

Seasons



Celebrating the Seasons of Life | For Residents, By Residents

Fall/Winter 2021-22

Ask a Resident -
Experiences of
a young adult
in LTC

Meet OARC's
new Board of
Directors

Arts and
innovation
during the
pandemic



Seasons

Seasons is published twice a year and contains news and information of interest to those living and working in Ontario long-term care homes.

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Story Submission

To share your story, email or fax Melissa McVie mmcvie@ontarc.com the following information:

- PICTURES – we love sharing your pictures
- Submission title and authors
- 300-word (maximum) story summary of the event, project, program
- Your contact information

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CONTEST: FIND THE HIDDEN PIE & WIN!



If you are a resident living in an Ontario LTC home and you find the hidden slice of pie, please email

mmcvie@ontarc.com before January 14, 2022.

Be sure to include your name, address, and the page number where you found it! Winner will be selected by random draw. Congratulations to our previous contest winners Pat Kilbride and Sarah Spencer for finding the hidden blue bird.

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Cover Page Photo

The residents at Carveth Care Centre have partnered with the Cycling Without Age Brockville Chapter to offer rides to residents every week. Pictured here: Bernice and JoAnn enjoy some time outdoors!



Back Page

Pictured here: Resident leaders Reid and Dana from Chartwell Brant Centre pose during RC Week.



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Message from OARC's Current and Past President

In our roles as Past and Current Presidents of the OARC Board of Directors, we take this opportunity to join together in sharing this message with all our readers.

The past 20 months have been incredibly difficult, tragic and challenging; however, many lessons are also being learned.

As we start to plan for what comes next, we know that the long-term care (LTC) system is at a cross-roads, and that we have an unprecedented opportunity to re-shape the future of LTC. It is a moment to respond in a more respectful, complete and fulsome way to the needs of residents who live in Ontario's LTC homes, and to ensure that a fundamental culture shift takes place.

In June 2021, a new Board of Directors was installed through the focused effort of the previous Board, working together with the OARC team. The goal was to make the Board even stronger, to build up the education team at OARC so that Residents' Councils in the homes can be built back after the effects that COVID-related restrictions had on their functioning, and supported to come back even stronger and more effective.

Both of us are very proud that each member of the OARC Board of Directors, the REAL group (OARC's new resident advisory group, the Resident Expert Advisors and Leaders), as well as the OARC team, is committed to representing and reflecting the voice of residents — their lived experience. Through the lens of resident experience, the new Board will contribute to further addressing issues in the LTC system that pose a barrier to



the culture and systemic shift that must occur, as well as continue the mandate of OARC in supporting strong and effective Residents' Councils in LTC homes across the province.

As a Board of Directors, and as past and current Presidents, our role is to serve. It is our mission and privilege to build upon the 40 years of significant accomplishments and impact of OARC, to further expand the reach and influence of OARC by ensuring that residents are not only consulted and involved, but that your voices and experience are really heard, thoughtfully reflected, and fully engaged.

This is our commitment to you.

We wish you the best of the remainder of autumn and for the upcoming holiday season.

Sincerely,

Sharron Cooke
Past President, OARC

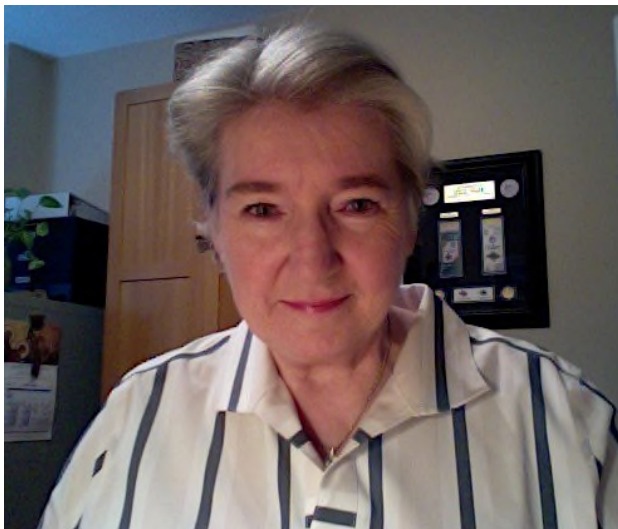
Mary Nestor
President, OARC

Meet the OARC Board

*Expanded Strengths, Refreshed Perspective,
Steadfast Commitment to OARC's vision...*

Meet OARC's Board of Directors

As many of you are aware, OARC's work centres around amplifying resident voices and leveraging lived experiences in long-term care. In this section, we meet OARC's newest Board members and learn how they see their position as Directors functioning to strengthen OARC's commitment to our shared vision and goal. It is our great pleasure to welcome our new Board.



