

IN THIS ISSUE

- RC Week Reflections
- Photo Contest Winners
- October Webinars
- REAL member sharing: *Giving Thanks Sept. 30th Reflections*
- Home Support Highlights
- Research and Engagement Opportunities
- Updates from our MLTC: Seasonal Illness Preparedness and Resident Fact Sheet

Residents' Council Week 2024 Reflections

With each passing year, Residents' Council Week has gained momentum, and our fifth annual event did not disappoint! A sincere thank you to every resident, long-term care team member and supporter that helped to raise awareness, decorate your homes, set up a booth, host an information session or social event, and facilitate connections during the week of September 16th- 22nd! The OARC team has loved hearing about your celebrations, engaging with your social media posts and receiving your photos and contest entries.

On September 18th, OARC hosted a live webinar to commemorate Residents' Council Week. We were thrilled to welcome our Minister of Long-Term Care, the Honourable Natalia Kusendova-Bashta as a special guest to share a few words. Resident panelists Steven, Carol and LaVern were invited to speak about the importance of Residents' Council, and share some of their own Council's proud accomplishments and goals. [Webinar recording](#) | [Webinar slides](#)



Congratulations to the team at Kensington Village in London, Ontario, recipients of the 2024 Sharron Cooke Annual Legacy Award! Stay tuned for details about their resident-initiated 'Taste of Home' program that brought their whole home together to enhance meal times.

We look forward to sharing RC Week highlights and Sharron Cooke Annual Legacy Award program innovations in OARC's fall/winter edition of Seasons magazine!

On September 19th, close to 40 residents participated in OARC's [Resident Forum](#). These Forums are hosted weekly, bringing residents from across Ontario together for an hour of peer-to-peer sharing and discussion. We hope to see you again on another Thursday afternoon.

Residents' Council Week: Photo Contest Draw Winners

OARC would like to extend our appreciation to the team members that took the time to capture and submit photos for our Residents' Council Week photo contest.

This year, we asked you to show us what a good day looks like in long-term care. The range of beautiful, vibrant photos that we received is a true testament to the amazing things happening in homes across the province. We can't wait to feature your photos throughout the year in our OARC communications. Congratulations to the following five homes who were selected by random draw to receive a \$50 gift card prize for their Residents' Council.

Emo Health Centre – Emo, ON
Foyer Des Pionniers – Hearst, ON
Glen Stor Dun Lodge – Cornwall, ON
Marshall Gowland Manor – Sarnia, ON
Tullamore Community – Brampton, ON

Save the Date:

Residents'
Council Week
2025 will be
celebrated
September
15th – 21st
next year!

Let OARC know how
we can help!

Send ideas to Melissa
mmcvie@ontarc.com

Mark Your Calendars for our October Webinars!

Fall Updates with Ministry Guests: Resident Information Session with Live Q&A

Wednesday, October 9th at 2:00pm – 3:00pm, EDT

Join OARC as we welcome special guests from the Ministry of Long-Term Care for a fall information session including updates about vaccination and other respiratory preparedness measures. Resident participants are encouraged to submit questions related to the webinar scope in advance through registration and will have an opportunity to have their questions answered live. [Register here.](#)

*Please note that Family Councils Ontario will be hosting a similar information session for family caregivers on Thursday, October 10th at 10am. Please use [this link](#) to pre-register.

Details regarding a French information session for residents and families will be circulated at a later date.

Building a Culture of Safety Through Resident and Family Engagement

Wednesday, October 16th at 2:00 – 3:00pm, EDT

Join members of the OARC team as we welcome representatives from the Institute for Safe Medication Practices Canada (ISMP Canada) to discuss the important role that residents can play in supporting medication safety in their long-term care homes. Our guests will share related resources and provide examples of how residents and families are being engaged in a provincial medication safety initiative. [Register here.](#)

OARC REAL Member Sharing – Giving Thanks!

Last month, OARC welcomed a new Resident Leader, Jennifer Brown, into our Resident Expert Advisors and Leaders (REAL) group. A thoughtful and gifted writer, Jennifer has generously shared the following article capturing her experience living at Lakeside LTC Centre in Toronto, ON.



