

## Another Successful Residents' Council Week!

Thank you to the nearly 30 long-term home Residents' Councils and teams that submitted entries for our ["Show Us Your Boards" Contest!](#) We were glad this came down to a random draw as we'd never be able to decide on winners. It was clear to us that so much heart, creativity and collaboration went into your contest submissions AND your celebrations all week long. We invite you to [view our slide show](#) of LTC homes celebrating Residents' Council Week 2022 and showcasing their Residents' Council boards and displays. We would like to acknowledge the following Residents' Council groups that were drawn as winners for our 3 [MyActivityBoards.com](#) Gift Card prizes:

### 2022 Residents' Council Week Grand Prize Winners



Sante Manitouwadge  
Health LTC Home  
(Manitouwadge)



Rainycrest  
(Fort Francis)



Village Green  
(Selby)

Residents' Councils from the following LTC homes were drawn as winners for Tim Horton's card prizes:

- Altamont Care Community
- Bradford Valley Care Community
- Centre D'Accueil Roger Sequin
- Eastholme Home for the Aged
- Fordwich Village
- Hilltop Manor
- Temiskasing Lodge
- Tendercare LTC
- Valley Manor LTC
- West Nipissing General Hospital

A sincere thank you to all LTC homes that also submitted photos and written highlights from their Residents' Council Week celebrations. We look forward to sharing more in future OARC communications including our Fall/Winter Seasons magazine!

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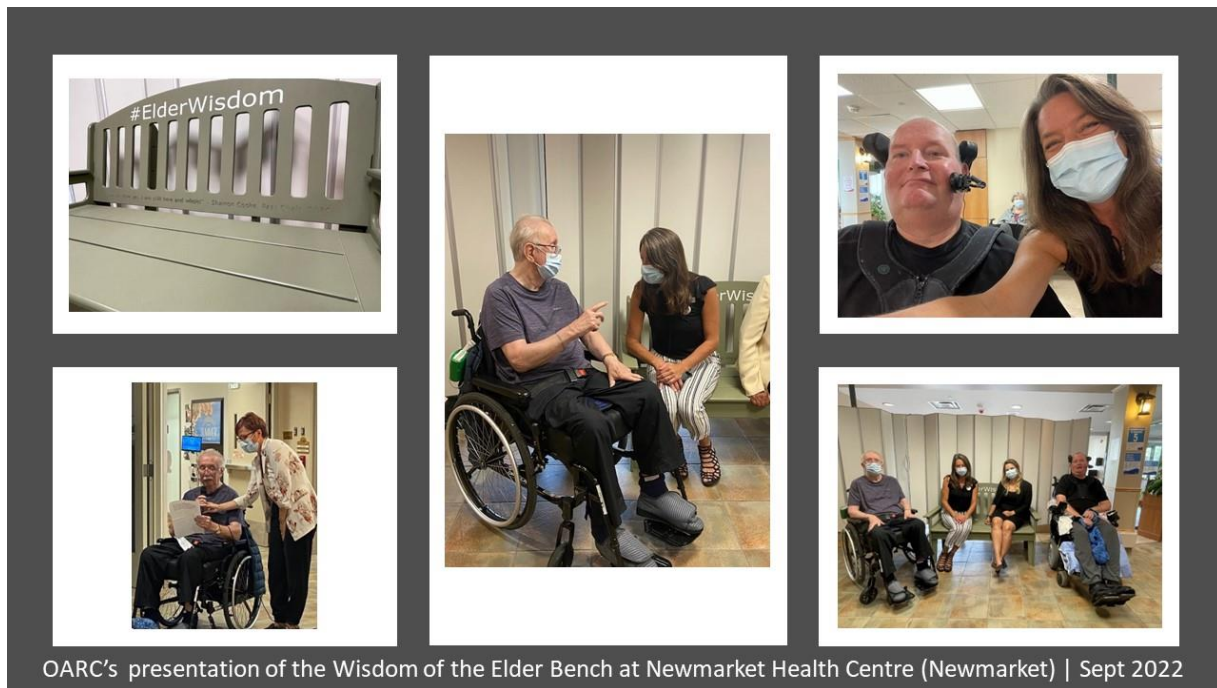
## The Annual Sharron Cooke Legacy Award

OARC is proud to introduce a new awards program that will honour and celebrate Sharron Cooke's life and legacy. Sharron was a Past President of OARC and a true culture change influencer. Sharron's legacy will live on through the gifting of a Wisdom of the Elder bench, etched with Sharron's words, every year during Residents' Council Week to a home that has demonstrated a commitment to culture change.

