

# OARC In Action

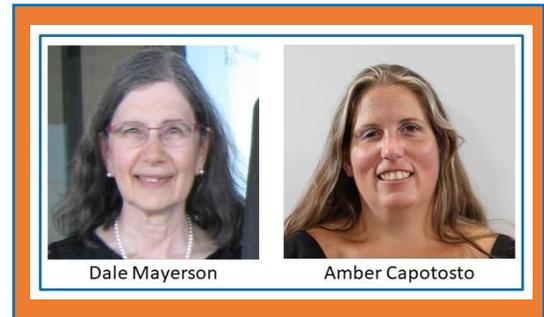
## For Residents By Residents



## Food Services and Nutrition Webinars for Residents

**Food services and nutrition** are two significant topics that rise to the top when it comes to areas affecting quality of life for residents living in long-term care homes across Ontario. Many Residents' Councils devote much of their agendas to discussions around food service and quality – many even have their own separate Food Committees to enhance the conversation around food and nutrition.

Recognizing the need for residents to feel more empowered and engaged in this area, OARC has enlisted the help of the Ontario Seniors Nutrition and Advocacy Committee (OSNAC) to host food-related webinars this fall. We are thrilled to partner with guest presenters Amber Capotosto, Certified Nutrition Manager and Dale Mayerson, with 40+ years' experience as Nutrition Manager and Dietitian, to dive into the following topics:



Dale Mayerson

Amber Capotosto

### September 15, 2021: Empowering Residents through LTC Food Foundations

In this webinar, we'll learn about:

- The Ontario laws and regulations that your LTC home teams must follow...
- Promising practices for providing food quality
- How and why Residents' Councils could be more involved in the process
- The "clinical" nutrition piece that residents don't see

Register here for the September 15<sup>th</sup> session:

<https://attendee.gotowebinar.com/register/481754734861446156>

### October 13, 2021: LTC Food Purchasing, Production and Menu-Planning: Deepen Your Knowledge and Increase Engagement

In this webinar, we'll learn about:

- How menus are planned
- How food is prepared
- How food supplier contracts work

Register here for the October 13<sup>th</sup> session:

<https://attendee.gotowebinar.com/register/6936558692002482445>

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## Resident Forums: New Meeting Platform

Based on feedback from resident participants, OARC will be moving our weekly Resident Forums over to **our NEW Zoom platform**, starting next Thursday, August 5th. Whether you're a Forum regular or have yet to join our weekly discussions, we invite interested residents to join us next month on the following dates:

- Thursday, August 5th at 10:30am
- Thursday, August 12th at 2pm
- Thursday, August 19th at 10:30am
- Thursday, August 26th at 2pm

Our 45-minute Resident Forums are exclusive to long-term care home resident participants and offer peer to peer sharing. Resident Forums are facilitated by a Resident Leader and supported by an OARC team member. Sessions are not recorded to ensure your privacy and confidentiality. We look forward to connecting with you in August!

### How To Connect with OARC's Resident Forums

To join our recurring Resident Forum Meeting from your **computer, tablet or smart phone**:

1. Please use this link: <https://zoom.us/j/6461716852?pwd=eUludjZRckpWSjVYU5ZFTU52QVlzd09>
2. Then enter the Meeting ID: 646 171 6852
3. Then enter the Passcode: Resident

**OR**

To join our recurring Resident Forum Meeting from **telephone**:

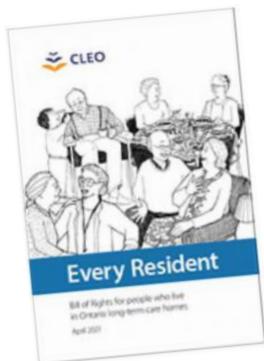
1. Dial our toll-free phone-in option 1-888 475 4499
2. Enter our Meeting ID: 646 171 6852
3. Enter our Passcode: 48804071

Please contact Melissa McVie at [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com) or via telephone at 1-800-532-0201 ext. 260 for any Forum-related support needs.

