



NEWSLETTER

JUNE 2021



MESSAGE FROM IC CER

Summer has officially arrived across Alberta! We hope that all of you have been able to find time to relax and enjoy the beautiful weather.

In a year filled with extraordinary healthcare demands and challenges because of the COVID-19 pandemic, we would love to shift focus to a more positive light and spotlight facility and staff initiatives that have impacted Albertan's continuing care experiences in a positive way. Contact [IC CER](#) to share your 'good-news' story!

Hang in there! Vaccinations are happening and we are working together towards a brighter future. In the meantime, stay safe, hydrated, and have a wonderful long weekend!

Anna Ali
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IC CER

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CONTINUING CARE SPOTLIGHT

Shepherd's Care - Kensington

Over the last year and a half, the pandemic has limited resident's abilities to get outside. Whether it was quarantine related, or weather related, many residents have not been able to enjoy the sun and fresh air. Facilities, and their residents, feel that the outdoors improves their quality of life.

Shepherd's Care Foundation has taken initiative to get their residents outside as much as possible within safety parameters. This includes going on bike rides with the Duet Bike, gardening, courtyard walks and many more. This is for all of Shepherd's Care three-care streams (LTC, DSL, SL4D).

When residents are not going outside, Shepherd's Care is providing recreation activities as well as helping families connect if they are not able too through zoom and Facetime. They are looking forward to hosting entertainers this month for the first time in a year and a half. The events will be instrumental with no singing but will be a treat to the residents.

Everyone is excited to get back to normal and continue to provide their residents with quality programs that helps maintain their quality of life.



Photo: Courtesy of Shepherd's Care Foundation



Photo: Courtesy of Shepherd's Care Foundation



Photo: Courtesy of Shepherd's Care Foundation



Photo: Courtesy of Shepherd's Care Foundation

CONTINUING CARE TIPS

Heightened Risk of the Heat Wave for Older Adults

A heat warning is in effect for the Alberta regions, with temperatures expected to climb to the mid to high 30s.

Older adults are more prone to heat-related health problems due to factors such as age-related changes in our sense of thirst and temperature regulation, the presence of chronic medical conditions, and use of prescription medications that can affect how our body regulates temperature. For more information on this topic, please visit the [Centers for Disease Control and Prevention](#) website. The [City of Calgary](#) website is also a good source of general information on dealing with this unprecedented heat wave.



Some Tips for Preventing Heat-Related Illness in Older Adults:

- Stay in an air-conditioned space as much as possible and cooler rooms during hot periods of the day
- Cool down by applying cool compresses or having a fan blow on you
- Avoid direct sunlight as much as possible and keep windows, draperies, shades, and blinds closed during the day but open windows at night when it is cooler
- Drink more water than usual and do not wait until your thirsty
- Do not use the stove or oven to cook
- Wear lightweight, loose-fitting, and light-coloured clothing
- Do not engage in very strenuous exercise and limit outdoor activity
- Take cool showers or baths to cool down
- Ensure pets have plenty of water
- Check on a friend or neighbour and have them do the same for you
- Seek medical care immediately if you or someone you know has symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting

Tune into your local news station or app for up-to-date weather information

Information provided by: Brenda Strafford Centre on Aging

ICCER UPDATES

Retirement Announcement



It is with mixed emotions that ICCER announces Francine Drisner will be retiring from her position as Chair of the ICCER Steering Committee and ICCER Executive Committee, as well as the COO of Capital Care. Francine has been a key leader in continuing care and has focused passionately, throughout her career, on how to support clients and residents to achieve the best quality of life possible.



Photo: Courtesy of Capital Care

Francine's contributions to ICCER and the continuing care sector have been significant. Her leadership has embodied a passion for person centered care and an innovative spirit for its delivery. She will be retiring on July 23rd."

All the best, Francine!

Thank you!

A close-up of a hand holding a black marker, writing the words "Thank you!" in a cursive script on a white background.

