

Residents' Council Week - September 12th to 18th, 2022



Promotional Boxes are on the way

With the third annual Residents' Council week a short 6 weeks away, OARC wants to help set you up for a memorable week and support your home's celebrations.

In mid-August, every Residents' Council group will be receiving a one-time, special edition Promotional Kit by mail, complete with some themed placemats, "ASK a Resident" stickers, posters and activity ideas. OARC has also added printable posters and other templates to our website to allow you to get

a head start on your planning. <https://www.ontarc.com/residents-council-week.html>

2022 RC Week CONTEST: Show Us Your Boards

Our RC Week contest this year is themed, "Show Us Your Boards" – allowing you and your Council to showcase your current Residents' Council and/or Resident Information board for a chance to win 1 of 3 Gift Certificates to myactivityboard.com (\$800 value includes custom board design and shipping) or 1 of 10 X \$50 Tim Horton's Gift Cards.

See our website for contest details <https://www.ontarc.com/residents-council-week/contest.html>

Deadline: Submissions should be emailed to the attention of Melissa McVie at mmcvie@ontarc.com by Wednesday, September 14th, 2022. Winners will be selected by random draw and announced during a live concert performance hosted by OARC on Friday, September 16th at 2pm. Winning Councils will be contacted directly to coordinate prizes.

Stay tuned as we release a full schedule of OARC Residents' Council Week events!

Welcome OARC Board of Directors



OARC's Annual General Meeting was held on June 28, 2022. OARC congratulates our new officers and welcomes a new member, Calvin Morriseau, to the Board of Directors. Calvin has been a member of OARC's Resident Experience Committee since last year. We are thrilled to have gained Calvin's leadership and expertise to help guide OARC in the months to come. For more about our valued Board members please visit our website <https://www.ontarc.com/who-we-are/meet-the-board.html>

Thank You Virginia - Update to REAL Group Membership

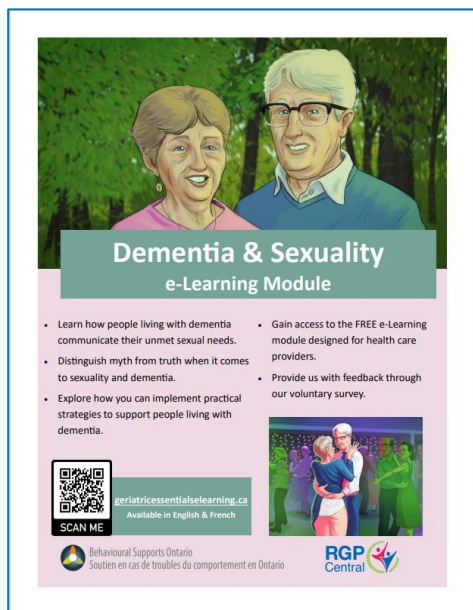


OARC would like to thank Resident Leader Virginia Parraga from Kensington Gardens for her 3 years of service with OARC. Virginia joined us as a Board Member in 2019 and transitioned to OARC's Resident Advisory (REAL) group in the summer of 2021. Virginia's gift of writing and storytelling helped us launch our first "Team Member Spotlight" column in Seasons magazine – a column that continues to thrive and inspire others to learn about and celebrate the special people working in Long-Term care. As Virginia takes some time away from OARC, we wish to thank her for sharing her time and talents with us.

Engaging with Students

On July 13, Melissa and Devora delivered an interactive education session with six interprofessional interns through the [CLRI Baycrest Virtual Internship in Innovation and Aging](#). Students learned about Residents' Rights and how team members contribute to a person-centred home culture where resident personhood and lived experience/expertise is valued and sought after. Thank you to CLRI and to these promising students for this opportunity.

Behavioural Supports Ontario (BSO) Spotlight



The poster for the "Dementia & Sexuality e-Learning Module" features an illustration of an elderly couple in a park. The text on the poster includes:

- Learn how people living with dementia communicate their unmet sexual needs.
- Distinguish myth from truth when it comes to sexuality and dementia.
- Explore how you can implement practical strategies to support people living with dementia.
- Gain access to the FREE e-Learning module designed for health care providers.
- Provide us with feedback through our voluntary survey.

The poster also includes a QR code with the text "SCAN ME", the website "geriatricessentialslearning.ca", and the note "Available in English & French". Logos for Behavioural Supports Ontario and RGP Central are at the bottom.

The Behavioural Supports Ontario (BSO) initiative works to “enhance health care services for older adults in Ontario with complex and responsive behaviours associated with dementia, mental health, substance use and/or other neurological conditions.”

(www.behaviouralsupportsontario.ca/29/Background/)

OARC regularly collaborates with the BSO by offering consultation services when new tools are created, through our REAL member participation in the BSO Provincial Lived Experience Network Advisory, and in our relationship with Jennifer Blaik, a Director of our Board and psychogeriatric resource consultant who is

part of the BSO network.

