



**The Kingston Diocesan Council of  
The Catholic Women's League of Canada  
Education and Health Chairperson**

*Catholic and Living It!  
Go Make a Difference  
Reconnect*

**Date: October, 21, 2023**

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**To:** Parish Education and Health Chairpersons

**From:** Elizabeth Knudson, Diocesan Education and Health Chairperson

**CC:** Parish Presidents, Diocesan Executive, Provincial Education and Health Chairperson

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***Newly Revised League Resources***

League resources have been updated to reflect new executive structure with the 2022 constitutional amendments and are now posted on the national website in the 600 Series Manuals. There is no longer an Executive Handbook.

**Addressing Food Shortage**

Food insecurity is the inability to acquire or consume an adequate diet, quality or sufficient quantity, that one will be able to do so. (Health Canada)

Food insecurity is often linked to financial ability to access adequate food.

**Reduce Waste**

Plan ahead, menu plan

Be a smart shopper – check best before dates, avoid foods that expires soon

Perishable Foods – Pick up meats and dairy products last

Keep fruits separate to avoid bruising

Keep meats separate to avoid contamination

If you are going to be longer getting home take a cooler for groceries

Donate to the food bank if you are able

Every senior deserves to live in dignity, safety and comfort regardless of where they live. Covid 19 uncovered many problems and deficiencies in Long Term Care Homes. These need to be addressed. Our LTC is in crisis.

Private Clinics May 18 2023

Bill 60 Your Healthcare Act allows private clinics to perform more procedures to get rid of the backlog. Concern is this may create two tier health care.

Bill C-39

An act to amend the criminal code *Medical Assistance in Dying* Bill came into effect March 9, 2023 postponing the eligibility date for those suffering from mental illness only until March 17, 2024.

Respectfully submitted