



NOTES FROM ICCER

Merry Christmas and a Happy New Year to everyone!

I can't believe we are already at the end of 2017. Emily and I have had a very busy, and I think productive, year with ICCER. I hope you enjoyed our many events as much as we did.

We are already gearing up for events in 2018, so keep watch for notices! More information on upcoming events can be found on page 2. After a successful day in Fort McMurray last month, Coach Mark Marcynuk and I hope to have the opportunity to travel elsewhere in Alberta to continue to put on the *Communication Tools to Enhance Care* workshop!

Emily and I hope you all have a safe and happy holiday season. See you in 2018!

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER



OUT & ABOUT WITH ICCER

Back after a successful pilot with the Buchanan Centre, the Tommy Banks Centre for Musical Creativity invites anyone who has an instrument in their past to dust it off and get back to playing again! We will provide musicians from the Edmonton Symphony Orchestra to instruct and play alongside you for 5 weekly sessions.

Music is powerful—it moves us physically and emotionally often taking us on a journey to a different time and place. The experience of playing and listening to music activates multiple areas of the brain and increases the release of dopamine. Music has proven to increase memory function, fine motor movements, lessen depression and calm tremors. It's no wonder that some people say music is magical!

Players of all levels are invited to join in these music making sessions. Let's have fun making music together in a safe and social environment!

Where: Parkinson's Alberta, Buchanan Centre, 11209 86 Street, Edmonton, AB T5B 3H7

When: January 15, 22, 29 and February 5, 12 from 1:00 PM to 2:15 PM

Cost: \$115 for 5, 75-minute sessions

Call Wendy at 780-425-6400 to register!

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!](#)

OUT & ABOUT WITH ICCER CONT'D

The Edmonton Chapter of the Alberta Association on Gerontology (AAG) and the Alberta Gerontological Nurses Association are co-hosting a networking event on **Wednesday, January 17, 2018** at the University of Alberta Faculty Club. The Honourable Sarah Hoffman, Deputy Premier of Alberta and Minister of Health, will be speaking about *Supporting a Healthier System for Seniors and its Sustainability*.

[Click here for more information and to register!](#) **Registration and payment must be mailed no later than Friday, January 12, 2018.**

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!](#)

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. *Registration opening in January 2018!*

Walk with Me 2018

Walk with Me: Changing the Culture of Aging in Canada brings together older adults/residents, care partners, educators, policy makers, students and researchers from all over the country to learn 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, ON**. The three keynote speakers at the 2018 Conference include Ashton Applewhite, Anti-ageism Activist, Author of "This Chair Rocks" and a TED2017 mainstage speaker; Dr. Emi Kiyota, Founder and President of Ibasho, a consultant to numerous age-friendly design projects in the USA, Europe, Asia and Africa; and Neil Pasricha, a Harvard MDA, *New York Times* bestselling author, award-winning blogger and one of the most popular TED speakers in the world. **Registration is now open! Early bird rates available until January 15, 2018.**

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 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 in March 2018.

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INTERESTING RESOURCES

- Loneliness is an issue all year round, but particularly at Christmas time. [Here are some resources related to loneliness.](#)
- Dickens, A. P., Richards, S. H., Greaves, C. J., & Campbell, J. L. (2011). [Interventions targeting social isolation in older people: A systematic review](#). *BMC Public Health*, 11.
- [Reducing Social Isolation for Seniors](#). The Forum of Federal, Provincial and Territorial Ministers Responsible for Seniors has developed two toolkits to address social isolation among seniors. These toolkits will be of most interest to service providers, community groups and health professionals directly involved with older adults.
- Caregiver tips for the holidays: <http://alzheimersocietyblog.ca/caregiver-tips-holidays/>

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 www.facebook.com/iccer.ca/

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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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