



Osteoporosis Canada

Ostéoporose Canada

**COPING**

April 8, 2015

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

## **National Volunteer Week: April 12-18, 2015**

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***Are you aware that over 47% of Canadians (more than 15 million) spend some time each year volunteering? These individuals donate an estimated 2 billion hours annually, which is equivalent to more than 1.1 million full-time jobs.***

This is the 12<sup>th</sup> consecutive year that Canada has designated “**National Volunteer Week**” to recognize and honour these special individuals who donate countless hours of their time, talents and energy to their fellow citizens.

Osteoporosis Canada is pleased to celebrate **National Volunteer Week 2015** in honour of our fantastic team of dedicated volunteers who are often referred to as the “**Backbone**” of the organization. It is only through the commitment and invaluable contributions of these passionate individuals from across the country, who work at all levels of our organization, that we are able to continue to work towards the fulfilment of our shared vision and goals. We are so truly fortunate to have such a wonderful, enthusiastic group of volunteers and we are honoured to have you on our team.

**A heart-felt thank you to all our dedicated Volunteers for all the amazing work you do and for being an inspiration to others.**

Are you interested in volunteering? To find out more about the great volunteer opportunities at Osteoporosis Canada [click here](#) or call our toll free number 1-800-463-6842.

Cheryl Baldwin, Chair, Canadian Osteoporosis Patient Network

## Osteoporosis Canada Volunteers, Nancy Macklin and Gerry Corcoran, Share Their Stories

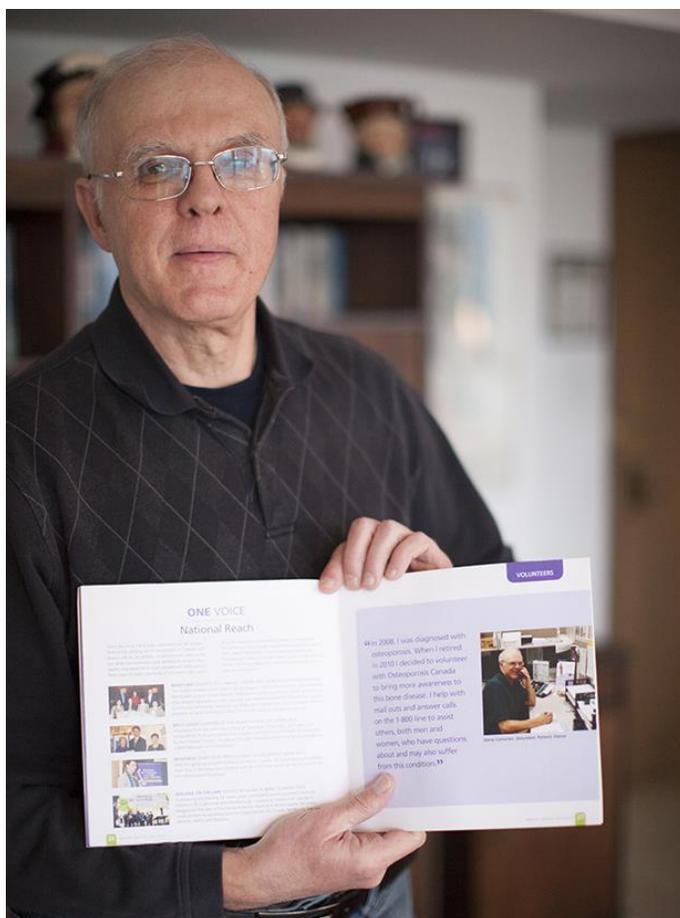


### **Nancy Macklin**

Despite having grown up on a dairy farm and with no history of osteoporosis in the family, Nancy was diagnosed with osteoporosis in 2011. She was lucky it was spotted during a routine bone density test before she fractured. Nancy now volunteers for Osteoporosis Canada on a regular basis. Click [here](#) to learn more about Nancy's full story.

### **Gerry Corcoran**

In 2008, Gerry was lucky enough to have been diagnosed during a screening by his doctor because of secondary risk factors. Since then, he has managed his osteoporosis so that he now has low bone mass (sometimes referred to as osteopenia) and has steered clear of fractures. Although his life hasn't changed all that much, Gerry now volunteers on a regular basis with Osteoporosis Canada. He finds that it helps people to be able to talk to someone who also has osteoporosis. Click [here](#) to learn more about Gerry's story.



*Both stories are reprinted with permission from the International Osteoporosis Foundation (IOF), World Osteoporosis Day, patient stories.*

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.

## FUNNY BONE:

Of all the people I've met, you're one of 'em.

**Moved? Changed phone number or e-mail address?**

**Let us know by calling 1-800-463-6842 or emailing [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca) and we'll update your information. This will ensure we keep you up to date!**

## A Recipe from our Sponsor

### Oatmeal Date Pancakes

By Josée Robitaille

Course: *Mains Dishes*

Preparation Time: *25 mins*

Cooking Time: *20 mins*

Yields: 4 to 6 servings (12 pancakes)

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

**Calcium:** 30% DV/ 330 mg

Delicious topped with yogurt and fruit.

### Ingredients

#### Pancakes:

2 cups (500 mL) quick cooking oatmeal flakes

2 tsp (10 mL) baking powder

1/4 tsp (1 mL) ground cinnamon

Pinch of salt

1 cup (250 mL) **Milk**

1 cup (250 mL) plain yogurt

6 dates

4 eggs

1 tbsp (15 mL) **butter**

#### Topping:

Plain yogurt, to taste

Maple syrup, to taste

Orange, cut into wedges, or other fresh fruit



## Preparation

In a bowl, mix together oatmeal, baking powder, cinnamon and salt. Stir in milk, yogurt and dates. Set aside for 15 minutes to rest. Add eggs and mix well.

Heat a little butter in a non-stick pan over medium heat. Adding 1/3 cup (80 mL) at a time, cook pancakes 3-4 minutes on one side, then 1-2 minutes on the other.

Serve topped with yogurt, a little maple syrup, and orange wedges on the side.

**For more information about this recipe:**

<http://www.dairygoodness.ca/getenough/recipes/oatmeal-date-pancakes>

**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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