### What is Culture Change?

According to our friends at [Pioneer Network](#), Culture Change is a "national movement for the transformation of older adult services, based on person-directed values and practices where the voices of elders and those working with them are considered and respected. Core person-directed values are choice, dignity, respect, self-determination and purposeful living." The Sharron Cooke Legacy Award is based on these principals and supported by the influence of Residents' Councils in long-term care homes in Ontario.

On September 13<sup>th</sup>, OARC awarded the first legacy bench to Sharron's home, York Region Newmarket Centre, in Sharron's honour. Residents and team members joined together to celebrate Sharron's contributions and the purpose of the bench.

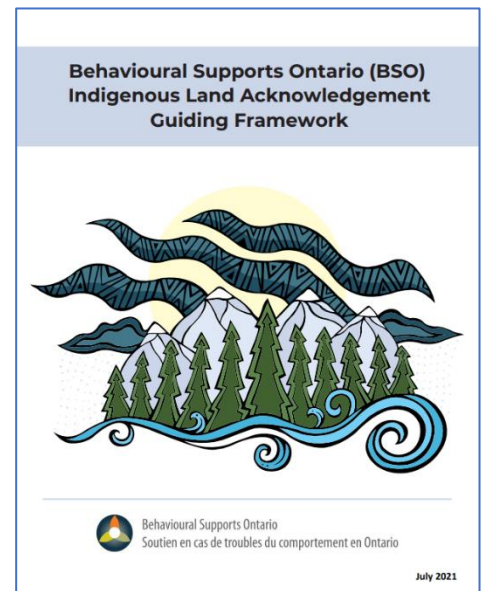


More details about how to apply for the Sharron Cooke Legacy Award award will be posted on our website soon.

## National Day for Truth and Reconciliation and Orange Shirt Day

September 30 marks the annual [National Day for Truth and Reconciliation](#) commemoration of the tragic and painful history and ongoing impacts of residential schools. Orange Shirt Day also takes place on September 30 and is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Many residents have expressed a desire to learn more about Indigenous peoples, their histories, and cultural practices, and they want to know what they can do in their homes to raise awareness and support the calls to action in the '[Truth and Reconciliation Commission of Canada](#)'. One opportunity might be to consider creating and incorporating an Indigenous land acknowledgement into the [opening remarks](#) of each Residents' Council meeting. To assist you in this, the '[Behavioural Supports Ontario Indigenous Land Acknowledgement Guiding Framework](#)' (July 2021) provides guidance on how to incorporate land acknowledgements into education events and meetings, as well as explanations about why they are important, when to provide them, and who can provide them.



Last year, our friends at BSO helped us to generate a list of other acts of reconciliation, including some ideas from the '[150 Acts of Reconciliation](#)', that you may consider doing in your LTC Home:

1. Watch this 7 minute [video](#) about land acknowledgements and encourage other residents and LTC team members to do the same.
2. Learn a greeting in a local Indigenous language. This [language tool](#) can help get you started.
3. Reconsider the words that you use in your everyday language. Avoid referring to a group of friends as a 'tribe'; don't describe a meeting as a 'pow-wow'; don't call a non-Indigenous leader 'Chief'.
4. If your LTC home has a connection to a local library, borrow and read books from Indigenous authors, or start to build your own LTC library collection by purchasing books and resources from local Indigenous writers.
5. If you're reading this on paper, ask your Residents' Council leaders or someone else in your LTC home if some of the resources mentioned in this article can be printed for you.

