



**The Kingston Diocesan Council of  
The Catholic Women's League of Canada**

**Education and Health**

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

**Directive #4**

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**Date:** February 11, 2017

**To:** Parish Council Education and Health Standing Committee Chair

**From:** Maureen Laurin, Diocesan Education and Health Standing Committee Chair

**CC:** Diocesan Executive, Provincial Education and Health Standing Committee Chair

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As our population ages in Canada, it is essential that we maintain our health by eating properly. **Resolution 2016.02 Eating Well with Canada's Food Guide** was adopted at the Catholic Women's League National Convention this past August in Halifax. This guide is reviewed every five years to ensure that healthy choices are provided for Canadians. The guide encourages us to eat one-half a plate of vegetables, one-quarter plate of starches (rice, potatoes) and one-quarter a plate of protein (meat, fish) to maintain an active life style. This new guide is due out in late 2018.

**Resolution 2016.03 - Warning Labels on Food and Drug Products for all Inactive Substances and Additives** was also adopted at our National Convention in August. The intended outcome of this Resolution is to make the healthier food choice the easier choice for us. We are also encouraged to be up-dated on health issues by reading health magazines which will keep us healthy, well and informed.

Fourteen meetings were held across Canada between March 9<sup>th</sup> and June 2<sup>nd</sup>, 2016 on the subject of "Dementia". A wide range of participants were asked numerous questions such as the nature of dementia, prevention, treatment and how to implement it, research programs to be established, effects of long-term care, and palliative care needs. This was done to establish a national dementia strategy which should assist those living with this disease and their caregivers to better cope with this condition.

I can only state again how important it is to support our Catholic Education system in Ontario. We are fortunate to have this form of schooling available to us as other provinces have gone to a one tier public education system in their provinces.

The National Bursary Fund of the League can be applied for in May and November of each year.

The Catholic Women's League is petitioning the government that health care professionals and health care institutions have the right to refuse with regard to medically-induced deaths.

Respectfully submitted.