

November 2023

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Upcoming Webinar: Setting Your Council Up for Success | December 6th at 2pm

Join OARC as we reintroduce our most popular tools and templates to support your Residents' Council as we approach a new year.

When: Wednesday, December 6th, 2pm-3pm EST

Save your spot today using this [Registration link](#)

OARC recommends bringing small groups of interested residents together, including members of your Council Executive, Resident Leaders and Home Area Representatives to take part in this learning opportunity. After the webinar, OARC tools and resources can be discussed at a future Council meeting to explore how they might work for you!

Note: Starting in January 2024, OARC's Webinar Wednesdays will be shifting from the first to the second Wednesday of each month. We hope this supports you in planning ahead to join us!

Updates from Our Government

November 24, 2023 – RSV Vaccine in Long-Term Care Homes

Information about the Respiratory Syncytial Virus (RSV) Vaccine was circulated by our partners at the Ministry of Long-Term Care at the end of last week, including a [memo](#) from Kelly McAslan, Assistant Deputy Ministry, LTC Operations Division, new [RSV Fact Sheet for Residents](#) and [health care providers](#) and a [RSV Vaccine Consent Form Template](#).

November 23, 2023 – New Investments to Recruit and Retain Personal Support Workers

The Ontario government has announced that they are making new investments to help people launch rewarding careers as personal support workers (PSWs). These investments are intended to increase the care available for residents and support the staffing needs of long-term care homes, especially in rural, remote and northern communities.

[Access the full news release here](#) to learn more about new incentive programs to recruit and retain personal support workers in Ontario.

Notice: OARC Annual Membership Fee Increase Beginning April 1, 2024

Did you know that OARC’s membership rates have not increased in over 30 years?

Membership dollars allow OARC to ‘dream big’ and do things that build upon and enhance our ability to fulfil our mandate.

After careful consideration and consultation, OARC’s annual membership fees will be increasing at the start of our next membership year (which begins April 1st, 2024). We are extremely grateful to the Residents’ Council groups and organizations that continue to demonstrate support for our work and help to further our impact through their annual OARC membership.

Investing in OARC is an investment in residents.

New Member Rates:

LTC Home Size (# of residents)	Current Membership Fees	*New* Membership Fees (beginning April 2024)
1-99	\$50	\$75
100 - 199	\$100	\$150
200+	\$150	\$225

Note: OARC’s membership year follows the Long-Term Care fiscal year - April 1st to March 31st.

Contact Jennifer Langston at jangston@ontarc.com or 1-800-532-0201 Ext 220 for any questions or support needs for your [Annual OARC Membership](#) or [Corporate Membership](#).

November LTC Home Engagement Highlights

Several in-person engagements helped to make the month of November especially memorable, leaving members of the OARC team, Board and REAL group with full hearts and inspired minds!

Advancing Equity, Diversity and Inclusion in LTC

On **November 10th**, Resident Leaders/REAL members Dave Stanyon and Devora Greenspon participated in a full-day, in-person meeting as part of the [Supporting Equity, Diversity and Inclusion \(EDI\) in LTC Advisory Committee](#), facilitated by the Ontario Centres for Learning, Research in Innovation. This gathering was





particularly special because it marked the [first in-person committee meeting since 2019!](#) Hosted at Dave’s home, Kensington Gardens, in Toronto, Ontario, this meeting brought together 20 representatives from across the sector to discuss opportunities to advance the group’s work, including the development and enhancement of EDI tools and resources, education, knowledge translation, and other initiatives.

One exciting resource to come out of the Supporting EDI committee’s work over the last several years has been the creation of digital and printable Diversity and Inclusion Calendars, which were co-developed with the support of several dedicated committee members, working in partnership with the Ontario CLRI team.

Access the 2024 Print calendars now: Diversity and Inclusion Calendars ([January to December](#)) + [Printable Planning Calendar](#)

Honouring a Legacy

On **November 15th**, Melissa McVie and Mary Nestor (OARC Board Chair) had the special honour of presenting Glen Rouge Community (formerly Altamont Community) with the first annual [Sharron Cooke Legacy Award](#). An intimate awards ceremony was hosted by the residents and team at Glen Rouge Community, during which a framed certificate and prize award were presented to the group. Amongst the proud recipients were members of the home’s Residents’ Council, home leadership, team members and partners from the Sienna Living head office.



Congratulations Glen Rouge Community!

Learn more about our award recipient in the forthcoming issue of Seasons magazine, coming to your mailbox next month!

Home Visits and New Connections

This month, OARC spent time visiting LTC homes in Scarborough and Shelburne, Ontario. Melissa McVie was excited to spend time with Resident Leader, Sage F. during a visit to Midland Gardens. After communicating with one another primarily over email during the last few years, it was a happy and long overdue meeting.

Sage gave Melissa a tour of their home's ground floor and facilitated introductions to other residents and Ashlee McGarvey,

Director of Resident Programs, who also supports the home's Residents' Council.



Most recently, Melissa Matheson was invited to Dufferin Oaks Long-Term Care Home, as a special guest at the Council's November meeting. Mel was able to share an overview of OARC's programs and resources and was pleased to make this new connection! We look forward to staying in touch.

Whether an OARC home visit includes an education session, an informal discussion, or an invitation to attend a Residents' Council meeting, time spent in LTC homes across Ontario help us to build relationships and trust, learn about promising practices, and share new ideas and opportunities to enhance your Residents' Council Operations.