## Webinar Recording: Ministry of LTC Information Session with Residents

On September 20<sup>th</sup>, residents were invited to attend an information session to hear important updates from Ontario's Ministry of Long-Term Care. Topics included:

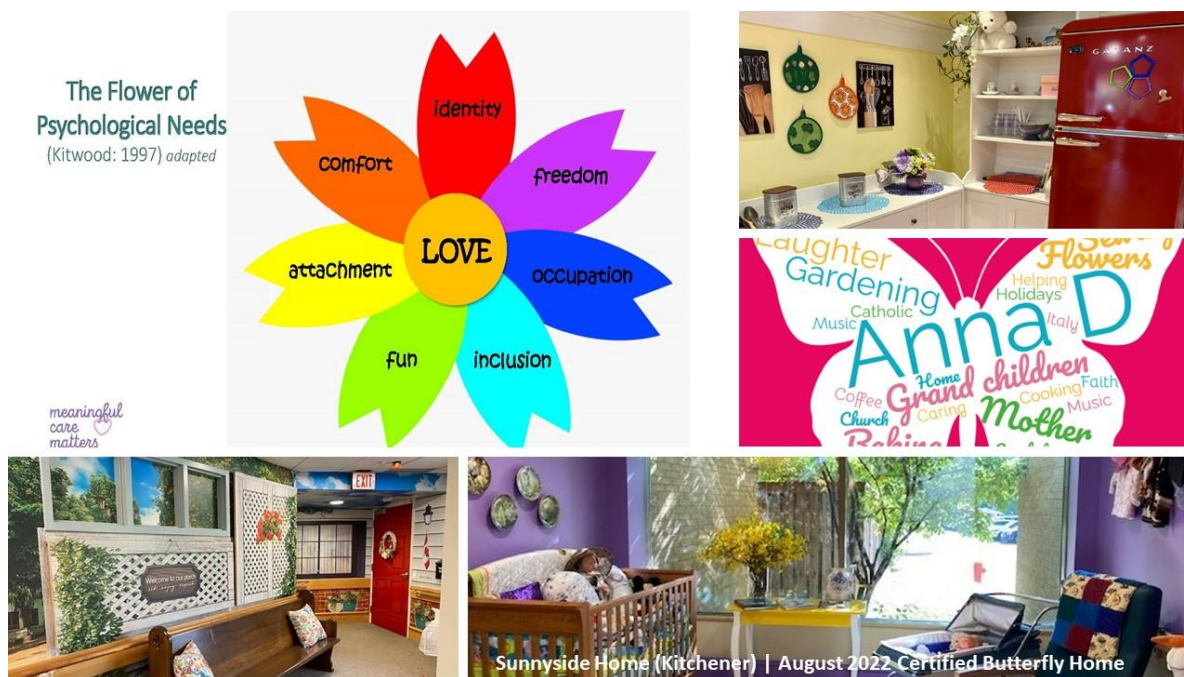
- How Ontario's Plan to Stay Open connects with long-term care, including what providing the right care in the right place means and what residents can expect.
- Updates about COVID-19 vaccines.
- New Ministry supports that are available for residents and their long-term care homes.



Thank you to those who submitted questions in advance of this session. We look forward to hosting our Ministry partners for future webinars and information sessions on topics of interest and importance to residents. A recording of the webinar is available here: <https://youtu.be/7B6kKw1cTFo>

## Sunnyside Home in Kitchener - Certified as a Butterfly Home

Sunnyside Home in Kitchener has become the second home in Ontario to be certified as a Butterfly Home by Meaningful Care Matters. The announcement came in mid-August and Sunnyside Home shared their story and pictures with OARC!



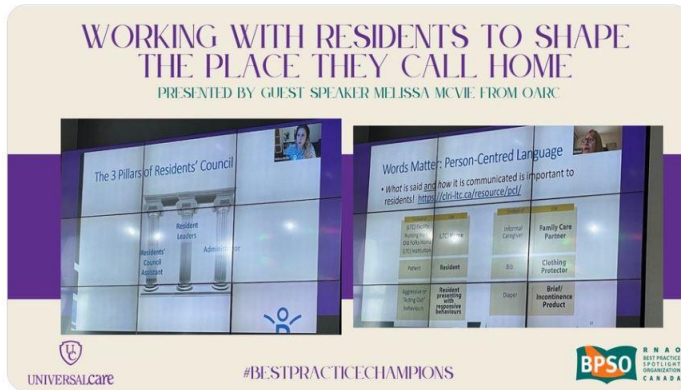
More about the transformation:

