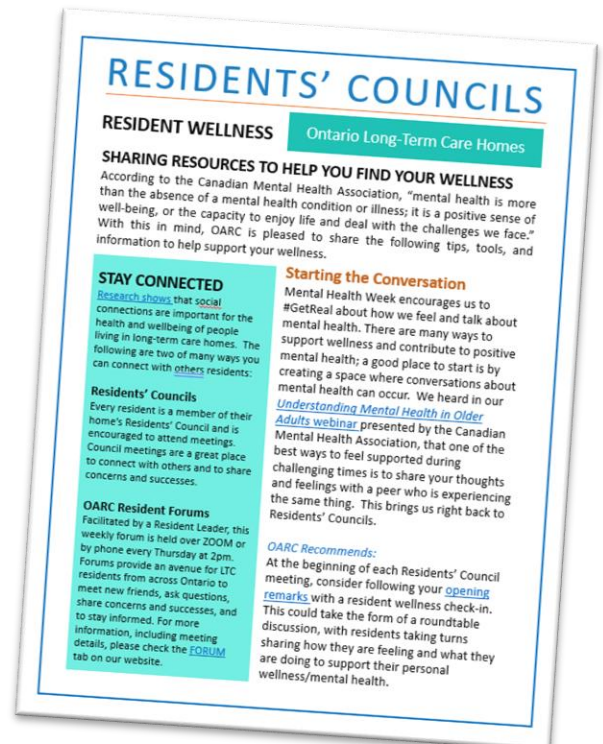


May 6, 2022

Wellness Fact Sheet: Keep the Conversation Going

Thank you to all homes that have embraced [OARC's 5 Days of Wellness](#) and participated in our themed webinar, Resident Forum, and other suggested activities this week.

As Mental Health Week 2022 comes to a close, we hope that you will find ways to keep the mental health conversation going for the remainder of the year. After a week of learning and sharing, this might be a good time to work with your home teams to re-introduce or bring awareness to some of the supportive partners and resources available in your long-term care home. Consider inviting some of these individuals as guests at a future Council meeting to build relationships and increase understanding of their role or services in your home and how they help to promote resident wellbeing.



The OARC team has created a new Fact Sheet with tips to incorporate wellness strategies into your own personal routines and to infuse them into your Residents' Council meetings. Access the Fact Sheet here

<http://www.ontarc.com/documents/factsheets/20220505MentalHealthSupportFactSheet.pdf>

Mental Health Week: LTC Home Sharing

The residents at John Noble Home in Brantford, Ontario have enjoyed participating in OARC's 5 Days of Wellness activities. Pictured here are residents giving words of advice and encouragement to others to promote wellness and inclusion in their home. Residents also used resources from the Canadian Mental Health Association's Mental Health Week

Toolkit and facilitated small discussion groups on the topic of empathy. Thank you for sharing!



Did you miss our Mental Health Webinar? Recording Available

Earlier this week, OARC partnered with the Canadian Mental Health Association (CMHA) to offer a mental health and wellness education session for residents.

Access the recording here: <https://youtu.be/hGDT34h0UIM>

Access presentation slides here:

https://www.ontarc.com/documents/20220504MentalHealthOlderAdults_JillDennison.pdf