



## NOTES FROM ICCER

Well February was busy and exciting! Emily and I were pleased with the response to our various events. On February 13<sup>th</sup> we hosted our second webinar, *Aging & LGBT+: Housing Fears & Considerations*, with Amanda Weightman and Rocky Wallbaum. Those ICCER members who missed the webinar can watch it via the Members-Only Area of the ICCER website. February 19<sup>th</sup> was our 8<sup>th</sup> annual Responsive Behaviours Symposium. We had full houses in both Edmonton and Calgary for our in-person sessions, and webinar sites from all over Alberta and across Canada, including Ontario, Nova Scotia, and New Brunswick. In fact, our speakers were also spread out in Edmonton, Calgary, and New Brunswick.

We are looking forward to three more webinars in March (see more below). Webinars are a member benefit for organizational, associate, and individual members of ICCER. We hope to hold more of them throughout the year. With current budgets, they are a cost effective way of getting education to continuing care staff.

In March we will be busy getting ready for our second annual Innovation Day! Innovation Day is an opportunity for ICCER organizational and associate members to get together and “show off” exciting programs, projects, or products. This year we are pleased to be holding it at NorQuest College’s Innovation Studio. You can read more about the event on the next page.

Sandra Woodhead Lyons, PHEc  
Executive Director, ICCER

**Individuals not associated with an ICCER organizational or associate membership can join the ICCER network for \$150/year.**

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 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 information on individual membership!](#)

## REGISTER NOW!

### Webinar: Best Practices through Design in Congregate Living

ICCER is excited to offer a webinar with Dr. Megan Strickfaden on **March 11, 2020 @ 1:00—2:00 PM MDT!** This webinar promises to inspire creativity towards imaginative ways of using design to make deeper connections with and give voice to residents and their family members.

**About the webinar:** Design has the potential to support or disable residents’ quality of life and caregivers’ lived experiences in caregiving and therapeutic situations that take place in congregate living environments. Although family members, caregivers, and therapists work hard to make connections with friends, family, and residents in all living situations, one of the key (and often undervalued) factors is the design of spaces and the curation of everyday things. Furthermore, congregate living and care have become increasingly challenged with a rise in memory and other special needs residents who often present negative behaviours.

**This presentation highlights how design, through everyday things, spaces, and creation of place, is an active participant in supporting increasing the quality of life of residents and the lived experiences of those in caregiving and therapeutic situations.** This presentation is based on decades of ethnographic research across four continents, including three detailed case studies from Alberta. Best practices are illustrated through the numerous studies to show how simple design solutions can make significant differences. Additionally, lessons for future architectural design will be touched on.

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## REGISTER NOW! CONT'D

### Our speaker:



Megan Strickfaden, PhD, is a design anthropologist and migrant who has lived in seven countries. She currently makes a home in Edmonton's University of Alberta at the Department of Human Ecology (Canada). As a professor, Megan solves complicated problems for people who live without sight, move around speedily on wheels, and/or process the world differently than others. She has done extensive research on congregate care and design for disability on four continents. Megan uses ethnographic and co-created films to explore with and provoke change. Megan has directed/produced 21 films, including *Light in the Borderlands* (2013), *Dementia Care by Design* (2015), and *Smoke Break* (2019), and will be releasing two new films in 2020. Her research and films continue to impact persons who are aging and those with disabilities through built environments such as congregate living environments, transportation systems, and other designed objects in Canada, USA, China, and Europe.

**This webinar is *free* for ICCER organizational, associate, and individual members. The cost is \$15/site for non-ICCER members to attend!**

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

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### Webinar: Initiating conversations about resident sexual expression in AB CC homes

As a follow-up to our webinar held in November 2019 on sexual expression in continuing care, ICCER is hosting *Initiating conversations about resident sexual expression in Alberta continuing care homes: A panel discussion* on **March 18, 2020 @ 10:00 AM MDT**.