Meet Mary, OARC President **Government relations + leadership**

"I believe in taking every opportunity, both within and outside the LTC system, to further support the high-quality work of OARC, and to continually reflect the key principle, already embedded in OARC's Values, that full engagement of residents is non-negotiable; residents must be actively involved in every step of planning and building a more humanistic approach to elder care in our society."

- Mary Nestor, LTC Consultant, Former Ontario Public Service Leader

Meet Sharron, OARC Past President **Resident Leader + changemaker**

"I bring vast lived experience representing the residents' voice through my own lived experience and advocacy work on behalf of many other residents across the province, through education and raising concerns at various Ministry and LTC stakeholder tables.

My continued involvement with OARC, along with fellow resident Directors and our new group of sector leaders and professionals, brings a true balance to our Board and a greater capacity to impact meaningful change."

- Sharron Cooke, Residents' Council Leader, Newmarket, ON





Meet Jill, OARC Vice President **LTC operational leadership + innovation**

"My role is to ensure that no decisions are made about residents without residents". Working with our Board members, it is my duty to clearly articulate and advance the resident voice at all sector tables and to keenly remind decision makers that resident involvement and well-being is our foremost priority."

- Jill Knowlton, Director of LTC, Jarlette Health Services

John, OARC Treasurer **LTC operations, business + financial acumen**

"It is my sincere hope that my contributions as Director will serve to further support and enable the work of OARC in realizing on its goal of: *amplifying resident voices and leveraging lived experiences in long-term care*. As a resource to the Board, committees and to the leadership team, I am committed to strengthening and growing OARC's capacity to engage with and support the Residents' Councils in all LTC homes."

-John Scotland, Chief Executive Officer, Steeves & Rozema Group



Meet Fred, OARC Secretary **Medical Director + resident-centred advocate**

"I hope to contribute to the foundational work and goals of OARC by leveraging my experience as a physician and Medical Director in LTC and continuing to advocate for resident-centred care. LTC is the residents' home... the emphasis should be on relationships rather than task-centred approaches that focus on physical health. Achieving optimal outcomes requires ongoing conversations with all residents in LTC."

- Dr. Fred Mather, LTC Medical Director/Attending Physician



Meet the OARC Board



Meet Connie: Residents' rights champion

"Through working directly with and maintaining trusting relationships with residents' in LTC, I hope to contribute to OARC's commitment through capturing residents' lived experiences and resident voices as stories in relation to Resident Rights' to deliver change and understanding. Residents' are our key resources to heighten change and express what 'quality of life' and 'home' means to them. Within my role as a Director I hope to strengthen OARC's commitment to this goal through encouraging involvement of residents in sharing experiences, contributing to decisions

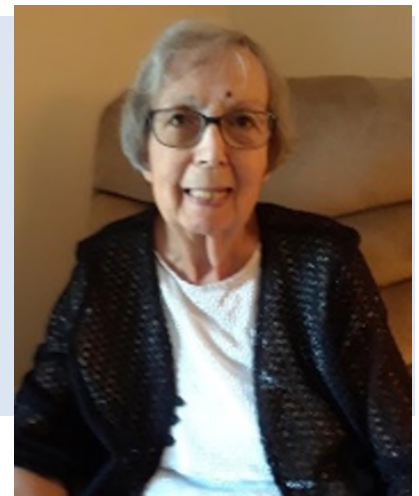
throughout Ontario LTC Homes and encouraging organizations to utilize the great OARC resources we have to heightened enriched living in LTC."