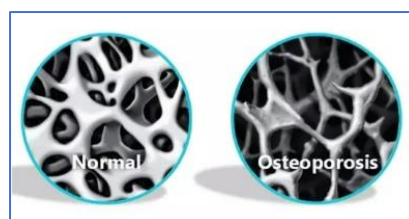
Could your Residents' Council benefit from a home visit or support call?

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

November is Osteoporosis Month!

Did you know that:

- Osteoporosis is a loss of bone structure that makes bones weak and brittle, making it much easier to break them when you fall.
- Osteoporosis is often called a 'silent thief' as it robs bone structure over time – people might not even know that they have it.
- Hip fractures are the most common type of fracture that occurs in long-term care.
- Often the first-time people find out they have osteoporosis is AFTER they break a bone and 50% of people who experience a fracture, have had a previous fracture.
- There are medications and other things you can do that can help to make your bones stronger so that they are less likely to break.





Why is it important to not break bones?

- Broken bones, or fractures, can have serious consequences.
- Long-term care residents who experience a hip or spine fracture are at risk of:
 - Not being able to take care of themselves like they did before they had a fracture.
 - Not being able to move in bed, or to get in or out of bed or chairs on their own.
 - Not being able to walk independently so that they have to use a walker or wheelchair.
 - Having a curved or tired back due to broken bones in the spine.
 - Experiencing strong pain.
 - Not taking part in usual activities because they are afraid of falling or having another fracture.
 - Needing surgery or more than one surgery to fix the fracture.
 - In some cases, people die after having a hip fracture.

Fractures can be prevented! Stay tuned for information in future newsletters about how to prevent or reduce the chance of breaking bones. In the meantime, more information about bone health is available at: <https://www.gerascentre.ca/bone-health/>

Looking for resources to keep the conversation about osteoporosis and fracture prevention with residents in your home, all year round? OARC was proud to contribute to the development of the [Keeping it Together](#) handout that includes some helpful tips and conversation starters!

If you have questions about osteoporosis or want to know if you are at risk for breaking bones, please talk to your doctor, nurse, or other members of your health team.

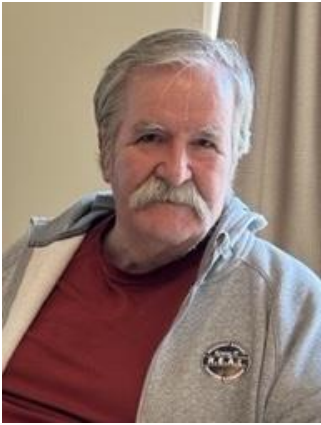


Engagement Opportunity: PREVENT Trial LTC Resident Advisory Committee

The team at the Geras Centre for Aging Research is currently seeking resident members for a new Resident Advisory Group, with meetings commencing in the new year.

If you are a resident with experience living with osteoporosis or have experienced a fall or fracture, consider participating in this new Advisory Committee to discuss this important topic. Your perspective and experiences as a resident are invaluable!

Curious to learn more or express your interest? Access the Committee's [terms of reference here](#) or contact Lauren Kane, Research Coordinator at kanela@hhsc.ca.



Dave's Monthly Musing: *The Fourth Dimension*

Most of us are content to live in a world of three dimensions... height, width and depth. But in truth, we all live in a world of four ... including 'Time'.

Pretty much everyone thinks of time like a river flowing ... **Time** is the continued sequence of existence and events that occurs in an apparently irreversible succession from the past, through the present and into the future.

But it's not that simple. Measuring time has occupied scientists and technologists for centuries. Today the accuracy of what are called 'atomic clocks' is measured by the electronic transition frequency of caesium atoms.

And just when we thought we had figured out exactly what a second was, along came Albert Einstein with his General Theory of Relativity ... the primary framework for understanding how 'spacetime' works. Through advances in both theoretical and experimental investigations of spacetime, it has been shown that time can be distorted and dilated ... particularly at the edges of black holes.

All of a sudden, simple models of 'time' didn't work anymore.

When did it start? Will it ever end? Does anybody REALLY know what time it is?

One thing we do know for sure ... our time here in this life is limited. The past can't be changed, the future is uncertain.

That's why you should live everyday like it's your last. Don't put off 'till tomorrow' what can be done today. There's a reason that 'Now' is called the 'Present' ... it's a gift! Enjoy!

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

MouvMat Exergaming Platform Study: Invitation for LTC's to Participate

Attention Program Managers working in LTC! Are you looking for an innovative, new physical program to share with residents and open to participating in supporting a CIHR-funded study?

Led by Dr. Charlene Chu and a team from the University of Toronto, Lawrence S. Bloomberg Faculty of Nursing, the [Mouvmat Exergaming platform study](#) is looking to partner with long-term care homes to facilitate a series of supervised gaming sessions (3X week for 6 weeks) with small groups of residents. The Mouvmat was co-designed by clinicians and engineers FOR and WITH older adults living in LTC homes. The current study is focused on examining the effects of exergaming (e.g. digital games that focus

on exercising) for older adult residents living in LTC homes. The goal of the researchers is to help to keep residents socially, cognitively, and physically active to improve their quality of life.

What residents are saying about their participation in the Mouvmat Study:

"I liked the music and the different sounds that played when you matched things. I think the concept of the games was excellent."

"Dexterity, use of hand and eye coordination – very good for that."

"I really enjoyed myself and got to learn different things and be around other people."

Learn more about this study opportunity in this [promotional poster](#) or visit the [Mouvmat website](#).

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](#), [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.

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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