

NOTES FROM ICCER

March has been very busy for us here at ICCER! We have been finalizing the details for our various April events and are hosting our first Innovation Day on April 3rd for ICCER member organizations. It's a chance for our members to show off innovations/initiatives they have implemented at their sites and to learn from each other.

We also have Networking Events planned for both Calgary and Edmonton next month. Our theme is Inclusivity in Continuing Care. I hope to see you all there!

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER

REMINDER—Individual ICCER memberships for 2018/19 will expire on March 31st! 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 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

EPAC Workshop

On March 19th ICCER's Program Coordinator, Emily Dymchuk, as well as staff from Bethany Airdrie, Lifestyle Options, St. Michael's Long-Term Care Centre and Wing Kei attended the Embedding a Palliative Approach to Care (EPAC) Workshop in Ottawa. The workshop was an opportunity for teams across Canada to meet one another and share the work they have done and the successes and challenges of the project so far. The team left Ottawa feeling inspired and reenergized to continue with culture change at their sites!

The ICCER Team is the only Alberta-based team out of seven in Canada involved in the EPAC Collaborative. EPAC is led by the [Canadian Foundation for Healthcare Improvement](#) (CFHI) and originated as The Daisy Project across Vancouver Coastal Health. EPAC helps staff in continuing care identify residents who could benefit from a palliative approach to care, as well as have important conversations with residents and families about their goals for living.

ICCER's Innovation Day (*see the next page!*) will feature a presentation by St. Michael's Long-Term Care Centre on their journey with EPAC, as well as a poster presentation by Emily Dymchuk.



REGISTER NOW!

ICCER Innovation Day 2019

ICCER is looking forward to hosting its first Innovation Day!

- **When? Wednesday, April 3, 2019 from 10:00 AM to 2:00 PM**
- **Where? CapitalCare Dickinsfield**

This is an exciting opportunity for ICCER member organizations to show and learn from each other's innovative ideas for programming, equipment, or activities. We will have poster presentations, short oral presentations, and interactive booths—see *the full list below!* While it is for organizational members only, we do have a couple of outside organizations sharing information.

Presentations:

- Health Arts Society of Alberta concert
- Sherwood Care—*Dignity in Death*
- NorQuest College—*NorQuest International Health Careers Challenge: Strength Through Collaboration*
- CapitalCare—*Awakening with Java*
- CapitalCare—*Intergenerational Partnerships*
- St. Michael's Health Group—*Daisy Project*
- Good Samaritan Society—*CCHSS Audit Process*

Posters:

- CapitalCare—*A targeted interdisciplinary approach to reducing falls: An interim evaluation*
- Carewest—*Harm Reduction in Long-Term Care*
- St. Michael's LTCC—SCOPE study on falls
- Lifestyle Options—*Life my way: Living well with dementia*
- University of Alberta—smartNursing program
- ICCER—*Building Family/Resident Engagement in Alberta*
- ICCER—*Improving Palliative & End-of-Life Care in Continuing Care*

Booths:

- ASCHA—The Learning Centre for Senior Learning
- CapitalCare—Cyber Sr.
- CapitalCare—Expressive arts participation programming
- Sherwood Care—Dignity in Death (materials related to their presentation)
- NorQuest College—Virtual Reality
- University of Alberta—My Tools 4 Care
- University of Alberta—VirtualGym
- University of Alberta—Strategy guidelines for persons with dementia at risk of getting lost
- Rexall Drugs—Nurse Advisor Program
- Cardinal Health—Innovative tools for care
- MARD (Medically At-Risk Driver) Centre

Note: This event is only open to faculty, staff and families of ICCER member organizations! If you are interested in presenting, or would like to attend, please contact Emily Dymchuk at emily@iccer.ca or 780-248-5634.

REGISTER NOW! CONT'D

ICCER Networking Events

Join us next month as we discuss the importance of inclusivity in continuing care.

In Calgary, Catherine Robertson, Rocky Wallbaum and Amanda Weightman will speak about "Creating Inclusive Housing Solutions for LGBT+ Seniors", followed by Lara Pinchbeck discussing the environmental elements that impact someone's invisible disabilities.

Lara Pinchbeck will also present in Edmonton and will be joined by Eric Storey, who will speak about the concerns arising from the lived experiences of LGBTQ2S+ seniors and the steps that can be taken to provide safe and inclusive accommodation, care and programming for them.

These events are suitable for all levels of staff, faculty, students, and family members in continuing care and are free for ICCER member organizations and individual ICCER members. The cost is \$50/person for non-members to attend.

Click on the links below for more information and to register!

- **Monday, April 8, 2019 from 2:00 to 5:00 PM at Bow Valley College (Calgary)**
- **Thursday, April 11, 2019 from 9:00 AM to 12:00 PM at Shepherd's Care Kensington (Edmonton)**

SIGN-UP FOR FUTURE EVENT INVITATIONS!

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

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SAVE THE DATE

ICCER Networking Events

In June we will have Dr. Megan Strickfaden (Dept. Human Ecology, University of Alberta) showing and discussing a series of films she created related to dementia and other disabilities.

- **Tuesday, June 4, 2019 in Edmonton**
- **Monday, June 10, 2019 in Calgary**

Collaborative Practice Discussions

We will also be holding Collaborative Practice Discussions for ICCER member organizations in June. *Stay tuned for more information!*

- **Tuesday, June 11, 2019 in Calgary**
- **Wednesday, June 12, 2019 in Edmonton**

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FOLLOW UP FROM RESPONSIVE BEHAVIOURS SYMPOSIUM 2019

- You can learn more about mindfulness and Music Therapy at Fleur Hughes' website: www.musictherapy42.com
- There was a question to Lynn Anderson and Rebecca Low regarding research on mindfulness practice and cognitive impairment. They have provided the following resources:
 - Kovach, C., Evans, C.R., Sattell, L., Rosenau, K., & Gopalakrishnan, S. (2018). Feasibility and pilot testing of a mindfulness intervention for frail older adults and individuals with dementia. *Research in Gerontological Nursing*, 11(3), 137-150. [doi:10.3928/19404921-20180223-01](https://doi.org/10.3928/19404921-20180223-01)
 - Quintana-Hernandez et al., (2016). Mindfulness in the maintenance of cognitive capacities in Alzheimer's Disease: A randomized clinical trial. *Journal of Alzheimer's Disease*, 50, 217-232. [doi:10.3233/JAD-143009](https://doi.org/10.3233/JAD-143009)

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JOIN OUR COMMUNITIES OF PRACTICE

In addition to our Music Care Community of Practice (CoP), ICCER has recently started a CoP for Educators and Best Practice Leads in continuing care. All ICCER organizational members are welcome to participate!

- **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 implementing music in care. **The next Music Care CoP meeting will be held via teleconference on April 9, 2019.**
- **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. **The next CoP meeting will be held via teleconference in June 2019.**

Staff who are interested and willing to participate in either CoP, please contact ICCER's Program Coordinator, Emily Dymchuk (emily@iccer.ca).

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 Dymchuk (emily@iccer.ca).



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