or focus group by phone or Zoom.

TO LEARN MORE, PLEASE CONTACT:



Kirstin Yuzwa, Research Associate
+1 (416) 226-6780 x 57605 or HousingStudy@sunnybrook.ca

Funding provided by the Craig H. Neilsen Foundation

PRINCIPAL INVESTIGATOR: Dr. Sander L. Hitzig, Senior Scientist

Phone: +1-416-226-6780 x 57177 Email: sander.hitzig@sunnybrook.ca



This study has received ethics approval from the Sunnybrook Health Sciences Centre.



Thank you to [AdvantAge Ontario](#), [Extendicare](#), [Java Group Programs](#), [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 1-800-532-0201 x 240.

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