

Remember: You can live well with osteoporosis!

Priscilla Cole

1926 to 2017

The mind, heart and soul of COPN

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I would like to introduce you to one of the most interesting and dynamic people I have ever had the privilege to know - Priscilla Cole. Picture a small woman, not five feet tall, who possessed a lively intelligence, huge determination and a droll sense of humour.

Sheila Brien, one of the four founders of COPN, wrote: "Priscilla thought outside the box and was a visionary. She was very persuasive and stubborn and once you were in her sights for a task it was easier to just say 'yes.' Priscilla always referred to herself as 'feisty,' a perfect description."

Yes, Priscilla was a visionary. She saw the importance of a network of people living with osteoporosis, people who could represent and present the patient perspective. She contacted three friends, Sheila Brien, Ina Ilse and Gail Lemieux, who, like herself, were living with osteoporosis. They dared to dream of what could and should be and how to make it happen.

Sheila goes on to say: "When we first met to discuss COPN, her (Priscilla's) approach was – yes we are patients but more importantly we are consumers and need to exercise those rights."

These four women knew how critical it is to have the patient perspective represented in the multiple facets of Osteoporosis Canada's work. The patient voice is imperative in advocacy. The patient story must be central for the media. The patient experience is integral to the design and dissemination of research and the production of materials for the patient and general public.



I know that Priscilla was proud to see how COPN has grown and flourished since it was officially launched in 2004. From its humble but passionate beginnings as a conversation amongst four friends to a national network that connects and serves thousands of Canadians from coast to coast to coast COPN is well on its way to fulfilling their dream - that it is possible to live well with osteoporosis.

I stayed in Priscilla's home on several occasions when I was in Toronto for OC Board meetings. These were really enjoyable times that will live long in my memory. Although she was approaching her 80th birthday, she possessed great energy, an enquiring mind and a magnetic personality. She was still involved in Active in Living & Learning in Retirement, Osteoporosis Canada (Queen Elizabeth II Jubilee Award, 2012), Metro Toronto Zoo, the Royal Ontario Museum and Green Thumbs, Sunnybrook.

The last word goes to her friend, Ina Ilse: "Priscilla: always feisty and bouncy, never at a loss. We were part of a group called the Knowledge Exchange Task Force, made up of different factions in the healthcare area - arthritis, osteoporosis, MS, skin disorders and much more. When we had our yearly face to face meetings, we worked on scientific articles that were written in such a language that even professionals had trouble understanding, let alone lay people!

"One day, after a long session, out of the blue, Priscilla jumped up and said: "time for our health break." Then promptly the music got turned on and all of us, sometimes more than 40, would follow Priscilla around the room doing her exercises. These movements had been taught to her by a health trainer in the place where she lived and they were very stimulating. This started a trend such that at all of our meetings Priscilla would choose the right time for our health break. She was a wonderful person!"

Priscilla died on December 14, peacefully and surrounded by loved ones.

Marg MacDonell,
Past Chair COPN

Priscilla Cole

Obituary as posted in the Globe and Mail

Cole, Lucy Priscilla – died peacefully at the Bradgate Arms, Toronto, 14 December 2017. Survived by her sons; daughters-in-law (Jeannine, Jennifer); grandchildren (Devan, Michael, Paul, Alex, and Nora) and great-grandchild, Lillian; nieces and nephews; and extended family, god-children and many friends throughout the world.

Priscilla (Dilly) was born 3 May 1926 in Calcutta, India to Howard and Margery Denning. At age 5, returned to her grandparents in St. Andrews, Scotland. Upon father's retirement, moved to Berkhamstead, Hertfordshire. Graduated in Chemistry (Honours BSc) from Bedford College, University of London.

Married Anthony Cole, lived in Wing, Buckinghamshire. Bore two sons, Howard and Donald. Family emigrated to Toronto, Canada -March 1957. Taught sciences at Havergal College (1957-1967).

Bought a lot on Lake Kawagama (1958) where built an A-frame cottage, designed by Anthony – her favourite place. Tragically, Anthony was killed in an air crash in 1963.

Transferred to Seneca College as a counsellor. Certificate in Adult Education and Diploma in Gerontology. Married to Thomas Wilson until 1994. Retired age 55 to develop programs for seniors.

Active in Living & Learning in Retirement, Osteoporosis Canada (Queen Elizabeth II Jubilee Award, 2012), Metro Toronto Zoo, the ROM, and Green Thumbs, Sunnybrook. Moved to the Bradgate in 2009, close to Toronto First Unitarian, where Celebration of Life will take place Saturday Jan 27th at 14:00. In lieu of flowers, commemorative donations to charity of your choice, Osteoporosis Canada or the Toronto Zoo.

