

REAL Members in Action – CLRI “A Day in the Life of a Resident”



Most team members agree that the best part of working in LTC is working with the residents who live there. In this [video](#) created by our friends at the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI), you'll hear from residents about what their days look like, what

they look forward to, and what team members working in LTC mean to them. In this short video you will also get the chance to catch a glimpse of some LTC careers in action!

Join our REAL Group

The [Resident Expert Advisors and Leaders](#) (REAL) group is OARC's provincial advisory group, comprised of residents living in long-term care (LTC) homes across Ontario. Members of the REAL group bring individual strengths and experience to inform the work of OARC and help raise awareness about issues of importance to residents living in long-term care homes.

REAL members come together once a month for meetings. Some members help facilitate OARC's weekly [Resident Forums](#), while others are involved with OARC's internal Board Committees. REAL members bring their invaluable perspectives and expertise as residents to inspire LTC culture change, improve resident quality of life and educate sector partners and the broader public. Display our [REAL poster](#) in your home to inform and encourage residents to consider applying for the REAL Group.

Please express your interest by contacting Melissa McVie:

- Email: mmcvie@ontarc.com
- Telephone: 1-800-532-0201 x 260
- Or complete a “Getting to Know You” form ([MSWord](#) or [PDF](#) form) and email it to mmcvie@ontarc.com.

You do not need to be a Residents' Council expert or have any specific training to apply. Everyone has a unique story to share and OARC celebrates and honours this through a person-centred approach.



Resident Home Sharing: Burton Manor, Brampton – Remembrance Day with Homemade Poppies

“The Recreation team worked together with our residents to create this wonderful Remembrance Day display. The hand photos were of our residents who also assisted in making the poppies. The Veterans pictured in the display are of our current residents who range in age from 96 to 103!” submitted by Astrid Kastia, Life Enrichment Manager, Burton Manor Long Term Care Residence



PLANNING EVENTS FOR 2023? Check Out CLRI's Diversity and Inclusion Calendar <https://clri-ltc.ca/resource/diversitycalendar/>

The Ontario Centres for Learning, Research and Innovation's Diversity and Inclusion Calendar is designed to track days of importance to LTC residents, families and team members in Ontario all in one online space: religious and spiritual days of significance, cultural celebrations, awareness days and health promotion days. Paper calendars are also available in 2 different formats to assist you with planning the year ahead. Consider bringing this resource to your next Residents' Council meeting.

A Memorable Visit to Sunnyside Home, Kitchener



On Monday, November 28th, several OARC team members including Dee, Melissa, Mel, and Stephanie had the opportunity to visit Sunnyside Home Long-Term Care in Kitchener, Ontario. During this visit, the team met with Director of Seniors' Services, Julie Wheeler, Lisa, one of the home's two Social Workers, and Resident Leader Jim Gilhuly. The group enjoyed a tour of the Sunnyside Campus, which also includes Supportive Housing for older adults in an adjacent building, a Learning Classroom and a shared Wellness Centre. The tour of Sunnyside concluded with a special visit to each of the home's two dedicated Butterfly Home Areas which were lively and inviting with bright colour palettes, captivating murals and realistic door-wraps making the entrance to each resident room unique. Bringing the Butterfly initiative to the Region of Waterloo has been a labour of love and a source of considerable pride for the Sunnyside organization over the last 2+ years.

During this home visit, the OARC team also learned more about the Residents' Council at Sunnyside and some of their creative adaptations to keep residents informed during the pandemic, which included a shift to virtual leadership meetings and floor meetings supported by the Recreation team and the home's Administrator.

The OARC team was pleased to spend some quality time with Resident Leader (and OARC REAL member) Jim (pictured in the photo) and to conclude the day with some laughter and sharing.

Thank you for welcoming us into your home!

November was Osteoporosis Month



During November and all year round, the team behind the Ontario Osteoporosis Strategy for Long-Term Care at the [GERAS Centre for Aging Research](#) is committed to promoting all things related to fracture prevention.

Fractures (broken bones) in older adults can be devastating. They can result in pain, difficulty walking, and can reduce your quality of life. With strokes and heart attack, if you've had one, then you're at increased risk for a second stroke or heart attack. Similarly, if you've had one bone fracture, you are at risk of

having a second fracture. Fractures are a sign that bones may be weak due to osteoporosis. Fractures, like stroke and heart attacks, need to be treated right away to prevent a second fracture. **If you have already had a fracture and want to avoid a second one, talk to your doctor about osteoporosis medications to strengthen your bones and decrease fracture risk by 40-70%, and about vitamin D and calcium supplements, and other things you can do to prevent fractures.** All of these treatments can reduce your risk of having another fracture.

To continue the conversation about osteoporosis at your home, check out the [Keeping it Together](#) resource that was created in consultation with residents, for residents and Residents' Councils.

