

December 2020



MESSAGE FROM ICCER

On behalf of ICCER, I wish everyone a Merry Christmas, Happy Hanukah, Happy Kwanzaa and a Happy Holiday Season!

With the new restrictions in place, it is going to be a different holiday season for all of us. I believe, most of us feel that our holiday season excitement has been dampened by the COVID-19 stress. However, to quote Dr. Hans Kluge, regional director of WHO's Europe office *"It will be a different Christmas, but that does not mean that it cannot be a merry one,"*

We have to explore alternate ways to celebrate, rejoice, share and connect.

Holiday season is all about giving and sharing, many continuing care organizations look for donations at this time of the year to bring festivity into the lives of the elderly. A small donation can make all the difference!

Thank you, take care and stay safe everyone!

Sadia Anwar
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ICCER

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CELEBRATING CONTINUING CARE

Staff and Community Light up Lives of LTC Residents!

December marks the advent of Christmas festivity and celebration at LTC facilities. However, this year because of COVID-19 restrictions, Christmas cannot be celebrated the way it has been for the past years. Families are not allowed to meet their loved ones living in congregate settings. Continuing Care staff are also bound by COVID-19 protocols to plan Christmas activities involving outside sources. These restrictions have unfortunately pushed our seniors into further isolation.



Despite this bleak situation, continuing care staff and the community resorted to some creative ways to bring festivity into the lives of LTC residents. Fortis Alberta decorated trees in front of many senior centers so that the "seniors can look out their window and see the Christmas spirit shining through". The Calgary West Rotary Club donated poinsettias and a gift for every resident at Bethany Riverview.



Kiwi Nurseries Ltd dropped a special delivery of plants, poinsettias and chocolates for CapitalCare Lynnwood residents. Although CapitalCare Norwood didn't have a Resident/Family Christmas party this year, but they arranged a special lunch for their residents. Sherwood Care arranged a Parade of Lights Event where friends and family of Sherwood Care would gather in their decorated vehicles outside the facility to create a festive ambience for the residents.

PHOTO BY AVIDA WILSON



A big hats off to community partners and continuing care staff for their relentless support and compassion!

Courtesy: CapitalCare Facebook page
SherwoodCare Facebook page
BethanyCare Facebook page

**CONNECT WITH US:
CLICK ON THE ICONS BELOW**



Celebrating Christmas Virtually with LTC Residents

It is hard to stay away from your loved ones during Christmas time. Thanks to technology there are ways to connect with your loved ones virtually and to celebrate Christmas with them:

Facetime and Zoom Calls:

Connect with your loved ones living in LTC using Zoom and Facetime. It is an affordable, convenient way to talk to your loved ones on Christmas day.



Opening of Gifts:

Opening of gifts is an important part of Christmas celebration. Try to coordinate a mutual time with your loved ones living in LTC and share the moment using Facetime or Zoom.

Watch a Holiday Movie together:

For many families it is a holiday tradition to watch a Christmas classic together. Use [Netflix party](#) or [Teleparty](#) to watch movies with your loved ones online.



Send a Recorded Book in your Voice:

Record a Story allows family, friends and grandparents to record a story in their voice and share it with ones living far from them. This year a little role reversal could make a difference. Ask your children to record a Christmas themed story for their grandparents living in LTC and send it to them. Read a Story is easily available on online stores like Amazon.

Watch a Christmas Service Online:

Many churches will live stream their Christmas Services because of AHS restrictions. Coordinate streaming time of the service with your loved one and join the celebration together.



SIGN UP FOR FUTURE EVENTS:

[Click Here to Subscribe](#)

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 MORE INFORMATION ABOUT MEMBERSHIPS](#)

RESOURCES

The Scientific Office of the Seniors Health Strategic Clinical Network™ (SCN), Provincial Seniors Health and Continuing Care portfolio, is providing funds for an Undergraduate Summer Studentship Competition. The objective of this opportunity is to support undergraduate students to engage in research projects aligned with three priority areas of Seniors Health Network:

- Aging Brain Care
- Frailty, Resilience, Aging-well: Late-life Transitions (FRAILTI)
- Anticipating an Aging Alberta.

Please click on the link for further details:

<https://www.albertahealthservices.ca/assets/about/scn/ahs-scn-srs-2020-summer-studentship.pdf>

PHOTO BY MARTIN R. SMITH



ICCR has compiled a list of Mental Health Resources and Supports to help people deal with COVID-19 stress and fatigue. Please click on the link to access this resource:

[http://iccer.ca/pdf/resources/Mental Health Resources & Supports.pdf](http://iccer.ca/pdf/resources/Mental_Health_Resources_&_Supports.pdf)



Learn about online and socially distanced Holiday activities/events for the seniors. Please click on the link for details: <https://seniorscouncil.net/2020-holiday-activities-for-seniors>

ICCR Organizational and Associate Members can watch past webinars by logging into the Members-only Area of the website.

Email admin@iccer.ca if you need your login information!



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