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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

Residents' Council Week - September 11th to 17th

Are you as excited as we are to kick off #RCWeek next month? As we continue to count down the days, we're here to remind you and your home teams that the sky is the limit when it comes to planning a memorable week.

Website: Visit our website www.ontarc.com and explore the 'RC Week' drop-down menu for calendar of events downloadable tools, posters and activity ideas.

Webinar/Virtual Concert with Deidrey Francois: [Join us on September 13th at 2 pm](#) for Residents' Council Week Webinar Wednesday celebration. Contest winners and the Sharron Cooke Annual Legacy Award recipient will be announced.

Contest: The foundation of an effective Residents' Council involves 3 pillars, working together, in every long-term care home. These pillars include residents, a Residents' Council (Staff) Assistant, and an Administrator/Executive Director.

This year, for Residents' Council Week, OARC wants to celebrate the 3 pillars in YOUR home. We invite you to send your [Residents' Council Pillars picture](#) with the name, title and email of those members pictured to Jennifer jangston@ontarc.com by September 8, 5pm EST. Participants will be entered into a draw that will be announced on September 13th during our [live webinar](#) for 1 of 6 - \$50 gift certificates. More information [here](#).

OARC's Annual Report is Coming Next Month!



Attention Residents' Council Leaders! For the first time ever, [OARC's Annual Report](#) is being jointly published with a special report outlining [highlights from the Residents' Voices Survey](#) we executed last summer. Our reports will be distributed in both [English](#) and [French](#), with a hardcopy going to every Residents' Council leadership team. Whether your Council is a current member of OARC, or perhaps you are considering becoming one,

we hope that this publication helps you to learn more about the types of work we are engaged in, and why your voice and contributions are so essential to informing what we do and how we do it. Be sure to keep an eye on your mailbox!

Catch OARC at the Resident Connect Café: This is Long Term Care Conference

Our friends at the Ontario Long-Term Care Association (OLTCA) are hosting their annual sector conference, [This is Long Term Care 2023](#) this fall, October 22–24. OARC team members and Resident Leaders look forward to participating in this year's new *Resident Connect Café*, and we hope to see you there. Be sure to check out this year's interactive program and [register](#) today!

Home Sharing: Residents' Council Giving Back at Leacock Care Centre, Orillia



This summer, the Residents' Council at Leacock Care Centre in Orillia decided they wanted to fund an ice cream truck for residents and staff to enjoy. They felt strongly that coming out of the pandemic, they wanted to show their appreciation to the staff for their continued hard work and dedication, and at the same time, include residents as a way of coming together to celebrate the directives becoming more relaxed. Thank you to Leacock Care Centre for sharing their celebration with us!

Dave's Musical Musings - Submitted by Dave Stanyon, [OARC REAL Member](#), Resident, Kensington Gardens

When you think about it, music has always been the soundtrack to your life. From the lullabies that your Mother sang to you at bedtime, through your formative teenage years when you learned to dance (with a partner that wasn't your sister) and you always knew when you were in love ...because the music made sense!

And I remember listening to this thing called 'jazz' with my Dad and discovering so many different, enjoyable kinds of music: from the unbridled joy of a Southern Baptist gospel choir in full voice to a little thing they call the Blues. Remember how important it was choosing the music for your wedding ...especially that first dance at the reception?



So, do yourself a favour, and let music back into your life... subscribe to a music streaming service, or ask a Recreation team member or friend to help you relive those memories by listening once again to the songs that still mean so much to you ... or simply find a radio station that does it for you and turn it on every morning to brighten your day. It's all out there just waiting to be listened to! Enjoy!

Quality & Research Corner with Chloe Lee, OARC's Evaluation & Quality Specialist



As we shared in our [May issue](#), OARC is currently engaged in a 2-year research project that will lead to the co-development of a toolkit/resource for long-term care homes to facilitate resident involvement in their home operations. The first phase of this work – also known as our 'scoping review' – is nearing completion now. This process involved a thorough review of existing research literature, followed by the extraction of relevant excerpts from 70 of the articles we reviewed. The types of articles that met our criteria included examples of how residents have been effectively engaged in home-level decisions in the past.