New Resource for Dietary Teams informed by Residents



The OARC team and Resident Leaders from the REAL group were pleased to be consulted in the creation of a new resource from the [Ontario Seniors Nutrition and Advocacy Committee](#) (OSNAC), along with our friends at Family Councils Ontario. [The Long-Term Care Menu and Mealtime Planning: Guide to Enhancing Resident and Family Partnerships document](#) was designed for Dietary teams to review current processes and explore opportunities for further or strengthened collaboration with Residents' Councils and Family Councils in the home. Residents and Residents'

Council members may consider sharing this resource with the Dietary teams at their homes to spark some conversations and explore new strategies to enhance the dining experience for everyone! Access resource here:

https://www.ontarc.com/documents/misc/OSNAC_FNAT_LTCMenuPlanning_ResidentFamilyEngagement.pdf

Canadian Society of Nutrition Managers Symposium on November 8th



On November 8th, OARC's Stephanie and Melissa were guest presenters at the *Canadian Society of Nutrition Managers Fall Symposium: Empowering Your Front-Line Event*. The session focussed on the resident dining experience, highlighting ways that nutrition and dietary team members can collaborate with residents to create positive mealtime interactions.

With 225 highly engaged stakeholders tuning in, the chat box was 'a buzz' with idea-sharing and expressions of 'ah-ha' inspired moments. One participant shared, "thank you for reminding me why I am a Nutrition Manager!"

After the presentation portion of the Symposium, OARC hosted a 1-hour Networking/Breakout room discussion with Resident Leader/REAL member Steven so participants could pose questions directly to a resident.

Research Opportunity – Culturally Inclusive Menu Planning in LTC: Dietician and Food Service Manager Perspectives

Researchers at the University of Waterloo, Professor Heather Keller and Safura Syed, are conducting a "Culturally Inclusive Menu Planning in Long-Term Care (LTC): Dietitian and Nutrition Manager Perspectives" study to explore menu planning for culturally diverse residents in LTC homes. It will determine barriers to developing culturally inclusive menus at the home level, based on the perspectives of long-term care nutrition managers and registered dietitians.

Who should participate? Food Service Managers and Registered Dietitians working in LTC homes in Ontario. **What is being asked of me?** To complete an online survey that will take approximately 15 minutes. The researchers will ask demographic questions and questions focused on the participant's experiences and challenges around menu planning.

As a token of the University of Waterloo's appreciation for completing this online survey, participants will have a 1 in 20 chance to win a recipe book. Please click the following link https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_5vYOXCIHNYhDWOq to be directed to an external platform, *Qualtrics*, to complete the online survey. The survey will remain open till January 10th, 2023. If you have any questions, please contact Professor Heather Keller at 519 888 4567 ext. 41761 or hkeller@uwaterloo.ca

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board (REB#44551).

CULTURALLY INCLUSIVE MENU PLANNING IN LONG-TERM CARE (LTC): DIETITIAN AND FOOD SERVICE MANAGER PERSPECTIVES

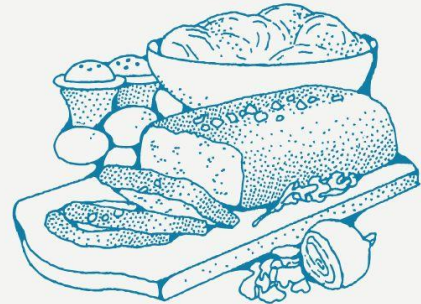
We are interested in understanding how menu planning happens in your LTC home and determine what barriers and facilitators you have experienced in developing culturally inclusive menus. Your perspective on how we can create culturally inclusive menus will help us improve menu planning in Ontario LTC homes.

**Please complete this 15-minute survey at:
by January 10th**



This research study has been reviewed and received ethics clearance through a University of Waterloo office of research ethics board (REB#44551)

If you have any questions, please contact Professor Heather Keller at:
hkeller@uwaterloo.ca / 519 888 4567 ext 41761



Ministry of Long-Term Care (MLTC) Announcements

LTCH ODSP Rate Increase Effective September 1, 2022 (posted November 4, 2022)

Effective September 1, 2022, our Ministry of Long-Term Care announced an increase to the long-term care home (LTCH) Ontario Disability Support Program (ODSP) rate for all LTC residents receiving a reduction in their long-term care basic accommodation fee (i.e., rate reduction). For more information click on the links below to read the MLTC communications:

- [ADM Letter to LTCHs \(2022-09\) EN](#)
- [LTC Resident BULLETIN Benefits Tip Sheet EN \(Sept 2022\)](#)
- [LTC Resident BULLETIN ODSP Increase EN \(Sept 2022\)](#)
- [Rate Reduction FAQ Bank EN \(Oct 2022\)](#)
- [Rate Reduction Summary Guide EN \(Oct 2022\)](#)

Pandemic Response Updates: COVID-19 and Influenza Vaccine, Antivirals Testing and PPE Supplies, N95 Fit testing, Ontario Health Supports (posted November 17, 2022)

Earlier this month, our Ministry of Long-Term Care provided information about the COVID-19 and influenza vaccinations, antivirals, the launch of the PPE supply portal and the fit testing program and information on the Ontario Health outreach to homes. Of interest to residents may be the Vaccine Question and Answer resources that have been translated into 12 different languages. Click on the MLTC links below to learn more details:

<ul style="list-style-type: none">• ADM memo<ul style="list-style-type: none">◦ English◦ French• COVID-19 Vaccine Comparison Chart• Updated COVID-19 Vaccine Consent Form<ul style="list-style-type: none">◦ English◦ French	<ul style="list-style-type: none">• Vaccine Q&As<ul style="list-style-type: none">◦ English◦ French◦ Arabic◦ Hindi◦ Italian◦ Korean◦ Polish◦ Portuguese◦ Punjabi◦ Simplified Chinese◦ Tagalog◦ Traditional Chinese
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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 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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