



Osteoporosis Canada

Ostéoporose Canada

COPING

December 17, 2014

COPN: Proudly Celebrating our 10th Anniversary **Season's Greetings and Happy New Year!**

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Season's Greetings and Happy New Year!

This is a special time of year when one tends to reflect on their lives, look back over the past and look forward to the New Year. 2014 had COPN doing the same - looking back over the impact that COPN has had over the last 10 years and looking forward to what the next 10 years will bring.

COPN's history truly reflects the difference a few individuals can make. Starting with just four friends around a dining room table who wanted to make a difference to others living with osteoporosis, COPN has now grown to 8,000 members. Back then who would have dreamed that we could reach out to so many people? How many will we be reaching in the next 10 years? There are still many people who are alone in dealing with their osteoporosis that we need to reach, particularly in remote areas of our vast country. If you know of anyone who could benefit from COPN or who can help spread the word, please take a minute to pass on this opportunity. Think of the impact 8,000 of us can have! Thanks to all of you who make a difference to those living with osteoporosis, either at home, through work or through COPN.

As we look forward to the New Year, let's remember that taking care of our bones and avoiding fractures is a daily task for every season. Don't forget to take your medications and supplements, eat a calcium-rich diet, do your exercises safely and watch your step.

Cheryl Baldwin

Chair, COPN Executive Committee

Fracture Fact:

Falls are the leading cause of injury-related hospitalizations among Canadian seniors.

Fall Prevention over the Holiday Season

Fall prevention is always an important concern for people with osteoporosis and at high risk of fracture. However, there are some specific things to be aware of in winter and especially during the holiday season:

- Most falls occur indoors, inside the home.
- Make sure your indoor shoes are just as safe as your outdoor boots, i.e., that they have a non-skid sole and can't slip off your feet.
- Inside, be aware of obstacles and potential tripping hazards. Over the holiday season, more people visiting may mean more loose items on the floor such as shoes, purses, gifts, gift wrap, spilled drinks and so on.
- If younger children are visiting, be aware of toys, mittens, coats, sweaters, scarves, hats and anything else that isn't attached. Whatever it is, it will certainly find its way underfoot.
- People may track snow into your hallway or foyer. Be sure to wipe up wet spots as soon as possible to avoid slipping on them. Door mats can also be used to absorb melting snow provided they are non-slip and non-trip with a good rubber backing.
- Outside your front door, wet or icy surfaces can be slippery and can cause a fall. Tread carefully and use handrails whenever ascending or descending stairs, no matter how few the number of steps.
- Keep the stairs and sidewalks of your home clear of snow and ice and sanded or salted to prevent slips. (For more on fall prevention, click [here](#) to read COPING's 4-part series on falls - February 14 to March 26, 2014).

Have a safe, happy, and fall- and fracture-free holiday season and New Year.

FUNNY BONE:

My wife said she didn't mind what gift I got her as long as it had diamonds in it. *I bought her a pack of cards.*

A Recipe from our Sponsor

Crêpes du jour with Monterey Jack

Course: *Main Dishes*
Preparation Time: *30 mins*
Cooking Time: *25 mins*
Yields: *4 to 6 servings*

3/4 milk product serving(s) per person

Calcium: 32% DV/ 353 mg



Ingredients

1 tbsp (15 mL) butter
1 onion, chopped
2 cloves garlic, chopped
1 lb (450 g) chicken breasts or thighs, cut into strips
1 1/4 cups (310 mL) tomato sauce, no salt added
1/2 cup (125 mL) salsa
1/3 cup (80 mL) 15 % or 35 % cooking cream
Salt and freshly ground pepper
1 bunch of asparagus, trimmed
8 large (7") homemade or stored-bought crepes
6 oz (180 g) **Canadian Monterey Jack**, grated
1/4 cup (60 mL) fresh cilantro, coarsely chopped

Tips: For a homemade crepe batter recipe, go to www.allyouneedischeese.ca/crepesdujour

Preparation

Preheat oven to 425°F (220°C).

In a deep skillet, melt butter on medium heat and brown onion and garlic for 2 minutes. Add chicken strips and cook until browned. Add tomato sauce, salsa and cream. Season with salt and pepper. Bring to a boil and let simmer for 7–10 minutes.

Meanwhile, cook asparagus in salted boiling water for 2 minutes. Drain.

Spread crepes out on work surface, then divide chicken and asparagus among crepes. Roll up crepes and place in a lasagna dish.

Pour the sauce over crepes and sprinkle with Monterey Jack.

Brown in the oven, then garnish with cilantro and serve.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/crepes-du-jour-with-monterey-jack>

This issue of COPING is sponsored by Dairy Farmers of Canada

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