

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

## The Volunteer Factor – Lifting Communities

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### Fracture Fact:

In the past year more than 130 Canadians have chosen to make a difference in their communities by becoming one of Osteoporosis Canada's Fracture Prevention Volunteers.



*National Volunteer Week (NVW), April 7 – 13, is the 16th consecutive year that NVW has recognized, celebrated and thanked Canada's 12.7 million volunteers. This year's theme is "The Volunteer Factor – Lifting Communities." The beautiful image of the hot air balloons of different sizes, shapes and colours reflects the diversity of community volunteers. It illustrates that when people volunteer together, the sky is the limit, in terms of what they can achieve.*

Osteoporosis Canada announced the launch of its new initiative to train fracture prevention volunteers whose focus is to prevent fractures due to osteoporosis during NVW 2018. Since the program's launch, over 130 individuals have registered as Fracture Prevention Volunteers. This includes new recruits and existing volunteers. In this issue we are very excited to share some details about the volunteer program, highlights from the program's first year and how COPN members can get involved.

### About Fracture Prevention Volunteers:

OC's volunteer team is made up of a national network of locally based fracture prevention volunteers across Canada. Fracture prevention volunteers are divided into two roles: Fracture Prevention Educators (FPEs) and Community Ambassadors. FPEs work to educate their local communities by attending health fairs, presenting at speaking engagements, facilitating support groups and assisting with local bone health forums and other OC awareness initiatives. Community Ambassadors support local fundraising activities.

## Meet some of our fracture prevention volunteers!



*Volunteers Anne, Virginia and Elaine measure attendees' height at the 2018 Saltscapes Magazine expo in Halifax, NS to raise awareness about the fact that height loss can be an indicator of a spine fracture.*

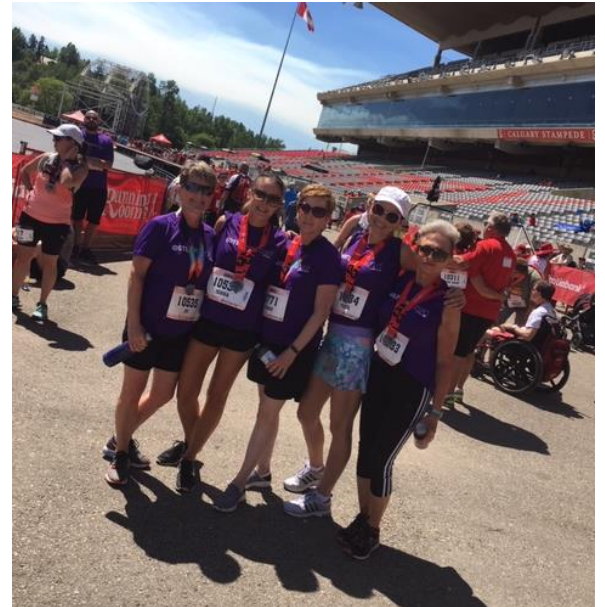
*Fracture Prevention Educators Sandra and Kelly attend a health fair at the Cornell Community Centre in Markham, ON. Health fairs are a great way for new volunteers to get involved and help raise awareness in their communities.*



*Long-time volunteer and retired dietitian Donna ensuring attendees get their calcium at the 2018 Fall Public Education Forum in Winnipeg, MB.*



*Rogel, Irm, Dale, Kathy and Margaret at the 8<sup>th</sup> annual Bones N Beer in Vancouver, BC. Bones N Beer is a fundraiser and awareness event about men's bone health and their fracture risk.*



*Jane, Jenna, Cindy, Tricia, and Ewa support Osteoporosis Canada at the 2018 Calgary Marathon 5K walk. There are many different opportunities available to be involved as a volunteer.*

## **Staff Support for Volunteers:**

Community Engagement Coordinators (CECs) are dedicated, full-time staff who support and manage volunteers in their region. CECs recruit, register and train new volunteers along with providing day-to-day support to OC volunteers. Each volunteer works closely with their regional CEC to determine which type of volunteer activity will be the best fit for them. At this time there are three CECs, with plans to hire more as the program grows. In areas that don't have a CEC, the National Fracture Prevention Manager fills this role. We'd like to take a moment to introduce ourselves.



