

October 2023

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SAVE THE DATE

September 16 to 22, 2024

**5th Annual Residents'
Council Week**

*Share Feedback and
Suggestions for 2024*

**Click to
complete 2
minute survey**

Respiratory Preparedness Webinars

Cold and flu season is upon us, and with many homes experiencing outbreaks, this is an important time to keep yourself well-protected and informed! OARC is pleased to be hosting Ministry guests for two upcoming webinars about Respiratory Preparedness; one session will be offered in English and one session in French. This is your opportunity to hear directly from our government and have your questions answered.

Register today to secure your spot and be sure to include areas of interest and specific questions through the registration process so that we can do our best to prioritize resident questions and address them within the scope of these webinars:

Information Session for Residents (English)

Date: November 1, 2023

Time: 2:00pm–2:45pm EST

Pre-Register [here](#)

Joint Information Session for Residents and Families (French) – Co-hosted with Family Councils Ontario

Date: November 2, 2023

Time: 10:30am–11:15am EST

Pre-Register [here](#)

Saying Good-Bye Webinar: Recording and Resources

OARC's October Webinar, **Saying Goodbye: What You Can Do to Support Residents at End-of-Life and Honour Them After Death** was well-attended and very well-received by residents and their supportive partners across the province. Many people who joined us came away with some new ideas and a commitment to initiating discussions about this topic at their homes. Access recording/resources here: [Video](#) | [Slides](#) | [Resource List](#).

Home Visit Travelogue: Discovering Ontario, One Home at a Time

Melissa Matheson, OARC's Education and Home Support Manager has been busy the last few months visiting Residents' Council groups in ***Bracebridge, Chatsworth, Owen Sound, Southampton, Stratford, St. Mary's, Shelburne*** and ***Tavistock***.

During her travels, Melissa had the opportunity to speak with Resident Leaders and long-term care teams, and learn about the successes, common challenges and concerns that Residents' Councils are experiencing in different parts of the province. During her visits, Melissa provided tailored support and coaching, and was able to share promising practices and ideas that she's gleaned from other Residents' Councils. Melissa has observed how empowering it can be for Councils to hear what other homes are doing, have done, and are able to do, to improve the quality of living in their homes. In many cases, support visits can be a source of inspiration and a catalyst for positive change!

Some of the common topics and themes that Melissa heard about and provided support on included: barriers to accessible transportation for resident outings, implementation of Council Bylaws, changing Residents' Council Leadership structures (from Traditional Executive to a more inclusive Shared Leadership Team model), and Council fundraising.

Melissa would like to extend a heartfelt thank you to every home and Council that she connected with over the last several months. "It was a pleasure to sit with you, hear from you, and learn from you. Your warm welcomes and the rich and lively conversations make time on the road memorable and so worthwhile!"

Could your Residents' Council benefit from a home visit or support call?

Contact Melissa Matheson at mmatheson@ontarc.com or 1-800-532-0201 ext 280.

Research and Quality Corner

On October 27th, OARC's Quality and Evaluation Specialist, Chloe Lee, participated in a Poster Presentation at the Canadian Association on Gerontology (CAG) conference in Toronto. This was an opportunity to showcase the outcomes of the first phase (scoping review) of the research that OARC is involved with, entitled "*Empowering Ontario's Long-Term Care Residents to Shape the Places They Call Home A Co-Design Research Project.*" OARC team members Stephanie and Melissa, Board Director [Jennifer Bethell](#), and research assistant, Sobhneek Hothi were also in attendance at the conference. Learn more about this research on OARC's website: <https://www.ontarc.com/research-and-quality/current-research.html>



OARC Conference Engagement: This is Long-Term Care (OLTCA)

On October 23-24th, OARC had a special opportunity to attend a long-term care sector conference, hosted by the [Ontario Long-Term Care Association](#). *This is Long-Term Care* is an annual event that brings together over 400 delegates representing LTC home operators, senior leadership, Ministry partners and stakeholders to connect and learn.

OARC was pleased to contribute to this conference by participating in the co-creation of a resident experience video to help ‘kick off’ the conference, and an interactive Resident Connect Café, where conference delegates could spend time with Resident Leaders Devora Greenspon and Dave Stanyon, asking questions and hearing the invaluable resident perspective. OARC believes that having residents involved in conferences helps to create a more relational experience, and grounds the event with human connection.



Dave's Monthly Musing: *Sunshine*

Ask an astronomer what the closest star to Earth is, and they're likely to say, "Proxima Centauri", but in truth, that big yellow ball in the sky that rises and sets every day...i.e. the Sun, is a star! And is, by definition, the closest.