**About the webinar:** There is ample evidence of continuing care residents' ongoing interest in sexual expression and its benefits for well-being. Despite this, sexual expression in care homes is a complex matter and can be perceived as taboo. When broaching the topic, there can be difficulties in finding the right language, or tensions surrounding attitudes and values. Sometimes resident sexual expression is unexpected in continuing care homes and conversations about it may use euphemisms, stigma, shame, or conversations are avoided altogether. As a result, residents and care providers can be left feeling unseen, unheard, unsafe, and/or disrespected.

This webinar will include a panel discussion with Colleen Torgunrud (Clinical Ethicist), Jodie Cuff (Clinical Social Worker), and Lisa Howard (RN, Researcher). **Discussion will build knowledge, comfort, and skill with talking about resident sexual expression as panelists share their insights around this important aspect of resident life.**

**This webinar is *free* for ICCER organizational, associate, and individual members. The cost is \$15/site for non-ICCER members to attend!**

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

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## SAVE THE DATE!

### Webinar: Design for Continuing Care with Berry Architecture + Associates

ICCER will be hosting a webinar with one of its Associate Members, Berry Architecture + Associates, on **March 25, 2020 @ 10:00 AM MDT**.

The webinar will look at considerations for design in the continuing care sector—*more information coming soon!*

**Please note: This webinar will be free for ICCER organizational, associate, and individual members. There will be a cost of \$15/site for non-ICCER members to attend!**

## SAVE THE DATE! CONT'D

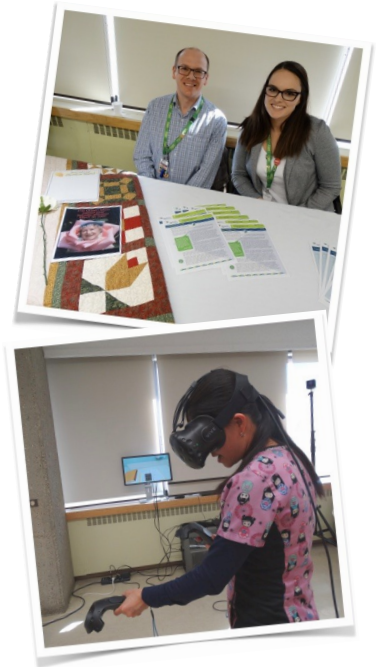
### Innovation Day 2020

ICCER is proud to announce its second annual Innovation Day on **April 1, 2020!** Member organizations and associate members throughout the province are invited to come together to highlight the new and inventive ideas they have implemented at their sites, in curriculum, or within the continuing care sector.

This year's event will be held in Edmonton at NorQuest College's Innovation Studio, a leading-edge space designed to facilitate collaboration across stakeholders. As travel may be difficult for those outside of Edmonton, we will be using Zoom webinar to allow those outside the city to be involved and present their work. We will also be using virtual presence robots to help those out of town feel like they are in the room!

Sessions will include short oral presentations, poster presentations, as well as interactive demonstrations by continuing care providers, post-secondary institutions and more! This event is suitable for all levels of staff, faculty, as well as families. **Note: Innovation Day is only open to ICCER organizational and associate members.**

**If you are an ICCER organizational or associate member and are interested in presenting at Innovation Day 2020, please contact Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).**



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### April Networking Events

The topic for the April 2020 Networking Events will be *Caregiver-Centred Care* with speakers Dr. Jasneet Parmar and Sharon Anderson. *More information to come!*

- **April 16, 2020—Edmonton**
- **April 20, 2020—Calgary**

#### 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!](#)

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### Walk with Me: Changing the Culture of Aging in Canada

Walk with Me 2021 will be held in **Calgary, AB** on **April 22-23, 2021**, co-hosted by the Schlegel-UW Research Institute for Aging and CapitalCare.