- Connie Redmond, LTC Supervisor, Activation and Volunteer Services, Riverview Gardens

Meet Dorothy: Resident Leader + retired nurse

"My experience of long-term care both as a resident (2009-2018) and as a nurse (20 years) leaves me wanting to find ways to make substantive changes to the system as it exists today. I believe that the OARC Board can do this as we work together incorporating old and new ideas."

- Dorothy Asselstine, Resident Leader, Cornwall, ON



Meet Joan: Culture change leader + educator



"My work with Pioneer Network, and as a Certified Eden Trainer and Mentor are driven by a passion for changing the culture of aging care and support and finding ways to assure that person-directed values are practiced in the work that we do in aging services. Working together with like-minded organizations who share these values, like OARC, strengthens all of our ability to make a difference. By broadening our reach, we touch more lives. By sharing, we can all learn from each other, building upon ideas and collective knowledge and experiences. I am honoured to be on the Board of OARC and in

words of Barbara Frank, one of the leaders of the culture change movement in the US, to share shamelessly my experiences in order to raise the voice and create a better life for residents in senior living communities. "

- Joan Devine, Director of Education, Pioneer Network



Meet Jennifer: **Researcher + innovator**

"I engage people with lived experience in my research because it makes the research better and it's the right thing to do. I'll bring this same motivation to my work with OARC."

- Jennifer Bethell, Epidemiologist and Health Services Researcher,
KITE-Toronto Rehab, University Health Network

Meet Carolynn: **Resident Leader + advocate**

"As a resident leader living in long-term care and Director with OARC, I hope to impact change at the provincial level. I am a big advocate for increasing resources and addressing staffing shortages, as well as improving quality of life and the physical environment for people living and working in long-term care across the province."

- Carolynn Snow, Residents' Council Leader, Keswick, ON



Meet Jennifer: **Dementia specialist + educator**

"As a care partner, health professional and educator, my drive to improve quality of life in long-term care has spanned my career working in the sector and community for over 2 decades. In my new capacity as a Director on the OARC Board, I will draw on my frontline experience to provide focus for education in resident and dementia care."

- Jennifer Blaik, Psychogeriatric Resource Consultant,
The Regional Municipality of York

Meet Murray: **Resident Leader + family caregiver**

"To my role as Director, I bring both direct lived experiences as a resident, combined with my experiences as a family caregiver to my wife, who lived at Extendicare Brampton for 7 years. My wife passed away from Alzheimer's Disease 5 years ago, leaving me with a wealth of information I can bring to OARC."

- Murray Woodcock, Residents' Council Leader, Brampton, ON



Celebrating Team Members in LTC



Housekeeping Hero: Team Member Spotlight

Shared by: Virginia Parraga, Kensington Gardens



This column profiles long-term care team members that have been recognized by residents and celebrated for going above and beyond. Our frontline workers have been working tirelessly throughout the pandemic, and Housekeeper Maria Correia from Kensington Gardens in Toronto is no exception! Similar to residents, our team members each have their own unique story and their own personal “why” that has guided them to pursue a career in LTC. Here is Maria’s story:

Meet Maria, Housekeeper

Maria arrived in Canada in 1987 from Brazil. She recalls working at the age of 10 in the Brazilian flea market where she became known as an excellent salesgirl. She was a natural in sales, developing her style by wearing and modeling the sales items and selling the garments off her own back.

Maria was born into a vast family of 24 brothers and sisters. This sounded insurmountable to me but Maria explains it simply such as, both her mother and her father were married twice giving her such an enormous extended family. She proudly displays photos of each and every member of her family and she remembers each one’s name and age. Maria’s pride and joy is her son who she was able to raise on her own as a single mother with the help of the After School Program and later with the Big Brothers Group.

Since Maria had developed a flair for math from her early days at the flea market, she decided to become an accountant in Brazil. Maria graduated with her degree as an accountant however, her first love of helping people was paramount in her mind and this took her in another direction. If she remained working as an accountant she felt she would have no time available to help people and talk to them. This was her passion.

