

CWL Alberta Mackenzie Provincial Council
Education and Health Communiqué #7
Judy L. - Chair
January 2015

“This is the day the Lord has made; let us rejoice and be glad in it”

“ONE HEART- ONE VOICE-ONE MISSION”

- One heart – filled with mercy, compassion and holiness
- One voice – united in harmony to speak the truth with courage and zeal
- One mission – witnessing to the Good News of the gospel through personal encounter and joyful service

January – the month of new beginnings. This month always seems to focus on body issues – good nutrition, exercise programs, mental health (brain games) and so we have the opportunity to feed (educate) our members with nutrients that will empower them to action.

This is also the month of the new national theme as we are called to embrace, take ownership and manifest **One Heart - One Voice - One Mission.**

Committee Work

Thanks to all of you who submitted your annual reports.

I would suggest you take time this month and digest them. Where were your areas of strength; how often did you refer to the national resolutions in your action plans; how did you educate your membership; how did you contribute to their well-being. What is one thing you will do differently this year? Action must always be our goal.

Catholic Education

Catholic Education K-12

ACSTA (Alberta Catholic School Trustees’ Association) “The Catholic Dimension” – (their newsletter) is ready for circulation. This is an opportunity for our members to become informed on what is happening in Catholic education in Alberta. It is found on their website <www.acsta.ab.ca>. Please forward it to your membership.

Action: Invite your local trustee to a general meeting and become informed on Catholic education happenings in your area.

Rites of Christian Initiation

Catholic education strives for the development of the human person in every aspect of his/her being, in order that he/she may develop spiritually, physically and socially. (Executive Handbook)

What is happening in your parish RCIA program? Does your parish have one?
How does your membership understand the program?

Action: Invite a member of the RCIA team to speak at one of your general meetings.

LITERACY AND CONTINUING EDUCATION
Post Secondary

St. Mary's University - Calgary - Invitation
www.stmu.ca

St. Mary's University and the Making Treaty 7 Cultural Society welcome you Friday **February 6, 2015 to McGivney Hall** to a groundbreaking theatrical presentation - **Making Treaty 7 - We are All Treaty People Act Two** - that explores the historical significance of the events at Blackfoot Crossing in 1877 while investigating the consequences and implications of Treaty 7 - 137 years later. Join us for an opportunity to watch Act Two as a video screening of the performance followed by an informed, facilitated discussion with a panel of Actors and First Nation Elders. Doors open 6:30 pm - screening 7pm...no cost.

Newman Theological College - Edmonton - Courses
www.newman.edu

- Wednesdays: Sacred Scripture - 1 and 2 Maccabees [start 14 Jan.] Host: Dr. Stéphane Saulnier
- Thursdays: Magisterium / New Evangelization - [start 15 Jan.] Host: Fr. Stephen Penna
- Fridays: Catholic Mystics - St Catherine of Siena *The Dialogue* [continued from Fall 2014; start 16 Jan.] Host: Fr. Stephen Hero

0

1 For more information call NTC Reception at 780-392-2450; or email

2 reception@newman.edu

 **[Family Literacy Day](#)**

Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

SCHOLARSHIPS AND BURSARIES

[National Bursary Fund](#) provides financial assistance to members who pursue studies in adult faith formation and/or youth ministry. The deadline for submissions is May 31st. Check the National Website for further information

Alberta Mackenzie Provincial CWL Professional Development/Education Fund
Applications must be received at least one week before a Provincial Executive Meeting (mailed or e-mailed). The next meeting is January 23-25 . Check provincial website <www.cwl.ab.ca> for guidelines.

HEALTH

The following is taken from the communiqué from Nancy S., National Chairperson of Education and Health.

Wellness

Wellness research shows that by doing things individually and as a community to pro-actively manage lifestyles, we are healthier, more productive and less dependent on medical services. In 2012 Health Canada released a study entitled ***Self-management support for Canadians with chronic health conditions: A focus for primary health care***. This report makes recommendations on how each province can achieve improvements in the overall health of Canadians and has initiatives for provinces that are a beginning. Go to http://publications.gc.ca/collections/collection_2012 and monitor how your province is doing in conjunction with the recommendations (Appendixes A-D).

Action: If more needs to be accomplished, write letters to the provincial ministers of health requesting the implementation of the recommendations. Members who have one or more chronic health diseases should participate in the wellness self-management strategies. Set attainable goals for yourself, attend workshops and/or support groups and begin your journey to a healthier you. Keep track of your progress and include it in your annual reports – you will be taking action on **Resolutions 2003.04 Healthy Living for Life** and **1996.08 Partnership in Health Care**.

