



Osteoporosis Canada

Ostéoporose Canada

COPING

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Remember: You can live well with osteoporosis!

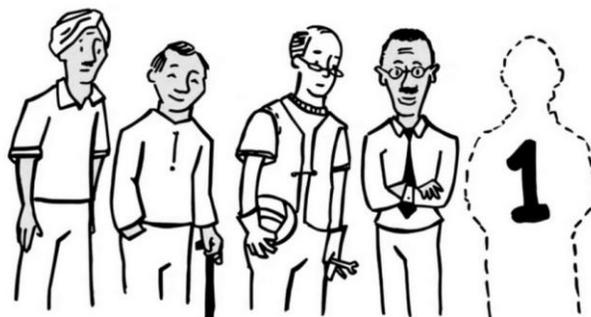
Osteoporosis Canada Online: Videos and Information

In this issue

- Fracture Fact
- OC video on Men & OP
- Exercise videos available for download
- Why I have become a Social Media Enthusiast
- Let's Get Social
- You Make My Life Better
- Funny Bone
- A Recipe from our sponsor

Fracture Fact

Worldwide, an osteoporotic fracture is estimated to occur every 3 seconds.



Osteoporosis Canada Presents Video on Men and Osteoporosis

Think only women are at risk of osteoporosis? Think again. At least one in five men will break a bone from osteoporosis, and one quarter of the 30,000 hip fractures caused by osteoporosis are in men. Watch this video to learn more. Share it with someone you care about and encourage them to get assessed for osteoporosis. Because osteoporosis is a man's disease, too.

Access the video at www.osteoporosis.ca.

The video will also be shown on social media and distributed to doctors' offices waiting rooms in Calgary, Edmonton, Ottawa, Toronto (GTA), London, Vancouver, Montreal and Quebec City. A French version is in development.

Exercise Videos Now Downloadable

In November 2015, as part of Osteoporosis Month, Osteoporosis Canada posted a series of 21 videos to provide ideas for safe and effective exercises and physical activity. These videos are now available to download; go to <http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/video-series-on-exercise-and-osteoporosis/>. English only.

Do you know that all of Osteoporosis Canada's videos including the latest one on men and osteoporosis are posted on its YouTube channel? You can subscribe to the

channel to automatically receive an email notification of each new video. Of course, OC also uses other social media platforms like Facebook and Twitter to announce its new videos.

Are you still hesitant about joining social media? Read Larry's story, reprinted from January 27, 2016, about how he discovered the benefits of connecting with others through social media.

Why I Have Become a Social Media Enthusiast

You've seen the guy, walking with his head down, fingers working feverishly at the smart phone in his hands, oblivious to the people passing by on the sidewalk. There's a chance that if that guy and that sidewalk were in Cloverdale, BC, it might have been me you were seeing. I was no doubt checking Twitter or Facebook, or looking for the score in the Lions' game or perhaps Googling the species of that tree I bumped into a block or two back.

The image of me glued to my phone might seem a bit strange because just as I don't fit the stereotypical image of someone with osteoporosis, at age 65 and with more salt than pepper on my head, I don't look like someone who is addicted to his smart phone. The cashier at my local drug store confirmed the perception that I might not be all that tech savvy when she rang through my Christmas purchases last month, joking, "You don't look like someone who knows how to use iTunes cards." To which I replied, "Of course I know. You put them in an envelope and give them to your grandchildren as gifts."

All kidding aside, the experts tell us that more than any other age group, seniors are increasingly picking up tablets and smart phones and embracing the wonders of the e-connected world. Many are like me, turning to social media to track current affairs in their local community and around the world. For instance, when I want the latest news on the big storm rolling through southern BC, I simply go on Twitter and look at the stream of conversations identified by the heading #BCstorm. Not only do I see the official, up-to-date tweets about the weather from Environment Canada, I also get road conditions from Drive BC and news about power outages from BC Hydro. Better still, I see tweets and pictures directly from the people caught up in the turmoil of the storm.

Also, like me, social media may be helping these new converts reconnect with family. A few months ago, I was delighted to get a Facebook message from a cousin I had lost touch with in 1965. She in turn connected me with her sisters and now we are all "friends" on Facebook sharing the latest news from our respective families. Whether it's tracking my grandson's holiday adventure in Australia, seeing the first pictures of a niece's new baby in Calgary, another winter picture from my sister's home in Hanover or my cousin's donkey at the Bear Ass Ranch in Flin Flon, Facebook has brought our family closer.

Social media is also an important resource for those looking for breaking news on osteoporosis care. Because I know that Osteoporosis Canada is the best source of information you can trust, I follow them on Twitter, Facebook and You Tube. I also like to see what is happening in other countries' osteoporosis organizations so I follow many of their social media feeds as well. Of course whenever I come across an interesting or important development – like a COPING newsletter - I am sure to share it with all my friends.

Now, for those of you about to jump into the social



media pool, I would like to share a few observations:

- There will be a learning curve. I was intimidated by all the social media jargon, and for a time I was convinced that it was a special code dreamed up by a 13-year-old genius so youngsters like my grandchildren could openly talk with each other knowing that we didn't understand a word they said.
- There will always be something new. Just when I think I am getting the hang of Facebook, Twitter and YouTube, along comes Snapchat and Pinterest and so many others, all with their unique instructions and secret codes. Those youngsters are determined to keep one step ahead of us.
- Always check the source, especially when you are researching health-related information. Never make a health-related decision based on something you read on the Internet without consulting your doctor first.
- Finally, to get you over that initial hump of not understanding all the acronyms, here are a few of my favourites:

BFF	Best Friends Forever
BTW	By The Way
IMO	In My Opinion
ICYMI	In Case You Missed It
IDK	I Don't Know
LMAO	Laughed My A** Off
IMHO	In My Humble Opinion
JK	Just Kidding
LOL	Laugh Out Loud
OMG	Oh My God
TMI	Too Much Information
TTFN	Ta Ta (Goodbye) For Now

If you have already taken the plunge and you are using social media, congratulations! For those of you still nervous about dipping your toe in the pool, there are many resources to help you including programs at local community centres and libraries. Of course, most retailers of smart phones, tablets and computers will have knowledgeable staff to help you get started. I look forward to meeting you on-line.

