



Osteoporosis Canada

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# COPING

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

## 7 Convenient Ways to Use Your Smartphone

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### Fracture Fact

You might think that almost everybody owns a smartphone, but globally they are pretty rare. South Korea – 88% of the population owns one; tech-savvy Japan only 39%. What about Canada – 67%.

Source  
@conradhacket

Welcome and Happy 2017 to all our members! Last year whizzed by like a ride on a slide - before you know it, you have reached the bottom!

Perhaps you were given a smartphone or another one of those phones that have many unexplored and unknown features that could be useful if we knew how to access and use them. In this newsletter you will find suggestions for using at least some of the features on your new phone.

For instance, you can set up your phone to access your emails, so when you get your latest Coping, you don't need to boot up your computer or open your iPad; it will be right there in the palm of your hand and you can read it wherever you are!

### 7 Convenient Ways to Use Your Smartphone

Smartphones can be intimidating but with the proper know-how they can make your life easier. Smartphones have transformed the way we do things and have made many tasks much more efficient. Here are seven great ways to use a smartphone.

#### 1) Stay connected with family and friends

Conveniently stay in touch with your family and friends using social media apps like Facebook, Twitter and Instagram. Social media can keep you in the know of your friends and family's latest activities and travels, as well as help you share pictures with your loved ones. You can also use various messaging and calling apps like Whatsapp, Skype and Viber. With these apps, you can message and call your family and friends all over the world. Smartphones have made communicating much easier by keeping family and friends connected more than ever before.

#### 2) Conveniently access information

Whether you have a question or want to learn something new, with a smartphone you can easily find the information you need right at your fingertips. Want to know when the Blue Jays won the World Series Championship? Search the question using your phone. Want to know how to bake muffins? Use Google on your smartphone to find a recipe. Smartphones can help you find what you need, wherever you are.

### 3) Mobile banking

Take control, save time and stay on top of your money by using mobile banking. You can easily access your bank account information anywhere you go as long as you have a mobile connection. Skip the line at the bank and manage it wirelessly with easy access to bill payments, money transfers and account balances.

### 4) Mobile navigation (GPS)

Have you ever gotten lost on your way to a destination? Just look for the mobile navigation app on your smartphone and type in the address of your destination. It will start voice guided step-by-step navigation instructions, while also updating you with the current traffic on your route. You can also look for nearby locations like restaurants, shopping malls and gas stations.

### 5) News and weather updates

Stay up to date with the latest news and weather updates with your smartphone. Want to know if it's going to be sunny the whole week? Simply check your weather app for the most up to date weather information. How about staying current on what is happening in the world? You can download news apps like CBC, CNN, BBC News, or other preferred news sources to stay consistently updated.

### 6) Book and track your appointments

Never miss your appointments when you use the calendar in your smartphone. You can easily set up an appointment, reminder or alarm to make sure you're on time.

### 7) Utilities

Did you know that some smartphones have built-in apps? Apps like the clock and calculator are easily accessible for your everyday use and allow you to set up your daily alarm or perform a quick math calculation. Do you sometimes need to find your keys in your bag? Most smartphones have a torch/flashlight feature that you can easily turn on and off when you need it.

Smartphones may seem overwhelming; however, they can also make many tasks easier and much more convenient.

*This article is reprinted with permission from Zoomer Wireless.*

#### **We Welcome Your Feedback**

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number 1-800-463-6842 or emailing [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca).

## **FUNNY BONE:**

**A true friend is one who overlooks your failures and tolerates your successes. – Doug Larson**

# A Recipe from our Sponsor

## Ham & cheese cauliflower

Course: *Main Dishes*  
Preparation Time: *15 mins*  
Cooking Time: *45 mins*  
Yields: *6 to 8 serving*

*1/2 milk product serving(s) per person*

**Calcium:** 16% DV/ 173 mg



Perfect, plump heads of cauliflower are abundant at this time of year, and this dish is a simple way of showcasing its flavor.

**For more information about this recipe:**

<http://www.dairygoodness.ca/getenough/recipes/ham-cheese-cauliflower>

## Ingredients

1 medium cauliflower, leaves and stem removed  
6 thin slices of ham, chopped  
1/4 cup (60 mL) sun-dried tomatoes, chopped  
6 oz (180 g) **Canadian Aged Cheddar**, grated  
2 tbsp (30 mL) fresh chives, chopped

## Preparation

Place cauliflower in a saucepan, cover with cold water and add a little salt. Bring to a boil and cook for 10 minutes.

Preheat oven to 425°F (220°C).

Drain cauliflower and place in an oven-safe baking dish. Insert pieces of ham and sun-dried tomatoes between the cauliflower florets. Cook in the oven for 20 minutes.

Add cheese and cook 10 more minutes. Sprinkle with chives and serve.

## Tips

**Cheese alternatives:** Canadian Provolone, Medium Cheddar, Gouda.

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

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