



Osteoporosis Canada

Ostéoporose Canada

COPING

April 20, 2016

Remember: You can live well with osteoporosis!

Volunteers – the “Backbone” of Osteoporosis Canada

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Volunteers

Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time.

Those who can, do. Those who can do more, volunteer. – Author Unknown

Part 2

Canada’s National Volunteer Week is April 10 – 16, 2016. At this time, and at all times, Osteoporosis Canada recognizes and appreciates the essential contributions made by the numerous dedicated volunteers from across the country. In this issue, we continue the overview of the role of volunteers.

National Office Volunteers

In Toronto, at the national office of Osteoporosis Canada, it is a team of dedicated and knowledgeable volunteers who answer the toll free 1-800 number and who provide callers with information and support in a friendly and knowledgeable manner. A team of well-trained volunteers deliver Speaking of Bones presentations and staff booths at health fairs at libraries, community centres and other community groups, seniors’ residences and corporate lunch ‘n learns in the Greater Toronto Area. The Donor Relations team volunteers typically help with administrative duties such as assembling mail outs and data entry. They make thank you phone calls to donors and call to update donor information. They have volunteered at local events and generally help out wherever it's needed. In the Finance Department, volunteers carry out all duties related to reconciliation, as well as filing and other office tasks.



Ina Ilse, COPN Founder, member of COPN Executive and other committees, 1-800 volunteer

Being a volunteer on the 1-800 information line at OC is very gratifying. When I look back on my years doing it, I can only say that it has enriched my life immensely.

Long ago, I got a call early on a Monday morning. It was from a lady in tears; she had been told the previous Friday that she had osteoporosis. She had not slept at all since then because she was afraid that if she moved in her sleep, she would fracture!

At the end of our talk, she told me that her life was

upside down over the weekend, but now she could move on without fear! What better reward than to have helped someone in such despair! – Ina Ilse

Chapter and Branch Volunteers

The success of each Chapter depends upon a team of committed and engaged volunteers. In fact, the collective commitment and special talents of all Chapter volunteers literally creates the backbone of the Chapter. At the Chapter level, volunteering opportunities are broad, varied and flexible. Some of the special talents and skill sets of Chapter volunteers include finance/fund development, office management/clerical tasks, education and training, public speaking, public relations, writing/word processing, event planning, graphic arts - and the list goes on. Thus, we have volunteers who choose to assist in the Chapter office lending their skills and talents, out in the community as part of the education team or partnering with community sponsors and, even from the comforts of home, completing clerical or research tasks. Some volunteers also take on new areas of interest and hone new skills. Listening to volunteers share their volunteering experiences is varied and individual. One often hears reflections that express personal benefits achieved and increased feelings of self-worth, including:

- enhancing interpersonal, communication and organizational skills;
- finding meaning in working for a not-for-profit organization;
- increasing personal knowledge of osteoporosis;
- networking with like-minded persons;
- honing a special talent or skill;
- experiencing the fulfillment of assisting others in their daily living well with osteoporosis; and
- enjoying camaraderie and lots of fun with fellow volunteers.

Clearly, joining a Chapter volunteer team is a win-win situation for both the Chapter and the volunteer.

Other Volunteers

There is another group of volunteers who play an important role with the organization, whom we often forget to mention. These are the volunteers who rise to the occasion when the need arises, such as to help out on a one-time or one-occasion basis. They may write an article or two for the COPN newsletter, lend their expertise to a Chapter or Branch in planning and organizing an event, or help out in the office during busy times.

Volunteers are essential to Osteoporosis Canada; Osteoporosis Canada recognizes with gratitude the on-going work of its enthusiastic and committed volunteers. Are you interested in joining this team of volunteers in your local community at a Chapter or Branch level, or joining COPN (Canadian Osteoporosis Patient Network)? Please contact us at copn@osteoporosis.ca.

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.



Chapter volunteer Irm Mathes (left) measures the height of a participant at a Stand Tall clinic.

Is Building Better Bones On Your Bucket List?

If so, we need you! COPN is now 8,500 members strong. Our goal is to reach 10,000 members in 2016 and raise our numbers across Canada. We know that 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime. We need your support to reach out to people in your community to encourage people to join COPN and help others live well with osteoporosis!

We are looking for enthusiastic COPN members to become COPN Advocates.

The only qualification is that you are passionate about COPN and what it offers:

- The latest evidence-based information on medical research and osteoporosis care with rapid responses to media headlines.
- Inspiring personal stories from others who are affected by and living well with osteoporosis.
- The assurance that all information provided by COPN is vetted by Canada's foremost osteoporosis experts, the Scientific Advisory Council of Osteoporosis Canada.
- Practical information on nutrition, exercise, safe movements, fall prevention and much, much more.

To get more information on how to get ready and begin reaching out, please contact COPN at

copn@osteoporosis.ca

We make a difference! You can too!

FUNNY BONE:

If you ever get cold, just stand in the corner of a room for a while. They're normally around 90 degrees.

A Recipe from our Sponsor

Ginger Granola & Pineapple Cottage Cheese

Course: *Main Dishes*

Preparation Time: *10 mins*

Cooking Time: *10 mins*

Yields: *4 servings*

1/2 milk product serving(s) per person

Calcium: 14% DV/ 158 mg

Change up your usual breakfast routine with a touch of the exotic. The zing of ginger and a touch of honey in the granola works wonderfully with tangy-sweet pineapple; the cinnamon and vanilla in the Cottage cheese add just the perfect sweetness.



Ingredients

2 tsp (10 mL) minced fresh gingerroot
1 tbsp (15 mL) liquid honey
1 tbsp (15 mL) water
3/4 cup (175 mL) large-flake rolled oats
1/4 cup (60 mL) chopped pecans

2 cups (500 mL) **Cottage cheese**
1/8 tsp (.5 mL) ground cinnamon
1/2 tsp (2 mL) vanilla extract
2 cups (500 mL) chopped fresh or
unsweetened canned pineapple

Preparation

In a small skillet or saucepan, combine gingerroot, honey and water. Bring to a simmer over medium-low heat, stirring often. Simmer for about 2 minutes or until ginger is translucent. Add oats and pecans and cook, stirring, for about 5 minutes or until toasted and dry. Transfer to a bowl and let cool.

In a bowl, combine Cottage cheese, cinnamon and vanilla. Divide among 4 serving bowls; top with pineapple and granola.

Tips

The granola can be made ahead and stored in a glass jar or cookie tin for up to 3 days. The Cottage cheese mixture can be stirred together and refrigerated overnight ready for quick assembly in the morning.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/ginger-granola-pineapple-cottage-cheese>

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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.



getenough.ca