

NOTES FROM ICCER

Hello everyone. I hope you have been enjoying the summer, even though it's been raining so much!

One thing the rain has done is make the gardens grow. However, you'll need some sun and warm weather before your residents (or yourself for that matter) can enjoy the growing plants. When the sun does come out, remember to keep your residents safe. Here are a couple of articles about how to prevent and treat sunburn:

- Folio - [Four surprising ways to get a sunburn, and six ways to treat it](#) by Gillian Rutherford
- Canadian Cancer Society - [Sunscreen 101—quick tips on using sunscreen products](#)

Sandra Woodhead Lyons, PHEc
Executive Director, ICCER

Individuals not associated with an ICCER member organization/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 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!](#)

ASSOCIATE MEMBERSHIP

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 (no more than 5 registrations in-person or webinar link/event), unless a charge is required, in which case members pay a reduced fee;
- Pre-registration for major education events;
- Resources and information sent weekly;
- Associate Members-only website that includes knowledge synthesis documents (to help inform best practice), CoP information, ICCER event summaries, and publications that most organizations would not otherwise be able to access; and
- The monthly e-Newsletter

MEET OUR MEMBERS

Bruce West is one of ICCER's Individual Members. We asked Bruce a few questions about himself, his perspective on Alberta's continuing care system, and why he chooses to continue his ICCER membership.



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

I received an undergraduate degree from the University of Toronto in aquatic biology. My wife and I came to Alberta in 1975 so I could complete my Masters at the University of Alberta in that field. Those plans changed when we built our first house under an Alberta government program that taught young families how to be their own general contractors. Suddenly I found myself working for government, teaching those skills to other families, and my career took an unexpected turn. I spent most of my working life in policy development and program delivery with the Alberta government, primarily in the area of affordable housing. In the early years I focused on family housing. As time went on, with shifting government priorities, I became more involved in seniors housing and continuing care. I retired from government in 2008 following a 30-year career, to take on the role of Executive Director with the Alberta Continuing Care Association (ACCA), a non-profit advocacy organization representing the providers of home care, supportive living, and long-term care. I left the ACCA in 2013, but continue to be involved in seniors' issues through volunteer work with the Health Coalition of Alberta and Alberta Association on Gerontology. When I'm not engaged in volunteer activities, my wife and I travel the world; I monitor webinars and attend relevant networking events and conferences; try to stay on top of scientific and popular literature on aging; and keep active with running, hiking and skiing.

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

I found ICCER Networking Events and workshops interesting and informative. As a retired person with an ongoing interest in Alberta's continuing care system, they gave me an opportunity to stay on top of new research and initiatives, and remain in touch with former colleagues and younger people engaged in continuing care research, policy, and delivery. I seldom missed a networking event, so paying for an ICCER membership made economic sense.

What do you wish other people knew about ICCER?

I wish retired people knew that ICCER offers many opportunities to remain engaged with and possibly influence a continuing care system on which they likely will be reliant in the years to come.

What changes would you like to see in continuing care?

Choice and affordability continue to be challenges. I would like to see an emphasis on the home care component of continuing care, with increased attention to the social determinants of health, including social isolation, accessibility and mobility.

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

ICCER allows individuals with a passion for gerontology and continuing care to stay on top of new research and initiatives in these fields, maintain networks with researchers, policy developers and service providers, and continue to contribute to improving Alberta's continuing care system.

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!](#)

SPECIAL DATES & UPCOMING EVENTS

- **October 3-5, 2019:** [10th Canadian Conference on Dementia](#) - Quebec City, QC
- **October 23-24, 2019:** [ACCA IQ 2019: Catch the Wave!](#) - Red Deer, AB
- **October 24-26, 2019:** [CAG 2019: Navigating the Tides of Aging Together](#) - Moncton, NB
- **October 28-29, 2019:** [Working Stronger—Workplace Mental Health Conference](#) - Edmonton, AB

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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. **The next CoP meeting will be held via teleconference in September.**
- **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 CoP meeting will be held via teleconference on September 3, 2019.**
- **Policy Working Group**—ICCER has started a collaborative working group for 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 first meeting of the group will be held on September 4, 2019 via webinar.**

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).

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