Giving Thanks! By Jennifer Brown

Until recently, it would never have occurred to me to be writing, let alone sharing, this! But, amidst all the bad news surrounding long-term care, I have experienced some things to be grateful for. These need to be documented. So, here it goes!

My home gave my husband and I a place to be together, in his last months. Knowing that I was in the room next door brought him joy, just as it brought me peace. He died here quietly, contentedly, surrounded by everyone he loved. I am so grateful for that.

I have found work here, that keeps me motivated and engaged. Advocacy that makes full use of skills developed through life.

I have made new friends here. Real friends. One who, like me, lives here, shares some of my advocacy work and, invites me into his home and family. We celebrate small victories here and even enjoy the occasional afternoon at the opera. Another, whose husband died here, has become the closest I'll ever come now to "family." We spend hours each week exploring lakeside parks on our walkers or, in challenging weather, gazing at the water or simply people-watching! Life does tend to slow down with age. I no longer feel the urge to be endlessly "doing." Simply observing is often enough. We celebrate birthdays and special holidays together and talk, endlessly of "life back in the day." These friends are a gift.

My room here is my refuge. A place full of memories provided by the mementos of life lived on several continents. Pictures, hangings, books, music and artifacts that offer echoes of my life, well-lived. A place where I can retreat to the past in peace and contemplate the future with equanimity.

I have found acceptance here. This just might be the greatest gift of all. I am cared for, listened to, and respected. I can be myself. On any day, in any mood, I am accepted.

In this Thanksgiving season, I have realized that this life, the one I really didn't choose, has brought me some very special gifts.

OARC REAL Member Sharing – September 30th Reflections

On September 30th, many residents and team members wore the colour orange to commemorate the fourth [National Day for Truth and Reconciliation](#) – also known as Orange Shirt Day. This day was created to recognize the lasting impacts of the residential school system in Canada, and to honour survivors and the children who were taken and never came home.

The origins of the Orange Shirt Day movement can be credited to a woman by the name of [Phyllis Webstad](#), who bravely shared her story about having her orange shirt taken from her when she was forced to attend a residential school in British Columbia. Wearing orange helps us to remember these tragic historical events, and it conveys the powerful message that ‘Every Child Matters’.

Resident Leader and OARC REAL Group member, Steven Wenzowski (pictured right with team members from Queens Garden, Hamilton) shared that he spent much of Monday engaged in deep reflection. At his long-term care home, there was an opportunity to watch a video about residential schools which included stories from survivors describing their experiences. A display area was set up in his home’s lobby, and an “Every Child Matters” flag was flown outside. “I always think – what if it was you?” Steven shared. “Mans’ inhumanity to their fellow man. Still ongoing today.”



Many residents living in long-term care homes have asked OARC how they can start to learn about the Indigenous Peoples of Canada, including their history, traditions, and culture, and support the Truth and Reconciliation Commission of Canada’s [“Calls to Action”](#). What is most important is that we each start somewhere, and that we respect and meet others wherever they are on their journey of learning and understanding.

In the September edition of the Ontario CLRI’s Equity, Diversity and Inclusion Newsletter residents and teams can find a helpful compilation of ideas and resources to support you in your commitment to learning and taking action. [Access the newsletter here.](#)

If you or anyone you know is Indigenous and needs support, the Indian Residential Schools Crisis Line is available 24/7: 1-866-925-4419

OARC Home Support Highlights

OARC's Home Support and Education Manager, Melissa (Mel) Matheson made some excellent connections with Residents' Councils and long-term care teams while travelling the province over the last two months. OARC would like to acknowledge and thank the following homes for their warm welcomes and memorable visits. It was a joy spending time with you!

Caessant Care – Harriston, ON
Royal Terrace – Palmerston, ON
Greenwood Court – Stratford, ON
Extendicare Port Hope – Port Hope, ON

If your Residents' Council would like to receive some support or education, please reach out to Mel by telephone at 1-800-532-0201 extension 280 or by email:

mmatheson@ontarc.com.

