

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

# Celebrating Our Volunteers at Osteoporosis Canada

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### Fracture

#### Fact:

Hundreds of thousands of Canadians needlessly fracture each year because their osteoporosis goes undiagnosed and untreated. Volunteers help to spread this important message.

In Canada, the theme of National Volunteer Week 2018 is "Celebrate the Value of Volunteering: building confidence, competence, connections and community."\* The week of April 15 – 21 has been designated to celebrate the tireless work and commitment of all volunteers. Do you know 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. Osteoporosis Canada's volunteers make up an important part of these altruistic Canadians.

In fact, there is no doubt in the minds of all at Osteoporosis Canada that our volunteers are the backbone of our organization. At Osteoporosis Canada and its patient branch, Canadian Osteoporosis Patient Network (COPN), seldom a day goes by that a volunteer is not answering the 1- 800 call-line, speaking to a community group, staffing a booth at a health fair, performing administrative tasks at the national office, reviewing and adding content to and publishing the monthly *Coping e-Newsletter*, providing the patient voice to a professional forum, facilitating a committee teleconference/meeting– just to name some of the volunteering opportunities.

COPN volunteers are an integral part of this ambitious and diverse team. COPN volunteers are frequently patients, but there are also members who do not have osteoporosis. Rather, these volunteers have a vested interest in the disease, whether through a personal or a professional connection. Let's take a moment, or more, to reflect on this broad group of individuals whose generosity, compassion and energy make a real difference to osteoporosis patients, their families, and the work of COPN and Osteoporosis Canada.

All volunteers and their volunteering are valued - thank you volunteers, for your hard work and commitment to helping in the prevention of secondary fractures in our Canadian population.

Would you like to join our volunteer team? Check out the Osteoporosis Canada

website and fill out the simple application form at <https://osteoporosis.ca/what-you-can-do/volunteer/#page-1>.

\* <https://volunteer.ca/nvw2018>.

## **COPN Award: You Make My Life Better**

In one's everyday life there is often someone who provides unconditional support and whose unexpected acts of kindness make a difference to your daily living with osteoporosis: the teenager across the street who comes over to shovel your driveway following those heavy dumps of snow; the neighbour who helps carry your weekly groceries from the car to the house; the Facebook 'friend' who inspires and coaches a daily fitness reminder; or, a caregiver who just keeps on caring!

Do you have someone in your life whose 'acts of kindness' make a difference to your well-being? Would you like to let that person know your appreciation with more than your regular "Thank you!"? This can be your opportunity to celebrate that individual's generosity and to express your gratitude with the "You Make My Life Better Award." [Click here](#) to access the nomination form to let someone know your appreciation for how their act of kindness has made your life better.

## ***In Memoriam: Norma Pett***

Norma Pett became a volunteer for Osteoporosis Canada in September 2002. For the next 15 years, she worked in the finance department, providing general help including filing, reconciliation and sorting, and did so with close attention to detail. Her dedication and consistency helped to ensure that the work got done in a timely fashion, very important in a department with tight deadlines.

In 2012, after 10 years of exemplary service, Norma was presented with a well-deserved Backbone Award. The *Backbone Award* is presented annually by Osteoporosis Canada to active volunteers who are considered integral to the organization and who have demonstrated the spirit of volunteerism through their on-going actions.

Norma was an active participant in the overall life of OC. Although it was not essential to the performance of her volunteer tasks, Norma attended osteoporosis health knowledge training sessions and public education forums. She was interested in the work of the organization and in knowing as much about osteoporosis as possible. Norma had osteoporosis and she allowed OC to use her personal story as needed.



Norma was a very busy person who kept both physically and mentally active, in addition to being involved with her seven grandchildren. Yet she went that extra mile to find many hours to give to Osteoporosis Canada. Norma attended all OC social events, where she was a cheerful, welcoming presence. She was a generous and

talented baker; she brought baked goods to the office regularly and shared recipes, and in doing so contributed to making OC a friendly, positive place to work and volunteer. The national office staff looked forward to her welcome smile and happy demeanour when she came for her shift.

With her desire to learn, willingness to help others, and a variety of interests and activities, Norma proved that a full, active life is possible with a diagnosis of osteoporosis. Norma passed away peacefully on Wednesday, March 7, 2018. She was 84. She will be missed by family, friends and colleagues.

## 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).

## *Coming Soon!*

## You can help shape the new Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis! We want to hear from you.

In an upcoming special issue of COPING, you will have the opportunity to express your opinions in an on-line survey on the range of recommendations to be included in the update of the 2010 Guidelines for osteoporosis care and fracture prevention. Your answers to this survey are very important and will ensure the new Guidelines address the wants and needs of Canadian patients for years to come. This survey should take you less than 10 minutes to complete.

Guidelines are an especially important resource. They help doctors and other healthcare professionals understand and recommend the treatment options best suited to each individual. Guidelines provide answers to questions like "What is my risk of breaking a bone?", "Do I need medication and, if so, for how long?", "What role do nutrition and exercise play in preventing fractures?" In essence, Guidelines are fundamental to all of us being able to embrace COPN's motto and "live well with osteoporosis."

Multidisciplinary teams of experts from Osteoporosis Canada's Scientific Advisory Council will focus on four key themes in the Guidelines - pharmacotherapy, risk assessment, nutrition and exercise. Each team also includes a member of the COPN Executive Committee and a primary care physician. They will all contribute hundreds of hours of their time to research and assess the latest scientific evidence, then develop the recommendations that will go into the new Guidelines.

Please watch for the survey to come to you in an email in the next few weeks. Thank you in advance for expressing your voice!

## FUNNY BONE:

Always forgive your enemies. Nothing annoys them quite so much.  
– Oscar Wilde

## MORNING SMOOTHIE

**Preparation Time:** 5 mins

**Serves:** 1-2

**Calcium:** 27% DV



Start your morning with a blast of strawberry and banana flavour. Add a tablespoon of chia seeds if you have them for an added boost.

### Ingredients

1 frozen banana  
2 large frozen strawberries  
1 1/2 cups (375 mL) enriched vanilla soy or rice beverage or milk  
1/2 cup (125 mL) fortified orange juice  
Ice cubes (optional)

### Preparation

In blender, blend banana, strawberries, soy beverage, orange juice and ice cubes, if using, until smooth.

For more information, [click here](#) to view the recipe online.