



Osteoporosis Canada

Ostéoporose Canada

**COPING**

March 23, 2016

**Remember: You can live well with osteoporosis!**

## **Osteoporosis Canada's Community Partner Award 2015: Cornelia Bean Ltd.**

The Community Partner Award recognizes those special local corporations or organizations that have fostered and promoted the work of Osteoporosis Canada through one of its Chapters or the National Office.

Cornelia Bean Ltd., a purveyor of fine teas and coffees, and located in one of Winnipeg's preferred shopping and service areas, has been actively supporting the Manitoba Chapter of Osteoporosis Canada for over 10 years.

Throughout the five years of the Manitoba Chapter's *Tea with a Twist* fundraising events, Cornelia Bean was the donor of a variety of specialty teas and featured "tea-tinis" (a unique cocktail made with tea and alcohol). Bob Krul, co-owner of Cornelia Bean Ltd., was extremely generous with his time, helping the committee select a wide variety of teas and unique cocktail mixes. Presiding at each tea, Bob shared the history of tea, offered entertaining tutorials on the brewing and drinking of tea, and worked alongside celebrity bartenders to blend and serve the "tea-tinis" to the guests.

For 10 years, Cornelia Bean Ltd. has also been the provider of tea and coffee for Manitoba Chapter's *Annual Cheese and Wine* event. Bob Krul attends the events, frequently speaking about the presentation, and the aroma and taste of a great cup of tea. Gift baskets for the silent auction at this fundraiser, and gift bags of specialty blended teas for event attendees, have been generously donated.

Bob was excited to hear that the Chapter was going to hold a *Bones 'n' Beer* event with an emphasis on educating men about their bone health. He enthusiastically joined the event committee to help with the planning, promotion, ticket sales, and, once again, providing the tea and coffee for this fun evening.

Specialty teas and fine coffee at our fundraising events enhance the enjoyment of the evening. However, in addition to the donation of quality goods, Bob's entertaining yet educational presentations of Cornelia Bean's teas and coffees delight audiences and help us to build relationships with attendees / funders / sponsors / donors. In fact, at a recent live auction, it was Bob's friendly cajoling of bidders to "keep on bidding!" that kept the bids coming and growing ever higher. Money raised from the Chapter's three main fundraisers help support the everyday running of the office, and ultimately

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### **Fracture Fact:**

Approximately half of all patients who suffer a hip fracture had previously broken another bone - a 'signal' fracture - before breaking their hip.

[Click here](#) for this week's COPN Quiz

the community.

Bob Krul's community altruism goes well beyond Osteoporosis Canada and the Manitoba Chapter. He presents locally and internationally on the secrets of brewing and drinking tea. Bob supports The MS Society of Manitoba, Mount Carmel Clinic, Winnipeg, CancerCare Manitoba, Doctors Without Borders and Friends of Assiniboine Park Conservatory; within this active community role, Bob is Honorary Consul for the Kingdom of the Netherlands.



Colleen Bready, CTV Winnipeg, and Bob Krul, Co-owner of Cornelia Bean Ltd.

On March 10, 2016, at our 11<sup>th</sup> annual *Cheese and Wine*, it was with much gratitude that Osteoporosis Canada, Manitoba Chapter, presented the Community Partner Award to this exemplary model of a good corporate citizen - Bob Krul of Cornelia Bean Ltd.!

If you have questions about this article or any other aspect of osteoporosis, please call toll-free 1-800-463-6842 (416-696-2663 in the Greater Toronto Area) to speak to an information counsellor.

## *Is Building Better Bones On Your Bucket List?*

If so, we need you! COPN is now 8,500 members strong. Our goal is to reach 10,000 members in 2016 and raise our numbers across Canada. We know that 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime. We need your support to reach out to people in your community to encourage people to join COPN and help others live well with osteoporosis!

We are looking for enthusiastic COPN members to become COPN Advocates.