Mental Health

In the past, mental illness has often been a social taboo not to be talked about, yet we all are touched by mental illness since one in five Canadians experience a mental health concern each year. Members need to bring this discussion out into the open and find ways to change the stigma and fear of mental illness, thereby improving the quality of life for all and increasing a sense of wellness.

Action: Visit the Canadian Mental Health Association www.cmha.ca and Partners for Mental Health www.partnersformh.ca. to become more informed and share information with your council.

National Pharmacare

One in ten Canadians cannot fill their prescriptions due to the expense. This includes seniors living on a small pension, single parents not able to cover the cost for their child's medication or low income citizen who may or may not have a roof over their head. **Resolution 1998.03 National Pharmacare** urges all levels of government to continue working towards an effective, cost-efficient national Pharmacare program. At a recent meeting of health ministers this topic was discussed as well as how all levels of government could work together. The voice of the members needs to be heard.

Action: Write letters to both provincial and federal ministers of health. Let's work to make prescriptions available for all Canadians.

Genetics

The definition of genetics is the study of genes, heredity and variation in living organisms. **Resolution 2011.01 Prohibition of Practices re Human Reproductive Material** was amalgamated into one of the resolutions approved at the World Union of Catholic Women's Organisations' general assembly in Fatima, Portugal. Sixty-six countries will now be taking action to urge governments to prohibit absolutely practices of alteration, manipulation and treatment of human reproductive material that result in the destruction of human embryos.

Action: Write letters to the federal government

The Catholic Organization for Life and Family has a brochure dealing with issues surrounding assisted procreation and on technologies used to create life. Members will find answers to the following questions: What causes infertility? How effective is in vitro fertilization? What about genetic screening? Are all assisted procreation technologies ethically acceptable?

Action: Order the brochure for your council members from www.colf.ca.

National Home Care

Resolution 2002.06 National Homecare Program requested the federal government to amend the Canada Health Act to include a comprehensive universal homecare program which has still not been accomplished. Earlier this month the College of Family Physicians of Canada called on the federal government to develop a national homecare strategy for seniors. It has been proven that when people live independently in familiar surroundings with access to an appropriate level of homecare, the burden on facilities and institutions providing care is reduced. More needs to be accomplished in creating a national strategy to boost home and community services.

Action: Continue writing letters.

Palliative Care

An action plan has been added to **Resolution 1998.05 Palliative Care: An Essential Service** on the website.

Action: Go to the national website to become informed in order to continuing working on this important issue.

2014 National Resolutions

Action: Please visit the national website, check out the action plans, chose one and take action. Our resolutions are only as good as our follow-up.

[Resolution 2014.02 Electronic Cigarettes](#) <Education and Health>

[Resolution 2014.03 Flavoured Tobacco Products Ban](#) <Education and Health>

[Resolution 2014.04 National Standard for Newborn Screening Including Screening for Severe Combined Immunodeficiency](#) <Education and Health>

Important Health dates for January-February 2015
Calendar of Health Promotion Days - Health Canada

January

• **Alzheimer's Disease Awareness Month**

• **National Non-Smoking Week January 18-24**

National Non-Smoking Week (NNSW) has been observed during the third week in January for more than 20 years. With a wide variety of activities and participants across the country, National Non-Smoking Week is one of the most important events in Canada's ongoing public education efforts on controlling tobacco-use. The theme for this year's NNSW is "Quitting is contagious, pass it on!"

• **Weedless Wednesday**

Weedless Wednesday focuses on the benefits of cessation and promotes the community resources available to help smokers quit. It takes a "one day at a time" approach to quitting smoking, a concept appealing to many smokers who may be discouraged at the thought of an entire week -- or lifetime -- without cigarettes, but who may be able to cope with one smoke-free day.

Relevant Links:

- [!\[\]\(e548a391c65118ac2476924cdb5db38c_img.jpg\) Canadian Council for Tobacco Control](#)
 - [!\[\]\(6fc1fda334fce799e3b50f6cf68d70a8_img.jpg\) Canadian Cancer Society](#)
- [!\[\]\(a85cf8a5f7692437e8653d157b475e72_img.jpg\) World Health Organization Tobacco Free Initiative](#)
[World No Tobacco Day](#)

February

[!\[\]\(47734e4656765d20df4fdbd5b7aff048_img.jpg\) Heart Month](#)

[!\[\]\(bd3b31712ad9bab5a241210fa6925cdd_img.jpg\) Psychology Month](#)

[!\[\]\(0fb13ad0bfa3d86868cdd3883e5665b3_img.jpg\) Eating Disorders Awareness Week](#) February 1 to February 7

[White Cane Week](#) February 1 to February 7

[World Cancer Day](#) February 4*

My dear sisters I wish you a very successful 2015. Remember we are to be One Voice, One Heart, One Mission so let's make sure our ONE is knowledgeable and healthy as we continue our work for God and Canada.