To showcase our project work to date, OARC will be participating in a poster presentation at [CAG2023: Toronto](#), the national conference hosted by the Canadian Association of Gerontology on October 27th.

The next phase of our project will involve direct consultation with residents and their supportive partners in long-term care in the form of exploratory conversational interviews. We'll look forward to sharing more details and inviting your participation in an upcoming issue of OARC in Action!

Federal Consultation – Safe Long-Term Care Act

On July 21, the federal government released a [public online consultation](#) to inform the development of a Safe Long-Term Care Act - a proposed piece of legislation led by the Liberal government to ensure nationwide standards for long-term care homes. OARC Resident Leaders will be participating in a private consultation to help inform the proposed legislation. The consultation is open until September 21st, 2023.

How can you participate?

- **Share your ideas online.** Complete the [online questionnaire](#) (takes approx. 15-60 minutes to complete, depending on how much you choose to share).
- **Email** your ideas and comments to ltc-sld@hc-sc.ca or contact this address to request a printed version of the mail-in form.
- **Mail in** your ideas and comments to the following address:
Home and Long-Term Care Unit, Health Canada
4th floor, Jeanne Mance Building
200 Eglantine Driveway, Tunney's Pasture
Ottawa, ON K1A 0K9

Residents' Rights Corner: Ontario CLRI at RIA launches eLearning Course

As we get ready to celebrate Residents' Council Week next month, this might be a great time to raise awareness about the Residents' Bill of Rights for everyone at your home! The following opportunity might be of interest to support team member learning and orientation.

The [Ontario Centres for Learning, Research and Innovation \(CLRI\) in Long-Term Care](#) at the [Research Institute for Aging \(RIA\)](#) is pleased to announce a new, FREE Orientation eLearning course: *Promoting and Respecting Resident Rights in Long-Term Care*.

Created in consultation with OARC Resident Leaders, and aligned with the *Fixing Long-Term Care Act, 2021*, this course helps team members, volunteers, and essential care partners with knowledge and skills on resident rights. Throughout this course, learners will explore how to promote and respect resident rights while creating an environment where residents feel at home, are treated with respect, and have the support they need to thrive. [Learn more about the course here.](#)

Forward with Dementia: Survey Opportunity

Forward with Dementia is inviting ALL Canadians to take part in a new research study! Participation involves completing a survey about your knowledge of and attitudes towards dementia and memory loss. The survey will take 15-20 minutes to complete, and it is available in English, French, Traditional Chinese, Simplified Chinese, Punjabi, Spanish, Italian, Arabic and Tagalog.

To take the survey, visit <https://bit.ly/FWD-survey>

For more information, please contact: Emma Bender, Project Manager
Email: forwardwithdementia@the-ria.ca Phone: 519.904.0660 ext. 4026

AgeTech Live and Up Close – Virtual Tours for interested residents facilitated by AGE-Well



In October, the most innovative technologies designed to benefit us as we age will be on display during AGE-WELL's AgeTech Innovation Week.

For the first time ever, interested residents are invited to take part in this event on October 24th, using a virtual/online connection. Contact

AGE-Well to set up your online experience, designed to give you real access and engagement with leaders in technology and aging, and to have your questions answered.

Using the Zoom platform, virtual tours will be offered between 2 pm and 4 pm EDT. Space is limited, so please register soon to receive the necessary information and updates. If you are an individual looking to attend, register [here](#). If you represent an organization or community setting up an "AgeTech Watch Event" for groups of people, register [here](#). For questions, please contact us at agetechtour@agewell-nce.ca.

