



The Catholic Women's League of Canada

Archdiocese of Edmonton

OUR LADY OF GOOD COUNSEL, PRAY FOR US

HEALTH & ENVIRONMENT ANNUAL REPORT 2014

34 councils reported

Sisters in the League

Wellness and Physical Activity

Our Councils make good use of community resources to engage speakers on a variety of Health topics, and attended other events within the community. Speakers presentations included the benefits of exercise for senior citizens, the new modified CPR protocol, dealing with grief and loss, cancer information, depression, nutrition, stress relief, organ donation, seasonal flu, elder abuse, disease prevention, and how to age gracefully.

A major achievement came from St. Michael's Council in Leduc who successfully lobbied the parish to buy an automatic defibrillator for their church.

Our ladies have really been moving their backsides this year. Our Councils reported members being active in 39 different types of physical activity. Almost every Council reported some type of physical activity, from basic walking to modern Wii Fit programs. There were winter sports, summer activities, and all types of exercise programs. We have used our activity to raise funds for worthwhile causes such as the Faith, Fitness, and Fun Run, the Relay for Life, and the Walk for Autism. Good Show!

Sickness/Disease

It is obvious from our reports that the ladies in our Councils are the backbone of our communities and parishes in supporting healthy families. We are the caretakers and the caregivers. Many of our Councils have dealt with the serious illness of members or their family members. We take communion routinely to the sick or homebound. We offer prayers and prayer shawls. We bring meals and make phone calls to provide comfort and community for those who can no longer venture out. We provide emotional support where needed, and even something as simple but important as a ride to mass or a doctor's appointment.

Most of our Councils are meeting in handicap accessible facilities. One Council meets in an alternative facility in order to be accessible. Another important accessibility issue can be those who cannot attend because they no longer drive after dark. Several Councils arrange for rides to meetings for those who can't attend otherwise.

Environment

We definitely lead our families and communities in caring for our environment. We embrace the 3 R's, Reduce, Reuse, and Recycle. We recycle, we compost, and we are reducing our use of articles that harm the environment. We stay well informed about environmental issues. Some of our Council members are out cleaning highways and byways. We are doing away with bottled water and Styrofoam.

I have been privileged to serve as your Health & Environment Chair. Many thanks to all the Chairs and volunteers who have provided the information for this report. We appreciate all of the time and effort you have put into providing us these reports. Even more so, I appreciate all that our Sisters do in providing for the care of our families and communities. We are often the first caretakers and the last. We are always present when needed.

Respectfully submitted,
For God and Canada

Catherine Mardon

