

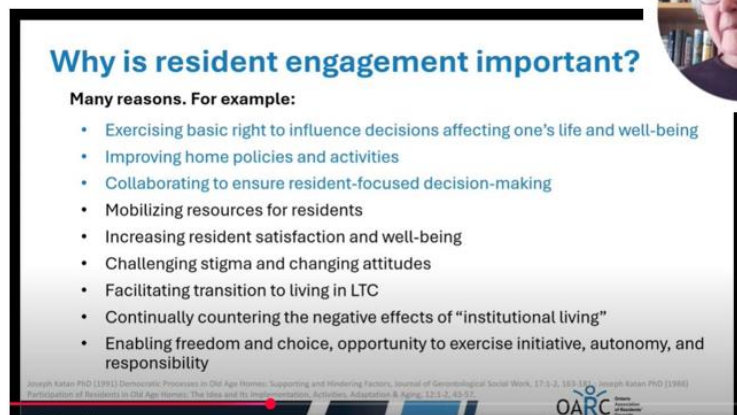
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OARC Resident Leaders in Action!

This month, members of the Ontario Association of Residents' Councils' (OARC) provincial advisory group – also known as the [REAL group](#) – have jumped right back into action. The group stayed connected over the holiday season through OARC's weekly [Resident Forums](#), which Resident Leaders took turns facilitating.

'Behind the scenes', OARC Resident Leaders have been busy planning webinars, participating in consultations with government partners, shaping and informing research projects, and infusing their ideas and experiences into OARC communications, sector education and resources.



On Monday, [Gale Ramsden](#) and [Jim Gilhuly](#), together with OARC's Chloe Yeung, joined the team at the [McMaster Collaborative for Health and Aging](#) for the first of their 2025 Collaborative Conversation series. This interactive session, entitled *Collaborating for Change: A Co-Design Approach to Resident Engagement in Long-Term care Homes*, was followed by a protected 30-minute discussion, utilizing breakout rooms, where attendees were invited to reflect and engage directly with the presenters. A recording of the webinar can be viewed [here](#).

OARC is grateful for this opportunity to highlight our ongoing research and key messages with the McMaster network.

Join OARC's Volunteer Board of Directors!

Does working with and on behalf of residents to inspire culture change and long-term care home transformation excite you? Would you like to be part of a dynamic governance board that provides guidance, strategic direction, oversight and inspiration to OARC? Consider joining OARC's volunteer Board of Directors!

OARC's unique blended Board structure includes Directors who live and work in Ontario LTC homes. Meet our current Board of Directors [here](#).

We value the insights and experiences of culture change leaders from various backgrounds, including those from rural, remote, culturally diverse, and under-represented areas of the province.

OARC is looking for someone who:

- Brings the important and unique lens of a current or former LTC home Administrator, currently working in LTC.
- Has a clear understanding and appreciation for the role that Residents' Councils play in operational success, regulatory compliance, and resident quality of living.
- Is creative, collaborative, and committed to mobilizing culture change to improve the lives of residents.
- Is connected to and has influence within a network of LTC leaders.

To learn more about this opportunity and how to apply, [click here](#).

Application Deadline: February 7, 2025

Update from Our Ministry of Long-Term Care

OARC extends happy and heartfelt congratulations to Minister Kusendova-Bashta, who welcomed a baby boy (Matthew) on January 7th.

Minister Paul Calandra will be acting Minister of Long-Term Care while Minister Kusendova-Bashta is on maternity leave. Residents may recall that Minister Calandra previously served as Minister of Long-Term Care from 2022-2023. He will continue to serve as Minister for Municipal Affairs and Housing during this time.

Milestone Celebration – New Re kai Centre at Cherry Place, Toronto

Last week, OARC received a special invitation to join team members from the Re kai Centres, government representatives and community partners, for an event celebrating the development of a new long-term care home and campus of care that will be located at Cherry Street and Front Street in Toronto. Additional details about this innovative and collaborative build can be found [here](#). OARC was thrilled to learn that residents living at the other two Re kai Centres have been keenly following the project progression and have been supported to 'tour' the new building site utilizing drone video technology! Congratulations!

OARC's Monthly Webinar Wednesdays

January Webinar: A Conversation with the Ministry of Long-Term Care's Inspections Branch

Our first webinar of 2025 was met with a very positive response, with 375 residents and 240 team members tuning in live from long-term care homes across Ontario!

On January 15th, OARC welcomed special guests from the Ministry of Long-Term Care's Inspections Branch, for an overview of the Ministry's Inspection program, including examples of how residents and their Councils might expect to be involved.