- [“Hugs become OK’ in new homelike model of care for residents with dementia at Sunnyside Home in Kitchener”](#), August 22, 2022

- [“The Butterfly Approach accredits long-term care home in Waterloo region”](#), August 22, 2022
- [“What does emotion-based care look and feel like? - Sharing the experience of implementing the Butterfly Approach in two regions of Ontario”](#), July 2022

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## Working with our Long-Term Care Home and Student Community



On September 22, UniversalCare Inc. hosted a unique hybrid live and virtual event, themed to highlight the implementation of the Registered Nurses Association of Ontario (RNAO)'s Best Practices Guidelines across their 13 managed LTC homes. OARC was invited to contribute a presentation about person-centred care and how residents can be

supported to work *with* their home teams to shape the places they call home. OARC Resident Leader Devora Greenspon partnered with Melissa McVie from the OARC team to deliver some tangible strategies to inspire the audience of team members, residents and families.

On September 23<sup>rd</sup>, OARC Resident Leaders Steven Wenzowski and Leslie Froats, along with OARC team member Stephanie Ventura, presented to first year Recreation Therapy students at Mohawk College. The goal of the presentation was to encourage students to seek co-op placements in LTC homes, and to introduce them to OARC's [Through Our Eyes: Bringing the Residents' Bill of Rights Alive](#) education program. During an interactive question and answer period, we were pleased by the students' positive attitudes and use of person-centered language. When asked to share one word to describe LTC, the students overwhelmingly responded with "supportive" which was a welcomed surprise given that many of them had only experienced LTC through the media and what they had recently learned in class. OARC looks forward to continued relationship-building with students across the province.

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## New Opportunity – Become a Medication Safety Trailblazer!



The Institute for Safe Medication Practices Canada (ISMP Canada) is pleased to announce that the *Strengthening Medication Safety in Long-Term Care initiative* is moving into an exciting NEW phase! ISMP is now launching up to **100 Trailblazer Homes** with the tools, facilitation, and coaching that have successfully supported the great medication safety work of the Champion Homes over the past year.

The **goal** of the Strengthening Medication Safety in Long-Term Care initiative is to reduce harm associated with medication management errors within long-term care (LTC) in Ontario. This is a 3-year initiative funded by the Ontario Ministry of Long-Term Care.

OARC Resident Leader/REAL member, Les Froats, took part in ISMP's first phase of the Strengthening Medication Safety in Long-Term Care Initiative while living in 1 of 10 Champion homes involved with the project. Reflecting on his experience, Les shared, "I have enjoyed getting to know about pills and how they're handled, and I think everyone should get to know how. Every home should be learning this."

**Registration is free and limited to the first 100 homes to register:**

- View the "[Become a Medication Safety Trailblazer](#)" poster for more information
- [Register Now](#) (NOTE: registration will close when 100 Homes have registered)

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## Call for Research Study Participants: The impact of COVID-19 physical distancing restrictions on the health and wellness of long-term care residents in Ontario



An "iron ring" was put around the long-term care home system at the start of the pandemic, but there is little information on how these restrictions impacted the health and wellness of people living in long-term care homes. Researchers from Queen's University are interviewing residents about their experience living in long-term care during the COVID-19 pandemic so that we can understand the impact of physical distancing restrictions. The researcher's goals include identifying how a resident's need for social connection can be balanced with the long-term care home's

need to minimize the risk of infection. Resident and care partners are invited to participate in an interview lasting approximately 60 minutes. The interview may be conducted virtually, by phone or in person. Participants will receive an honorarium. To participate, please contact the Principal Investigator, Dr. Morgan Slater at [morgan.slater@queensu.ca](mailto:morgan.slater@queensu.ca) or at 613-533-6387.



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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](mailto: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

[www.ontarc.com](http://www.ontarc.com) | [info@ontarc.com](mailto:info@ontarc.com)

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