

OARC In Action

For Residents By Residents



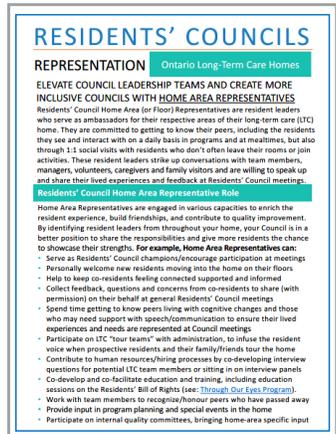
NEW OARC FACT SHEET: Creating more inclusive Residents' Councils with Home Area Representatives

Consider adding Home Area Representatives to form or expand your Residents' Council leadership team. Home Area Representatives support:

- A team approach to Residents' Council Leadership
- Increases in resident leaders
- Residents' voices and lived experiences from all areas of your long-term care home
- Residents' Council operations

Learn more about the role of Home Area Representatives and the specific areas they might contribute to within your Council and LTC home, as well as the process for recruiting them, here in our new fact sheet

<https://www.ontarc.com/documents/factsheets/20210810FactSheetRCHomeAreaRepresentation.pdf>



OARC WEBINARS: Food Services and Nutrition Webinars for Residents

- **September 15, 2021: Empowering Residents through LTC Food Foundations**
Register here: <https://attendee.gotowebinar.com/register/481754734861446156>
- **October 13, 2021: LTC Food Purchasing, Production and Menu-Planning: Deepen Your Knowledge and Increase Engagement**
Register here: <https://attendee.gotowebinar.com/register/6936558692002482445>

OARC Resident Forums: A Place To Meet Your Peers

NEW FALL SCHEDULE: 2 pm every Thursday starting in September

- New meeting link info:
<https://zoom.us/j/9884879139?pwd=RjdaNmwxTzVLMmK2Wlp1QkVaQ1MxUT09>
- Join by computer: Meeting ID: 988 487 9139 | Passcode: Resident
- OR join by telephone: 1-888 475 4499 | Meeting ID: 988 487 9139 | Passcode: 93606329
- Click here for more details <https://www.ontarc.com/resident-forums.html>

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

Every Resident Has the Right...Exercise the Rights of a Citizen

These words should ring familiar as this is right #6 in your Residents' Bill of Rights, which are part of the Long-Term Care Homes Act (2007) – the law that every Ontario long-term care (LTC) home must follow.

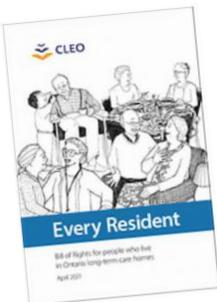
The “rights of a citizen” refer to your democratic rights, including the right to vote.

With a Canadian federal election only 1 month away, we encourage residents and their LTC leadership teams to work together to keep residents informed and eliminate potential barriers for the upcoming election.

- Find ways to communicate in advance what the voting process will look like and how it will work in your respective home.
- Remembering that the process that will be followed this year might differ from previous elections, it is helpful to be proactive and clear in your communications and engage residents as much as possible.
- Elections Canada has prepared some guidance (and FAQ) for voting at seniors' residences and long-term care homes which can be accessed [here](#).*

**Please note that the voting options will vary from home to home, depending on the health and safety measures in place and whether LTC administrators/team members are able to support on-site voting services.*

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/publications/everyes>

Resident Engagement Opportunity with the Ministry of Long-Term Care – REGISTRATION DEADLINE EXTENDED TO MONDAY, AUGUST 23rd

What does quality of life and quality of care look like to you?

In an effort to capture a more wholistic picture and evaluate areas that contribute to resident quality of life and care, our partners at the Ministry of Long-Term Care are seeking resident input to inform a new Quality Framework. The Ministry would like to give residents and their supportive partners (caregivers/Substitute Decision Makers) an opportunity to provide feedback through a series of facilitated Resident Engagement Sessions which start next week. Access the original bulletin [here](#).

Learn more here: ([English](#)) ([French](#))

Olympic-Inspired Activities from Chartwell Gibson LTC Residence in Toronto



Chartwell Gibson Long Term Care Residence Olympic-Inspired Events
Kathy Lang, Resident Leader and Team Member

Thank you to Kathy Lang, Resident Leader from Chartwell Gibson Long Term Care Residence, for her picture submission of the Olympic-Inspired week of activities. Activities included bowling, bean bag toss, squirtgun target shooting and more...

