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Tuesday, July 16, 2019

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ACCA Team Commentary

Do you ever wake up feeling stiff and sore, wanting to crawl right back into bed? Morning stiffness from arthritis, inflammation, and sleep problems is all too common a complaint among people of all ages but there are things we can do to take care of ourselves, physically and mentally, so that we can improve morning fatigue. This includes regular exercise!

We are so thrilled to have seniors from the Golden Circle Senior Resource Centre in Red Deer joining us on Day 2 of ACCA's [IQ 2019](#) Conference in leading a fitness class before the sessions begin. You are never too old to learn something new, never too old to take care of your physical well-being, and never too old to get out of your comfort zone!

Regular exercise is one of the tips we have received so far in our "Watch the Pot Grow" Contest. In case you missed it, with every tip and story you share with us on staying healthy at every stage of life, we will put \$25 into the pot with one lucky delegate taking the money home at the conclusion of IQ 2019! Submissions will be shared at the conference; send stories to Heather.Aggus@abcca.ca today! (Limit one suggestion per person).

Heather Aggus, Director of Communications

Public Policy

Continuing Care Comprehensive Reporting Committee: The CCCRC met on July 8, 2019. Please [click here for Minutes](#) from the Meeting. Please note: AHS will also be looking into reviewing Home Care reporting, and potentially incorporating Home Care operators into FIRMS. Home Care operators interested in contributing to discussions related to this process should contact Michelle Zhou at michelle.zhou@gov-ab.ca to request inclusion in CCCRC meeting discussions.

Member Value and Engagement

CBD Oil to Treat Symptoms of Dementia

[Click here](#) for coverage regarding the Pilot Study on medically prescribed CBD oil in LTC homes, with some 500 seniors with dementia participating in the project. Preliminary results and methodology of this study, the largest ever in LTC, will be shared at our [IQ Conference](#) in October!

Continuing Care Facility Directory

The new [Continuing Care Facility Directory](#) for searching out designated supportive living or long term care spaces was launched on the AHS website on June 11. As AHS has information on hospitality services and fees from more than 76% of the contracted operators (and all AHS sites), this will be made publicly available on July 19.

Professional Boundaries Guidelines for LPNs

An updated Practice Guideline on Professional Boundaries between Licensed Practical Nurses

IQ 2019 Conference: Catch the Wave! Delegate and Exhibitor Registration are both OPEN for ACCA's Annual Inspiring Quality Conference! [IQ 2019: Catch the Wave!](#) promises to be another truly celebratory and informative event. Featuring world-class speakers, both local and international, a fantastic trade show of exhibitors, networking and learning opportunities, and our Awards of Excellence Gala dinner, don't miss out on IQ 2019!

Nominations for this year's Awards of Excellence are now being accepted! We encourage you to recognize those individuals (or, in the case of the Innovator of the Year Award, organizations) dedicated to improving the quality of life of the people in their care. Nomination Forms are available at www.accaiq.com/awards-of-excellence. The ACCA Team can't wait to receive your applications!

JOIN US! IQ 2019: October 23 & 24, 2019 in Red Deer Alberta at the Cambridge Hotel & Conference Centre (formerly Sheraton Red Deer)

ACCA Executive Director Recruitment Update: The recruitment for ED is progressing and we have been very pleased, both with the level of interest and the number of inquiries received from well qualified applicants to date. Our chosen search firm, Optimum Talent, is currently completing their review and screening of all the applications that have been received, and they are preparing a short list of candidates for the Board's Search Committee to interview later this month.

Community Engagement



On July 9, the Minister of Health and MLA of Calgary - Acadia, Honorable Tyler Shandro, and the Minister of Childrens Services and MLA of Calgary-Shaw joined AHS Executive Director of Seniors, Palliative and Continuing Care, Amy Good, and the President and

Owner of **Park Place Seniors Living** for the momentous Groundbreaking Ceremony of Silverado Seniors Community in South Calgary. [Please click here](#) for the Media Release; we extend our sincerest congratulations to Park Place!

We are also pleased to share **St. Michael's Health Group's** Report to the Community. SMHG has a long and proud history and we invite you to view their report by [clicking here](#).

and patients has been developed by the College of Licensed Practical Nurses of Alberta (CLPNA). [Please click here](#) to download the Practice Guideline.

Research Project Exploring Chronic Physical Pain among Health Care Aides

Czarina Bonifacio is a graduate student in the Faculty of Health Sciences, Master of Nursing Program at the University of Lethbridge. She is conducting a research project under the supervision of Dr. Monique Sedgwick exploring the unique understandings and experiences relating to chronic physical pain of HCAs.

If you are a private care provider interested in participating, please contact Ms. Bonifacio at czarina.bonifacio@uleth.ca or call 403.615.7242 for more information.

Contact Us!

Share your comments online at www.ab-cca.ca or email heather.aggus@ab-cca.ca! Check the ACCA Team Blog in the Members' Section of the website to provide your comments around upcoming strategic meetings.

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