



Osteoporosis Canada

Ostéoporose Canada

COPING

December 16, 2015

Remember: You can live well with osteoporosis!

Season's Greetings from COPN

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Fracture Fact:
It is considerably less expensive to prevent a hip fracture than to manage it.

The holiday season is upon us. While 2015 is steadily slipping away and 2016 is rapidly approaching, many of us are enjoying the hustle and bustle of holiday shopping, decorating and preparing for this festive time. We are looking forward to spending time over the holidays in the loving company of family and friends. However, this can also be a very difficult time for many. Please remember those friends, neighbours and relatives who are unable to leave their homes, those who are isolated or alone. Take a few minutes of your time to give them a call or pay them a visit. This small gesture on your part to lift the spirits of someone less fortunate can make a monumental difference in their lives.

This is also a time when we must all be conscious of our surroundings in order to avoid unnecessary falls and fractures. Much of Canada experiences icy sidewalks, driveways and parking lots, so please take care when you are out and about during this exciting time. Falls are also common in the home during the holiday season, so please pay close attention to the extra footwear and slippery floors at entrance ways and items that may have been left on the floor or staircase. I urge all to enjoy this festive time, but take care to prevent those painful falls and fractures.

As we close the year with this issue of COPING, I would like to take this opportunity to wish everyone a very Merry Christmas, Happy Holidays and all the best for a happy, healthy and fracture-free 2016.

I would also like to thank those dedicated volunteers and staff who make all the work of COPN possible. I am truly amazed at the passion and enthusiasm of these individuals who donate countless hours of their time and expertise throughout the year. I feel truly fortunate to work with such a remarkable group of individuals.

A very sincere thank you to **you** - our **readers** - our **members**.
You are the reason **COPN** exists.

Cherylle Unryn

Chair, COPN Executive Committee

Congratulations to Tanya Long - Recipient of the 2015 Angela Reyes Memorial Staff Award

Each year, the Angela Reyes Memorial Award is presented to an Osteoporosis Canada staff member in celebration of the individual's outstanding contribution to the organization, its partners and its clients. We at COPN are delighted that Tanya Long, OC's Senior Manager of Education, is the 2015 recipient of this prestigious award.

Leading by example, Tanya inspires and motivates those around her to excel. With patience and determination she has led the development of many of OC's most important resources. Staff and volunteers at all levels marvel at her expert and passionate delivery of Speaking of Bones, an education package she developed to ensure all who work for Osteoporosis Canada are grounded in an understanding of osteoporosis and what it means to patients. If you have participated in one of OC's national programs like Stand Tall, read one of the many fact sheets or COPING newsletters, watched a Bone Matters webinar or talked to a counsellor on the 1-800 line, you have benefited in some way from Tanya's hard work and devotion to teamwork.

From COPN's beginning 12 years ago, Tanya has been an instrumental supporter, providing valued advice to the Executive Committee, writing many excellent articles for our newsletters and helping to ensure that we can hold our heads high as a trusted source of credible information.

"Approachable and always there for you. Willing to help. She truly listens. Always positive. Honest and pragmatic." These are all phrases that Tanya's colleagues use to describe her. They also exemplify why Tanya is such a deserving recipient of the 2015 Angela Reyes Memorial Award.

Congratulations, Tanya!

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 our toll free number 1-800-463-6842 or e-mailing us at copn@osteoporosis.ca

[Click here](#) for this week's
COPN Quiz

You Make My Life Better

COPN Award

If you want to tell someone "You make my life better",
[click here.](#)

2015 Volunteer Award Winner Photo Gallery

In the previous issue of COPING, we highlighted the achievements of this year's Volunteer Award winners at the OC AGM. Here we share some photos to further recognize them.



Shirley Arnold, Langley Branch BC, Backbone Award October 2015



Andrea Bedard, Manitoba Chapter, Backbone Award October 2015



Dr Susan Whiting, Saskatoon Chapter, Backbone Award October 2015



Dr Irene Polidoulis, Scientific Advisory Council, Backbone Award September 2015



Brenda Payne, Board of Directors, Backbone Award September 2015



Eleanor Mills Inspiration Award Ina Ilse, National Office, September 2015



Volunteer of Distinction Sheila Brien, Canadian Osteoporosis Patient Network, September 2015



Joyce Ford, National Office, Backbone Award
September 2015



Angela Reyes Memorial Award presented to Tanya Long (left) by
Dr Famida Jiwa, September 2015

FUNNY BONE:

"Age is something that does not matter unless you are a cheese." - Billie Berk

A Recipe from our Sponsor

Milk-Braised Pork Roast

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *2 hrs, 30 mins*

Resting Time: *10 mins*

Yields: *6 servings*

2/3 milk product serving(s) per person

Calcium: 20% DV/224 mg



A pork roast that cooks slowly to perfect tenderness and that is served under a creamy milk sauce. Finely slice any leftovers for a delicious sandwich filling.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/milk-braised-pork-roast>

Ingredients

| | |
|---|-------------------------------------|
| 1 1/2 lb (720 g) 1 boneless pork shoulder roast | 4 cups (1 L) Milk |
| Salt and pepper, to taste | 2 bay leaves |
| 2 onions, minced | 6 sage leaves |
| 1 tbsp (15 mL) Butter | 3 cups (750 mL) potatoes, quartered |
| 6 garlic cloves, peeled | Juice of 1 lemon |
| Zest of 2 lemons | |

Preparation

Preheat oven to 300°F (150°C).

Remove the fat from the pork roast if necessary and season with salt and pepper. In a small roasting pan or skillet, brown the roast and the onions in the butter over medium-high heat. Add the garlic and the zest and continue cooking for a few minutes. Pour in the milk and add the bay leaves and sage. Bring to a boil, the liquid will separate, which is normal. Cover and put in the oven for 2 hours. Turn the roast a few times as it cooks. Add the potatoes 1 hour before the end of the cooking time.

Remove the roast and the potatoes from the roasting pan and set aside in a bowl. Cover with aluminum foil. Heat the roasting pan or skillet over medium-high heat and reduce the sauce by half with the lemon juice. Remove the bay leaves and sage. Pulse with an immersion blender or reduce to a purée in a regular blender. Pass through a sieve and adjust the seasoning. Finely slice the roast. Serve with the potatoes, the sauce and, if desired, steamed green vegetables.

Tips

Add big pieces of carrot at the same time as the potatoes to add more vegetables.

For a flavour twist: Season with freshly grated nutmeg to taste.

Replace the pork shoulder with pork loin or a rack of pork for a more “chic” meal. Reduce the oven time by 30 minutes.

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.



NUTRITION
DAIRY FARMERS OF CANADA



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