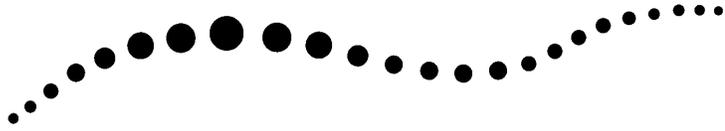


Osteoporosis
Society
of Canada

La Société
de l'Ostéoporose
du Canada



COPN – CANADIAN OSTEOPOROSIS PATIENT NETWORK FALL 2004 INAUGURAL E-NEWSLETTER

Welcome to COPN's inaugural e-newsletter. We want you to know that we are working hard to keep you up to date on osteoporosis activities in Canada. In fact, we have been doing many things, and now feel that we are ready to let you know what COPN is all about.

Our responsibilities are:

- * To maintain a virtual network of information for persons with osteoporosis,
- * To respond to requests for representation on osteoporosis policy and research committees, as well as to take part in appropriate consultation processes,
- * To provide perspective to the Osteoporosis Society of Canada on matters of education and support for persons with osteoporosis, and
- * To recruit suitable candidates for membership on the COPN steering committee, whose purpose is to oversee the activities of COPN.

This is a big job. We have been putting in place a framework from which to operate. Good news – we are now official! At the October 2004 meeting of the Board of Directors of the Osteoporosis Society of Canada, COPN had reaffirmed its mandate to be the voice for persons with osteoporosis. This move was welcomed with enthusiastic support. Under the direction of President and CEO Karen Ormerod, COPN was redefined as an operational arm of the organization, a working committee that will report directly to her. Program Coordinator Tanya Long will provide staff support and help to develop resources.

Our plans for the next couple of months are:

- * To create an advertising flyer about COPN. This will be distributed wherever possible to help publicize the network (e.g., health fairs, conferences, etc.)
- * To produce our first e-newsletter. We have accomplished that goal, as you are now reading it!
- * To update the Society web site and create an on-line registration form for anyone interested in becoming a part of COPN and in receiving our e-newsletter.
- * To attend an Advocacy workshop with a view to having an advocacy day with the Ontario government in early 2005.

Here are a few other things that we have done or are working on:

- * Attending Women's Health Matters Forum and Expo. We did this in January 2004 and will attend again in January 2005.
- * Meeting with the Minister of Health for Ontario, George Smitherman, regarding an Osteoporosis Strategy for Ontario.
- * Participating in the Bone Health Summit, Faculty of Education and Health, University of Toronto.
- * Attending the Best Medicine Conference, Toronto, on the theme of Consumer Engagement in Decision Making.

* Attending the Musculoskeletal Health Training Program Translation Research Workshop (about converting medical research into lay terms) at the Canadian Institute of Health, McMaster University.

So you can see, we have been busy. We will deliver more news about these and other events in future editions of the e-newsletter, or on the web site.

Speaking of our newsletter, it needs a name! If you have an idea for one, please e-mail us with your suggestions. If we decide to use it, you will win a copy of the new cookbook, *The Everyday Calcium Cookbook*, by Helen Bishop MacDonald.

Please encourage anyone you know who might be interested in COPN to visit the web site www.osteoporosis.ca (click on COPN) or to e-mail us at COPN@osteoporosis.ca to ask to have their name and e-mail address added to the list to receive the next newsletter. We appreciate your support.

We are also looking for your story of living with osteoporosis. If you wish to share your experience, please e-mail us your story. We may use it on our web site (but only with your permission), so that others may learn from your experience. If you are doing something interesting in your province, let us know, so we can all learn from one another. We are looking for reporters from each province, someone who can inform us about activities - what persons with osteoporosis are doing.

Finally, if you have questions about osteoporosis and would like to receive information, please call the Osteoporosis Society of Canada's toll free line – 1-800-463-6842. One of the information counsellors will be pleased to help you.