



Ontario Provincial Council
The Catholic Women's League of Canada
Education and Health Standing Committee Chair
Go Make a Difference

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Attachments: N/A

To: Diocesan and Parish Standing Committee Chairs for Education and Health, Service and Social Justice
Cc: Linda Squarzolo, Ontario Provincial President, Diocesan Presidents, Ontario Provincial Officers, Marlin Taylor, Life Member (OPC Education and Health Sub-Committee), National Education and Health Chair
From: Hilarion Mitchell, Ontario Provincial Education and Health Standing Committee Chair

*Here comes the sun, doo-doo-doo-doo. Here comes the sun, and I say it's alright.
(The Beatles)*

It is a wonderful feeling to welcome the warmer months. Summer 2023 is one of gratitude with more normalcy than recent years. This directive celebrates good news and includes some wellness initiatives for this time of year. The blue hyperlinks provide more information from the original sources.

End of COVID-19 Pandemic Emergency

The World Health Organization (WHO) declared the novel coronavirus or COVID-19 (CARS 2) outbreak a global pandemic on March 11, 2020. On March 17, 2020, the Ontario Government also declared a state of emergency due to the pandemic. For the past three years, there were lockdowns, unprecedented hospitalization and deaths, mental health and social isolation which impacted the health care and economic systems. Globally, as of May 17, 2023, there have been 766,440,796 confirmed and 6,932,591 deaths cases of COVID-19. The [COVID-19 Tracker Canada](#) as of May 19, 2023, there were 4,562,870 cases and 50,349 deaths in Canada. In Ontario there were 1,609,170 cases and 16,404 deaths.

On Apr 4, 2023, Ontario declared the COVID-19 pandemic over as the province moved to the endemic stage of the virus with the declining impact on health and easing of restrictions. On May 5, 2023, the WHO ended the global health emergency as there is now increased immunity, fewer deaths and less pressure on hospitals. However, the COVID-19 (CARS 2) is still a global health treat as many are still dying but it is now contained and not spreading out of control with less impact on the health care system as it is more easily treated.

Health Promotions Days

- [Canadian Men's Health Month \(June\)](#): The awareness campaign by The Canadian Men's Health Foundation provides information, tools, and motivation for men and their families to live healthier. With Father's Day on June 18th, it is an excellent opportunity for members to recognize the men and our spiritual fathers by sharing the [Mental Health Checklist](#) with mental (i.e., anxiety, worry,

sleep disruption, substance use, etc.) and physical health (i.e. colorectal cancer Screen, abdominal ultrasound, etc.).

- [National Cancer Wellness Awareness Day](#) (June 26): One in two Canadians is expected to develop cancer in their lifetime and most are not aware of cancer wellness programs that can help them live well with cancer. [ON.11.03 | Raising Awareness of Colorectal Cancer and Early Detect](#)
- [International Self-Care Day](#) (July 24): Encourages the practice of focusing on activities to improve ones mental, physical and spiritual health. We are better able to take care of those around us when we take care of ourselves. Self-care is different for everyone. [Wellness Together Canada](#) provides a variety of flexible eMental Health resources that are available free with examples of self-care tips below.
 - Practice daily exercise of physical activity by enjoying the outdoors or walking for 30 minutes.
 - Promoting hydration and a healthy diet.
 - Maintain a regular sleep schedule and avoid using your phone or computer before bedtime.
 - Trying new activities such as breathing exercises, guided meditations or journaling are activities.
 - Surrounding yourself with loved ones. Reach out to family or friends that you feel comfortable with for emotional support or practical advice.
 - Practice gratitude by reflecting on the positive things in your life to be grateful for.

League activities continue over the summer with provincial (July) and national (August) conventions. Councils and members can remain connected with League activities by visiting League websites for updates. Looking forward to meeting those of you attending the 76th Annual Ontario Provincial Council Convention July 8-12, 2023.

Have an enjoyable summer with members, friends and family by practicing the self-care tips provided above.