

Tuesday December 15, 2020 | 2-3 pm | OARC Livestream Concert Celebrate the Holidays with Craig Manning



OARC is excited to enlist the help of vibrant musician Craig Manning to perform a free livestreamed concert for residents across the province. OARC Board members will share inspiring words and holiday wishes for resident peers. Be sure to register today and include this lively free event on your December activity calendars. Request your favorite songs and register here <https://attendee.gotowebinar.com/register/7016930787153592080> This event is limited to the first 500 registrants. Contact Jennifer Langston x 220 jangston@ontarc.com if you have any question about registration.

Peer-to-Peer Connection with virtual OARC Resident Forums

December dates are now open for OARC's popular Resident Forums. Virtual peer-to-peer interactions are a way for residents to access a private and confidential outlet for sharing, learning and connecting with each other. OARC Forums are:

- Facilitated by OARC Board member/resident Barry Hickling from Windsor
- Held weekly and run 45-minutes in length
- Open to ALL long-term care residents
- Accessible by telephone, computer or tablet

Learn more and access registration here: <http://www.ontarc.com/covid-19/resident-forums.html>

Please share this peer connection opportunity with residents in your homes.

OARC Membership Certificates will Arrive in the Mail

Ontario Association of Residents' Councils members will receive their certificates via post in the next few weeks. The certificates will be addressed to the "Residents' Council Assistant" and will contain the certificate and a thank you letter for your support. We hope you will proudly display the certificate and ask that you contact Jennifer Langston x 220 | jangston@ontarc.com if you require an electronic version. Thank you for your support through membership!

Invitation to participate in a study on the impact of visitation strategies to Long-Term Care Homes in Ontario from the OCLRI

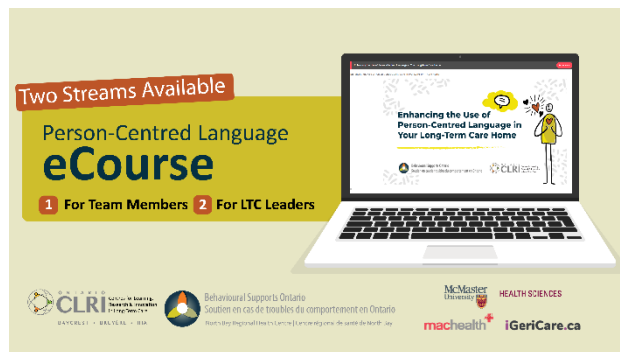
If you are a resident or family member and would like to give your opinion and help shape future visitation recommendations that are fair and acceptable, the OCLRI would love to hear from you. To contribute click the registration link below to tell us if you are interested in the survey.

<https://forms.gle/iUKXwTN9TyFUz9yk9> Participants completing the survey will enter a draw for one of three \$50 Amazon gift cards.

Background: The Ontario Centre for Learning, Research & Innovation in Long-Term Care at Bruyère (OCLRI) and the Bruyère Research Institute are studying the challenges of visitation strategies in long-term care homes in Ontario during COVID-19. A team of medical and nursing students would like to hear how you were affected by the visitation strategies during the COVID-19 pandemic.

Questions? Contact Noel Gruber, Communications Manager, Ontario Centres for Learning, Research and Innovation in Long-Term Care noelgruber@uwaterloo.ca | 519-590-6635

NEW Resource from OCLRI: Person-Centred Language eCourse



The Behavioural Supports Ontario Provincial Coordinating Office and Ontario Centres for Learning Research & Innovation in Long-Term Care have collaborated with McMaster University/machealth/iGerCare to develop a free and interactive 45-minute e-learning course to equip teams with practical knowledge of person-centred language (PCL). The content of the e-learning course was adapted from the person-centred language initiative's toolkit

report, including curated resources to facilitate translation and implementation to support practice change. An expert panel, which included OARC's Executive Director Dee Lender and Vice President David W. Kent, was consulted and instrumental in the creation of the four PCL Commitment Statements. The course is available in two streams. One is designed for team members and the other for team leaders/managers. **All courses are available in both [English](#) and [French](#) languages. The use of person-centred language in LTC homes can make all the difference in helping to reduce stigma and discrimination all the while delivering resident and family partnered care and nurturing an atmosphere of respect – register to take the free course online!**

Education from Elder Abuse Prevention Ontario: Rights of Older Adults Webinar

On December 1st from 1 to 2 pm Elder Abuse Prevention Ontario will feature a webinar, "Protecting Residents in Long-Term Care: Their Right to Being Safe and Secure" with presenter Jane Meadus, Barrister and Solicitor, Institutional Advocate for the Advocacy Centre for the Elderly.

The webinar will focus on a number of topics, including:

- Powers of Attorney for Personal Care
- Rights to access for families and caregivers to see loved ones in LTC Homes
- Who are Essential Visitors and what does it mean to be one?
- Requirements of LTC Homes to provide PPEs
- Getting capacity assessments during the pandemic when families feel the senior is at-risk and not capable of making informed decision about self-care, AND more...

[Click here](#) to register or contact Raeann Rideout, Director of Partnerships and Outreach, EAPO partnerships@eapon.ca

OARC Office Hours in December

The Ontario Association of Residents' Council office will be closed from Monday, December 21st, 2020 to Friday, January 1st, 2021. Normal office hours (Mon to Fri 9 am to 5 pm) and services will resume on Monday, January 4th, 2021.

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

Health Quality Ontario: Resource Development Advisory Group; Long- Term Care Practice Report Advisory Committee; Transitions from Hospital to Home Advisory Group



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Thank you to Java Group Programs and the Ontario Centres for Learning, Research & 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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