

NOTES FROM ICCER

It has been a very busy month for ICCER! Emily and I attended ACCA's IQ Conference 2017 in Red Deer at the end of September. We once again shared Bow Valley College's booth and were very pleased to have a chance to talk to so many "old" friends and to share ICCER with new acquaintances. We presented a paper, *Continuing Care Community Consultations—a Northern Alberta Perspective* (Hallstrom, L., Dymchuk, E., Woodhead Lyons, S.). Emily and I also assisted a young, University of Alberta researcher, Dr. Roni Kraut, conduct a focus group. Roni is hoping to conduct a research project in long-term care and wanted to talk about the use and timing of hypertensives and issues related to conducting clinical trials in long-term care. Thank you to the ICCER members who came out and participated!



I attended the Canadian Association on Gerontology Conference 2017, *Evidence for Action in an Aging World*, in Winnipeg last week and displayed a poster, *4C¹ Project in Northern Alberta: Changing the lens we look through*. The conference showed that there is a lot of great research going on in Canada related to seniors and aging!

The following sections highlight other October activities and advertise upcoming November events. All three of ICCER's upcoming events in November are exciting, but I am particularly pleased that ICCER is going to Fort McMurray on November 22nd! This will be our first in-person event outside of the Calgary and Edmonton areas.

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER

OUT & ABOUT WITH ICCER

ICCER held two **Networking Events** this month titled *Enhancing Mealtimes in Long-Term Care* On October 6th in Edmonton and October 11th in Calgary. Dr. Susan Slaughter (Associate Professor, Faculty of Nursing, University of Alberta) spoke about the Making the Most of Mealtimes (M3) study, drawing on literature, findings and the knowledge and experience of participants to discuss how the mealtime experience, meal quality, and meal access all work together to support food and fluid intake in long-term care residents. Thank you, Susan, for sharing your knowledge and resources with us!



Reminder that individuals not associated with an ICCER member organization can join the ICCER network for \$150/year. If you are employed by one of ICCER's member organizations, you are already considered a member and are eligible for all member benefits!

Individual memberships will 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 more details on what's included in an individual membership!](#)

OUT & ABOUT WITH ICCER CONT'D

Representatives from ICCER member organizations participated in **Collaborative Practice Discussions** in Calgary on October 12th and Edmonton on October 17th to discuss issues related to the roles of Health Care Aides in continuing care. We were joined by Deka Ahmed, Health Human Resource Analyst, Alberta Health. Thank you to all of those who participated in these great sessions!

UPCOMING EVENTS

ICCER is partnering with **Room 217 Foundation** and the **Winspear Centre** to offer the **2017 Music Care Conference (MCC) in Edmonton on Monday, November 6th**!

MCC is a one day conference bringing together care partners interested in the role music has in quality of living and care. The 2017 Conference will explore the effects of music and the arts on health and wellness.

MCC is for anyone who wants to learn more about the role music plays in care, including healthcare providers, family/volunteer caregivers, care receivers, musicians, faith-based and community agencies and students.

Registration now open! \$149 Regular • \$89 Students & Seniors • Group rates of 5 or more available!

[Click here to go to the Conference website!](#)

#MCCAlberta2017

Falls Prevention in Continuing Care and the Community

November is Falls Prevention Month across Canada and ICCER is partnering with the **Injury Prevention Centre** to offer a **FREE** education session on **Wednesday, November 15th**! Join us as we discuss fall prevention issues and the latest research.

Topics and speakers for the day include:

- *Technological Revolution: Falls & Injury Prevention*—Emily Post (Provincial Lead, Practice Development, Community, Seniors, Addictions & Mental Health, AHS)
- *Falls Risk Management Strategy: What do I need to know?* —Jodie Breadner (AHS)
- *Physical Literacy*—Andrea Kitchen
- *Concussions in Seniors*—Dr. Wasif Hussain (University of Alberta)
- *Piloting a Falls Strategy at St. Marguerite Manor* —Karen Lavalley (AHS)

Speakers will be presenting from both Edmonton Clinic Health Academy and the Faculty of Rehab Medicine, U of A Calgary Campus. Registration is now full at ECHA (wait list available) with limited seating left at our Calgary site! Registration is also available to join this session remotely via video/teleconference on the VC Scheduler.