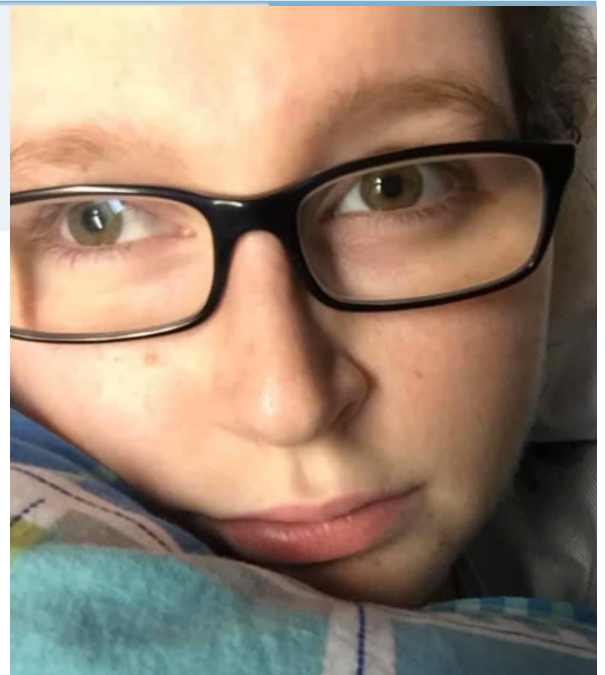
Upon coming to Canada, Maria settled in the Kensington area of Toronto and started working at Kensington Gardens, where she has been a loyal team member for nearly 2 decades. Maria has worked primarily as a Housekeeper, but she has also volunteered her time with the Life Enhancement department, she’s supported the Second Mile Club, and she has excelled in sales at the home’s Tuck Shop, drawing on her past experiences managing money.

In my estimation Maria is a special ‘people person’ who follows her heart. She works hard for a living and always feels drawn to those who need her help. This is her contribution to society and she gives from the heart not for money. It has been an honour a pleasure and a privilege to write your story, Maria. I feel inspired just getting to know you. *Thank you for all you do!*



Ask a Resident: Young People in LTC

Shared by: Sage Ferguson, Midland Gardens



Question: *What has your experience been like as a younger resident living in LTC? How do you maintain connections with your peers inside and outside the LTC home?*

Sage's Response:

My name is Sage. I came to Midland Gardens Care Community at 24 years old in 2017, not because I needed the care of LTC but because my needs could not be adequately met in the community. I was raised in the Children's Aid Society and I don't have any family nearby as I am not from Toronto.

Truthfully, as a younger resident living in LTC, it is not an easy task to find activities that are interesting for someone my age. My home tries though, but it's often a one to one activity.

Being indigenous as well, it has proven nearly impossible until recently to get programs related to my culture. My grandmother was actually a Residential School survivor. Because of my outward appearance, I have been told that I am "too white to be Indigenous" and I've had my ancestry questioned because of my experience in foster care. I am pleased to share that after I spoke up about this need/perceived gap, we are bringing some Indigenous programming into my LTC home and team members are receiving some additional training.

These last 2 years have been difficult. In February 2020, I lost my best friend to bile duct cancer—he was only 29 years old. I also lost my Adoptive father in March 2021 to sudden cardiac arrest and I could not attend his funeral because of the restrictions on LTC residents.

Despite these significant losses, I have also gained some friends outside of the home mainly through my advocacy and telling my story. I also try to maintain relationships with friends in the community, who I knew before my move to LTC.

I continue to persevere. My aspirations in my life are to enter the study of medicine. I was actually enrolled at the University of Toronto when I had my accident that put me in a wheelchair. Now, I focus on advocacy and speaking up for others.

An initiative from Sage: Facebook Group for Resident Sharing and Connection

In an effort to provide a supportive virtual space for residents (and their family and friends) to share their experiences and feel supported, Sage launched a private Facebook group which is searchable as **Families and Residents Voices of LTCH– Ontario**. *Thank you, Sage!*

Residents Can Lead the **Person-Centred Language** Movement in their Homes

Words matter. In long-term care words can make all the difference to creating a community of dignity for everyone that lives and works in your home. In this article, we explore person-centred language (PCL), the practice of using respectful, life-affirming & inclusive language.

Why person-centred language?

As a resident, how do you want to be spoken with or about?

We know that our words can be a powerful tool - it's easy to forget how much the words we use affect those around us. And often, actions follow our words. This is part of the reason we are spreading the 'word' on person-centred language to as many LTC homes as we can.

