

Literacy Nanaimo Newsletter

19 Commercial St., Nanaimo, BC V9R 5G3 Phone (250) 754-8988
Fax: (250) 754-8114 Email: info@LiteracyNanaimo.org

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Winter 2007

Staff

Carolyn McWhinnie, *Executive Director*
Wendy Chapplow, *Administrative Assistant*
Brian O’Rooney, *Computer Technician*
Jane Rose, Pat Donaldson, Bronwen Brice:
Bookstore Supervisors

Health Literacy

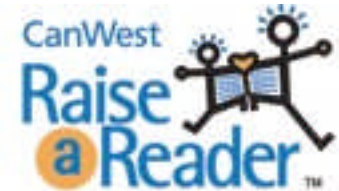
The Canadian Council on Learning conducted a study of Health Literacy among Canadians. Finding are:

More than half (55%) of Canadians aged 16 to 65 do not have levels of health literacy adequate to read nutrition labels, follow medication directions, understand safety instructions, or make informed and adequate choices for their own healthy living.

- adults with less than a high-school education perform well below adults with higher levels of education and this gap widens with age.
- Health literacy varies significantly by province and territory.
- Differences in literacy and numeracy skills exert a profound influence on a range of social, educational and economic outcomes. Differences in average health-literacy skill seem to be associated with large differences in perceived general health status.
- Large differences in average literacy exist between different population sub-groups, especially among the elderly.
- Canadians have higher levels of health literacy than do Americans.

Health literacy is particularly low among seniors, who require health services most and are prescribed the greatest number of medications. Of all Canadians older than 65, 88% lack the literacy skills needed to deal with health information.

Thank you to all of the volunteers who came out in the rain on Raise a Reader Day. We raised \$6,500.00 that day that will be matched by the Provincial Government. We understand the Downtown Rotary Club had a very successful book sale and expect approximately \$11,000.00 from that event that will also be matched for Raise a Reader.



**Season's Greetings
and
best wishes for the New Year!**

**from the
Board of Directors
and Staff
of
Literacy Nanaimo**



Great Nanaimo Toy Drive

You can drop off **new, unwrapped**, children's books for the Christmas Toy Drive at Literacy Nanaimo.

Privacy Statement: At Literacy Nanaimo, we protect your personal information and adhere to all legislative and privacy policy requirements. Information you provide is held in confidence. Information is not sold, rented, or traded to other organizations. Your personal information will be used only to keep you informed of our activities, services, and opportunities to volunteer or to contribute. If at any time you wish to be removed from our mailing list, or if you have any questions, simply contact us by phone at 250 754-8988 or via email at info@LiteracyNanaimo.org.



Bookstore News

Bookstore Hours: Monday to Friday 9:00 to 5:00, Saturday 10:00 to 5:00

All of our books are donated and the store is staffed primarily by volunteers. We have 3 individuals sharing the responsibility of Book Store Supervisor: **Jane Rose, Pat Donaldson** and **Bronwen Brice**. There are currently 30 volunteers most of whom take responsibility for a specific section or category of books.

It may surprise you to learn that we have approximately **35,000** books on our shelves. This doesn't count the overstock or storage area

Gift Suggestions

In December the bookstore will be featuring displays of exceptionally nice books that are suitable for gift giving. We also have original Christmas Cards available for sale. A package, which sells for \$4.00, contains 8 cards and 8 envelopes.



The Art of Len Gibbs (Canadian)



A signed and numbered limited edition book, signed



by both artist and author. This book was published in 1981, number 89 of 150 copies. A beautifully produced collection. A very uncommon edition. We have this book listed on the Internet at \$175.00.

Mystery Fans

We have a good selection of hard cover mysteries, great for gift giving — with quite a few copies of the Da Vinci Code if you know anyone who hasn't yet read it.



Meg McGovern



Meg has been volunteering with Literacy Nanaimo for the past 6½ years. She looks after the Vintage Paperbacks and Romance books in our bookstore. She particularly enjoys the vintage paperbacks because she “knows a lot of the authors”. Meg says she “loves working with books, enjoys all the people here and really enjoys helping customers find books they are looking for”.

Meg checks all the vintage books on the Internet and passes any potentially valuable ones on to Bea who researches our “collectable” books. She has noticed that the vintage paperbacks that she prices at \$2.00 are selling for \$8.00 in special interest stores in Vancouver.

Meg also looks forward to participating in our annual **Scrabble Tournament**. She has interested a number of her friends in participating as well. She says she really enjoys playing Scrabble and raising money for Literacy Nanaimo is just a bonus.

“Volunteering in the book store is a fun thing I like to do. I look forward to it every week”.

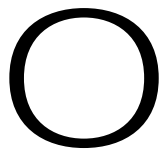
Special Requests

If you are looking for a particular out of print book be sure to put in a request. **Sue Castonquay** has a great system in place and we have found over 3,000 books over the past 3 years.



Quotes from Visitors

Peggy from Port Alberni—*“I love this!”*
Randy from Grande Prairie, AB—*“Great selection”*
Dave from Cowichan—*“Many thanks Bea, Sue ... for all your efforts of organization. We appreciate the treasures which you mine!”*



Volunteer

Tutor Program

Phone: Literacy Nanaimo 754-8988 or Malaspina 753-3245 Local 2822 Email: tutors4literacy@mala.ca

Tutor Coordinators
Jacqueline Webster
Margaret Ames



Greetings!