So much of what we take for granted in our lives owes a debt of gratitude to 'Sol'. That's his name by the way in case you didn't know. Who doesn't love a beautiful sunset in colours of pink, mauve and orange, or the promise of a new day as it peeks over the horizon.

Everything on Earth depends on the Sun.

Plants use sunlight to make sugar that helps them grow.

Where would we be without renewable solar energy?

I always thought it was the colder weather that made the leaves turn colour in the Fall, but it's the change in the daily amount of sunlight the tree receives as the days get shorter that gives us the glorious colours.

Apparently, songwriters think it's good too. There's the old chestnut that everyone knows the lyrics to, "You Are my Sunshine," or the rock ballad by Cream, "The Sunshine of Your Love," or Stevie Wonder's "You Are the Sunshine of my Life." Happy songs.



Sunlight is essential for human health and well-being. The health benefits of sunlight include generating the production of vitamin D, supporting bone health, lowering blood pressure, preventing disease, and promoting good mental health. Why thank you, Mr. Sun! It's not a coincidence that some people are said to have a 'sunny disposition' – they make us feel good!

We can learn a lesson from the flowers; take the time to go outside and hold your face up to the sun (don't open your eyes) and feel the warmth as it caresses your skin. The brightness and lightness you feel might just rub off on someone else!

Shared by: David Stanyon, Resident Leader, Kensington Gardens & OARC REAL member

Geras Centre for Aging Research – New Website

Our friends at the Geras Centre for Aging Research invite you to check out their new [website](#) to learn about their Bone Health Research and access their Fracture Prevention Toolkit! With Osteoporosis month just around the corner, OARC looks forward to featuring more Geras resources in our November issue of OARC in Action!



Visit the NEW Geras Centre for Aging Research Website

to learn more about our Bone Health research and fracture prevention toolkit



www.gerascentre.ca

Visit the Brain Health, Resilience & Frailty and Innovation & Technology webpages for useful information!

Home Sharing: Residents' Council Week Highlights

OARC would like to thank the residents and teams at Pinecrest Home in Kenora and St. Joseph's Continuing Care Centre in Cornwall, for sharing photos showcasing their Residents' Council Week celebrations! We're already feeling inspired to start planning activities for Residents' Council Week 2024! Mark your calendars for September 16th – September 22nd, 2024 and be sure to share your feedback through this [short 2-minute survey](#)!

Pinecrest Home

Submitted by Theresa Wilson, Program Service Supervisor

At Pinecrest, residents developed theme days during the week – the most notable of which was **Thankful Tuesday** – which provided an opportunity for residents and staff to express what they were thankful for. Members of the Residents' Council helped to create a fall-themed station (pictured below) with messages of gratitude captured on colourful leaves. **'Wacky Wednesday'** was another Council-generated initiative involving a light-hearted photo shoot featuring residents wearing fun costumes and props. The week concluded with a **Resident Appreciation Day**, served up with a side of tasty cake!



St. Joseph's Continuing Care Centre

Submitted by Andrea Secord, Resident and Family Relations Advisor

At St. Joseph's, every day during Residents' Council week included a memorable theme and an accompanying activity.

Membership Monday: The Executive Council members set up a booth in the main area of our home to introduce themselves and Council initiatives. Residents' Council Information Boards were also updated in the home.

Togetherness Tuesday: Residents were engaged in creative projects including colouring and some tested their knowledge with Residents' Council word games and trivia.

Winning Wednesday: A special 'Residents' Council Edition' bingo game was hosted, with the Council President calling out the numbers.

Thoughtful Thursday: The residents and Executive Members of the Council got together for a Tim Hortons social, to chat and share some laughs.

Festive Friday: A themed 'Disney Day' was hosted to celebrate the closing of Residents' Council Week, where residents and staff dressed up, baked and ate decorative Disney cupcakes, and watched favourite Disney movies.

Reflecting on the experience, the group felt it was a great time, and a great way to highlight this special week within the home. A Residents' Council meeting was held the following week, giving residents an opportunity to recap their week of celebration.



University of Ottawa – Research Opportunity for Canadian Veterans

Are you a Veteran (or someone connected to a Veteran) living in a Canadian long-term care home? Your feedback and valuable insights are actively being sought as part of a national study conducted by Dr. Annie Robitaille, through the University of Ottawa and Perley Health. Study recruitment posters are available here: [English](#) and [French](#). For more information or to get involved, please contact Michaela Adams, Research Assistant at Veteranhealth@perhleyhealth.ca

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](#), [Extendicare](#) 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.

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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