



## NOTES FROM ICCER

Well the year is fast drawing to a close. We held our last event for 2018 on November 14<sup>th</sup>—*Palliative and End of Life Care in Continuing Care* (read more below!). We've received very good feedback on the session and are pleased that so many people could attend, either in-person or by webinar.

Hannah O'Rourke (ICCER Steering Committee representative and U of A Researcher) and I were invited to attend Music Care Conference 2018 in Kitchener/Waterloo on November 17<sup>th</sup>. We were there to participate in round table discussions on the potential of developing a music and aging policy group. We discussed what a music, aging, and wellness network would look like; whether a policy that informs stakeholders is necessary or even helpful; and how the roundtable attendees could mobilize into a network. Hannah and I were the only attendees from west of Ontario! There will be further discussions in 2019. We'll see if Alberta continues to participate—travel costs may be an issue.

In December, Emily and I will be finalizing details for Responsive Behaviours Symposium VII on February 20, 2019. Keep an eye out for more details!

Sandra Woodhead Lyons, PHEc  
Executive Director, ICCER

**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 1<sup>st</sup> to March 31<sup>st</sup> 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

### Palliative & End of Life of Care in Continuing Care

ICCER hosted its education event on November 14<sup>th</sup>. Our topic for the day was *Palliative and End of Life Care in Continuing Care*. Our knowledgeable speakers, Dr. Douglas Faulder, Katherine Duthie, Brenda Slobozian, and Sandra Cook Wright, presented from sites in both Edmonton and Calgary. Participants could also attend via webinar; we had registrants across Alberta and as far east as New Brunswick!

The presenters spoke on a variety of topics related to palliative and end-of-life (EoL) care in the continuing care setting, including ethics of palliative and EoL care, HCA competencies for palliative/EoL care, one organization's approach to palliative care support and training, as well as medical assistance in dying (MAID) in Alberta, and exploring your values around MAID.

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## OUT & ABOUT WITH ICCER CONT'D

The presentations from the event have been posted to the ICCER website. We are hoping to have the recording of the session available in the near future!

Those who attended the event can still request a certificate of attendance by emailing ICCER's Program Coordinator, Emily Dymchuk, at [emily@iccer.ca](mailto:emily@iccer.ca).

**[Click here to see the presentation slides from the November education event!](#)**

## SAVE THE DATE!

### Responsive Behaviours Symposium 2019

ICCER is proud to announce its 7<sup>th</sup> Responsive Behaviours Symposium will be held on **February 20, 2019!**

Our theme for the event is *Building Resilience: Caring for the Care Provider*. Speakers will include Lynn Anderson and Rebecca Low (Faculty of Nursing, University of Alberta), who will speak about *Building Resiliency Through Mindfulness*, as well as Music Therapist Fleur Hughes discussing *Music and Mindfulness Tools for Self-Care*. We will also have ICCER Steering Committee member, Brigitte Berry (Extendicare), and her colleague, Lori Young, speaking about the *Use of the Aggressive Behaviour Risk Assessment Tool in Long-Term Care*. More speakers to be announced in the coming weeks!

The session will have sites in both Edmonton and Calgary, as well as the option to register via Zoom webinar!

**Stay tuned for more information and registration in early January!**

### ICCER Innovation Day 2019

On **April 3, 2019** ICCER will be hosting its first Innovation Day. This event is an opportunity for ICCER member organizations to show off the innovative ideas they've implemented at their sites/on campus, and how they've impacted continuing care practice or education. *Stay tuned for more information in the coming months!*

#### 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!

**[Click here to subscribe!](#)**

## JOIN OUR COMMUNITY OF PRACTICE

### Music Care CoP

To help ICCER members become more aware of the music care options and resources available to them, we 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](mailto:emily@iccer.ca)). **The next Music Care CoP meeting will be held via teleconference on December 11, 2018.**

#### CONNECT WITH US ON SOCIAL MEDIA



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## GIVING TUESDAY

As the newsletter goes out today, it's important for us all to remember that it's Giving Tuesday. Check out their [website](#) and think about ICCER's various continuing care provider organizations.

## INTERESTING RESOURCES

December is always a hectic month in continuing care, with parties and social activities to celebrate the holiday season. It's always useful to refresh one's memory on tips to make the holiday season easier for people with dementia and their caregivers. Below are a few resources you may find helpful.

- The Conversation—[How to best celebrate Christmas with a person with dementia](#)
- Alzheimers.net—[A Family Story: Christmas with Alzheimer's](#)
- DailyCaring—[Caregiver Holiday Stress Guide: 6 Top Tips for Managing Stress](#)

### SUBSCRIBE TO THE ICCER NEWSLETTER!

Click on the link to receive future issues of our monthly Newsletter!

[Click here to subscribe!](#)

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](mailto:emily@iccer.ca)).



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