MTFBWY!*

Larry Funnell

* MTFBWY – May The Force Be With You

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.

Let's Get Social!

As Osteoporosis Canada continues to move forward in its mission and vision to engage, educate and advocate for bone health and the risk reduction and treatment of osteoporosis and broken bones, we ask that our supporters help us expand the reach of our organization.

With 2 million Canadians affected by this disease, we want to make sure to get the word out to as many people as possible, as often as possible, and we need your help!

In addition to providing information on our website, through newsletters, public events and in traditional media forms, we have also been concentrating our efforts behind social media, specifically Facebook, Twitter and YouTube. With the explosion of online sites such as these in the past 10 years, not only is this a new way to communicate and engage the public, it is also a new way that people are choosing to receive their communications from us.

If you have a Facebook or Twitter account, please “like” us or “follow” us for updates and other information. If you are not on any of these sites, here is some information on why you may want to sign up.

The role of social media is to carry the information of the Osteoporosis Canada website further. Information that is posted in a detailed manner can be repurposed on a Facebook post to be “shared” or “liked” with a comment or to have the message condensed and “tweeted” on Twitter.

Here are some benefits of social media:

- Social Media is Free! What a great way to keep in touch at no cost.
- It can keep families close. When family members live far apart, this can be a great way to connect, share photos and have more frequent conversations regarding everyday activities.
- Community belonging. Social media is great way to stay in touch, discuss ideas and exchange tips between those who share the same interests. Those who have mobility challenges or difficulty getting out and about can now stay connected with greater ease.
- Following a worthy cause like Osteoporosis Canada engages individuals with a community of like-minded individuals who share the same interests. You will receive current information in real time on health fairs, forums and information as it becomes available. This also provides the opportunity to comment, ask questions, or share tips and experiences, with your virtual community.

Social media is a great way to stay connected, but as with anything made public, you should be wary about how much personal information you post. For tips on being secure online, read more from Stay Safe Online: <http://www.staysafeonline.org/stay-safe-online/protect-your-personal-information/>. Another helpful Canadian site is <http://www.rcmp-grc.gc.ca/scams-fraudes/id-theft-vol-eng.htm>.

Osteoporosis Canada is targeting 10,000 Facebook likes and 2,500 Twitter followers and we are asking that you connect with us to help make this happen!

Here is how to connect with Osteoporosis Canada:

Visit our Twitter site <https://twitter.com/OsteoporosisCA> or Twitter handle @OsteoporosisCA.

Visit our Facebook page <https://www.facebook.com/osteoporosiscanada>.

Check out our videos on <https://www.youtube.com/user/OsteoporosisCA>.



You Make My Life Better!

There are times when someone is particularly helpful with small acts of kindness that make my life better, easier, or just more pleasant. At other times, someone goes out of their way with huge efforts to make my life better.

At those times, I wish I could let that person know that their action was thoughtful and much appreciated with more than just a verbal "thank you."

"You Make My Life Better" is an award you can give to people who make your life better as you live well with osteoporosis. As members of COPN, you can nominate a person for such an award by filling out a simple nomination form. Once your nomination is received by the COPN office staff, your nominee will be sent a "You Make My Life Better" certificate on your behalf to congratulate him or her. A letter will accompany the certificate that will include your personal note that explains what they did that made your life better.

To access a nomination form, click [here](#). For those of you who receive the COPN newsletters by Canada Post, a nomination form will be included in your package of newsletters. You can fill out the nomination form and mail it to COPN c/o Osteoporosis Canada, #301 - 1090 Don Mills Road, Toronto ON M3C 3R6. The award process will be the same.

FUNNY BONE:

"I have often wished I had time to cultivate modesty . . .But I am too busy thinking about myself." - Dame Edith Sitwell.

A Recipe from our Sponsor

Tuna and Cheddar macaroni salad

Course: *Salads*

Preparation Time: *15 mins*

Cooking Time: *6 mins*

Yields: *4 to 6 servings*

1/2 milk product serving(s) per person

Calcium: 19% DV/ 213 mg



Ingredients

1 Box (13 oz – 375 g) macaroni

1/3 cup (75 mL) mayonnaise

1/3 cup (75 mL) **plain Greek-style yogurt**

1 English cucumber, diced

1/4 cup (60 mL) dill pickles, chopped

2 tbsp (30 mL) fresh dill, chopped

5 oz (150 g) **Canadian Cheddar**, diced

1 can (6 oz – 180 g) tuna packed in water, drained

Freshly ground pepper

Preparation

In a large saucepan, cook macaroni according to package instructions. Drain and cool under cold water. Drain again.

Meanwhile, mix mayonnaise and yogurt in a large bowl.

Add remaining ingredients, stir well and serve.

Tips

Cheese alternatives: Canadian Mozzarella, Havarti, Gouda.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/tuna-and-cheddar-macaroni-salad>

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.



getenough.ca