

The BUZZ on Literacy

Literacy Now, South Okanagan--Similkameen



October
2011

Volume 4, Issue 10

Dates to Note:

- **Seniors Symposium:**
Wed. Oct. 19th
9:00 a.m. to 4:00p.m.
Penticton Trade & Convention Centre
- **Task Group Meeting**
(networking, sharing, and brainstorming to foster improved literacy for everyone throughout all of our communities):
Thurs. Oct. 20th, 1:00p.m.
Penticton Chamber Office
- **Communities for Kids Parenting Conference**
Oct. 22nd
Sen'Pok'Chin School,
Oliver

Committee Meetings:

Health: Nov. 25

Family: Nov. 24

Adult /Workplace:
Oct. 26

Conference Planning: Oct. 13

Interested in joining one of our committees?

Contact us!

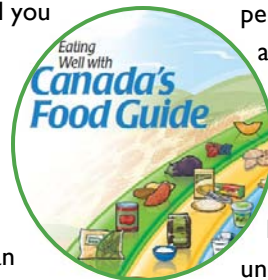
250.462.0636 or

literacynowsos@gmail.com

Health Literacy Month

October is a month to think about the many reasons we have to be thankful, and perhaps to make plans for the spookiest evening of the year. But did you know that October is also Health Literacy Month?

The Canadian Public Health Association (CPHA) has defined health literacy as "the ability to access, understand and act on information for health." As their website explains:



- When someone is ill, anxious or in pain, being able to access and understand health information may be difficult, even if that person's literacy skills are generally high.
- For the 42 percent of adult Canadians with low literacy skills, understanding and acting on health information may be difficult at any time.

Here in B.C., Patient Voices Network gives patients a voice in shaping

health care. According to PVN's monthly newsletter: "In 2007 the International Adult Literacy and Skills Survey

reported that 60% of Canadians lack the full capacity to obtain, understand and act upon information and services to make appropriate health decisions on their own. Seniors are especially vulnerable—about 77% of Canadian seniors have at least one chronic condition, requiring daily



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Tips for Reading with Children

Children love spending time sharing books.

Some tips from Frontier College:



1. Read for at least 15 minutes a day.
2. Make praise a

part of reading.

3. Whenever possible, let the child decide what you will read.
4. Take turns reading to each other.
5. Use different voices to help make the story more interesting.

6. Keep the story moving. Help with the difficult words.
7. Most important, this is a special time for you and your child to spend together. Make it fun for both of you!

More at frontiercollege.ca ❖



For information about items in this newsletter or literacy programs & services, or to apply for funding for literacy projects, please contact:
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decision-making around health concerns and increasing the number of interactions with the health care system, which makes for complex demands on literacy.”

Health literacy has a huge impact on our health. We need to access and understand information about how to stay healthy. Throughout B.C., organizations like Literacy Now are helping health care providers

- revise information handouts to make them easier to read and absorb
- identify patients who may have literacy challenges, and

- provide information about how they can help.

We provide free Plain Language workshops to groups, and we can work with individual health practitioners, too.

Literacy Now also helps patients understand that it is okay to ask questions.

Our wallet-sized Ask Me 3 cards (below) are a handy

60% of Canadians lack the full capacity to obtain, understand and act upon information and services to make appropriate health decisions

reminder of the most important questions we need to ask.

We provide these free to anyone. ❖

Ask the doctor, nurse or pharmacist:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Literacy Now

South Okanagan-Similkameen

Email: literacynowsos@gmail.com



WE'RE ON THE WEB!

literacynowso-s.ca

How's your budget working?

From ABC Life Literacy:

Financial Literacy is having

- the knowledge to understand personal and broader financial matters,
- skill to apply that knowledge and understanding to everyday life, and
- the confidence to use the skills and knowledge to make

responsible financial decisions that are appropriate to the individual's situation.

Many of us can use an occasional tip or two to brush up on our financial literacy. ABC's website currently offers

- a quick (2-minute) video clip featuring guru Gail Vaz-Oxlade
- a link to test your math skills at the **Workplace Essential Skills** site
- a link to **What Your Teachers Never Told**

You About Managing Your Money: A fun, interactive financial literacy eCourse

- information about **Money Matters**, their new financial literacy program (in collaboration with TD Bank)
- and plenty more.

Check it all out at abclifelifiteracy.ca. (Click on the *Literacy Through Your Life* tab, then choose *Financial Literacy*.)

Financial Literacy Week starts on October 30. ❖

