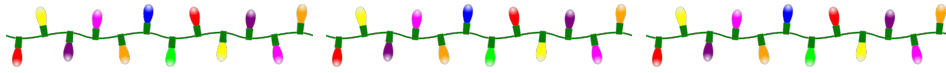


ICCER Newsletter - December 2016



Notes from ICCER

Merry Christmas and Happy New Year to all!

December is such a hectic month in continuing care with all the parties and other activities, but also usually because of outbreak season. I hope you are all surviving.

December can also be a difficult time for families with loved ones with dementia. Here are some tips (adapted from *Alzheimer Society of Ireland*) for helping them enjoy the festive season.

Remind them:

- To talk to staff about Christmas plans in the home and what you feel their loved one will enjoy.
- That it is their presence that counts, celebrations can be simple.
- Reminiscing about past holidays and events can trigger happy memories.
- To bring a favourite book, piece of music, or photograph album they can enjoy together.
- Not to prolong their visits if their loved one is tired or seems overwhelmed.

If they are taking their loved one home for the day, encourage them to:

- Plan ahead and have realistic expectations - things may need to be different but they can still be enjoyable.
- Talk to their family and friends about what is needed to make the day

work for everyone.

- Talk to other family members and friends, who may have some spare time over the holidays, about ways they could help or spend time with the person.
- Think about a series of small events rather than a day-long celebration.
- Plan around a time of day that works best for the loved one.
- Have the family gathering in a familiar place and if possible limit to small groups.
- Have a quiet place where the person with dementia can retreat if things become too hectic.
- Involve the person with dementia in specific tasks that ensure everyone feels part of the celebrations - setting the table, preparing vegetables, or choosing decorations or presents.
- Include some rest time - for everyone.

Sandra Woodhead Lyons, PHEc

Executive Director, ICCER



Out & About with ICCER

On **January 18, 2017** the Edmonton Chapter of the *Alberta Association on Gerontology* is co-hosting a networking dinner with the *Alberta Gerontological Nurses Association* at the Faculty Club, University of Alberta.

The keynote speaker for the evening is **Dr. Richard Lewanczuk**, Professor, Faculty of Medicine & Dentistry, University of Alberta; Senior Medical Director, Primary Care, Alberta Health Services. Dr. Lewanczuk will be speaking about **Care for Older Adults: The Key to Healthcare Sustainability**.

[Click here to register! Registration closes on January 11, 2017.](#)

Meet Our Members

ICCER Steering Committee

In this issue, we are featuring **Erika Goble**, Manager of Research at NorQuest College. She holds a Doctorate of Philosophy in Secondary Education from the University of Alberta and a Masters in Anthropology from Dalhousie University.



- *Tell us a little bit about yourself.*

I'm originally from southern Alberta and, for as long as I can remember, have had one or more family members in continuing care (CC). I've seen it all - the good and the bad in home care, supportive living, and long-term care.

- *What has surprised you the most about working with ICCER?*

When I joined ICCER in 2014, I was most surprised by the commitment all of the member organizations have to putting research into practice and education in order to improve the CC sector. I have never seen such willingness, on the part of care providers, to try out new ideas, nor such commitment by post-secondary institutions to make sure what we are learning informs our curriculum.

- *What would you tell someone who is thinking of joining ICCER?*

It is worth it. We are a group of passionate, dedicated health professionals, researchers, and educators committed to making concrete changes to improve the quality of life of Albertans in CC.

- *What do you wish other people knew about ICCER?*

That we exist and have wonderful resources that they can access, and that we as educational institutions and CC providers are much stronger when we work together as a network than when we work in isolation.

- *What might your fellow Steering Committee members be surprised to know about you?*

I am an accidental academic and researcher - I never planned this for my career, but serendipity brought me to it and it has been incredibly rewarding.

- *What are your favourite activities to do outside of work?*

I read, do pottery, hike, and garden.

Join our Community of Practice

Music Care CoP

Many ICCER member organizations have implemented music care programs at their sites, or are interested in doing so. To help ICCER members become more aware of the music care options and help them select a program, we have created a Community of Practice (CoP).



All ICCER member organizations are welcome to participate! Staff who are interested and willing to participate, please contact Emily (emily@iccer.ca).

The next CoP meeting will be via teleconference on January 10, 2017 at 10:00 AM.

Upcoming Events!

Managing Responsive Behaviours

23 February 2017

Join us on February 23, 2017 as we explore communication tools for working with individuals with responsive behaviours or other communication difficulties. Speakers will include **Mark Marcynuk**, Dynamite Coaching, and **Dr. Jeff Small**, Associate Professor, School of Audiology and Speech Sciences, Faculty of Medicine, University of British Columbia. Mark and Jeff will provide practical tools to care providers, as well as a theoretical framework around communicating with those with responsive behaviours. This event will be hosted at Edmonton Clinic Health Academy and the Rockyview General Hospital in Calgary, as well as by videoconference on the VC Scheduler.

Non-ICCER member organizations will be charged \$50 to attend the event at ECHA or RGH. There is no charge for ICCER member organizations to attend! There is no charge for videoconference at remote sites.

Further details and registration information coming in January!

Save the date!

November 6, 2017

ICCER is partnering with *Room 217 Foundation* and the *Winspear Centre* to offer the **2017 Music Care Conference** in Edmonton on November 6, 2017! Stay tuned for more information.



Interesting Resources

Intercultural issues are important in continuing care from both the resident and staff perspective. Here are two excellent series of resource tools for helping develop intercultural sensitivity in the workplace. They were developed by Paul Holmes of *Anthony & Holmes Consulting Ltd.* in partnership with *Alberta Workforce Essential Skills Society (AWES)*.

- **Workplace Integration Series** - This set of resources is for newcomer professionals and their managers and mentors. The resources explain common challenges newcomers experience as they integrate into Canadian workplaces. They provide practical advice, learning exercises, and activities to support and accelerate workplace integration.
 - *Desk Reference for Newcomers to Canada: How to close communication, cultural, and language gaps in the professional workplace*
 - *Desk Reference Workbook*
 - *A Guide for Managers & Mentors: 18 conversations to have with newcomers to Canada*
- **Working with Newcomers: Tips for culturally diverse Canadian organizations** - This set of resources gives Canadian-born employees practical tips on how to work more effectively with recent newcomers to Canada. They can be used in a workshop setting or for self-directed study.

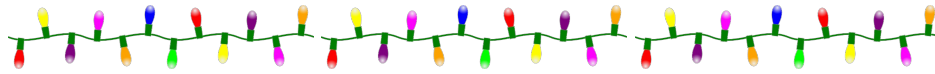


- *Facilitator Guide*
- *Participant Workbook*
- *Companion Resource Guide*

- Check out www.awes.ca for other resources!

Each month we will highlight new resources that are applicable to continuing care. If you come across materials you would like to share, please send the links to Emily (emily@iccer.ca).

Connect with us on social media!



[Click here to SUBSCRIBE to the ICCER Newsletter!](#)