The [biennial conference](#) brings together older adults/residents, care providers, educators, policy makers, students and researchers from all over Canada to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

#### Conference Objectives:

- To showcase innovation in culture change specific to aging and long-term care in Canada
- To build partnerships and networks to support culture change in aging and long-term care in Canada
- To accelerate the culture change movement already underway across Canada

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**Sponsorship and exhibitor opportunities are now available for the 2021 Conference!** There are 4 levels of sponsorship ranging from \$5,000 to \$25,000 with benefits associated with each. Exhibitors pay \$2,000 with the option of being a Concurrent Session Sponsor for \$750 (only 4 available).

*6 Reasons to Sponsor and Exhibit:*

- Showcase your products and services
- Build relationships and with existing customers and prospects
- Generate sales leads
- Build your brand and gain a competitive advantage
- Network with key decision makers and learn more about the issues they are facing
- Gain industry knowledge and position your company as an industry leader

**Please contact Sherry Schaefer ([sherry.schaefer@capitalcare.net](mailto:sherry.schaefer@capitalcare.net) or 780-448-2430) for more information!**



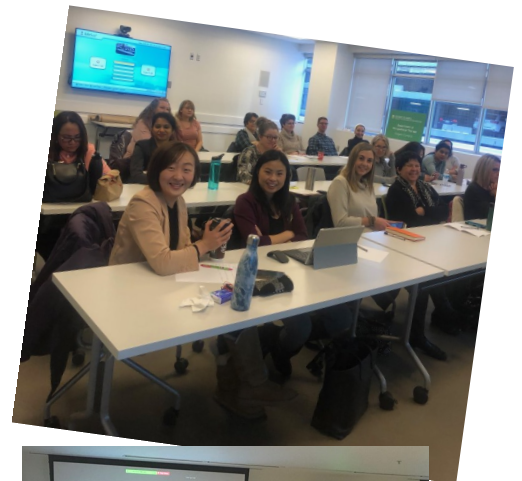
## OUT & ABOUT WITH ICCER

### Responsive Behaviours Symposium VIII

We hosted our eighth annual Responsive Behaviours Symposium on February 19<sup>th</sup>! This year's event focused on a few issues that often lead to behaviours in continuing care: sleep, pain, and incontinence, and strategies to manage them. Both Edmonton and Calgary sites were packed with participants interested to learn more from our knowledgeable speakers. We had several individuals and organizations participate via webinar, some from as far east as Ottawa, Nova Scotia, and New Brunswick!

Eve Baird and Dr. Janet Durkee-Lloyd presented first via webinar from New Brunswick. They shared their work on The Sleep Kit—a non-pharmacological approach to improving the sleep quality of older adults who are living with dementia. Keeping the focus on sleep, Dr. Cary A. Brown then spoke from Edmonton about sleep and dementia and how the environment can impact sleep quality.

After a short break, Dr. Kathleen Hunter presented on the idea of unmet toileting needs as a trigger for residents' responsive behaviours. She spoke about recent research and the best practices in continence care for those living with dementia that could be used by staff to support residents and their families.



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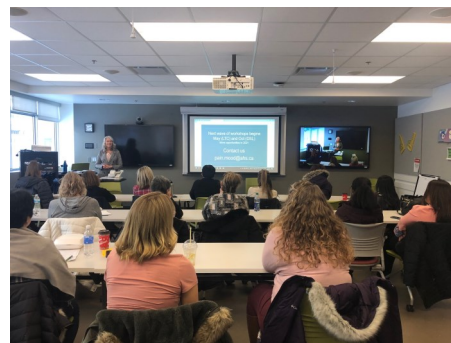


## OUT & ABOUT WITH ICCER CONT'D

### Responsive Behaviours Symposium VIII

The focus shifted to pain in the afternoon, with Dr. Brown's second presentation, "Pain & Dementia: Myths & Realities." Participants learned about evaluation tools and strategies to reduce the risk of pain for those living with dementia.

Verdeen Bueckert was our final speaker of the day and shared information on how pain in older adults as a multifactorial issue that is often expressed by responsive behaviours. She presented information on the Pain & Mood Project and its approach to improve the well-being of older adults living in care homes.