ICCER UPDATES

Request for Survey Participation: Nutrition Conversations about Resident's End-of-life Study



Nutrition CARE: Nutrition Conversations about Resident's End-of-Life Survey is conducting a research study in the Department of Food and Human Nutrition Sciences at the University of Manitoba.

The purpose of this research is to **examine current end-of-life nutrition related practices and standardized conversations, policy, and resources in long-term care (LTC) homes** across Canada before and during the COVID-19 pandemic.

Your participation in this study will **allow for your expertise to inform the study of the process of end-of-life conversations in LTC homes** in Canada in meeting resident's nutrition wishes around dying with dignity. Information you and others provide will influence the development of consistent tools and timing for end-of-life discussions with LTC residents and their substitute decision makers.

LTC professionals and experts, across the country are requested to complete a short survey.

Criteria for participation includes employees of:

- LTC homes that have been in operation for greater than 6 months
- LTC homes with 15 or more long-term care beds, and
- LTC beds that are not contained within a hospital setting

If you meet the above criteria and are interested in participating, please click the link below. This survey will take approximately 20 minutes of your time.

SURVEY LINK: If you wish to participate in this research, please click [here](#).

JOIN OUR COMMUNITIES OF PRACTICE

ICCER started a Music Care Community of Practice (CoP) in fall 2016 and since then have added a CoP for Educators and Best Practice Leads in continuing care, as well as a collaborative working group for continuing care policies. All organizational members are welcome to participate! Associate members are invited to join the Music Care and Educators CoPs.

- **Music Care CoP** - To help members become more aware of the music care options and resources available to them, as well as discuss issues related to implementation.
- **Continuing Care Educators CoP** - An opportunity for members to share resources, discuss strategies for integrating knowledge to practice, and explore the connection between curriculum and clinical education/ practice.
- **Policy Working Group** - ICCER has started a collaborative working group for organizational members to work together on policies, procedures, and forms in hopes of making the audit process easier and more consistent.

MEMBERSHIPS

Become an Individual ICCER member! Individuals not associated with an ICCER organizational or associate membership can join the ICCER network for \$150/year.

Individual members get free access to ICCER events and webinars. If you are employed by one of ICCER's member organizations or associate members, you are already considered a member and are eligible for the related benefits! Individual memberships run April 1st to March 31st of each year.

Please note that refunds will not be provided under any circumstance. All payments will be through our automated payment system.

[CLICK HERE FOR MEMBERSHIP INFORMATION](#)

RESOURCES

University of Toronto Quarterly

A Conversation about Ageism: Time to Deinstitutionalize Long-Term Care?

Rachel Herron, Christine Kelly, and Katie Aubrecht

Excerpt from Abstract: "Ageism is arguably one of the least challenged forms of discrimination globally and manifests in many obvious and subtle ways. Situating our conversation within the context of COVID-19, we discuss peculiar and unchallenged forms of ageism in current times as well as the intersections with other forms of discrimination such as ableism, racism, sexism, and heterosexism. We highlight the limits of current understandings of ageism, specifically those that seek to identify positive aspects of ageism without appreciating how these forms of ageism reinforce inequalities among older adults."

Please click [here](#) to read the report.

Healthcare Quarterly

An Analysis of the Long-Term Care Policy Mandates Implemented in Canada during the First Wave of the COVID-19 Pandemic

Excerpt from Abstract: "The first wave of the COVID-19 pandemic had a catastrophic impact on Canada's long-term care system. This report compares the experiences of the five Canadian provinces that were most affected by COVID-19. This includes a comparison of the five mandates that provincial governments implemented in order to protect long-term care residents. Findings from this report indicate that the Canadian provinces whose long-term care systems were most devastated by COVID-19 failed their residents by responding too slowly compared with provinces with similar long-term care systems. This lesson should guide policy reform to safeguard residents during the second wave and beyond."

Please click [here](#) to view the article.

For more continuing care sector resources, subscribe to our ICCER Weekly Resources email. Email admin@iccer.ca to join!



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