



NOTES FROM ICCER

It seems November is always an exciting month for ICCER!

This year we hosted an all-day education event, *Intergenerational Programming*, with speakers in Edmonton and Calgary (read more on page 3). We were pleased to have sites joining us from across Alberta (in addition to the in-person sites in Edmonton and Calgary), and as far away as New Brunswick!

We are hosting our first webinar, *Sexual Expression in Continuing Care Homes: Perspectives of Managers, Leaders, Family Members & Residents*, with Dr. Lisa Howard (University of Lethbridge) tomorrow! The webinar is an ICCER member-benefit, so there is a small charge of \$15 for non-members to attend. If you don't want to pay for future webinars—join ICCER! We have memberships for organizations (continuing care providers, post-secondary institutions, and regulatory bodies), associate members (organizations not eligible for organizational membership), and individuals.

We'll be spending December getting ready for our Responsive Behaviours Symposium VIII - *Three triggers of responsive behaviours and how to manage them: Sleep, pain and incontinence*, on February 19, 2020. Not only will we have sites listening across the country, one of our speakers will be coming in from New Brunswick!

Sandra Woodhead Lyons, PHEC
Executive Director, ICCER

Individuals not associated with an ICCER organizational or 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 information on individual membership!*](#)

REGISTER NOW!

Webinar: *Sexual Expression in Continuing Care Homes*

ICCER is excited to offer its first webinar, *Sexual Expression in Continuing Care Homes: Perspectives of Managers, Leaders, Family Members & Residents*, on **November 27, 2019 @ 10:00—11:00 AM MST**.

In this webinar, participants will hear about the results from Phases 1 and 2 of an Alberta-wide study on sexual expression in supportive living and long-term care homes conducted by Drs. Lisa Howard and Julia Brassolotto (Faculty of Health Sciences, University of Lethbridge).

In Phase 1, managers and those with whom they consult were interviewed about how they navigate resident sexual expression. Phase 2 involved interviews with family members and residents about their experiences of sexual expression in the care home.

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REGISTER NOW! CONT'D

The results highlight three dynamic tensions: 1) the tension between how sexual expression should be supported and how it is addressed in care homes; 2) the tension between private and public space in the care home; and 3) the tension between a medical model of care and a conceptualization of sexual expression as an activity of daily living.

The webinar will include time for participants to discuss the research findings as well as the recommendations from the research for a coordinated, multi-level response that includes care homes and the broader continuing care sector.



Lisa Howard (PhD, RN), has been an Assistant Professor with the Faculty of Health Sciences, University of Lethbridge since July 2014. She has taught a variety of undergraduate and graduate courses in nursing. Lisa's research interests include chronic disease, self-management, health communication and sexual expression. Lisa is a Registered Nurse with experience in intensive care, community health, primary care, quality improvement, and staff development.

This webinar is free for ICCER organizational, associate, and individual members. The cost is \$15/site for non-members to attend!

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

SAVE THE DATE!

Responsive Behaviours Symposium 2020

Our 8th annual Responsive Behaviours Symposium will be held on **February 19, 2020** with a focus on a few issues that often lead to behaviours in continuing care. Our topics will include sleep, pain and incontinence with presentations by Dr. Cary Brown (Professor, Faculty of Rehabilitation—Occupational Therapy, University of Alberta), Verdeen Bueckert (Practice Lead, Seniors Health Strategic Clinical Network), Kathleen Hunter (Professor, Faculty of Nursing, University of Alberta) and Eve Baird (Founder of The Sleep Kit). *More information coming soon!*

April Networking Events

We've already begun planning for our April 2020 events! The topic for the Networking Events will be *Caregiver-Centred Care* with speakers Dr. Jasneet Parmar and Sharon Anderson.

- **April 16, 2020—Edmonton**
- **April 20, 2020—Calgary**

Walk with Me: Changing the Culture of Aging in Canada

Walk with Me 2021 will be held in **Calgary, AB** on **April 22-23, 2021**, co-hosted by the Schlegel-UW Research Institute for Aging and CapitalCare.

The biennial conference brings together older adults/residents, care providers, educators, policy makers, students and researchers from all over Canada to learn with and from each other about how to enhance the journey of aging across the continuum of care and community living.

[Sign up to receive email updates about Walk with Me!](#)

OUT & ABOUT WITH ICCER

Intergenerational Programming

We held our annual education event on November 12th. We had a range of knowledgeable speakers share toolkits, resources, and their experiences with intergenerational programming.

Diana O'Donoghue and Kim Turcotte (City of Edmonton) shared the Intergenerational Programming Toolkit created by Age Friendly Edmonton. They reviewed how to use the toolkit from the initial planning stages and budgeting to the implementation and evaluation of an intergenerational program. Salima Suleman (Age Friendly Edmonton, pictured right) then spoke about the innovative intergenerational initiatives underway at Age Friendly Edmonton, including their podcast "The Shared Mic: Conversations for the Ages" and Street Art program.



Before lunch, Jan Hrasko (CapitalCare) presented on the Hope Kids program, a 20+ year partnership between CapitalCare Dickinsfield residents and Katherine Therrian Elementary students. She spoke of the successes the program has had for both the residents and students, as well as how they have navigated challenges such as funding.

(Sherwood Care) and Cameron Lafreniere (pictured right). They shared the perspectives of a continuing care provider and student involved in intergenerational programming. It was great to hear the benefits seen in the residents at Sherwood Care and the personal growth expressed by Cameron as a result of being part of Linking Generations.



[Click here see the presentations on ICCER's website!](#)

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!](#)

BECOME AN ASSOCIATE MEMBER OF ICCER

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.

Continued on next page...

BECOME AN ASSOCIATE MEMBER OF ICCER CONT'D

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

[Click here for more information on Associate Membership!](#)

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.
- **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 December 13, 2019.**
- **Policy Working Group**—ICCER has started a collaborative working group for organizational 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 next meeting will be held via teleconference on January 8, 2020.**

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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).

SUBSCRIBE TO THE ICCER NEWSLETTER!

Click on the link to receive future issues of our monthly Newsletter!

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RESEARCH RECRUITMENT

Graduate student at the University of Lethbridge, Czarina Bonifacio, is conducting a research study under the supervision of Dr. Monique Sedgwick. The study will explore the experiences of chronic physical pain among Health Care Aides in the workplace. She is hoping to recruit Health Care Aides who work in residential care homes to participate in this research project. *See the poster below for more information!*

ATTENTION:
HEALTH CARE AIDES

Do you work in **HOME CARE?**
(e.g., private residences or retirement homes)

Are you experiencing **CHRONIC PHYSICAL PAIN?**
(e.g., back pain, arthritis, neck pain, headache,
endometriosis, fibromyalgia, nerve pain, pelvic pain...)

Would you be willing to talk about your experiences?

I am looking for participants to take part in a research study that explores experiences related to chronic physical pain. The study requires an in-person or telephone interview that will last 45 to 60 minutes. Participation in the study is voluntary and confidential. You will receive a \$5.00 Tim Hortons gift card as a token of my appreciation for your time and participation in the study.

Sharing your experiences has the potential to inform policymakers, employers, and other health care providers on how to best support and accommodate those experiencing chronic physical pain in the work setting. If you are interested in participating, please don't hesitate to contact me.

Czarina Bonifacio BN, RN
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This study has been reviewed and approved by the Health Research Ethics Board at the University of Alberta (Pro00092371).



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