

FROM:

Acting Military Ordinariate
Health & Education
Chairperson

TO:

Base Councils Presidents,
Health & Education Chairs
CWL MO Admin Committee,
MO Life Members, MO
Archivist

**The Catholic Women's League of Canada
Military Ordinariate Provincial Council**



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CWL MO Admin Committee, MO Life Members, MO Archivist

FROM: Acting Military Ordinariate Health & Education Chairperson

DATE: November 9th, 2013

MEMO: # 3 (2012-2014)

SUBJECT: "Partners for Life", Health issues, Genetics, Skills Training

As we enter the cold season, Fall is keeping us very busy. We start planning, cleaning, cooking healthy lunches, training, changing clothes...But are we taking good care of ourselves? Is there something that I can do to help my Sisters? Here's some information and awareness that I would like to share with you:

[Canadian Blood Services Partners For Life Donor Information](#)

The Catholic Women's League of Canada is a proud supporter of the Canadian Blood Services Partners for Life program. Partners for Life organizations save lives by donating blood as a team to reach an annual "lifesaving goal." Canadian Blood Services then tracks and recognizes this contribution.

New and regular blood donors are asked to consider registering for the Partners for Life program under the League's unique Partner ID. This will increase the profile of the League nationally and could help engage members in a worthy cause.

To register for the Partners for Life program, please:

1. visit www.blood.ca/joinpartnersforlife ^[1]
2. Complete the registration form (online or at clinic) using the League's unique partner ID number CATH011269

[Heart Disease](#)

Women experience differently than the men the symptoms of heart disease. With their busy life style, they are more at a greater risk when they reach menopause. The clogging of blood vessels happens slowly. High blood pressure and cholesterol, diabetes, smoking, physical inactivity, excess body weight, family history, social and economic factors can play a role. It is never too late to prevent its damages. You can learn how to have a healthy hearts and be aware of the symptoms by visiting www.phac-aspc.gc.ca and also www.womenshealthmatters.ca

Genetics

Here's two important researches:

1. STEM: The Catholic Church endorses the use of adult stem cells but believes that embryonic stem is not morally permissible since such research might results in their death. Studies on adult stem cells are a sigh of hope that needs to be brought to public attention. It can resolve, at the source, genetic disease or malformation. You are invited to visit www.ccbi-utoronto.ca/wp-content/uploads/2013/Bioethics-MattersVol113-Adult-Stem-Cells_MMQueen-pdf for more information.

2. GENOMIC DNA: The Canadian College of Medical Geneticists (CCMG) supports and welcomes the US Supreme Court decision related to genomic DNA while continuing to oppose the patenting of DNA sequences. It is anticipated this ruling will be accompanied by a favourable impact on test accessibility, both in the United States and Canada. It remains to be seen to what extent this ruling will materially affect the debate in Canada. For more information please view the CCMG Statement on Gene Patents. <http://www.ccmg-ccgm.org/index.php/about/about-the-ccmg/board-of-directors/122-news/154-ccmg-finds-supreme.html>

Crohn and Colitis illnesses

The Crohn's and Colitis Foundation of Canada (CCFC) present a free educational forum, (*Symposium 2013*) in several cities across Canada from October 26, 2013 to November 24, 2013. Please check out website ccfc@ccfc.ca for more information on when this is being held in your area. Living with these illnesses can be challenging and varies in severity from person to person.

Literacy and Continuing Education

People are never too old to learn new things. In today's world more skilled workers are needed due to the unprecedented impact of technology that has affected virtually every job. As the level of job skills required changes rapidly, the need for skilled employees increases. Even established jobs that could once be filled by workers with minimal skills now require much higher levels of training. "For those Canadians who have low levels of literacy, the job market is becoming less accessible. By investing in literacy and essential skills training, we can start to close the skills gap," said Gillian Mason, President of ABC Life Literacy Canada. "It's important that employers integrate lifelong learning into the workplace, to ensure that all Canadians have the skills they need to live a fully engaged life."

A study by the Conference Board of Canada indicated that employees in workforce training programs take more ownership of their work, make better decisions and become more engaged within the organization. Another clear benefit was increased health and safety, as workforce training helps employees better understand safety rules and procedures, leading to fewer injuries, reduced insurance costs and less employee downtime. For more information please visit: www.EssentialSkillsDay.ca

Hope you have learned and understand the importance of these issues in today's life. Please share and discuss with your Sisters and family about what you have learned through your research in browsing on those web sites. May God guide you and protect you everyday!

Your Sister in the League,

Lise Bélanger

Acting Military Ordinariate
Health & Education Chair