RESEARCH STUDY OPPORTUNITY: Exploring the Experience of Francophones in Long-Term Care and Home Care



Looking for persons interested in participating in a short interview

STUDY ON THE EXPERIENCE OF FRANCOPHONES RECEIVING LONG-TERM CARE AND HOME CARE IN ONTARIO



A research team from the University of Ottawa, in collaboration with the French Language Services Planning Entities, is conducting a study to better understand the experience of Francophones who live in LTC homes or benefit from home care in Ontario. The research team would like to meet with:

1. French-speaking seniors living in LTC homes or receiving home care in Ontario or their caregivers;
2. Francophone or Anglophone workers who work in LTC homes or in agencies that provide home care (PSW, nurses, recreation staff, social workers, etc.) in either case.
3. Francophone or Anglophone volunteers who work with Francophone seniors in LTC facilities or who provide home help.

If you are interested, you will be invited to participate in a short individual interview by telephone or videoconference (depending on your preference). The information provided will remain strictly confidential. A \$15 gift card will be offered to participants.

To learn more about the study or to participate, please contact Solange van Kemenade, interviews coordinator at: svankeme@uottawa.ca or by phone at (819) 431-3005.

This study was approved by the University of Ottawa Research Ethics Board (certificate no. 5-06-22-8102).

Please visit our website at:
https://www.grefops.ca/francophones_ltc_home_invitation_interview.html



À la recherche de personnes intéressées à participer à une courte entrevue

ÉTUDE SUR L'EXPÉRIENCE DES FRANCOPHONES - ÉTABLISSEMENTS DE SOINS DE LONGUE DURÉE ET SOINS À DOMICILE (ONTARIO)



Une équipe de recherche de l'Université d'Ottawa, en collaboration avec les Entités de planification des services en français, mène une étude pour mieux comprendre l'expérience des francophones qui reçoivent des soins dans les centres de soins de longue durée (SLD) ou à domicile. L'équipe de recherche aimerait rencontrer :

1. Des personnes âgées francophones qui résident dans les établissements SLD ou qui reçoivent des soins à domicile en Ontario ou leurs proches aidants;
2. Des intervenants francophones ou anglophones qui travaillent dans les établissements SLD ou qui fournissent des soins à domicile en Ontario (Préposée aux services de soutien personnel, personnel infirmier, de récréation, travailleurs sociaux, etc.);
3. Des bénévoles francophones ou anglophones qui œuvrent auprès des aînés francophones dans les établissements SLD ou qui fournissent une aide à domicile.

Si vous êtes intéressé, vous serez invité à participer à une courte entrevue individuelle par téléphone ou par vidéoconférence (selon votre préférence). Les informations fournies resteront strictement confidentielles. Une carte cadeau de 15 \$ sera offerte aux personnes participantes.

Pour en savoir plus sur l'étude ou pour participer, veuillez communiquer avec Solange van Kemenade, coordonnatrice des entrevues à l'adresse : svankeme@uottawa.ca ou par téléphone au (819) 431-3005.

Cette étude a obtenu l'approbation du Comité d'éthique de la recherche de l'Université d'Ottawa (5-06-22-8102).

Visitez notre site Web pour en apprendre davantage sur cette recherche: https://www.grefops.ca/francophones_slid_domicile_invitation_entrevue.html

Questions About COVID-19 and Outbreaks

In recent weeks, the OARC team has been hearing from residents that have shared that their homes are starting to experience COVID-19 outbreaks. Some outbreaks have resulted in extended periods of isolation and in some cases, they have impacted resident programs and their ability to gather; which has been a source of frustration and upset. To support homes in communicating current COVID-19 outbreak guidance with residents, and to promote and encourage proactive communication about home-level outbreaks and related changes, OARC has linked 2 resources for your consideration:

- [COVID-19 Safety Measures: What You Can Expect in Your Long-Term Care Home](#)
- [Tool for Communication with Residents During Outbreaks](#)

If your Residents' Council needs tailored assistance and support for adapting your Residents' Council meetings, running elections or maintaining resident connection during outbreaks, please reach out to OARC for guidance.

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.



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

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