*We are extremely grateful for all team members/staff supports that help residents get connected to join us each week and for sharing this connection opportunity within your homes. Thank you.*

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## New Edition of CLEO's Every Resident – Bill of Rights for people who live in Ontario long-term care homes



A new edition of Every Resident - Bill of Rights for people who live in Ontario long-term care homes is now available online and in print. Changes include:

- new information about when health officers can make temporary rules to protect peoples' health during an emergency
- an expanded section on the use of restraints
- updated resources for people whose rights have been violated

All CLEO resources are available free of charge. For a complete list of CLEO's publications and to order, please visit <https://www.cleo.on.ca/en>

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## Ontario Association of Residents' Councils Welcomes Our REAL Group

OARC's first group of Resident Expert Advisors and Leaders (REALs) met for the first time this month. The group enjoyed meeting one another 'virtually' and digging into some orientation and training. This cross-provincial group of Resident Leaders is keen to put their strengths to work and lend their voices over the next year, infusing even more resident perspectives and experience into the work and various engagements of OARC. We invite you to meet our REALs and read their individual biographies on our website: <https://www.ontarc.com/who-we-are/real.html>



Devora Greenspon  
REAL Co-Chair



Leslie Froats  
REAL Member



Barry Hickling  
REAL Member



Pierre Joly  
REAL Member



Bob Neveu  
REAL Member



Virginia Parraga  
REAL Member



Gale Ramsden  
REAL Member



Steven Wenzowski  
REAL Member



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## Ministry of Long-Term Care Investment into OARC

In recognition of the impact OARC has in our LTC sector through leveraging the resident voice, supporting Residents' Councils and consulting with government working groups and committees, the Ministry of Long-Term Care is increasing the funding to OARC by almost 50%.

On Monday July 19<sup>th</sup>, the Honourable Minister of LTC, Rod Phillips, attended an OARC Board meeting to personally thank OARC and make the announcement of increased funding. During the meeting he heard directly from resident leaders who brought several requests forward including:

- Increasing the food budget for residents in LTC
- Ensuring PSWs receive a living wage
- Safeguarding the focus of the free PSW training such that many PSWs enter the LTC system

Minister Phillips articulated his commitment to understand more fully, the lived experience of residents and take corrective measures. OARC looks forward to continued discussions with the Minister and his team as we work together to "fix the system."

*"Minister Phillips, on behalf of Residents' Councils and the thousands of people who bring those Councils to life and effectiveness, THANK YOU for your announcement today. As previously noted, the LTC system – which includes OARC – has been under resourced and undervalued for a very long time. As we work to provide much needed support in a complex environment, be assured that the added resources announced today, will help. We are excited to work at the systemic level with your team, at the level of broad public awareness and at the home level, supporting RCs and the people who help them to function!" ~ Dee Lender, Executive Director*

## SHARE YOUR STORIES WITH US

The OARC Team invites you to share story submissions for our bi-annual print publication, **Seasons magazine**. This is a great opportunity to celebrate and share the efforts and innovations of your Residents' Council and inspire other Councils across the province.

To better meet the preferences of our readers, we are accepting articles written in either English or French. This upcoming issue will include a French language section and a new "Creative Corner" to feature short poems or pictures of your artwork etc.

**Deadline for submissions: September 22, 2021**

### Submission guidelines:

- Article submissions to be 250-300 words
- 1-2 photos to accompany your story
- Submission title and authors
- Send articles and photos to [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com)



## Share Your Photos For A Chance To Be Featured On Our Cover

The OARC team would like to feature **YOUR** photo on the cover of our next edition of Seasons magazine. Do you have a picture of a resident, a resident posing with a team member/volunteer, or a close-up shot of a small group of residents that would make an impactful front cover? We are looking for images that reflect the Fall/Winter season.

If your image is selected for our next cover, your LTC home will receive an additional 15 copies of the magazine to share and distribute. We hope to use all submitted photos in OARC communications throughout the year, so please keep them coming!

**Deadline for Fall/Winter cover consideration: September 22, 2021.**

### Submission guidelines:

Please be sure to include your name, your home's name, and provide a caption of what's going on in the image (For example, "resident Mary at \_\_\_\_ LTC home enjoying the Fall Fair"). For all submissions, we ask that you also ensure that all individuals captured in your images have a current/signed media release with the home. Digital formats (jpegs) of your photo submissions can be emailed to our Seasons Editorial Team at [mmcvie@ontarc.com](mailto:mmcvie@ontarc.com)