We know that the use of person-centred language can bring culture change to LTC homes and even affect the model of care for residents. The words we use can show respect and bestow dignity to residents and colleagues.

Person-centred language benefits residents *and* team members

Did you know that research has shown that PCL can help reduce responsive behaviours or personal expressions in older adults? This benefits everyone involved - the resident living with dementia, the team caring for this resident, and the family or other care partners.

The use of person-centred language can also help team members and residents interact more positively with each other!

What if someone around me is not using person-centred language?

It can be frustrating when people around you are not using person-centred language. They are likely at different stages of this journey. Your number one tool as a resident is modeling respectful words when speaking to your care team or fellow residents (and especially when speaking *about* them).

You can also inspire others by allowing them into your process: allow others to see your own self-reflections and learning; allow others to see you correct yourself without shame or blame.

WORDSWAP

| Instead of | Use |
|---|---|
| (LTC) Facility Nursing Home Old Folks Home (LTC) Institution | (LTC) Home |
| Patient | Resident |
| Aggressive or "Acting Out" behaviours | Resident presenting with responsive behaviours |

Swap out your vocabulary for **person-centred language**.



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Behavioural Supports Ontario
Soutien en cas de troubles du comportement en Ontario
North Bay Regional Health Centre (Centre régional de santé de North Bay)



You may be in a situation where you need to confront someone about their words. Be respectful in correcting another person: take them aside privately and let them know how their words impact you and the language you would prefer to hear or would feel more comfortable with. This act of privately correcting someone is referred to as ‘calling in’ and can be a powerful tool to create a safe space for change to occur. It’s a way to hold each other accountable by positively influencing each other to be better as we grow together on this journey of person-centred language.

The key is to start small (maybe one conversation?) and be persistent. Each conversation plants a seed in that person’s mind that will eventually bloom.

“Using respectful, person-centred language is the foundation of any good relationship in LTC. As a Resident Leader, I have tried to model this to inspire others to do the same.” - Devora, Resident

How can you join this movement?

The Ontario CLRI and Behavioural Supports Ontario (BSO) set a goal this Summer of reaching 5000 person-centred language pledges online. That is, 5000 people in long-term care who committed to talk to and about residents and team members with respect and dignity. We’re happy to announce that we surpassed that goal!

As a resident, you can have a big influence on the culture of your LTC home. Please consider the ways you can promote the use of person-centred language to those around you:

- ♦ Use person-centred language! Residents who use inclusive and respectful language are helping to lead a culture change movement in LTC homes.
- ♦ Post the PCL poster (included with this magazine) in common areas where all can read and be inspired!
- ♦ Take the online pledge and print and display your pledge in your room:
<https://www.behaviouralsupportsontario.ca/pledge>.
- ♦ Encourage your care partners and providers to take the person-centred language eLearning course (open to you as well!). It is free and online for anyone to take: <https://clri-ltc.ca/pcl/>

We hope you enjoy the complimentary English and French PCL posters included with this issue of OARC’s Seasons magazine! Find more PCL resources on clri-ltc.ca/pcl, including a new Word Swap poster available now: <https://clri-ltc.ca/resource/wordswap/>

The Person-Centred Language initiative and resources have been co-developed by BSO and the Ontario CLRI with support from an expert panel. This work is supported in part with funding from the Government of Ontario through the Ontario Centres for Learning, Research and Innovation in Long-Term Care. The views expressed herein do not necessarily reflect the views of the Province.



Behavioural Supports Ontario
Soutien en cas de troubles du comportement en Ontario
North Bay Regional Health Centre | Centre régional de santé de North Bay



Residents' Council Week Highlights!

September 13-19 was our 2nd Annual RC Week



The Residents' Council at **Cedarwood Village** in Simcoe celebrated RC Week by purchasing donuts, coffee, and 90 smile cookies for the residents and staff. The Council provided a lovely treat for all the staff and residents and also generously contributed \$90 to local charities thanks to a Tim Hortons campaign. Residents' Council President Brenda Wardle posed proudly at the treat table!

