



# The Centre for Family Literacy Centre Page

## WINE & WORDS: CELEBRATING THE OLD AND THE NEW



*Jim Cuddy*

**H**eraclitus is a Greek philosopher who coined the phrase, the only thing that is constant is change. For the Wine & Words organizing committee, that phrase was the foundation for planning the 2018 event.

What to keep: well, definitely Jim Cuddy as our special guest; Mark Scholz as the emcee and auctioneer; the venue, as it is the most unique room in Edmonton; the wine,

because it is part of the event title, and more importantly it encourages bidding on the live and silent auction.

What to change: let's auction off the auctioneer; how about we go digital with our silent auction, and have our guests bid on their phones and have big screens that let you know what is happening with those items; let's have a musician perform before we get the formal evening started; let's showcase the work of the Centre with a guest speaker from their Adult program.

And so, the 11th annual Richardson GMP Evening of Wine & Words was a mixture

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## LITERACY AND HEALTH OUTCOMES

**I**n Canada, 60% of adults and 88% of seniors are not health literate. What do we mean by the term health literate? It is the ability to obtain health information, understand and process that information, and use the information to effectively maintain and improve your health.

A discussion paper prepared by Frontier College for their National Forum on Literacy and Health states, "The stigma surrounding low literacy, and the medical systems and practices that assume strong literacy skills, may impact a person's ability to find and use the health services and products they need. In some situations, low literacy can be a life-or-death matter."

For Peter, who reads at a grade 4 level, being diagnosed with type 2 diabetes left him dumbfounded. He was overwhelmed by the lifestyle changes he needed to make. Then he was bombarded with information about his condition and the treatments he needed to undertake. How would he be able to read all the food labels, understand when to take his medication, and interpret his blood glucose levels? This was simply too much to absorb. Peter felt too ashamed to share his lack of understanding with those trying to help him. He suffered in silence and tried his best to follow the instructions, but in the end, he suffered from complications that resulted in having his leg amputated.

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SUMMER  
2018

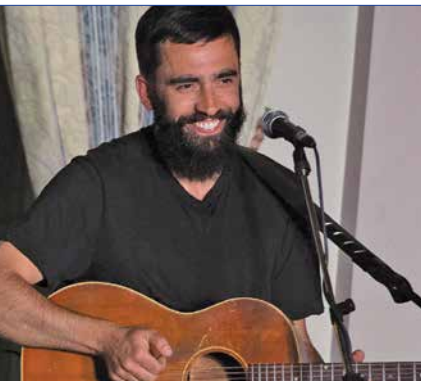
## WINE & WORDS: CELEBRATING THE OLD AND THE NEW

*Continued*



*Look I just bought  
Mark Scholz*

of some things old, and some things new. What never changes is the passion and generosity of the patrons who attend, the incredible vibe in the room when Jim and his guest, this year Michael Bernard Fitzgerald, take to the stage, and the hard work the volunteer committee puts into making this a night to remember and to celebrate.



*Michael Bernard Fitzgerald*



*Joe Nolan*



*Ruth Nunifu - Adult Learner*

**Thank you** to our sponsors whose financial support ensures that Wine & Words is the Centre's premier fundraising event:

- Richardson GMP
- Sobey's Liquor
- The Melton Foundation

## LITERACY AND HEALTH

*Continued*

How would Peter's outcome have been different if he had higher literacy levels, or if he had not felt too embarrassed to share that he could not understand the information given to him? How would Peter's outcome have been different if the health care professionals working with him had a better understanding of the common signs of low literacy, how to best work with patients like Peter, and how important the use of plain language is—both oral and written—in removing the barriers?

The issue of literacy and health can only be addressed if we look at it from the perspective of the patient and the health care system. "It's Safe to Ask," an initiative of The Manitoba Institute for Patient Safety, encourages patients to ask three key questions:

1. What is my health problem?
2. What do I need to do?
3. Why do I need to do this?

The initiative promotes stronger communication between the patient and their health care professional. This leads to a more informed patient who is better able to understand and participate in their own care.