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

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*Missed the Symposium? [Click here to see the presentations!](#)*

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## MEET OUR MEMBERS



Since becoming an LPN in 1984, **Glenda Tarnowski** (MA, LPN, (OR), CHE) has practiced in a variety of acute care, long-term care, and clinic settings, as well as specialized perioperative practice. Glenda moved into nursing regulation at the College of Licensed Practical Nurses of Alberta (CLPNA) in 2014 and took on the portfolio of Director of Professional Practice in early 2018.

Glenda has a strong commitment to lifelong learning and holds a Master of Arts in Leadership with Health specialization from Royal Roads University, and a Certified Health Executive designation from the Canadian College of Health Leaders. She most recently completed graduate studies in Corporate Social Innovation with a focus on Design Thinking for creative solutions.

The health and wellness of individuals served through the continuing care sector are of particular interest to Glenda. Her belief is that supporting a person-centred care philosophy through evidence informed practice enables an empowered and collaborative team approach and enriches the health journey of care recipients.

As the Steering Committee representative for CLPNA, we asked Glenda for her thoughts on ICCER.

### **What has surprised you most about working with ICCER?**

Over the past few years I have had the opportunity to participate in a number of ICCER networking events and I have been pleasantly surprised by the broad range of continuing care topics explored at these events. ICCER provides a forum for meaningful discussion of current trends and system challenges in an engaging and informative manner.

### **What would you tell someone who is thinking about joining ICCER?**

ICCER facilitates a unique opportunity for evidence-informed knowledge sharing across the continuing care sector and beyond, fostering networking opportunities that encourage and support innovation through partnerships focused toward practical solutions.

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## BECOME AN ASSOCIATE MEMBER OF ICCER

**Who is eligible for Associate Membership?** Organizations with an interest in supporting and improving continuing care in Alberta, but who are not continuing care provider organizations, post-secondary institutions, or regulatory bodies.

**What are the benefits of Associate Membership?** Benefits are similar to, but not as extensive as those for Organizational Members. Associate Members will not participate in the governance of ICCER but will receive...

- The opportunity to network and collaborate with like-minded organizations in both formal and informal ways;
- The ability for researchers and providers to discuss continuing care research needs;
- The opportunity for staff to join meaningful Communities of Practice (CoPs) in order to learn and collaborate;
- Limited free attendance to all ICCER events (unless a charge is required, in which case members pay a reduced fee);
- Pre-registration for major education events;
- Resources and information sent weekly;
- Members-only website that includes information and resources that most organizations would not otherwise be able to access; and
- The monthly e-Newsletter

[Click here to read more on ICCER's website!](#)

## JOIN OUR COMMUNITIES OF PRACTICE

ICCER started a Music Care Community of Practice (CoP) in fall 2016 and recently added a CoP for Educators and Best Practice Leads in continuing care, as well as a collaborative working group for various continuing care policies. All ICCER organizational and associate 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.
- **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 meeting will be held via teleconference on March 2, 2020.**
- **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. The group will be starting with Continuing Care Health Service Standard #16. **The next meeting will be held via teleconference on March 4, 2020.**

If you are from an ICCER member organization or associate member and are interested and willing to participate in one of these groups, please contact ICCER's Program Coordinator, Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).

**SUBSCRIBE TO THE ICCER NEWSLETTER!**

[Click on the link](#) to receive future issues of our monthly e-Newsletter!

[Click here to subscribe!](#)

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## RESOURCES

- March is Music Therapy Awareness Month! You can read more about the work of Music Therapists on the [Canadian Association of Music Therapists website](#) or on the [Music Therapy Association for Alberta website](#).

- March 11, 2020 is World Delirium Awareness Day. The theme for 2020 is "Let's start delirium before it starts". Prevention is key! #WDAD2020

*What is delirium?* Check out this [awareness video](#) by Creative Connection.

Start planning what actions you will take to help spread awareness and understanding of delirium. Visit the [International Federation of Delirium Studies](#) website for more information.

- March 16—22, 2020 is [Brain Awareness Week](#)

CONNECT WITH US ON  
SOCIAL MEDIA



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*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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