



## NOTES FROM ICCER

Summer is finally here! And that means gardening. Gardening is not just therapeutic for the residents; all of us can benefit from being outdoors, getting exercise, and growing beautiful flowers. Our *Interesting Resources* section (page 4) this month focuses on the benefits of gardening for older people.

ICCER is excited to announce our newest member as of July 1<sup>st</sup>, *Edmonton Chinatown Care Centre*! ECCC is a non-profit organization which provides lodge, designated assisted living and LTC to Chinese seniors with culturally appropriate services as they enjoy healthy, independent and dignified lives. With the addition of ECCC, we now have 17 members!

Sandra Woodhead Lyons, PHEc  
Executive Director, ICCER

**Reminder that 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 will 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

On June 13<sup>th</sup> and 14<sup>th</sup> ICCER hosted Collaborative Practice Discussions in both Edmonton and Calgary. The discussions were led by two of ICCER's Steering Committee members, Dr. Sharla King (University of Alberta) and Steven Friesen (Bethany Care Society), who shared their findings from the Learning Circles Project, including how experiential learning structures and Learning Circle processes can assist in improving resident-family engagement and help organizations meet the Continuing Care Health Service Standards. ICCER would like to thank all of those who participated in these great discussions, as well as thank St. Michael's Heritage Hall and Wing Kei Greenview for hosting us!



## UPCOMING EVENTS



**ICCER is partnering with *Room 217 Foundation* and the *Winspear Centre* to offer the 2017 Music Care Conference (MCC) in Edmonton on November 6, 2017!**

**WHAT?** MCC is a one day conference bringing together care partners interested in the role music has in quality of living and care. The 2017 Conference will explore the effects of music and the arts on health and wellness.

**WHY?** Music is increasingly being recognized in health care communities as an effective means of care. Music care uses music with intention, knowing that therapeutic principles of sound and music affect us and can have specific outcomes. Music care integrates sound, silence and music into life, paying close attention to how interpersonal connections and human contact is enhanced through music associations.

## UPCOMING EVENTS CONT'D

**WHO?** MCC is for anyone who wants to learn more about the role music plays in care, including healthcare providers, family/volunteer caregivers, care receivers, musicians, faith-based and community agencies and students.

### 10 Reasons to come to the Music Care Conference...

1. Learn about music and the arts in health and wellness.
2. Find out about neurologic music therapy from one of its founders, Dr. Corene Hurt-Thaut.
3. Hear the many ways music contributes to wellness across Alberta, across Canada, and around the world.
4. Learn more about expressive arts therapy—that having a meaningful creative experience does not require specialized artistic training.
5. Hear about using music as a tool for loss.
6. Network with fellow caregivers and music lovers from across Canada.
7. Save money by beating the early bird deadline of Friday, September 22<sup>nd</sup>.
8. Enjoy the spectacular Winspear Theatre in Edmonton, AB. The theatre is the home of the Tommy Banks Institute for Musical Creativity and the Edmonton Symphony.
9. Discover music care resources and ideas YOU can use in caring for your clients and family.
10. Listen to Sean McCann, one of the founding members of Great Big Sea, as he shares his story of how music helped him deal with issues of addiction and abuse.

**Early bird registration now open! \$129 Early bird • \$149 Regular  
\$89 Students & Seniors • Group rates of 5 or more available!**

[Click here to go to the Conference website!](#)

**#MCCAlberta2017** 

## SAVE THE DATE!

**October 6, 2017** and **October 11, 2017**

ICCER will be holding a Speed Networking Event in Edmonton on Friday, October 6<sup>th</sup> and a Networking Event in Calgary on Wednesday, October 11<sup>th</sup>. At both sessions, Dr. Susan Slaughter (Associate Professor, Faculty of Nursing, University of Alberta) will be speaking about the *Making the Most of Mealtimes (M3)* study. In this session, Susan will draw upon the health care literature, her research findings and the knowledge and experience of participants to discuss how the mealtime experience, the meal quality and meal access all work together to support food and fluid intake of long-term care residents, and to enhance their quality of life.