Call for Seasons Articles and Fall/Winter Cover Photos

A reminder that we are still accepting submissions for our Fall/Winter edition of Seasons. For this issue, we would especially like to include:

- French-language articles
- Articles featuring resident artwork, poetry or other creative projects
- Your Residents' Council Week program highlights

Deadline for submissions: September 22, 2021

Article 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

Photo 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



Residents' Council Week Only Weeks Away! September 13-19

Has the Residents' Council at your long-term care home started planning your Residents' Council Week? OARC is here to help. We've posted some ideas to help guide and inspire you, available on the Residents' Council Week tab of our website: www.ontarc.com. Recently posted is the Residents' Council crossword, available here in large print: [Crossword](#) and [Crossword Answer Key](#)

Participate in OARC's Residents' Council Week Challenge/Contest

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 10th and winners to be announced on September 19th during Residents' Councils Week.

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

Arts and Aging Day Canada 2021

Our friends at the Research Institute for Aging (RIA) invite you to join them virtually on Friday, September 24th as they celebrate Arts and Aging Day Canada – a day devoted to highlighting arts-based activities for older adults across the sector. Learn more about the origins of this initiative and how to get involved here: <https://the-ria.ca/events/arts-and-aging-day-canada-2021/>

Will you join the 4,000 who have already pledged to use person-centred language?

Person-centred language (PCL) can make all the difference towards resident-centred care in LTC. The Ontario Centers for Learning, Research and Innovation (CLRI) at the Research in Aging and Behavioural Supports Ontario want to reach 5,000 PCL pledges this summer. Fill out the online pledge to commit to using inclusive and respectful language and print out the certificate to inspire your home to do the same! [Take the pledge](#) and explore the free [eLearning courses on PCL](#). Available in French and English.

CLRI's Allied for Inclusivity in Long-Term Care: A Forum to Build Connections

The Ontario Centers for Learning, Research and Innovation (CLRI) will moderate a forum, on February 9, 2022, designed to share unique programming/organizational change in long-term care homes. The Forum is intended to bring together delegates from across Ontario representing LTC leadership, interprofessional teams, and researchers working in the area of equity, diversity and inclusion (EDI) and ageing/LTC. The forum will be held on February 9, 2022 - [Get notified](#) when registration opens! Learn how to [submit a presentation](#) (submit by Sept 24).

Supporting LTC Residents, Families and Teams through grief with Reflection Rooms®

The Reflection Room® is an evidence-based art installation that uses storytelling to generate open dialogue about dying and death without reluctance and fear. This space offers an immersive environment for visitors to take a quiet moment; read other people's reflections on their experiences of grief, dying and death; and write about their own experiences. Over the past five years, there have been more than 1,000 visitors to 62 Reflection Room® installations across Canada.

The creation of a dedicated space for reflection in long-term care homes is one way that residents, family and friend caregivers, and staff can start to engage with their experiences of grief and loss, especially in the context of the COVID-19 pandemic. These intentional spaces also support the process of remembering, celebrating, teaching, learning, and connecting, as a powerful way to move towards collective recovery and healing.

The Saint Elizabeth Foundation, SE Research Centre, and Ontario Health Central Region Long-term Care Planning Table have been collaborating to make the Reflection Room® experience accessible to all long-term care homes in the Central Region at no cost. Several long-term care homes have already been involved in an early roll-out of this project, and overwhelmingly positive feedback has been received on the impact it is having for community members.

If you know a long-term care home in the Central Region that might be interested in hosting a Reflection Room®, please contact Project Manager, Shikha Patel at ShikhaPatel@sehc.com. While installations are taking place only in Central Region for now, expressions of interest from LTC homes outside the Central region are also welcomed.



Pictured above: Anonymous reflections demonstrate themes of loss, grief, and death in Reflection Room® installations nationwide

HSO National LTC Services Standard Engagement Opportunity

The HSO National LTC Services Standard group invites you to complete a Workbook and provide your feedback. They are on a mission to capture the diverse perspectives of residents, families, health service providers, clinicians and policymakers from across Canada on the needs and gaps in long-term care services — including the voices of First Nations, Inuit and Métis peoples and vulnerable populations. To find out more about their work and to participate/host a round table discussion or complete a workbook visit <https://longtermcarestandards.ca/engage>

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 Lender, Executive Director 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.



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