Happy holiday greetings from us both! We want to take this opportunity to thank all our tutors for the wonderful work you are doing with your learners. Whether it is improving their reading skills, seeing them write that first story, or watching as they begin to understand the math problems-- your time, skills and enthusiasm are very, very much appreciated.

Margaret and Jacqueline

Tutor Reporting

Thank you! to those of you who have been regularly submitting your tutor reports. Please remember that you can send an email in paragraph form or you (with or without your learner's input) can submit one of our reporting forms. Please let us know if you would like us to email one of them to you.

The format is not what is important. What *is* important is that we receive an update from you for the following reasons:

- 1) We can better assist you with resources and strategies if we know what you are currently working on.
- 2) The report will remain in your learner's file, so if he or she works with another tutor in the future, the tutor and coordinator will have some history to better assist them.
- 3) If you and your learner have not met recently, we can intervene and may help you get back on track.

How about an end of 2007 resolution?: get your report(s) in before the New Year!

Workshop Update

Literacy Nanaimo hosted a workshop on November 7th on **Understanding Brain Injury**. Here are a few of the highlights regarding working with learners who are recovering from brain injury.

- Filter information - fatigue affects the majority of learners. Be careful not to overwhelm your learner with information.
- Reduce distraction in the environment – offer your learner a quiet, understated place to work. Vibrant colour and noise are often too much for them.
- Frustration is certain – de-escalate by reminding them of past successes.
- Patience – remember that although they may seem fine, they are seeing you for a reason.

*Thank you for **Rich Hargrave** for his presentation. If you were unable to attend we are happy to give you a copy of the handouts.*

Upcoming tutor training

Tutor training begins January 29th through February 28th at Malaspina University-College. This 30-hour course provides a good introduction to literacy tutoring and is free of charge. If you know of anyone who might be interested, please have them call Literacy Nanaimo (754-8988) for more information.

New Resources – *Dance and Celebrate* is a collection of learner writings from Malaspina's Cowichan Campus. Instructor and editor, **Kate Nonesuch**, introduces the book as a "celebration of women's writing and art, women's lives and struggles, women's strengths and gifts." Most of the stories are graced by a collage done by the authors



Tutor Tips

If you have a learner who is not enthusiastic about reading try to:

- Remember that your primary goal should be to foster enthusiasm for reading. Once we set this goal, it will naturally influence our actions.
- Remember that your student's difficulties may have years of history, and that we can only do so much at a time. Remember your student is painfully aware that their reading ability is poor, and will not benefit from being pushed.
- Find engaging reading material. We don't want to read books that don't interest us, and your students are no different. They should be allowed freedom to choose what they want to read whenever possible.



Have a look at our resource centre for suitable reading material for your learner or check out the bookstore. Remember reading material is free for our learners.

Also, remember that you have the power to set the tone for your encounters. Here's the attitude that you want to convey:

- "I've got some wonderful books that we can read together, and I can help you." "You are in good hands here, and I will support you as you slowly stretch your reading abilities. It may take time, but as we work together you *will* improve."
- "This is a safe place where you can get the help you need. I will not push you-- you will know when it's time to move on to more demanding material." "I know that you want to learn (even if you pretend that you don't) and we will work together so that you will achieve your goal."

Literacy Anagrams

Try these with your learner. Use the same letters and form a new word:

But	<u>Tub</u> _____
Dealer	_____
Tour	_____
Recede	_____
Tamed	_____

(answers: tub-leader-rout-decree-mated)

Summer Literacy Fun

by Heather Porteous



When I first heard about the **Summer Literacy Institute** program at Simon Fraser University, I was not going to go because I didn't want to be stuck in a classroom for a week in July. But then I thought how great it would be to stay in a student dorm for a week because I had never done that before.

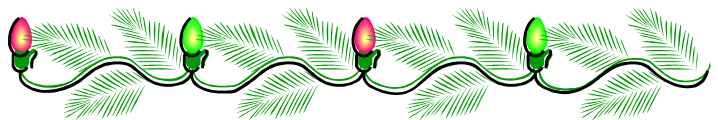
I was very happy I went because I learned a lot about different groups, especially First Nations' students and how they were treated in residential schools.

I met four people from Duncan and Cowichan and one from Nanaimo at the bus terminal here – it was nice to have company on the trip to the university.

Each morning, the learners, tutors and practitioners met separately. The learners were all ages and came from across Canada and even Alaska. We talked about our experiences, did reading exercises and role-playing, and talked about how to make a speech.

In the afternoon, everyone attended the same workshop. There were talks and question and answer sessions on adult learning, health and learning, aboriginal learning, and work and learning. I particularly liked the one on early childhood learning. I asked the presenter if she had ever studied children with disabilities. She had not, but asked me if I would be interested in participating in a study.

Thank you to Literacy Nanaimo for giving me this opportunity. This was the first time learners had been invited. I would love to go back again and I would encourage others to attend



Tutor Coordinator Hours at Literacy Nanaimo

Monday, Tuesday, Wednesday

Jacqueline Webster (Tuesday at MUC)

Thursday, Friday

Margaret Ames (Thursday PM at MUC)