Miss out on the live session? Access our webinar recording [here](#).

Save the Date for Upcoming Webinars:

Resident Mentors: Peer Welcoming Initiatives in Long-Term Care Homes

Wednesday, February 19th, 2025, 2:00pm – 3:00pm EST



When residents step into leadership roles, they foster a warm and inclusive home culture. Join OARC and special guests from Meadow Park Chatham, as we explore how residents can become peer mentors, leading welcoming programs and initiatives in their long-term care homes.

In Ontario, long-term care home residents have rights under the **Residents' Bill of Rights** in the **Fixing Long-Term Care Act, 2021**. These rights empower residents to participate in decision-making, advocate for their well-being, and contribute to their long-term care home and community.

Let's create a community where everyone feels at home!

Register: https://us06web.zoom.us/webinar/register/WN_Ok2HMddGSX6WTcqD6VpjSA

Plan ahead: OARC will be partnering with guests from the Ontario Seniors Nutrition and Advocacy Committee (OSNAC) for another food services-themed webinar just in time for Nutrition Month! Mark your calendars for Wednesday, March 19th at 2pm – details to follow.

CLRI Dementia Care Preparedness Initiative Launches + Alzheimer's Month

Last week, OARC shared some exciting news about the launch of a new Dementia Care Preparedness Initiative, which you can read about in [this bulletin](#). We hope that long-term care home teams are starting to discuss and explore this opportunity!

This announcement coincides with [Alzheimer's Awareness Month](#), which is recognized Canada-wide in the month of January. This is a time where we can work together to raise awareness and take steps to deepen our understanding of what people living with dementia experience, day to day.

In Ontario long-term care homes, we know that many residents are living with cognitive changes, including a diagnosis of dementia. OARC often hears from Residents' Councils seeking resources to support their understanding and strategies to make their meetings as inclusive of possible. As January draws to a close, OARC encourages Councils to consider how they might work together to capture perspectives of ALL resident peers, including those who might not attend meetings, and those that might not be able to speak for themselves. How do you get to know and build relationships with your peers living with dementia?

We'd love to hear what thoughtful and creative approaches your Council has embraced! Share with us – Email Melissa McVie at mmcvie@ontarc.com

Setting Up Your Residents' Council for a Successful 2025!

Sometimes the best way to set yourself up for success is to get back to the basics! OARC encourages Residents' Councils to start 2025 by exploring and trialling some of our tools and templates, designed to help you maximize the full legislative powers and scope of your Council. To help you with implementation, OARC created a 3-part webinar series, where we review some of our foundational resources in detail:

[Setting Up Your Residents' Council for Success Part 1: Residents' Council Provisional Agenda](#)

[Setting Up Your Residents' Council for Success Part 2: Residents' Council Minute Template](#)

[Setting Up Your Residents' Council for Success Part 3: Understanding Our Law and RC's](#)

OARC frequently hears from Residents' Councils seeking support and clarification around the creation of [Bylaws](#). In this [webinar recording](#) and companion [FAQ document](#), OARC helps to demystify Bylaws and explains why they are important for every Residents' Council.

Consider using one of your first Council meetings of 2025 to set some goals for your Residents' Council... and remember to start small and celebrate your progress. OARC's former President, Sharron Cooke, always reminded us to take BABY STEPS...and she was right. If you keep an open mind, focus on what's possible, and work together, you'll reach

your goals before you know it. **OARC is here to help!** Contact Melissa Matheson, Education Manager at mmatheson@ontarc.com or 1-800-532-0201 extension 280.

New Training Available: Supporting 2SLGBTQ+ Inclusion in Long-Term Care

The application deadline is fast-approaching for a new training offering: Supporting 2SLGBTQ+ Inclusion in Long-Term Care. Gain knowledge and skills to foster 2SLGBTQ+ inclusive and affirming environments for residents, care partners, and colleagues!

This blended training package, provided by and delivered in partnership with Rainbow Health Ontario (RHO), features eLearning and synchronous virtual sessions and offers foundational education to support LTC workers and teams in Ontario.

This training program will run from February 2025 to March 2025. Wage support is available for any team member from an Ontario-based LTC home.

Learn more and apply before January 31st: <https://clri-ltc.ca/resource/inclusive-care-in-ltc/>



Thank you to [AdvantAge Ontario](#), [Extendicare](#), [Java Group Programs](#), [Schlegel Villages Inc.](#), [Sienna Senior Living](#) and [S&R Group](#) for supporting OARC's Confidence in Culture Change Program. 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.

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