

The Nova Scotia Provincial Council

Education & Health

Communique #4 – October 2011

In my Communique #2, I requested that all councils support and or contribute to the youth who wish to attend the Steubenville Atlantic Conference in Antigonish. Teaching our youth to learn more about our faith is paramount in these days of uncertainty and confusion around the practice of Catholicism. The youth who attend this conference year after year find a friendly, spiritual and fearless atmosphere in which they can, not only learn but can talk freely about their faith.

This year 650 youth from grades 9 to 12 attended the conference. The date for the next conference will be August 3-5, 2012. Regional Organizer, John Stevens, of the Halifax Dioceses, message to me says: "We hope The Catholic Women's League will continue the great support they already give to the growth and moral support. It would also be great to talk with the council members to see the part of welcoming youth back to their parishes and helping to integrate them in the wider parish community."

We now have a new service in Nova Scotia as part of the "Better Care Sooner Plan". You can call a registered nurse at 811 if you have symptoms you are not sure what to do, or need health information. There is a nurse on duty 24 hour a day to help you with the best course of action to take. This service is available in several languages. While visiting my sister in Ontario it was necessary for us to use this service there. I could honestly say it saved me a great deal of stress.

In her last Communique, the National Chairperson of Education & Health supplied the following facts concerning the detection of colorectal cancer as to what to watch for:

- blood in stool or stools that are narrower than usual
- change in bowel movements – diarrhea, constipation, or feeling that the bowel does not empty
- stomach discomfort and/or vomiting
- unexplained weight loss
- fatigue

Encourage members to make immediate appointment with their doctor if they see any of these symptoms. It is suggested that after age 50, members should have a colorectal screening every two years. (Please use the test kits the provincial government will be sending you sometime near your birth date.)

At the convention in August 2011, a resolution regarding "sodium in food" was referred back to the Health & Education chairs to come up with an action plan. The following action plan was the result:

1. Write letters to the prime minister and the federal minister of health with a copy of the local member of parliament urging the federal government to act immediately to impose regulatory standards governing the amount of sodium used packaged and processed food.
2. Write letters asking for improvements to current nutrition labeling system in Canada to facilitate consumer use, particularly as it relates to sodium.
3. Encourage parish councils to invite dieticians to address members with respect to proper amounts of sodium intake and how it relates to health issues.

The maximum intake of sodium for the day is 2300mg.

May our Lady bring you peace & hope.

Ann Bradbury, Chairperson