*Chloe Kilkenny (left) at a Stand Tall Canada height clinic*

## **Chloe Kilkenny, Community Engagement Coordinator, Region 1 – Alberta & British Columbia**

*“Hi, I am Chloe Kilkenny, Region 1 CEC. I am excited to share solutions to people's fracture fears. I love to educate and share enthusiasm with volunteers who are connecting with their local communities throughout Alberta and BC and building support and awareness for those living with osteoporosis.”*

## **Sandy Owczar, Community Engagement Coordinator, Region 2 – Saskatchewan & Manitoba**

*“Hi, I am Sandy Owczar, CEC for Region 2 – Saskatchewan & Manitoba. The part I find most exciting about my new role (aside from working with a fabulous group of volunteers) is that we are each building our regions by keeping the needs of our local communities at the forefront. When I compare job activities with my co-workers across the country, I find it is very interesting to see that we are all doing different things in order to accommodate each region’s needs. I am looking forward to continued growth and new challenges.”*



*Nothing is more rewarding than giving awards of appreciation.  
Sandy Owczar (right) presents a 2018 Backbone Award to Barb Webb (left)*

## **Cathy Pearcy, Community Engagement Coordinator, Region 3 – Ontario**

*“Hi, I am Cathy Pearcy, CEC for Region 3 - Ontario. I have enjoyed meeting so many new volunteers and hearing their stories as to why they have chosen OC to volunteer their time. It has been very rewarding over the past year to watch as teams of volunteers are starting to grow in many communities across Ontario.”*



*Cathy Pearcy (centre) at a  
Peterborough, ON Public Education*

## **Kori Oster, National Fracture Prevention Manager, Region 4, 5 & 6 – Quebec, Atlantic Canada & the Territories**

*“Hi, I am Kori Oster, National Fracture Prevention Manager at Osteoporosis Canada. The most exciting part of my new position is having the resources in place to support OC volunteers and the needs of their community no matter where they live, whether it’s in a rural or urban area. I am especially grateful for the opportunity to meet many of the volunteers in person and hear their stories.”*



*Kori Oster (far right) - Fracture Prevention  
Volunteers and Staff, 2018 OC Annual  
General Meeting in Toronto, ON*

## Feeling inspired to make a difference?

Our growing team of volunteers strives to make a real difference in the lives of Canadians at risk for and living with osteoporosis. If you are someone looking to make a difference in your community and are passionate about helping to spread the word on preventing fractures, then we need you! With your help, we teach Canadians how to improve their bone health so osteoporosis can never take hold and we support those already diagnosed, working to improve their quality of life.

Take action. Apply today at [osteoporosis.ca/volunteer](http://osteoporosis.ca/volunteer).

Together, we will help **make Canadians unbreakable.**

## Reminder: Invitation to Participate in Research Survey

You are invited to take part in a research survey about what you feel is most important to include in a mobile health application (app) to help people manage the sudden short term pain they may feel in the first 2-4 weeks after leaving the emergency department, or the outpatient clinic, for treatment of a broken bone (also known as a fracture). Your answers will help the research team develop a more informative and user-friendly pain management app.

The survey is nine questions long and should take you no more than nine minutes to complete.

[Click here](#) to take the survey. The survey closes on **11:59 PM EDT on April 19, 2019.**

## 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).

## Archived Presentation

### D-lemmas of D!

Did you miss our live presentation on Vitamin D with Dr. Stephanie Atkinson? We've got your back with the archived presentation available for you to view at your convenience. Watch the presentation to learn:

- Vitamin D – why do we need it?
- Does the new Canada's Food Guide provide good nutrition for bone health?
- Is it necessary to have Vitamin D status measured?
- Can I prevent bone fractures by taking extra Vitamin D?
- How do we make sure to get enough?

To view the archived presentation and learn more about Bone Matters, [click here](#).

## FUNNY BONE:

Mountain climbers say they climb mountains “because they are there.”  
Somebody ought to let them know that that’s the same reason most of us go around them. - Anonymous

### OC Recipe of the Issue

## BASMATI RICE PUDDING

**Preparation Time:** 5mins

**Cook Time:** 30 mins

**Serves:** 4

**Calcium:** 16% DV\*



Using basmati rice adds a special fragrance to rice pudding. This is a true comfort food that warms the heart and definitely the soul. Try serving this rice pudding with other favourite fruits like strawberries or peaches.

### Ingredients

3 cups (750 mL) enriched vanilla soy or rice beverage or milk  
1/2 cup (125 mL) basmati rice  
3 tbsp (45 mL) granulated sugar  
1 tsp (5 mL) vanilla  
1/2 tsp (2 mL) ground cinnamon or cardamom  
1 mango, peeled and thinly sliced

### Preparation

In heavy saucepan bring soy beverage and rice to boil over medium heat. Reduce heat to low and cover and cook for about 30 minutes or until most of the liquid is absorbed. Stir in sugar, vanilla and cinnamon.

Divide into custard cups and top with sliced mango.

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

\*The percentage of calcium is based on the Osteoporosis Canada’s daily calcium requirement for people under 50 years of age of 1000 mg.