



Osteoporosis Canada

Ostéoporose Canada

# COPING

December 14, 2016

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

## Season's Greetings!

*This past year seems to have slipped by so quickly and once again the holiday season is upon us. In just a couple of weeks, we will be greeting the New Year.*

*For many of us, the holiday season is one of joy and excitement, a special time to spend with our family and friends. However, for others it is an extremely difficult time of year, one of loneliness and isolation. Please remember those friends, neighbours and relatives who are unable to leave their homes, 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 festive 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 you all to enjoy this festive time, but please 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 2017.*

*I would also like to thank the 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**

**Note: Because of the holiday season, the next issue of COPING will arrive in your inbox on Wednesday, January 25, 2017.**

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### **Fracture Fact**

**One consequence of a fall is a fracture. Be mindful of fall prevention over the holidays.**

# You Make My Life Better!

## Pat Giff Honours Her Friend Gisele Reinboldt

It is amazing how one person's act of kindness can change the course of your life! One of our COPN members, Pat Giff, shared her remarkable story about how a chance encounter with Gisele Reinboldt has helped her live well with osteoporosis. To acknowledge her efforts, Pat presented Gisele with the "You Make My Life Better" award.



Patt Giff



Gisele Reinboldt, Pat Giff and Christine Thomas

*In nominating Gisele for the award, Pat wrote, "Gisele has made my life better in so many ways. Just to name a few:*

- 1. When I was 97, she took me to an informative seminar on bone health given by Christine Thomas and Marq Nelson. The seminar gave me hope, encouragement, information to improve my bone health and important contacts.*
- 2. Gisele promptly helped me set up and attend these appointments.*
- 3. Gisele has enriched my life through travels, lunches and conversation. We have a wonderful friendship.*

As a young woman living in Toronto in the 1920s, Pat Giff enjoyed many of the simple but wonderful pleasures of life - wine, cheese and connecting with people. Pat has always done the right things in life: eaten well, exercised regularly, laughed often and helped others when in need. Always full of spunk and love, Pat cherished her family, so when her sister fell ill, Pat made the decision to move to Ottawa to care for her sister until her passing. Now at 99 years young, Pat resides in a beautiful retirement residence in Ottawa. Although she wishes they had an executive chef, she says the staff and activities are excellent.

Pat was diagnosed with osteoporosis 30 years ago at the young age of 69 by the staff at Women's College

Hospital in Toronto. Despite the intermittent pain caused by the broken bones in her spine, Pat has managed to maintain a positive attitude throughout her life. Her appreciation for the staff at Women's College is evident in her voice as she humbly speaks about living 15 years without a new fracture.

Pat is diligent about her regime to maintain her bone health and overall well-being, which includes daily exercise, vitamin D supplements and a diet rich in calcium. Pat attributes her healthy immune system to grazing - eating frequent mini meals in lieu of three large meals daily. She believes eating well also involves chef-inspired salads and decadent chocolate mousse!

The value Pat places on her quality of life is an inspiration and one that is supported by her friend, Gisele Reinboldt. After a chance meeting three years ago, Gisele has become the foundation that has enabled Pat to continue to enjoy life fully. Four years ago, Pat left the life she had built in Toronto and all the comforts that came with it, including friends and medical contacts. Upon arriving in Ottawa, she began the challenging process of building a new healthcare team. Gisele worked diligently to help Pat. Together they sought out knowledge through various means, but it was a poster advertising a presentation on osteoporosis at a local retirement residence that led Pat to engage the local resources needed to manage her osteoporosis. At that presentation,

Pat met Christine Thomas, the past chair of the Ottawa Chapter of Osteoporosis Canada, and Marq Nelson, Regional Integration Lead for the Ontario Strategy. Both Christine and Marq provided vital resources and medical contacts to Pat, including a reputable physiotherapist and a bone health specialist. The information that was provided then and the continued communication and support have left Pat with a great appreciation for the work that Osteoporosis Canada and the Ontario Osteoporosis Strategy continue to do.

Pat has always been vibrant and independent. It is only recently, because of arthritis in her knees, that she requires the help of a walker to get around. She assures me that the need for the device is merely temporary as she is gaining strength through monthly sessions with the physiotherapist. She is also gaining knowledge from Christine and Marq and getting up-to-date bone health information from COPN (the Canadian Osteoporosis Patient Network). As for her 100th birthday, Pat looks forward to taking another cruise to Europe!

