

NOTES FROM ICCER

Hello, everyone. Welcome to the end of summer! Arranging meetings should get a lot easier as the summer draws to a close and people are back in their offices (although I admit, I'm going away in September).

September 10th is Grandparents Day (#DoSomethingGrand). Be sure to celebrate it! Here is a poem my mother wrote about grandparents a few years ago while living at CapitalCare's McConnell Place West:

Grandparents Meet a Need

Grandparents meet a need that no one else can fill.
They're always kind and gentle.
They love you and always will.

You can always tell when they are teasing by the twinkle in their eyes.
They are experts on solving problems for they are loving, caring and wise.

They have plenty of time to listen, encourage you and care.
When others are too busy, grandparents are always there.
Grandparents are a delightful blend of laughter, caring deeds and wonderful stories of inspiration.

By Una Woodhead

September is also World Alzheimer Awareness Month. On September 21st, World Alzheimer's Day, The Alzheimer Society of Canada will start their 22nd Annual Alzheimer Coffee Break campaign. [Click here to find out more!](#)

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 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 details on what's included in an individual membership!](#)

UPCOMING EVENTS

ICCER is holding Networking Events in **Edmonton** on **Friday, October 6th** and in **Calgary** on **Wednesday, October 11th**. 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. Check out the *Interesting Resources* section of this issue (page 4) to read more about Susan's work!

Registration for these events will be open in the next two weeks! Invitations will be sent to those on ICCER's mailing list.

UPCOMING EVENTS CONT'D

October 12, 2017 and **October 17, 2017**

ICCER will be holding Collaborative Practice Discussions in Calgary on Thursday, October 12th and in Edmonton on Tuesday, October 17th. These sessions will focus on Health Care Aide competencies—both overall clinical competencies and clinical documentation competencies.

Reminder: Collaborative Practice Discussions are only open to ICCER member organizations.

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

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.

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.

Two individuals who will be leading workshops at the MCC are Nadia Chana and Sasha Campbell.



Music for Grief & Bereavement—Nadia Chana. Nadia is a classical singer and PhD Candidate in Ethnomusicology at the University of Chicago.

Several songs by Bach, Schubert, Barber, and others will be performed as participants are led through a portion of a workshop developed on how classical singers might lead people into feeling deeply, an act necessary

for grieving and healing. Participants will learn about techniques to get closer to their grief and how to mobilize their skill sets in their own practices and experience the healing power of the human voice close up.



Using Expressive Arts in Care—Sasha Campbell. Sasha studied music during her undergrad at the University of Alberta and completed a Masters in Expressive Arts Therapy at the European Graduate School in Switzerland.

This workshop will introduce expressive arts therapy and its application in working with a diverse population. The focus will be on the concept of low skill, high sensitivity—the idea that having a meaningful creative experience does not require specialized artistic training. Sasha will show ways of making nurturing benefits of the arts accessible to everyone.

**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!](#)

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:

- **October 19-21, 2017:** Canadian Association on Gerontology *Evidence for Action in an Aging World* in **Winnipeg, MB**. Registration is now open. [Click here!](#)
- **October 23, 2017:** 28th Annual Palliative Education & Research Day in **Edmonton, AB**. [Click here for more info and to register!](#)

SAVE THE DATE!

Responsive Behaviours Symposium 2018 with Kim Barthel

ICCER and the *Complex Needs Initiative* are excited to host the Responsive Behaviours Symposium on **February 15, 2018** with Kim Barthel! Kim has over 30 years of experience in the field of occupational therapy and has worked with individuals with a spectrum of neurological and developmental disabilities. The Symposium will be held in-person at South Health Campus in Calgary with videoconference sites available elsewhere. **More information to come!**

Walk with Me 2018

Walk with Me: Changing the Culture of Aging in Canada is a biennial conference that brings together older adults/residents, care partners, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living. The conference will be held on **March 5-6, 2018** in **Niagara Falls, Ontario!** One of the keynote speakers, Dr. Emi Kiyota, is an environmental gerontologist and organizational culture change expert who focuses on creating inclusive communities where elders are assets. Dr. Kiyota's keynote will shed light on how to shift our way of thinking and listen to and engage elders in defining a new future. **Stay tuned for more information!**

MEET OUR MEMBERS



This month we are featuring an individual ICCER member, Julia Brassolotto, PhD.

What was it that prompted you to become an individual member of ICCER?

I became an individual member in order to increase my participation in Alberta's Continuing Care community. The ICCER Newsletter and regular updates have been excellent for keeping me informed about research, educational opportunities and activity within the sector.

Tell us a little about yourself. How did you come to where you are today?

I am an Assistant Professor in the Faculty of Health Sciences at the University of Lethbridge. I hold an Alberta Innovates New Investigator Research Chair in Healthy Futures and Well-being in Rural Settings. My program of research looks at care for older adults in rural Alberta, particularly in residential care settings. I

completed my PhD and Postdoctoral Fellowship in Health Policy and Equity at York University. I am a social scientist and a qualitative health services researcher.

What are your favourite activities to do outside of work?

Outside of work, my interests include hiking, cooking, reading science fiction and running with my Siberian husky.

"[ICCER] provides a lot of excellent networking opportunities."

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

I would tell them that the Institute provides a lot of excellent networking opportunities. As a researcher who is relatively new to the province, it is particularly helpful to meet other continuing care researchers, stakeholders and decision-makers. This network will be very helpful during times in my research when I am seeking collaborators, sharing findings, or translating knowledge.

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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).

The next Music Care CoP meeting will be held via teleconference on September 5, 2017 at 10:00 AM.



INTERESTING RESOURCES

- [Mealtimes Matter video](#)— A research team led by Heather Keller, PhD, RD, FDC (Schlegel Research Chair in Nutrition & Aging, University of Waterloo) has been exploring what residents living in LTC eat and what factors promote better nutrient intake. The findings of the M3 study highlight areas to improve nutrition and mealtimes in LTC.
- Slaughter, S., Ickert, C., Carrier, N., Lengyel, C., & Keller, H. (2017). [Identifying priority areas for improving food and fluid intake in long-term care: Multi-professional views](#). *Jour Nursing Home Res*, 3, 43-45.
- Keller, H., Carrier, N., Slaughter, S., Lengyel, C., Steele, C., Duizer, L.,...Villalon, L. (2017). [Making the most of mealtimes \(M3\): Protocol of a multi-centre cross-sectional study of food intake and its determinants in older adults living in long term care homes](#). *BMC Geriatrics*, 17, 1-15.
- Keller, H., Carrier, N., Duizer, L., Lengyel, C., Slaughter, S., & Steele, C. (2014). [Making the most of mealtimes \(M3\): Grounding mealtime interventions with a conceptual model](#). *JAMDA*, 15, 158-161.

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-  <http://tinyurl.com/p9eabah> (Group)
-  <http://tinyurl.com/oo6kjmd> (Company)

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).



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