The only qualification is that you are passionate about COPN and what it offers:

- The latest evidence-based information on medical research and osteoporosis care with rapid responses to media headlines.
- Inspiring personal stories from others who are affected by and living well with osteoporosis.
- The assurance that all information provided by COPN is vetted by Canada's foremost osteoporosis experts, the Scientific Advisory Council of Osteoporosis Canada.
- Practical information on nutrition, exercise, safe movements, fall prevention and much, much more.

To get more information on how to get ready and begin reaching out, please contact COPN at [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca)

We make a difference! You can too!

## You Make My Life Better!

There are times when someone is particularly helpful with small acts of kindness that make my life better, easier, or just more pleasant. At other times, someone goes out of their way with huge efforts to make my life better.

At those times, I wish I could let that person know that their action was thoughtful and much appreciated with more than just a verbal "thank you."

"You Make My Life Better" is an award you can give to people who make your life better as you live well with osteoporosis. As members of COPN, you can nominate a person for such an award by filling out a simple nomination form. Once your nomination is received by the COPN office staff, your nominee will be sent a "You Make My Life Better" certificate on your behalf to congratulate him or her. A letter will accompany the certificate that will include your personal note that explains what they did that made your life better.

To access a nomination form, click [here](#).

## FUNNY BONE:

Reporters interviewing a 104-year old woman: "And what do you think is the best thing about being 104?" the reporter asked. "No peer pressure," she replied.

## A Recipe from our Sponsor

### Roasted Salmon and Broccoli with Lemon Parmesan Sauce

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *15 mins*

Yields: *4 servings*

*2/3 milk product serving(s) per person*

**Calcium:** 24% DV/ 269 mg



This meal can be on the table in just a half an hour and it's really easy to make! Roasting the salmon and broccoli gives a great flavour and texture and the silky sauce, flavourful with lemon and Parmesan, makes a restaurant-style meal that will impress the whole family. Serve whole grain brown rice, whole wheat noodles or boiled potatoes on the side.

**For more information about this recipe:**

<http://www.dairygoodness.ca/getenough/recipes/roasted-salmon-and-broccoli-with-lemon-parmesan-sauce>

## Ingredients

2 cloves garlic, divided	6 cups (1.5 L) broccoli florets (about 1 large bunch)
1/4 tsp (1 mL) salt	
Pepper	4 pieces salmon fillet, 1/2-inch (1 cm) thick (each about 4 oz/125 g)
1 tbsp (15 mL) <b>butter</b> , melted, divided	2 tbsp (30 mL) cornstarch
2 tsp (10 mL) olive oil	2 cups (500 mL) <b>milk</b>
Grated zest of 1/2 lemon	1/4 cup (60 mL) <b>Parmesan cheese</b> , grated
1/4 cup (60 mL) freshly squeezed lemon juice	

## Preparation

Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or foil.

In a small bowl, combine 1 clove of garlic, salt, 1/4 tsp (1 mL) pepper, 1 tsp (5 mL) of the melted butter, oil and 2 tbsp (30 mL) of the lemon juice.

On prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least 1/2 inch (1 cm) apart. Brush with remaining garlic mixture. Set aside.

In a small saucepan, heat remaining 2 tsp (10 mL) butter over medium heat. Sauté remaining clove of garlic for 1 minute. Whisk cornstarch with milk and stir into saucepan; bring to a boil, whisking often. Boil, whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese; drizzle in remaining lemon juice, while whisking, until blended. Season to taste with pepper.

Meanwhile, roast broccoli and salmon for about 8 minutes or until broccoli is browned and tender and salmon just flakes easily with a fork.

Divide broccoli and salmon among serving plates and drizzle with sauce.

## Tips

If the salmon fillets are thicker than 1/2-inch (1 cm), and place the salmon on one side of the baking sheet and toss the broccoli with the garlic mixture in a large bowl. Roast the salmon for 2 to 4 minutes (depending on thickness), then add the broccoli to the other side of the baking sheet and continue roasting as directed. Start roasting the salmon before making the sauce so they're ready at the same time.

**This issue of COPING is sponsored by Dairy Farmers of Canada**

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These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.



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