We frequently hear from residents across the province who would like more tools and resources to help them better respond to, understand, and connect with co-residents who live with dementia. In response to this ongoing request, OARC will be featuring a new BSO resource every month.

The modules and resources supported by the BSO are typically designed for members of the care team, however residents have still found the information useful despite not specifically tailored to them as an audience. This month, we would like to share a new BSO resource with you, the “Dementia & Sexuality e-Learning Module”. The module is accessible through the [Geriatric Essentials eLearning](#) platform and is available free of charge.

OARC’s Residents’ Voices Survey – Update



The OARC team would like to thank everyone (all 1,000 of you!) who took the time to complete our Residents’ Voices survey last month. The analysis phase of this work is well underway, and we look forward to sharing some highlights with you in the months to come through this newsletter and other OARC communications. We sincerely appreciate your time and commitment to strengthening Residents’ Councils and supporting the work of OARC!

RESIDENT FORUMS: A Place for Connecting with Peers

OARC hosts weekly Resident Forums for residents to connect virtually for peer support and sharing. Forums provide an avenue for LTC residents from across Ontario to meet new friends, ask questions, share concerns and successes and to stay informed. Offered every Thursday at 2pm, OARC Forums are 1-hour in length and are facilitated by a resident peer/OARC Resident Leader.

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

1. Please use this link:
<https://us06web.zoom.us/j/84213430006?pwd=SFNCQyt2MkZ5ZG42U2NMR3lnbk9Mdz09>
2. Then enter the Meeting ID: 842 1343 0006

To join by telephone (audio only):

1. Dial our toll-free phone-in option 1-888 475 4499
2. Enter our Meeting ID: 842 1343 0006
3. Enter our Passcode: 08055352

Please contact Stephanie Ventura at sventura@ontarc.com or via telephone at 1-800-532-0201 ext. 270 for any Forum-related support needs. 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.

NEW RESIDENTS' COUNCIL ASSISTANT FORUMS

Last month, OARC hosted a special virtual Forum bringing together Residents' Council Assistants (RCA's). These team members play an essential role in supporting Residents' Council operations in Long-Term Care homes across the province. Similar to our weekly Resident Forums, this initial RCA Forum proved to be a highly engaging experience, giving participating RCA's an opportunity to share what's working well in their homes and bring forward questions, challenges and areas requiring additional support. We hope you will plan to join us or encourage the RCA at your home to attend.

We are pleased to share that we will be hosting RCA Forums on the last Tuesday of every month at 1:30pm to keep you feeling connected, informed, inspired and well-supported. Mark your calendars for these upcoming Forums offered through OARC's Zoom platform: August 30, September 27, October 25, November 29.

To join our recurring Residents' Council Assistant Forum Meeting from your computer, tablet or smart phone:

Please register here:

<https://us06web.zoom.us/j/89779308644?pwd=R3NWaERFT3YzMW8wR0grRnFHSUdTQT09>

Please contact Stephanie Ventura at sventura@ontarc.com or via telephone at 1-800-532-0201 ext. 270 for any Forum-related support needs.

OLTCA's 2022 TiLTC Virtual Conference: Invitation to Submit Abstracts

Taking place October 24 - 26, the Ontario Long Term Care Association's (OLTCA) [**This is Long Term Care 2022 virtual conference**](#) seeks to highlight emerging research, quality improvement initiatives, innovations and expertise that can educate and inspire others in seniors' care and provide practical strategies that improve quality of care and quality of life.

The OLTCA invites change-makers, partners and stakeholders to share their unique strategies and expertise to help guide the path forward. This is an opportunity to share stories about innovative improvements to care and quality of life, and partnerships in the health system and other sectors that are helping to address challenges in seniors' care. **To submit an abstract or to learn more [click here](#). Abstract submissions will close Wednesday, August 10, 2022, at 5:00 pm ET. Questions? Please contact membership@oltca.com.**

Call for Participation in the Long-Term Care Connects Advisory Committee

The University of Regina, through the [Long-Term Care Connects](#) project, is looking for participants to join their Advisory Committee. The purpose of the Committee is to advise, provide insight and consult on important areas of research, such as technology-based solutions for aging and long-term care.

The University is looking for a resident in long-term care home OR caregiver (e.g., family, volunteer, staff) OR individual engaged in the long-term care sector. The Committee meeting are held virtually and the time commitment is about 1 -5 hours per month from July 2022 to December 2022, with a possibility of extension. An honorarium of \$25 per hour is offered and the deadline to apply to the Committee is July 30, 2022. To apply and for more information email arcresearch@uregina.ca



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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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