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.

Key Indicators for Canadian FLSs - Setting the Foundation for measuring and improving the effectiveness of Canada's Fracture Liaison Services

We are pleased to hear the news that 45 FLSs are now profiled in the FLS Registry established by Osteoporosis Canada in 2016 to acknowledge the hospitals that meet all of the [Essential Elements of Fracture Liaison Services](#).

You will recall from previous articles published here in COPING that a huge osteoporosis care gap exists: less than 20% of Canadians who break a bone because of the disease receive treatment to prevent another fracture. Instead they become trapped in a cycle of recurrent fractures, failed time and again by a health care system that misses the opportunity to assess and treat the underlying cause of the broken bones. Of the many attempts worldwide to reduce this care gap, only Fracture Liaison Services (FLS) have proven to be successful.

But how can we know if an FLS is being effective? To help answer that question OC's Outcomes Task Force (OTF) developed *Key Indicators for Canadian FLSs*, <http://fls.osteoporosis.ca/indicator/>, a standardized guide to be used by FLSs to measure their performance in preparation for OC's first national FLS Audit in 2018. We look forward to publishing the results of the Audit in a future edition of COPING.

Osteoporosis Canada's (OC) goal is to help ensure that no fracture patient is ever "left behind" and that every one of them receives the osteoporosis care they need to prevent another fracture. The Key Indicators for Canadian FLSs are a crucial part of this endeavour.

*National Conference on Osteoporosis & Osteoarthritis
presented by Osteoporosis Canada in partnership with Bone and Joint Canada*

2nd Canadian Musculoskeletal Conference (CMC) 2018

May 4-5, 2018

Double Tree by Hilton Toronto Downtown
108 Chestnut Street, Toronto, ON, M5G 1R3

SAVE THE DATE

www.osteoporosis.ca/cmc

A practical 1.5 day program designed for
educating specialists, family physicians and
health professionals on musculoskeletal health.

The conference will be hosted in English.



ADDITIONAL EVENTS:

Young Investigators Half Day - May 3rd:

- Call for abstracts deadline - March 1, 2018
- CMC-Osteoporosis Canada Award for Best Young Investigator Abstract
 - \$500 Value
 - Featured on Osteoporosis Canada's website
 - Presentation to main conference - May 4, 2018

Bone Fit™ Course - May 5th and 6th, 2018

ISCD-IOF Osteoporosis Essentials Course - May 5th & 6th, 2018

Separate registration is required for these events.

By Osteoporosis Canada in partnership with Bone and Joint Canada

OSTEOPOROSIS
CANADA



A Recipe from our Sponsor

Butternut & Swiss cheese ravioli soup

Course: *Main Dishes*

Preparation Time: *40 mins*

Cooking Time: *20-25 mins*

Yields: *6 to 8 servings*

1/2 milk product serving(s) per person

Calcium: 23% DV/ 254 mg



The delicious combination of fall squash and crushed amaretti cookies makes for a warming soup with subtle, sweet earthiness.

Ingredients

2 cups (500 mL) butternut squash, peeled and diced
2 cloves garlic, peeled
5 amaretti cookies
1/3 cup (75 mL) Italian-style breadcrumbs
1 egg, separated
1 3/4 cups (425 mL) **Canadian Swiss cheese**,
grated, divided
Salt and freshly ground peppers
48 wonton wrappers
6 cups (1.5 L) low-sodium beef broth
3 sprigs of fresh thyme
1 leek, green part only, thinly sliced

Tips

Cheese alternatives: Canadian Cheddar,
Gouda, Monterey Jack.

Preparation

Cook squash with garlic in salted water until tender, about 10–15 minutes. Drain and let cool.

In a food processor, crush cookies with breadcrumbs. Add squash and garlic and process until smooth. Mix in egg yolk and 1 1/3 cups (325 mL) cheese. Season with salt and pepper.

Lay out half the wonton wrappers on a work surface. Place a spoonful of squash mixture in the middle of each wrapper. Brush the edges of each wrapper with lightly beaten egg white and cover with remaining wrappers. Firmly press the edges together to seal the ravioli. Refrigerate until ready to cook or freeze for future use.

In a large saucepan, bring broth to a boil with thyme and leek. Add ravioli and cook 3–4 minutes (6–8 minutes if frozen). Serve immediately with 3–4 ravioli per bowl, garnished with the remaining cheese.

For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/butternut-swiss-cheese-ravioli-soup>

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.