**More information to come!**



## SIGN-UP FOR FUTURE EVENT INVITATIONS!

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

[Click here to subscribe!](#)



## MORE UPCOMING DATES

Here are some additional dates for upcoming events:

- **September 6-9 2017:** *International Society of Advance Care Planning & End of Life Care Conference* in **Banff, AB**. Early bird registration now available. [Click here!](#)
- **September 27-28, 2017:** *ACCA IQ Conference* in **Red Deer, AB**. Early bird registration for *IQ 2017: A World of Caring* is open. [Click here!](#)

## MEET OUR EXECUTIVE DIRECTOR



For the June issue, we are featuring ICCER's Executive Director, Sandra Woodhead Lyons. Sandra has over 30 years of experience in the health field. Her areas of expertise include policy development, program design and implementation, evaluation, research, and resource planning. Sandra has been a Professional Human Ecologist (PHEc) since 2010 and has been Registrar for the Alberta Human Ecology and Home Economics Association (AHEA) for the 4 past years.

### **How did you get involved with ICCER?**

I'd been running my own consulting company for about 12 years when a colleague phoned me and asked me to apply for a new position that was being advertised. It was the end of February and I was sitting in my basement office doing bookkeeping and invoicing. If it had been a sunny spring day, my answer might have been different but as it was, I said "yes". I did apply and as of October 1<sup>st</sup>, 2008 I started as the Interim Director of the newly created virtual institute.

What attracted me the most was the fact that the work was developmental – a new organization that needed to be built. Almost 9 years later the work is still developmental and varied. Most of what we do is project based, much like working in the consulting field.

An added feature for me was learning more about continuing care. My work had been mainly in health human resource planning and program development/evaluation of primary care initiatives, with an emphasis on Aboriginal health in the later years. In 2008 I had already taken on the role of primary care giver – first for my father as he died and then for my mother, who had already started her decline into mild cognitive impairment which later became dementia. I knew I

needed more information and ICCER seemed a good way to get it.

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

I've been involved with ICCER since October 1<sup>st</sup>, 2008 – the day ICCER 'opened' it's doors. We started with the 4 founding members and now have a total of 16 members. It's been an interesting journey. We started just before the big financial crash and just before the creation of Alberta Health Services. Both had an impact on the speed at which ICCER could grow and develop. What has amazed me, and continues to impress me, is the dedication and caring of most of the staff involved in continuing care. People really want to make a difference in the lives of those who need care.

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### **What might your fellow Steering Committee members be surprised to know about you? What are your favourite activities to do outside of work?**

My favourite activity year round is genealogical research. I started doing it for my son so I did both my family and my husband's. Now I have so many relatives from so many branches that it gets confusing but I still enjoy doing the research. I help friends who want to explore their family trees get started. In the summer you can mainly find me in the yard. The past two summers, while I went through treatment for cancer and then recovered from the side effects, took a toll on my gardens so this summer I am doing major repair work in my back garden.

### SUBSCRIBE TO THE ICCER NEWSLETTER

Click below to receive future issues of our Newsletter!

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## JOIN OUR COMMUNITY OF PRACTICE

### Music Care CoP

Many ICCER member organizations have implemented music care programs at their sites, or are interested in doing so. To help ICCER members become more aware of the music care options and resources available to them, we have 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 September 5, 2017 at 10:00 AM.**



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## INTERESTING RESOURCES

- Better Health Channel (Victoria, Australia): [Gardening for older people](#)
- Permaculture Research Institute: [Wellbeing Gardening—Gardening for the Body, Mind & Spirit](#)
- alive—[The Dirt on Gardening: 6 surprising health benefits](#)
- Garden Therapy Notes: [A Collection of Gardening Information & Inspiration](#)
- Gonzalez, M.T. & Kirkevold, M. 2013. [Benefits of sensory garden and horticultural activities in dementia care: A modified scoping review](#). *Journal of Clinical Nursing*, 23, 2698-2715. doi:10.1111/jocn.12388
- Whear, R., Thompson Coon, J., Bethel, A., Abbott, R., Stein, K. & Garside, R. 2014. [What is the impact of using outdoor spaces such as gardens on the physical and mental well-being of those with dementia? A systematic review of quantitative and qualitative evidence](#). *JAMDA*, 15(10), 697-705.
- Green Cities: Good Health—[Healing & Therapy](#)

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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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