Asked what the greatest invention of the last 99 years was, Pat exclaimed, "the telephone!" She uses it to reach out to the Osteoporosis Canada 1-800 line to get valuable information on building better bones. Pat and Gisele stress the importance of having more than just a pamphlet for the elderly when seeking information on osteoporosis. Connecting with a person is critical at times to help access and clarify important information. Pat and Gisele are thrilled with the OC resources, especially the personnel in Ottawa and the educational events they can attend to help Pat continue to enjoy the simple and wonderful pleasures in life.

*At this time of the year, we think of ways in which we can recognize the worth of friends and relatives in our life. Is there someone in your life who has helped you live well with osteoporosis and whom you would like to nominate for a "You Make My Life Better" award? Access the nomination form at <http://www.osteoporosis.ca/wp-content/uploads/COPN-Award-submission-form.pdf>*

## **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 Osteoporosis Canada's toll-free number 1-800-463-6842 or emailing [copn@osteoporosis.ca](mailto:copn@osteoporosis.ca).

# FUNNY BONE:

If you don't do anything stupid when you're young, you won't have something funny to remember when you're old.

## A Recipe from our Sponsor

### Mediterranean Chicken and Brown Rice Dinner

Course: *Main Dishes*

Preparation Time: *20 mins*

Cooking Time: *40 mins*

Yields: *4 serving*

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

**Calcium:** 21% DV/ 226 mg

This is a complete meal with tender chicken breasts and Mediterranean-inspired vegetables in a delicate sauce accompanied by whole grain rice, scented with rosemary and lemon – all with the goodness of milk simmered right in. It's easy enough for a weeknight, yet fit for company too.



**For more information about this recipe:**

<http://www.dairygoodness.ca/getenough/recipes/mediterranean-chicken-and-brown-rice-dinner>

## Ingredients

2 cups (500 mL) **milk**, divided  
1 1/4 cups (310 mL) reduced-sodium chicken broth  
2 tbsp (30 mL) whole wheat flour, divided  
1 cup (250 mL) long-grain brown rice, preferably parboiled (Converted)  
Grated zest of 1 lemon, divided  
1/2 tsp (2 mL) dried rosemary  
1 tbsp (15 mL) **butter**  
1 onion, chopped

1 small bulb fennel, trimmed and thinly sliced  
2 cloves garlic, minced  
1 sweet red, yellow or orange pepper, thinly sliced  
1 tsp (5 mL) dried oregano  
Salt and pepper  
4 small boneless skinless chicken breasts, filets removed (about 1 lb/500 g)  
2 tbsp (30 mL) freshly squeezed lemon juice  
Chopped fennel fronds (optional)

## Preparation

In a saucepan, combine 1 cup (250 mL) of the milk and chicken broth; whisk in 1 tbsp (15 mL) of the flour. Stir in rice, half of the lemon zest and dried rosemary and bring to a boil over medium heat, stirring occasionally. Reduce heat to low, cover and simmer for about 20 minutes (or according to package directions), until rice is tender and most of liquid is absorbed. Let stand, covered, for 5 to 10 minutes.



Meanwhile, in a large nonstick skillet, melt butter over medium-high heat. Brown chicken breasts, turning once, for about 2 minutes per side; transfer to a plate. Add onion and fennel to skillet; sauté for 5 minutes or until starting to soften. Add garlic, red pepper, oregano, 1/4 tsp (1 mL) salt and pepper to taste; sauté for 3 minutes or until vegetables are tender.

Return chicken to pan with any juices, nestling chicken into vegetables. Reduce heat to medium-low, cover and simmer for 5 to 10 minutes or just until chicken is no longer pink inside.

Uncover skillet and increase heat to medium. Whisk remaining flour into remaining milk and stir into skillet; bring to a simmer, stirring. Simmer, stirring often, for about 5 minutes or until sauce is thickened. Stir in remaining lemon zest and lemon juice; season to taste with pepper and up to 1/8 tsp (0.5 mL) more salt.

Fluff rice with a fork. Spoon onto plates and top with chicken, vegetables and sauce. Sprinkle with fennel fronds (if using).

### Tips

This is a flavourful, yet mild curry that will please most palates. If you prefer a hot, spicy kick, add 1 minced hot pepper with the ginger, or use a hot curry powder – or both.

If you want to add the Swiss chard stems (if they're not too thick and tough), slice up to 1 cup (250 mL) keeping stems separate from the leaves and add to the skillet with the ginger.

**This issue of COPING is sponsored by Dairy Farmers of Canada**

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