



**Nova Scotia Provincial Council
Catholic Women's League of Canada
Health and Education Communique #1**

***Inspired by the Spirit,
Women Respond to God's Call***

To: Diocesan Counterparts (***For distribution to all parish councils***)
From: **RoseAnn Hetherington** Nova Scotia Provincial Chairperson
Date: **September 15, 2018**
Copied: Provincial President, Glenda Carson and Executive (for information)
National Chairperson, **Faith Anderson** (for information)

As the 2018-2020 Chair of Education and Health, I would like to share my history with the Catholic Women's League. I have been an active CWL member for twenty-two years at Saint Thomas More Parish Council. I have served as President, Past President, Chairperson of Organization, Education and Health, Resolutions and Legislation. I look forward to working with you in this interesting standing committee. Over the next two years, we will review the important work that is going on in the fields of Education and Health.

Influenza Vaccine

It is hard to believe that the time of year has come when we must seriously consider the benefits of the Flu Vaccine. The flu season generally lasts from the first of October to April. Influenza or the flu is a highly contagious respiratory illness that can lead to fever, chills, headaches, muscle or body aches, cough, nasal congestion or sore throat. The severity and duration of the flu can vary from person to person however there are certain high-risk groups in the overall population who can develop complications from the flu. Children, six months to five years, and pregnant women, the elderly and those living with chronic diseases are among the most vulnerable groups. In 2017, only 36.8 per cent of Nova Scotians got a flu vaccine. Flu deaths doubled in 2017-2018 with those deaths occurring in seniors over the age of sixty-five. The flu shot which is free will be available in the fall. It takes about two weeks to develop protection so the sooner the flu shot is received, the better. All Nova Scotians are encouraged to receive the vaccine especially those in the high-risk groups. For more information, see the following websites: chronicleherald.ca, carp.ca, pans.ns.ca

Catholic Women's Leadership Foundation

The inaugural class for the Catholic Women's Leadership Foundation finishes in 2019. Thirteen talented women from across Canada formed the class for the first certificate in Catholic Women's Leadership developed in partnership with the Providence School of Transformative Leadership at St Paul University, Ottawa. Cathy Camp, CWL member from Saint John XXIII, was selected to attend this program.

Recruitment is underway for the term 2019-2021. **The application deadline is midnight November 9th, 2018.** This program provides Catholic Women who are committed to making a difference in society by developing their leadership skills. Information about the Catholic Women's Leadership Foundation and details about how to apply for the Catholic Women's Leadership program can be found at cwlfcanada.ca. There is great information about the Foundation in the spring issue of the Canadian League.

National Bursary

The National Bursary committee was pleased to provide funding to nine of the thirteen submissions received. Once again, only \$3000.00 was available to be shared with amounts paid ranging from \$150.00 to \$900.00 per recipient. All Councils are asked to donate any amount they can give to this much needed and appreciated funding.

Coady International

Six women benefitted from scholarships made possible due to the CWL donation of \$27,719.82 to the Coady Institute over the past year. Anne Gorman, National President accepted the 2018 Lifetime Xaverian Patron Award on behalf of the League's membership, recognized for financial contributions which have exceeded more than \$100,000 to the University and Coady Institute.

Resolutions

The following resolution was adopted at the 2018 annual national convention:

2018.02 Setting a Standard for Products Marketed as "Flushable"

RESOLVED: That national council of the Catholic Women's League of Canada in 98th annual national convention assembled urge the federal government to establish a national standard of testing and labelling of products marketed as "flushable".

More information on this resolution and others adopted at the annual national convention can be found on the national website, www.cwl.ca and in the fall edition of the Canadian League.

There are twenty-seven active resolutions in the Education and Health standing committee. Suggest that Councils review these resolutions and pick one to take action on. These can be found on the national website.

Resolution 2015.03 Banning the Use of Neonicotinoid Pesticides is seeing positive action.

Canada's Pest Management Regulatory Agency has proposed to phase out most uses of the three main neonicotinoid pesticides: imidacloprid, clothianidin and thiamethoxam. While neonics are toxic to bees, they can also harm aquatic insects like mayflies which are important in the food chain.

In August, 2018, the PRMA published results that clothianidin and thiamethoxam are polluting Canadian waters at harmful levels. The phase out of these pesticides would be over a three to five year period with a ninety day consultation for stakeholders to voice their concerns. Good news overall however but many feel the Government is taking too long and should ban these pesticides faster. European countries will have a complete ban by the end of 2018 of all neonicotinoid pesticides.

Long Term Care

The Nova Scotia Government has appointed an advisory committee to look at ways to improve the quality of long term care in Nova Scotia. There have been issues which are of concern to Nova Scotians about the level of care in our long-term care facilities. The Minister of Health and Wellness, Randy Delorey has stated that the government wants to ensure that people living in long term care homes receive the best care possible.

The committee will include:

- Identifying solutions to improve the quality of care in long-term facilities. This will include proper wound care, patient and worker safety and appropriate care and protection of vulnerable persons.
- Recommending appropriate staffing levels, staff employment and skill mix for long-term care facilities
- Advising on the recruitment and retention of long-term care staff

The committee is asked to provide recommendations by November 30. There are 6900 nursing home beds and 900 residential care facility beds that serve 11,000 people in Nova Scotia. I will follow up on this report from the Government when it is issued. For further information, see novascotia.ca

Literacy

For those of us who read and write everyday, literacy is a given that perhaps we don't give much thought to. The basics of years gone by are still so relevant today; reading, writing and arithmetic even in today's age and economy. The basic knowledge and skill in these three are required for fundamental living skills. Overall, there are nine essential skills needed for work, learning and life. They are reading, writing, working with others, document use, oral communication, thinking skills, numeracy, computer use and continuous learning. These essential skills affect every aspect of our life no matter what age we are.

Canada ranks 8th out of 13 countries on the percentage of adults scoring low on adult literacy tests. Four out of ten Canadian adults have literacy skills too low to be fully competent in most jobs in our digital economy. Canadian adults with low literacy skills have fewer opportunities than young Canadians to upgrade their skills as they are outside the mainstream educational system. Low literacy is a personal, family, community and societal problem

Literacy Nova Scotia is a non-profit charitable organization that provides a provincial forum for people and organizations to partner and work together so that every adult has literacy and essential skills learning opportunities.

Literacy Action Week takes place the first full week of November each year. It is the time when Literacy Nova Scotia, individuals and organizations who support adult literacy share information with governments and the public about literacy and essential skills in their community. Meetings with government officials at all levels and information sessions are held.

Councils may want to consider sponsoring Literacy Nova Scotia or programs in their communities to support literacy. Volunteers are always welcomed and appreciated in schools, libraries and literacy networks to assist children, teenagers or adults. Community based literacy programs are listed for the province at Literacy Nova Scotia.

For more information see literacyns.ca, www.conferenceboard.ca,

May our Lady of Good Counsel shower her graces upon each of you and may you be empowered with the gifts of the Holy Spirit to respond to God's call in joyful service.

RoseAnn Hetherington
Provincial Chairperson Education and Health