

February 2021



MESSAGE FROM ICCER

On behalf of ICCER, I wish our subscribers a belated Valentine's Day and a Happy Chinese New Year!

We were hoping for an early spring based on the predictions of Canada's groundhogs. However our hopes were dampened as the polar vortex's blast of Arctic air brought the season's coldest weather to Alberta. Against all these odds, let's continue to hope that we will be able to enjoy warmer weather in coming days and weeks. And as Anita Krizzan puts it, *"Spring will come and so will happiness. Hold on. Life will get warmer."*

Thank you, take care and stay safe everyone!

Sadia Anwar
Program Coordinator
ICcer

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CELEBRATING CONTINUING CARE

Valentine's Day Celebrations

The pandemic restrictions did not allow valentine's day celebrations to go full swing at many Long-Term Care facilities. However staff and teams tried their best to bring some zest into the lives of the residents.

ICCER is proud to share a snapshot of valentine's day celebrations held at many LTC sites across Alberta.

Staff at Bethany Care came up with many creative ways to entertain the residents at Bethany College Side. They "organized a Valentine's theme contest, decorated a Valentine's day tree and hand-crafted wooden heart decorations".

CapitalCare Norwood arranged a Special Happy Hour Valentine's Day during their lunch where a staff played love tunes on a piano to entertain the residents.

The community partners also rose to the occasion and made residents of LTC homes feel special on Valentine's day. The Go RV team put together 125 Valentine's Day gift bags for every single resident of CapitalCare Grandview. They customized gift bags to match preferences of each resident.

All these acts of kindness rekindle our faith in the power of compassion!

Courtesy: CapitalCare Facebook page & BethanyCare Facebook page



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Therapeutic Recreation: Tips & Tricks

Recreation Therapy is an integral part of the care provided to seniors living in LTC and Assisted Living facilities. Therapeutic Recreation activities are designed to improve quality of life of the residents. Recreation interventions include activities like fitness and exercise programs, sensory and cognitive stimulation programs; activities to promote social interaction skills and programs to improve activities of daily living.



Here are some tips to increase psycho-social engagement of LTC residents:

Live streaming of a Concert: Livestream concert of an artist. Billboard offers a list of livestreaming performing artists. Choose one from the list and create a festive environment for the residents.



Physical Exercise: Involve residents in low-impact workouts , even tapping of feet or moving of arms is a good activity to stimulate blood circulation.

Trip to Courtyard Garden: Take residents out for a bit of fresh air and sunshine.

Boost an Interest: Encourage residents to participate in activities like knitting or crocheting.

Board Games/Cross Words: Puzzles and board games are a great way to bring residents together. They enhance concentration, memory and motivation.



Sharing Circle: Residents may be feeling a range of emotions due to COVID-19. Sharing their feelings in a group setting can be therapeutic.

Disclaimer: Please follow COVID-19 SOP's when planning activities for seniors.

SIGN UP FOR FUTURE EVENTS:

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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

32nd Annual Palliative Education & Research Day - Call for Abstracts

Covenant Health Palliative Institute invite abstracts for oral or poster presentation related to Palliative & End of Life Care. More information about abstract submission can be found [here](#). The conference will be held on Oct 25, 2021.

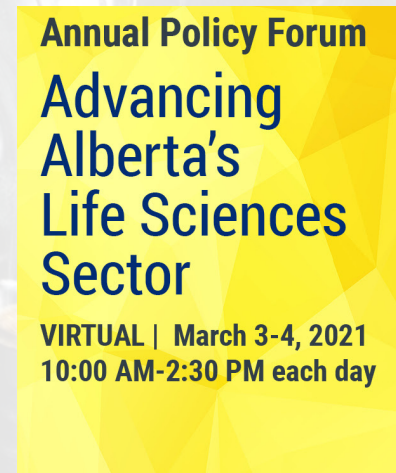
Deadline for abstract submissions is Friday, April 30, 2021.

Bio Alberta Annual Policy Forum: Advancing Alberta's Life Sciences Sector March 3 - 4, 2021

BioAlberta's Policy Forum is bringing key stakeholders together to discuss how we can advance our life sciences sector. The Policy Forum features industry and government speakers from across the health and life science ecosystem. See the full Agenda lineup and reserve your spot by registering [here](#) now.

CIHR Summer Program in Aging Longitudinal Studies on Aging: Understanding Health Span & Longevity

The 2021 Summer Program in Aging will be held virtually from **May 2-May 14 2021**. The CIHR Institute of Aging has partnered with the McMaster Institute for Research on Aging (MIRA) to host the 2021 CIHR Institute of Aging Summer Program in Aging. Graduate students and postdoctoral fellows either working with or interested in learning more about research related to the area of longitudinal studies in aging are encouraged to apply. Please click [here](#) for further details.



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