The residents and team at the **Chartwell Brant Centre** in Burlington had an action-packed week recognizing Residents' Councils! Highlights included:

- Monday:** Booklets of OARC puzzles were delivered to all residents for a fun contest.
- Tuesday:** Afternoon Sing-Along and soft serve ice cream for all residents.
- Wednesday:** Held our monthly Residents' Council meeting with 27 residents joining over Zoom.
- Thursday:** Lunch outing on the patio at Turtle Jacks restaurant.
- Friday:** Outdoor performance by *Smile Theatre* and drew 4 resident names for the puzzle contest prizes!



In Barry's Bay, the Residents' Council at **Valley Manor Long-Term Care** home proudly displayed the biographies of Resident Leaders serving on Council, to inform other residents and team members about each residents' personal story, strengths and contributions!

SAVE THE DATE Residents' Council Week 2022: **September 12th - 18th!**

Residents' Rockin' Their Bill of Rights



Earlier this summer, OARC launched a Residents' Bill of Rights Video Challenge in conjunction with Residents' Council Week promotions, to encourage residents and their long-term care teams to work together to create a video to visually represent the 27 rights enshrined in the Long-Term Care Homes Act (2007). We were simply blown away by the positive response we received from the contest and the level of collaboration and creativity behind each submission.

Every home that shared a video was eligible to win a prize— and were we ever thankful that the selection of our winners came down to a draw, as it would have proved to be nearly impossible to decide! Our lucky grand prize winner was the Residents' Council and team at **Elgin Manor** in St. Thomas, Ontario, who's video featured residents "rocking out" and educating audiences to the tune of Beastie Boys 1986 classic song, "(You Gotta) Fight for Your Right (To Party)." The resident voice came through loud and clear, mixed with fun and style!

Creating an educational video is just one way that residents can work together with team members to bring the Bill of Rights to life. When residents are empowered as teachers and team members see the people 'behind the rights' this approach to education brings renewed meaning to mandatory training. To put a fresh spin on residents' rights education at your home, consider OARC's Through Our Eyes Program resource—every home has a hardcopy or you can access it online: <https://www.ontarc.com/education-support/through-our-eyes.html>



(Pictured above from left to right): RBR Video Challenge Top Prize Winners: Golden Manor (Timmins), Elgin Manor (St. Thomas) and Stayner Care Centre (Stayner). Thank you to all who contributed to this special contest!

Creative Corner: Artistic Innovations from Across the Province!

Artwork at Cedarwood Village

Shared by: Sherri Young, Program Manager

When presented with an opportunity to ‘perk up’ the walls of their LTC home, the residents at Cedarwood Village in Simcoe gladly rose to the challenge! Each vibrant art piece was carefully done in collaboration with the Program staff, and residents looked forward to each stage of the project! During the pandemic, when residents couldn’t come together, the art pieces were taken room to room and each resident would work individually on different parts of the piece. The collaboration was amazing. Resident Fred reflected, “it felt good to do the paintings, but I feel very proud when I see them on the walls!” Every resident who contributed was amazed at the finished project!



Janet, Maria and Jean working on the underwater painting.

Paint Nights at Seaforth LTC

Shared by: Stacey Kamerman, Program Manager

The residents at Seaforth LTC Home find great enjoyment with our craft programs, *especially painting*. It was suggested at a Residents’ Council Meeting that residents would like to see more art programs on the monthly Activation Calendar. In response to this, our Programs Team introduced a monthly Paint Night, each with a unique theme inspired by the seasons or by ideas and requests from the residents attending the program. Involvement in this activity has left residents feeling joyful and proud of their masterful works of art. “We are delighted to share with you a few of the works of art that our talented residents have created at Seaforth LTC home!”



*Picture above -Left: A smiling Gladys displays her painting of the mountains on a starry night
Right: Jean proudly displays her birch tree and sunset creation*

Virtual Painting Classes at Granite Ridge Care Community

Shared by: Kayla Sparling, Director of Resident Programs



At Granite Ridge Care Community in Stittsville, our creative sides and artwork have thrived throughout the pandemic! We have not let COVID-19 impede with doing the things we love and getting people together who are passionate about learning a new skill and flourishing through leisure opportunities.

