

NOTES FROM THE PROGRAM COORDINATOR

By Mary Lou Norton

As FWIO Program Coordinator, my committee and I have been working with the Safe and Healthy Communities Steering Committee to organize educational workshop and program materials for all members to use. We have agreed to partner with four different groups in order to promote the same materials across the province. It is vital that each Area, District and Branch work with the provincial committees to make these partnerships a success.

The following groups have agreed to partner with the Women's Institutes:

Community Abuse Program of Rural Ontario (CAPRO)

CAPRO is a program that encourages community ownership and responsibility for social issues. It's about rural solutions to rural concerns.



CAPRO was developed to increase awareness of domestic abuse in the rural community. Many rural people are isolated and do not know where to turn. CAPRO was designed to address the problems unique to rural and farm neighbourhoods because city-born solutions don't necessarily apply to rural problems.

FWIO has partnered with CAPRO. FWIOs roots are rural, our membership is mainly rural and we are concerned about issues that affect our lives and our communities.

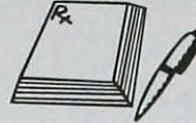
To get a program started in your neighbourhood call 1-888-573-6396 to get the name of a trained facilitator in your area. Ask the facilitator for the "Fear on the Farm" video for a Branch program. This video discusses violence in rural areas, not knowing how to receive help and the neighbour's perception of the family's problem. Invite another Branch or your church or seniors group to come and listen and discuss this social issue. Only through our awareness and willingness to help can the abused have somewhere to turn.

Safe and Healthy Communities is FWIOs focus. Abuse affects the safety and health of some members of our communities. Are we willing to become involved?

Contact: Call 1-888-573-6396 to find out who the nearest facilitator is. Help them get all community members, agencies and organizations working together.

Pharmaceutical Manufacturers Association of Canada (PMAC)

The FWIO announces that it will partner with the Pharmaceutical Manufacturers Association of Canada (PMAC) in a consumer health education program designed to address the inappropriate use of medications.



Called *Knowledge is the best medicine*, this health education program will educate members and the general public about the responsible use of prescription medicines. The program includes a resource kit and planning guide to assist community groups in organizing workshops where health care professionals can work one-on-one with patients.

FWIO feels this is an important initiative to improve health care. Research has shown that approximately 50 per cent of prescription drug users do not take their medicines properly - either patients don't take their medicines at all or they don't take them according to the directions. The result is unnecessary illness and sometimes death. The PMAC developed this program because, as manufacturers of medicines, they have a responsibility to ensure that their products are being used properly.

"A problem of this scope is everyone's concern" says Arthena Hecker, Chair of the Safe & Healthy Communities Committee. "It is in line with our organization's focus on the safety and health of our communities and the involvement of community groups in health care, and in this case, with the difficulties our members sometimes experience with the use of medication. If everyone works together the result will be the information and support needed."

The support and networks provided by the FWIO will guarantee that program materials and workshops are available within our communities across the province.

Contact: Get in touch with your Area Program Coordinator for the video and manual about the program. Contact PMAC directly at 1-800-363-0203 to order the booklets to go with the program. Or Email them at: cmenard@pmac-acim.org.

Osteoporosis Society of Canada (OSC)



The Osteoporosis Society of Canada (OSC) has developed an osteoporosis-menopause awareness and education program called *Changes: Choices and Challenges*. The program is designed to reach women 45 to 55 years of age with an osteoporosis prevention message as they enter their menopausal years. One way of delivering the program is through public forums or information sessions. These sessions help women understand the relationship between menopause and osteoporosis, and participants are encouraged to take specific steps to improve their bone health to prevent osteoporosis.

To help achieve this goal, and to deliver the osteoporosis prevention message, OSC and the Federated Women's Institutes of Ontario are planning to work together to organize public forums or seminars. The combined expertise of both parties provides a "good fit" for delivering osteoporosis and menopause education. OSC has expertise in health delivery programs and FWIO has many years of experience working in communities to better the health of family and friends.

Last year, OSC partnered with the Women's Institute in Newfoundland to organize seminars and both parties were pleased to work together, making the best use of their combined strengths. OSC is also talking with other provincial WIs and the Federated Women's Institutes of Canada about creating more partnerships across the country.

OSC looks forward to working with FWIO in a combined initiative to "build better bones." A Getting Started Information Kit and a Forum Leader Manual have been developed by OSC, which covers all aspects of organizing a forum. In addition, OSC can assist planners in choosing presenters and panelists for their event.

Contact: For more information about planning an osteoporosis and/or menopause forum in your community, please call Cathy Loveys at OSC at 1-800-463-6842, Ext. 241.

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