



## NOTES FROM ICCER

The first month of 2019 is already over! Emily and I are looking forward to the rest of the year. Our 2019 events kick off in February with our annual Responsive Behaviours Symposium. This is our 7<sup>th</sup> RBS! More information on the event can be found below.

We'd like to remind you of ICCER's individual memberships. If you don't work for one of our 17 member organizations, you should consider joining as an individual member of ICCER! Memberships are \$150 for the year (April 1—March 31), but as of February 1<sup>st</sup>, new individuals who join will receive an extra 2 months of membership as a bonus—just in time for Responsive Behaviours Symposium VII!

Sandra Woodhead Lyons, PHEc  
Executive Director, ICCER

**Individual ICCER memberships can be purchased/renewed starting February 1, 2019 for the 2019/20 year!  
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!](#)

## REGISTER NOW!

### Responsive Behaviours Symposium 2019

ICCER is proud to host our 7<sup>th</sup> Responsive Behaviours Symposium on **February 20, 2019!**

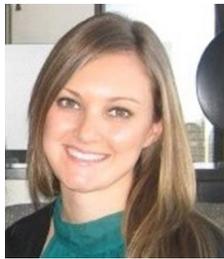
Our theme for the event is *Building Resilience: Caring for the Care Provider* and is suitable for all levels of staff, as well as faculty, students, and family members involved in continuing care. The event will feature a range of knowledgeable speakers, including:

- **Lynne Moulton** (BScN, GNC(C)) & **Tammy Damberger** (NP, MN, GNC(C), DCA) - ***Building Resilience in Your Team***: As an individual you may strive for integration of mindfulness and resiliency into your life. These same skills may be utilized in the work environment to assist with coping and thriving in a person-centred care setting with its inherent stress from demands and responsibilities. So how do you and your team members integrate these skills into the 24/7 world of continuing care teams? This presentation will provide strategies to assist in practicing being present when providing support to your team colleagues. Strategies will include reflection on your own experiences and the intersection of generational and cultural/organizational differences.
- **Lynn Anderson** (RN, BScN, MN, MPS) & **Rebecca Low** (RN, BScN, Med [HSE]) - ***Building Resiliency Through Mindfulness***: Caregiving for another can be both rewarding and stressful, whether it's your profession or if you're a family member. Stress is an inevitable part of our lives at home and at work. How we choose to manage our stress can have a significant positive or harmful impact on our physical, mental and emotional health. Mindfulness practice is a simple and effective approach that can be used to prevent and manage stress and build resiliency. In this presentation, we'll be exploring mindfulness practices, provide information on research and neuroscience, explore why this is relevant healthcare providers, and share ways to begin your own mindfulness journey.

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## REGISTER NOW! CONT'D

- **Fleur Hughes** (MMT, MTA, MT-BC, NMT) - **Music & Mindfulness Tools for Self-Care**: This presentation will demonstrate how music and mindfulness techniques can be incorporated into a self care routine. How can receptive music therapy techniques assist in reducing fatigue and burnout? How do mindfulness tools allow individuals to manage their personal wellbeing? The presentation will include research and descriptions of mindfulness and receptive music therapy, and also discuss the development of a manageable self care routine.
- **Darrell Lang** (Director, Human Resources, Carewest) - **Psychological Health in the Workplace - Carewest's Journey**: In this session, participants will learn how Carewest began an initiative to get an understanding of the psychological health of its employees and hear about some of the resources and approaches it is using to promote psychological well-being at work. Participants will be provided with information on what resources and tools exist to help them start down a similar path.
- **Brigette Berry & Lori Young** - **The Aggressive Behaviour Risk Assessment Tool (ABRAT-L): A new tool to help predict resident aggression in LTC**



Speakers will be presenting from both Edmonton (Edmonton Clinic Health Academy) and Calgary (Faculty of Rehab Med, U of A Calgary Campus). **Please note: There are no seats left at either host site!** Please contact Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)) if you'd like to be added to the wait list.

**Registration is available via Zoom webinar!** We encourage those participating via webinar to watch with a group to promote discussion. **There is a cost of \$75/site for non-ICCER members to attend via Zoom webinar. There is no cost for ICCER members (individual and organizational).**

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

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### 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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## SAVE THE DATE

### 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. We hope to have a variety of oral and poster presentations, as well as interactive displays. *Stay tuned for more information in the coming months!*

## RECOGNIZING ERIKA GOBLE

ICCER Steering Committee member, Erika Goble (Research Manager, NorQuest College), recently received the Leadership Award at the [Quest for Excellence Employee Awards](#) held by NorQuest College. Erika was acknowledged for her leadership and project development skills, which has led to an expansion of the College's research team from three to 25 people since 2014. Erika was recognized as someone who "motivates others to pursue their interests, become deeply engaged, and take accountability for their work." Congratulations, Erika!



## INTERESTING RESOURCES

Check out our article that was recently published in the Journal of Rural and Community Development!

Hallström, L. K., Dymchuk, E., & Woodhead-Lyons, S. (2018). [Continuing care in northern Alberta: Capacity and collaboration](#). *The Journal of Rural and Community Development*, 13(4), 66-86.

## 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 ICCER's Program Coordinator, Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)). **The next Music Care CoP meeting will be held via teleconference in April 2019.**

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SOCIAL MEDIA



*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 Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).*

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