[Click here for more information and to register for this event!](#)



SIGN-UP FOR FUTURE EVENT INVITATIONS!

If you would like to receive future email invitations to ICCER events, **click on the link below** to be added to our distribution list!

[Click here to subscribe!](#)

UPCOMING EVENTS CONT'D

Communication Tools to Enhance Care

ICCER will be in Fort McMurray on **November 22nd**! ICCER member **Keyano College** is hosting us for a one-day workshop where we will explore various approaches to communicating with individuals with responsive behaviours and other communication barriers.



Participants will take away at least 2-3 easily implementable ideas for improving their communication with residents/family members. They will be able to share their new knowledge with colleagues, coworkers, and family caregivers to help them improve their communication skills.

This session will be led by Mark Marcynuk (BSc Physical Therapy; Erickson Certified Professional Coach; International Coaching Federation Professional Certified Coach; Conversational Intelligence Core Skills Coach) and Sandra Woodhead Lyons (BSc HEC, PHEc, Executive Director, ICCER).



Who should attend? All members of care/support teams, including Administrators, Managers, Best Practice Leads, Health Care Aides, Community Service Workers, family caregivers, faculty members and students.

This session is *FREE* for staff, faculty, and students of Keyano College as well as other ICCER members. A \$150 registration fee is required for non-ICCER members to attend.

[Click here for more information and to register for this workshop!](#)

ICCER would like to thank the following for sponsoring this session:



SAVE THE DATE!

Responsive Behaviours Symposium 2018 with Kim Barthel

ICCER and the **Complex Needs Initiative** are excited to host the Responsive Behaviours Symposium on **February 15, 2018** with Kim Barthel! Kim has over 30 years of experience in the field of occupational therapy and has worked with individuals with a spectrum of neurological and developmental disabilities. The Symposium will be held in-person at South Health Campus in Calgary with videoconference sites available elsewhere. *More information to come!*

Walk with Me 2018

Walk with Me: Changing the Culture of Aging in Canada is a biennial conference that brings together older adults/residents, care partners, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living. The conference will be held on **March 5-6, 2018** in **Niagara Falls, ON**. The opening keynote will be Ashton Applewhite, Anti-ageism Activist, Author of "This Chair Rocks" and a TED2017 mainstage speaker. Ashton Applewhite is a leading voice in an emerging movement dedicated to dismantling ageism and making age a criterion for diversity. **Registration is now open! Early bird rates available until January 15, 2018.**

NEW ON THE ICCER WEBSITE!

New this month! The ICCER website now has a tab where you can quickly find out what events are happening and click to register! [Click here to see more.](#)

INTERESTING RESOURCES

- *Have residents who have trouble standing or doing exercises while standing?* Try these [‘sit and be fit’ exercise programs](#) with them!

What’s happening in November? November is a busy month for all. Here are some recognized special dates:

- October 30—November 3, 2017: [Canadian Patient Safety Week](#) (Canadian Patient Safety Institute)
- November 6—12, 2017: [National Seniors’ Safety Week](#) (Canada Safety Council)
- November 5, 2017: International Volunteer Manager Appreciation Day
- November 28, 2017: [Giving Tuesday](#) #GivingChallengeCa
- November 2017: [Incontinence Awareness Month](#) (Canadian Continence Foundation)
- November 2017: [Osteoporosis Month](#) (Osteoporosis Society of Canada)
- November 2017: [National Falls Prevention Month](#)

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 resources available to them, we have created a Community of Practice (CoP).

All ICCER members are welcome to participate in the CoP! Staff who are interested and willing to participate, please contact Emily Dymchuk (emily@iccer.ca).

The next Music Care CoP meeting will be held via teleconference on December 12, 2017 at 10:00 AM.

Each month we will highlight new research, policies, reports, etc. that are applicable to continuing care. If you come across materials you would like to share, please send them to Emily (emily@iccer.ca).



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