Research and Engagement Opportunities

OARC is pleased to share the following opportunity on behalf of the Institute for Safe Medication Practices (ISMP) Canada:

**Become an Innovator Home and implement a project to improve medication safety!
Register by November 5th, 2024**

Based on the success of the first intake of the Innovator Home Program, ISMP Canada is pleased to invite you to join us for the second intake starting November 6, 2024.

ISMP Canada is continuing our partnership with the Ontario Ministry of Long-Term Care to advance the *Strengthening Medication Safety in Long-Term Care* initiative. A provincial learning and sharing collaborative hosted by ISMP Canada will support homes through an education, facilitation, and coaching program to improve med safety!

A provincial sharing and learning webinar: Next Intake of Innovator Homes will be held on October 23, 2024 at 1pm. [Register here for the webinar!](#) All homes in Ontario are invited to join and continue their improvement work!

For more information about the Innovator Homes, and/or to register to become an Innovator Home, please visit [Innovator Homes Registration – ISMP Canada](#). The deadline to register is November 5, 2024!

Should you have any questions or require further information, please contact us at LTC@ismpcanada.ca

Thank you, Christina Jeong, RN, BScN, GNC(C)
Project Manager, *Strengthening Medication Safety in Long-Term Care*
Institute for Safe Medication Practices Canada

OARC is pleased to share the following research study opportunity on behalf of the Knowledge Translation Program at St. Michael's Hospital, Toronto, ON.

The Knowledge Translation Program is conducting a research study to identify health topics important to the community. The goal of this study is to support healthy aging research and improve the health outcomes of older adults within Ontario by engaging adults who are ≥65 years, their caregivers, healthcare professionals and other professionals whose work aims to promote healthy aging. We will be conducting this study through a short 5-minute survey to collect research questions and topics important to the community. [The survey can be accessed here.](#)

Questions about this opportunity can be directed to Arthana Chandraraj, Research Coordinator at: Arthana.Chandraraj@unityhealth.to

WHAT QUESTIONS DO YOU HAVE ABOUT AGING?

Recruiting!

If you have a health topic or question that is important to you, let us know!

Eligibility:
You can take part if you live or work in Ontario **AND** are one of the following:

- An **older adult (65+ years)** diagnosed with two or more chronic conditions (e.g., heart disease, diabetes, etc.).
- A **caregiver** who cares for older adults with two or more chronic conditions
- A **healthcare worker** who primarily cares for adults 65 years or older within outpatient, hospital, long-term care or retirement home settings or a **care provider** whose work aims to promote healthy aging among older adults

Have your say in this 5-minute survey!
Follow the link below or take a picture of the QR code
<https://bit.ly/3vakfn0>

This study has been reviewed by St. Michael's Hospital's Research Ethics Board

For general inquiries, contact Arthana Chandraraj at Arthana.Chandraraj@unityhealth.to.
Please note that email is not secure. Emails can be intercepted, viewed, changed or saved by others. Only send information to this address that you do not feel is sensitive.



Updates from Our Ministry of Long-Term Care

October 2, 2024: Seasonal Respiratory Illness Preparedness for LTC Homes 2024-2025

Earlier this afternoon, our Ministry circulated important updates and resources to support long-term care homes' ongoing readiness to respond to surges of respiratory viruses for the upcoming respiratory illness season. To support resident understanding about vaccines, outbreak management and other infection prevention and control (IPAC) guidance, a fact sheet has been developed and linked below.

Supporting documents:

- Access the Full Memo from Kelly McAslan, Assistant Deputy Minister [English](#) | [French](#)
- Fact Sheet for Long-Term Care Residents [English](#) | [French](#)
- Respiratory Illness Season Preparedness Checklist [English](#) | [French](#)



Advancing Senior Care



Thank you to [AdvantAge Ontario](#), [Extendicare](#), [Java Group Programs](#), [Schlegel Villages Inc.](#), and [Sienna Senior Living](#) 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.

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

www.ontarc.com | info@ontarc.com

©2016 OARC | 4261 Highway 7 East, Suite #A14-360, Markham, ON L3R 9W6



OARC is funded by the Ministry of Long-Term Care, with additional support received through Membership and OARC's Confidence in Culture Change Supporter Program. The views expressed in this publication are the views of OARC and do not necessarily reflect those of the province.