On the health care side, there is a need to develop strategies to communicate more effectively with patients who have poor health literacy. There is a need for a deeper understanding of the needs and competencies of these patients. Support should be given for research to develop effective office-based communication strategies and increased efforts for more widely applied health management programs.

We are seeing efforts to address the issue of health literacy, but it is just the beginning. We need more research and a more active involvement from all sectors to improve the health of all Canadians.

## BUILDING COMMUNITY THROUGH LITERACY



Last year, working with the MAC Islamic Centre, Rahma Mosque, the Centre for Family Literacy established a Women's Literacy Class to support immigrant women who had a desire to understand, write, read, and speak English. Many of the women attending had young pre-school children with them at these evening classes.

These mothers were committed to their learning, but shared that the evening class was a real challenge, as was finding childcare. The Centre for Family Literacy saw an opportunity to offer these mothers a family literacy program, at a more convenient time, that grounded learning in their daily lives and routines. With funding from the Edmonton Community Adult Learning Association (ECALA) New Initiative Fund, Learn & Grow Together was created as a pilot program.

Offered during the day at the Rahma Mosque, families were recruited from the Women's Literacy Class and the community. Each session provides adult-time, for mothers to improve their literacy skills, child-time, for children to learn through play and engagement with our facilitator, and parent-child time, where mothers and children participate in activities focused on supporting literacy development in their home.

We had a basic framework for the program, but, as with all family literacy programs, we knew that it would be driven by the participants' needs and interests. For this group, learning English was a priority, as well as understanding Canadian systems, support in parenting, and making connections with others in the group.

Through the use of literacy activities with their children, parenting strategies, and sharing information about how things work in Canada (from going to the doctor to banking), the mothers are meeting their learning goals. They learn not only from our facilitators, but from each other. One of the facilitators commented:

*“ One of the most amazing observations has been the relationship that has formed between the women—it not only helps them learn, but also is breaking the isolation they have been experiencing until now. ”*

## IMPORTANT DATES

*Links fore Literacy Golf Tournament*  
**Wednesday, August 15**  
**The Links at Spruce Grove**

*Ruth Hayden Award Nomination Deadline*  
**Friday, September 7**

*International Literacy Day*  
**Saturday, September 8**

*Tutor Program Information Session*  
**Wednesday, September 19**  
**Centre for Family Literacy Office**

*READ IN Week*  
**Bringing Stories to Life**  
**October 1 - 5**



Online donations to the Centre can be made through [CanadaHelps.org](http://CanadaHelps.org)



The Centre for Family Literacy gratefully acknowledges the ongoing support of the following:





## GOLF IS MORE THAN A FOUR-LETTER WORD

Golf is more than a four-letter word. It is a fun way to raise money to support the Centre's Classroom on Wheels (C.O.W.) Bus program.

"I just want to tell you how much I enjoyed my day yesterday. It is such a well-run event. The course was fantastic, the food wonderful and our golfing partners were great." This comment from a golfer from last year says it all. So join us at the 8th annual Links for Literacy Golf Tournament, and you too can have a great experience while supporting Edmonton families.

**Date:** Wednesday, August 15

**Time:** Registration and lunch – 12:30 p.m.  
Golf – shotgun start – 1:30 p.m.  
Banquet – 5:30 p.m.

**Place:** The Links at Spruce Grove  
Spruce Grove, Alberta

To register, go to our website at [www.famlit.ca](http://www.famlit.ca)



CONSTRUCTION LEADERS

### YES, I WOULD LIKE TO MAKE A DIFFERENCE!

Your support will help us make a difference in the lives of Alberta families! Together we can make Alberta a healthy, literate society where all are able to contribute and succeed.

THANK YOU FOR YOUR SUPPORT!

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For recognition purposes:

I wish my name to appear as follows:

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## Literacy Develops in Families First

The Centre for Family Literacy is dedicated to helping Alberta grow and prosper. Our innovative programs, training and research help Alberta families achieve what they imagine—improved education, jobs and health.

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