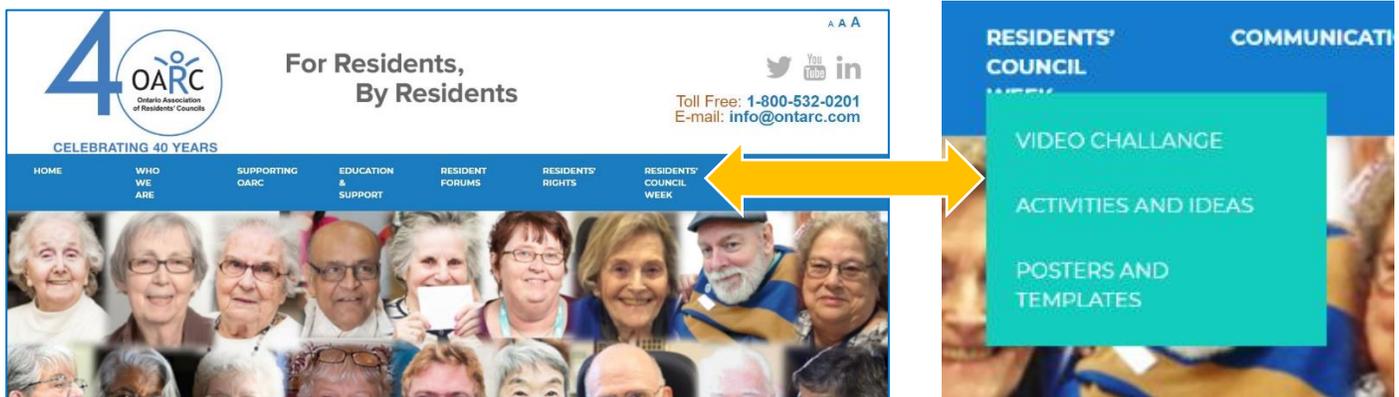
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## Residents' Council Week is only 7 weeks away! Mark your calendars for September 13-19

Has the Residents' Council at your long-term care home started to brainstorm ideas about how to make your Residents' Council week special? It's never too early to start planning.

OARC is here to help. We've posted some preliminary ideas to help guide and inspire you, available on the Residents' Council Week tab of our website: [www.ontarc.com](http://www.ontarc.com) and new activity sheets will be coming mid-August, so stay tuned for a special Residents' Council Week news bulletin.

Have you heard about our Residents' Bill of Rights video challenge? Consider integrating residents' rights awareness and education into your Residents' Council week itinerary and enter your home's video for a chance to win one of our great prizes! Learn more about our challenge [here](#).



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## Participate in OARC's Residents' Council Week Contest

With the second annual Residents' Councils Week (#RCWeek) just a few short months away (September 13-19), the Ontario Association of Residents' Councils (OARC) team encourages residents and teams to get reacquainted with the Residents' Rights in anticipation of our **Residents' Bill of Rights (RBR) Education Video Challenge!**

**The Challenge:** Work with residents, team members/home leadership, essential caregivers/volunteers, placement students, family and friends, etc. to **create your own Residents' Bill of Rights Education Video** with familiar faces from your home.

**Prizes:** All homes that submit a video entry will be entered in a draw for a chance to win one of the following prizes:

- iPad tablet with \$50 Apple Gift Card
- 1 of 2 Google Home Devices

**Submission Deadline:** We ask that you submit your video by Friday, September 10<sup>th</sup> and winners to be announced on September 19<sup>th</sup> during Residents' Councils Week.

For more information and video tips visit <https://www.ontarc.com/residents-council-week/video-challenge.html>

## OARC Meets with the CLRI Internship Program Participants



On July 27<sup>th</sup>, the OARC team spent a special hour with a current group of interprofessional interns taking part in the [Virtual Internship in Innovation and Aging](#) offered through the Ontario CLRI at Baycrest.

Presenting alongside Melissa McVie, Education and Communications Manager, Resident Leader Devora Greenspon inspired the group by sharing insights about the Residents' Bill of Rights and her lived experience as a resident living in an Ontario long-term care home. A big thank you to Kiira Poerschke and Emilia Giddens for the invitation to present and for helping to coordinate this opportunity! Best wishes to all students as they conclude their internship and continue on in their academic and professional careers in the areas of social work, kinesiology, gerontology, geriatric medicine, therapeutic recreation, occupational therapy and health sciences.

## 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



ONTARIO  
**CLRI** Centres for Learning,  
Research & Innovation  
in Long-Term Care  
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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 Lender, Executive Director [dlender@ontarc.com](mailto:dlender@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.



Tel 905-731-3710 | Toll-free 1-800-532-0201 | Fax 905-731-1755

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OARC is funded by the Ministry of Long-Term Care, membership dues and sponsorships.

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