One of our most successful programs is our Virtual Painting Class. This program, which originally started as a therapeutic one-to-one activity, has evolved into a small group activity offered simultaneously on each home area over Zoom. Residents taking part are physically distanced and enjoy the real-time support of volunteers and Essential Caregivers (EC's).

In order to support the inclusion of EC's in the activity, interested family and friends of residents were contacted in advance, and provided with the virtual meeting details. Arrangements were made to have pre-prepared painting kits picked up from the screener station upon arrival at the home. We also included a photo of the masterpiece the group would be creating in the kits.

The interactions, connection to others, ability to share something special, and coaching the residents provide one another, has contributed to the rising popularity of the program. Now, depending on the day, it can be our core group, small groups on other home areas, and EC's in loved ones rooms who join us virtually!

On painting day, we gather in our groups throughout the home and initiate the virtual Zoom call. Because team members are supporting the residents hands-on, volunteers are helpful if other virtual participants have questions. With each step, myself and/or volunteer lead will verbally share and then demonstrate what needs to be done and continuously provide the visual and verbal cues for the camera. Step-by-step, residents are so proud and want to show off their work and their journey. It is such a special experience and every month I have the honor to lead this program.

peopleCare Meaford's Caribbean Cruise Week

Shared by: Katrina Tolton, Director of Programs

In March 2021, peopleCare Meaford LTC spent five days 'travelling' on the SS Meaford Maiden during our Caribbean Cruise Week! Every detail was covered, including a full itinerary, Hawaiian shirts for all the residents, special menus, and even a morning ship horn over the PA system by our 'Cruise Director' to announce our daily activities and the weather according to our location.

On Monday, we departed from 'Miami, Florida' and kicked-off the cruise with a mobile drink bar and pool deck bingo! Next, we sailed to 'Key West, Florida' on Tuesday and enjoyed a magic show and casino games on deck. On Wednesday and Thursday, we docked in 'Nassau, Bahamas' and experienced a new dance and movement program called "Groove" led virtually by entertainer Tyler Boyle. We also enjoyed a spa day complete with paraffin hand

wax treatments, manicures and virtual glamour shots. We sailed back to 'Miami, Florida' on Friday and celebrated the end of our cruise with a Captain's Luncheon, complete with formal attire and a surf & turf menu.

Our 'ship' was decorated for the week and included 50 window portals that were hand drawn by staff and painted by residents over the past few months. Palm trees and other decorations throughout the home were handmade by our scheduling clerk and activation staff.

We would like to thank our residents and team members for getting involved and joining in on all the fun. The week really lifted the entire spirit of our home, as we all had a terrific vacation and felt rejuvenated after a week aboard the SS Meaford Maiden!

"I used to travel for a living. This week took me back to some wonderful memories and reignited my love for travel!"

- Connie G



Residents Engaged in Food Sharing at Fairhaven

Shared by: Rhonda Lustic, Programs Manager & Emily Collins, Volunteer Resources Coordinator

Fairhaven was part of the Commonwell Mutual Insurance Group Seed It Program. This program inspires food sharing by helping start a vegetable garden. A \$50.00 voucher was used to purchase seeds and vegetable plants to grow in our raised beds.

Our thought when putting this initiative into action at Fairhaven was to give residents the opportunity to give back to their community by growing and harvesting fresh produce. This activity helped to enrich the daily lives and routines of residents, as they eagerly tended to the gardens and watched their plants grow.

On two occasions, our home was able to donate spinach, kale, chives, thyme, rosemary, tomatoes and peppers to our local food bank, Kawartha Food Share.



Pictured above: Residents Jo-Anne “Jo” and Hazel proudly show off their freshly harvested produce from the outdoor garden.

The residents helped during every stage of this program, from the planting, watering and then harvesting the results of their efforts!

Reflecting on her experience, resident Hazel shared: *“I think giving back to the community is very important. When I was a child, we lived on a farm. We grew vegetables and had an apple orchard. Apples that we couldn’t sell would be donated to the Salvation Army because they were always in need of donations. We would donate whatever we could. I have always donated to these causes.”* Great work, Fairhaven!

