

## NOTES FROM ICCER

As this issue of the Newsletter arrives in your inbox, Emily and I are on our way to Red Deer for ACCA's *IQ Conference 2017, A World of Caring*. We are sharing the Bow Valley College booth again this year, so be sure to stop by to talk to us and the Bow Valley representatives! We will also be presenting in the 11:15 AM time slot on Thursday, September 28<sup>th</sup> (*Continuing Care Community Consultations: A Northern Alberta Perspective*—Hallstrom, L., Dymchuk, E., Woodhead Lyons, S.). We hope to see you there!



**October 1<sup>st</sup> is International Day of Older Persons and National Seniors Day.** The theme of the day this year is "Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society." [Click here to go to the government of Canada's website for more!](#) #UNIDOP



**October 10<sup>th</sup> is World Mental Health Day.** It is observed on October 10<sup>th</sup> every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

In continuing care we have to consider the mental health of both the residents and the caregivers. Here's what the **BC Care Providers Association** said last year: "The impacts are equally as important in health and continuing care. A National Population Health Study, for example, revealed that 11% of nursing assistants sought healthcare attention for mental health reasons compared to 7% of other Canadian workers. The same study found that registered nurses, nursing assistants, orderlies, and nursing attendants had proportionally higher levels of distress due to psychological job demands, job insecurity, and low social support than Canadians in other occupations" (BC Provincial Health Services Authority, 2007).

"Likewise, Care Aides, who provide about 80 percent of the direct care received by older Canadians living in long term care or their homes, face similar mental health challenges [Whitney et al., 2013]. In particular, over 60 percent of frontline workers reported that they experience burnout, depression, anxiety and irritability in response to work stressors" (BC Provincial Health Services Authority, 2007).

Read more about mental health and related issues in the *Interesting Resources* section (page 4) of the Newsletter.

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 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!](#)

## UPCOMING EVENTS



ICCER is holding two Networking Events in October. 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. Participants will have the opportunity to network over coffee and snacks! **Click on the event information below to learn more and register!**

- **Note: The Edmonton event on October 6<sup>th</sup> is now full and registration is closed!**
- **Calgary: Wednesday, October 11<sup>th</sup> from 2:00 to 5:00 PM at Carewest Dr. Vernon Fanning Centre—Space is limited!**

Note: These events are *FREE* for staff, faculty, and students of ICCER member organizations and individual ICCER members. A \$25 registration fee is required for non-ICCER members to attend.

## UPCOMING EVENTS CONT'D

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

ICCER will be holding Collaborative Practice Discussions in Calgary on Thursday, October 12<sup>th</sup> and in Edmonton on Tuesday, October 17<sup>th</sup>. These sessions will focus on Health Care Aide competencies, including potential issues, and how they can be strengthened through changes in policy, curriculum and in practice.

**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 6<sup>th</sup>!**

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 Lois Samis Lund and Kim Denis.

**Experiencing the Harp & Hand Bells in Care—Lois Samis Lund.** Lois is a musician-in-residence at the Glenrose Rehabilitation Hospital. She has been an elementary school music specialist and music consultant, a bassoonist with Edmonton Symphony Orchestra and conductor of many choral groups and hand bell choirs. In retirement, Lois has become a Certified Therapeutic Harp Practitioner.

Lois' session will be hands-on for participants to experience activities that have proven beneficial and practical in care situations. Discussion will be centered on the value of participation and how it can be accomplished in fun and rewarding ways.

### 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!](#)

## UPCOMING EVENTS CONT'D



**Singing for Health and Well-Being—Kim Denis.** Kim is known for her energy and enthusiasm both on stage and off. Kim is a sought after soloist, choral clinician and adjudicator for voice and choir. She is a singer with *Pro Coro Canada*, one of Canada's professional choirs. She has directed numerous church and community choirs, and musical theatre productions across the country. Presently she directs *Shumayela* with the Kokopelli Choir Association in Edmonton.

Kim will lead a one hour singing experience that focuses on health and well-being.

**Registration now open! \$149 Regular • \$89 Students & Seniors • Group rates of 5 or more available!**

[Click here to go to the Conference website!](#)

**#MCCAlberta2017**

### SAVE THE DATE!

#### Education Event—Falls Prevention

November is Falls Prevention Month across Canada and ICCER is partnering with the Injury Prevention Centre, Alberta Health Services (AHS), the College of Licensed Practical Nurses of Alberta (CLPNA) and the College & Association of Registered Nurses of Alberta (CARNA) to offer an education session on November 15<sup>th</sup>.

*Additional information and registration coming soon!*

#### 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**. The Conference's closing keynote speaker is Happiness Expert Neil Pasricha. Neil is a Harvard MBA, New York Times bestselling author, award winning blogger and one of the most popular TED speakers in the world. He draws on the latest research in happiness to increase individual performance and create a more positive and productive workplace.

*Registration opens on Wednesday, October 4<sup>th</sup>! Early bird rates available until January 15, 2018.*

### 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:** 28<sup>th</sup> Annual Palliative Education & Research Day in **Edmonton, AB**. [Click here for more info and to register!](#)

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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](mailto:emily@iccer.ca)).

**The next Music Care CoP meeting will be held via teleconference on December 12, 2017 at 10:00 AM.**



## INTERESTING RESOURCES

- BC Provincial Health Services Authority. [Changing the Workplace: Improving mental health among hospital workers](#). March 2007. Accessed 9 August 2017.
- Berta, W., Laporte, A., Deber, R., Baumann, A., & Gamble, B. (2013). [The evolving role of health care aides in the long-term care and home and community care sectors in Canada](#). *Human Resources for Health*, 11(25).
- Baker, C., Huxley, P., Dennis, M., Islam, S., & Russell, I. (2015). [Alleviating staff stress in care homes for people with dementia: Protocol for stepped-wedge cluster randomised trial to evaluate a web-based Mindfulness-Stress Reduction course](#). *BMC Psychiatry*, 15(317). doi:10.1186/s12888-015-0703-7
- Islam, M.S., Baker, C., Huxley, P., Russell, I.T., & Dennis, M.S. (2017). [The nature, characteristics and associations of care home staff stress and well-being: A national survey](#). *BMC Nursing* 16(22). doi:10.1186/s12912-017-0216-4

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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](mailto:emily@iccer.ca)).



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