

OUR NEWSLETTER

CANADIAN HISPANIC CONGRESS EST. 1983



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CHC 40TH ANNIVERSARY

As we begin our fortieth year of dedicated service to the Hispanic Latin Canadian community, we at the Canadian Hispanic Congress are filled with excitement and anticipation. We are excited to prepare for our celebratory events that will take place over the next twelve months. Founded in 1983, the Canadian Hispanic Congress will celebrate its 40th anniversary of work in service to our community, and to Canada, in the year 2023. The CHC team is thrilled to reach this important milestone. Our work on behalf of the Spanish-speaking community living in Canada has been a source of great satisfaction over the years.

It therefore seems appropriate, to celebrate this milestone with the same level of enthusiasm that we bring to our work. We at CHC are planning to carry out different activities that will be communicated through our social networks and that will be carried out throughout this year. Looking to represent the Hispanic Latin Canadian community, during this year of celebration, we ask you to participate in great activities that will include trivia games, interviews, video blogs, publications related to the representation of the 21 countries that make up our community and much more. Our yearlong celebration will include different events and activities seeking to pay tribute not only to the 40 years of work of the CHC, but also to our various causes and our community. We will officially conclude our anniversary celebrations in October 2023 with a special celebration. As always, we like to thank each one of you for your interest and support for CHC. We ask that you continue to be a part of this enriching celebration and we invite you to stay tuned to our social media networks, to participate in all our activities and enjoy all the special content we have prepared for you.



THE IMPORTANCE OF BLOOD DONATION



According to the Government of Canada, people battling complicated illnesses such as cancer and leukemia, preterm newborns, patients going through surgery, or those that went through a major injuries and traumas, blood donations are an indispensable part of everyday medical care. Being a factor that could, in many cases, mean the difference between life and death, blood donations are constantly needed across the country. Many Canadians are already frequent blood donors, but the need for blood remains high. The Canadian Blood Services announces that they are in urgent need of blood donors to replenish the national blood supply since the pandemic has caused a large donation reduction that has resulted in an important blood shortage. In addition to the pandemic strongly affecting blood reserves, the summer period has been another additional factor that has contributed to this problem. The summer months are challenging times for blood donation since there is a decrease in donations due to the reduction in the number of available donors. Likewise, the increase in activity for the holidays elevates the risks of major accidents, resulting in a catastrophic combination.

Canadians, if eligible, are encouraged to donate blood. Not only is it an act of great altruism that benefits those in need within our community, but it is safe and can also be beneficial to the donor. According to some studies published by the UHN Toronto, people who are regular blood donors tend to be people with better overall health, presenting lower iron levels and being a practice linked to a decreased risk of cancer, diabetes, and cardiovascular disease. Also, the process of donating blood is simple and convenient. Blood donation centers ensure that the blood donation process does not take more than 10 minutes. If you are interested, it is recommended that you consult with your personal physician about your own eligibility as a blood donor and the location of your nearest center. We share the following link where you can access additional information: <https://www.canada.ca/en/public-health/services/healthy-living/blood-organ-tissue-donation.html>

LET'S TALK ABOUT THE IMPORTANCE OF MENTAL HEALTH

Due to old taboos and the erroneous handling of the concept of "mental health", many times this topic is treated as something bad, something that must be hidden. However, many Canadians are affected by mental health related issues either directly or indirectly through family, friends, or other close ones. According to reports made by the Mental Health Commission of Canada, "one in five Canadians will experience a mental health problem or illness every year".

We have heard the term "medically necessary" being used to describe essential life-saving medical interventions. This concept includes all those services that are given a high level of importance as they are administered for the "purposes of maintaining health, preventing disease, and diagnosing or treating an injury or disability ". However, the scope and coverage of what encompasses the concept of "medically necessary" has not gone without protest, since there are some highly important medical services that are often overlooked. One of these services that seems to remain in the shadow of medical needs are those related to mental health. For several years now, mental health has been recognized as a fundamental part of an individual's health. However, mental health is often a concept that continues to be ignored or even feared, generating not only further confusion regarding its correct treatment, but also promoting misinformation and ignorance on the subject.

The CHC wants to provide opportunities to start important conversations on the subject by providing reliable information and raising awareness. Starting with the medical literature that explains that mental health "includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy decisions." Mental health is important at all stages of life, from childhood and adolescence to adulthood." It is important to note that mental health is just as important as physical health when it comes to a person's overall well-being. The state of our mental health affects our daily lives, affecting not only our development and quality of life, but also those around us. We invite you to learn more about mental health, the resources available, and to learn more as we promote good mental health for ourselves and our loved ones. Follow this link to expand our knowledge on the subject: <https://www.canada.ca/en/public-health/services/about-mental-illness.html>





MESSAGE FROM THE PRESIDENT

Dear friends,

The month of July was a busy month, and we were honoured to attend and participate in as many community events as possible.

As we pass the midway point of Summer 2022, along with the bright sunny days and warm nights, we are witnessing some important changes within the Canadian economy. Changes such as higher inflation, higher interest rates and rising food prices are undoubtedly, the result of more than two years of living through the COVID 19 pandemic. Yet, there are also good news.

August 2022 brings something very special to those of us who make up the Canadian Hispanic Congress team. It marks the beginning of our 40th year of service to the Canadian community through our service to the Spanish-speaking community living in Canada.

As we enter our 40th year of service to the Latin Hispanic Canadian community, we look back at the work that we have done as an organization and we are gratified, not only by your continued support, but for the sustained effort, of those who over the years have made their contributions as members of the CHC.

In the coming months, we will share with you some of our memories and accomplishments and will ask you join us for our celebrations, through your participation in contests, trivia games, interviews, video blogs and many other opportunities to be a part of this important milestone.

We will also be calling for your photographs and short videos where you can share your memories of the CHC. We will then share them on our social media platforms.

We invite you to keep checking our pages for updates and interesting ways to participate in our festivities as we celebrate our 40th anniversary. Please remember to "like" our new Facebook page and follow us on our Instagram, LinkedIn, and twitter pages.

Warm regards,
Monique Forster
President

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CHC UPCOMING EVENTS

CHC
Canadian Hispanic Congress
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BLOOD Donation

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If you are interested, it is recommended that you consult with your personal physician about your own eligibility as a blood donor and the location of your nearest center. We share the following link where you can access additional information:
<https://www.blood.ca/en>

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<https://cmha.ca/>

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