Celebration of Art Program at Tilbury Manor LTC

Shared by: Janith Menard, Programs Manager

Last fall, the residents at Tilbury Manor LTC were actively engaged in a Celebration of Art program. Tilbury Manor residents particularly enjoy expressing themselves through art, and they take great pride in their creative accomplishments!

Pictured right: John and Janice show off some of their masterpieces!



Rural Traditions Continue at Résidence Champlain LTC

Shared by: the Recreation Team at Résidence Champlain Long-Term Care



Quelques résidents de la Résidence Champlain de L'Original ont eu le loisir de participer au jardin communautaire de l'établissement. En cette période de pandémie, ce fut une belle expérience pour les aînés durant l'été 2021.

Growing up in rural Quebec, Mr. Thibault is neither a stranger to the garden nor to the kitchen. As a farmer's child, Mr. Thibault would help his father to milk the cows, plant the garden and of course, help his mother preserve the bounty produced by the garden. Mr. Thibault, at the tender age of 5, fondly remembers the times spent with his mother, preparing vegetables to be canned as they carried over the woodstove in the summer kitchen. He recalls the special moments spent talking and sharing stories with his mother. Those moments are forever in his heart. Speeding forward to 2021, Mr. Thibault enthusiastically shared his family recipes with the recreation staff, and taught us how to make his tomato chow chow and his bread and butter pickles. By the way, Mr. Thibault won several blue ribbons for his pickles at the Riceville Fair in Eastern Ontario.

Notre jardinier retraité, M. Thibault, s'en est donné à cœur joie pour récolter les délicieux légumes, et surtout à cuisiner de bonnes marinades avec ceux-ci, accompagné de l'équipe du service des loisirs.

Elevating Home Culture: The Role of Recreation

Shared by: Danielle Camacho, Activationist Assistant, The Regional Municipality of York



When thinking of quality of life in long-term care, recreation is a fundamental department that “re-creates” long-term care from a health care institution to a home for our residents. At Newmarket and Maple Health Centres, the recreation teams continuously go above and beyond to support residents through therapeutic programming. In a time before COVID-19, you could expect to see local band performances, ice cream trucks, zoo animals, SMILE Theatre, dine-ins from local restaurants, weekly pub nights and memorable trips that would be spoken of for months afterwards. Despite COVID-19, the team has persevered through delivering the best quality recreational and leisure activities in accordance with emergency orders and guidelines from the Ministry of Health, Ministry of Long-Term Care and York Region Public Health. Since March 2020 the Homes have implemented an array of programs to meet COVID-19 safety measures including: socially distanced visits from the Easter bunny, Outdoor Thornhill Cruiser Car Show, celebrating Christmas in July, CNE days, reintroducing live entertainment, celebrating the Olympics, cooking clubs, and socials – just to name a few.

Beyond implementing creative programming year-round, the recreation teams take a very collaborative role in respecting and co-facilitating Residents’ Council. They do this through advocating for residents during our adapted virtual monthly meetings, as well as supporting campaigns and projects for the Ontario Association of Residents’ Councils such as the Residents’ Bill of Rights Video competition. The recreation teams are always ready and willing to collaborate with residents to capture their input during Council meetings and continuously aim to enhance the quality of life for residents, meet their needs and make their dreams a reality.

“Inspiring a Better Tomorrow.”



For the last 40 years, OARC has been providing education and support to empower residents across Ontario and working hard to amplify resident voices and lived experience to positively affect sector change. The pandemic has been an extremely challenging time for residents as well as their dedicated teams and families, due to the life-changing impact of COVID-19.

The OARC team has responded by:

- ♦ Increasing **advocacy** efforts, including weekly consultations with our partners at the Ministry of Long-Term Care and other sector stakeholders and participation on Pandemic Response Teams
- ♦ Identifying the opportunity to enhance home-level **communication** with residents and creating a template to facilitate pandemic-related communication
- ♦ Elevating the need to support resident **psychosocial well-being** as well as physical
- ♦ Championing the push for the **resumption of Council meetings** during outbreaks
- ♦ Developing outbreak **tools/guidance documents**
- ♦ Increasing the frequency of targeted **information bulletins** and webinars for residents
- ♦ Facilitating weekly virtual **Resident Forums** for peer-led support

