

COPING

'A newsletter from COPN'

July 10th, 2009

Remember: You can live well with osteoporosis!

Thought for Today: "Happiness gives us the energy which is the basis of health."

Henri Amiel, Swiss Philosopher

Remember: It is important for you to eat a **healthy diet**, get the right amount of **calcium and vitamin D**, participate in some appropriate **exercise**, and if your doctor has prescribed a **medication** don't forget to take it as directed.

Eleanor Mills Inspiration Award

Marg MacDonell

2009 Recipient

The *Eleanor Mills Inspiration Award* honors those special Osteoporosis Canada volunteers who, like our late patron, Eleanor, have embraced their own osteoporosis, and by doing so have inspired others with their determination, perseverance and optimism, and have given of themselves to champion the osteoporosis cause. Further, this volunteer is seen as an inspiring, positive role-model who leads by example, providing hope, encouragement and support to all.

Recently, the Eleanor Mills Award was presented at Osteoporosis Canada's Annual General Meeting Volunteer Appreciation Banquet. We would like to share with you the announcement accompanying the presentation of this prestigious award:

'The recipient of this award is proof that one person can indeed make a difference. Marg MacDonell is unwaveringly committed to, and passionate about, osteoporosis.

'Marg started volunteering with OC's Manitoba Chapter in 2002. She currently functions as its Fundraising Chair, very successfully obtaining grants and sponsorships to support the Chapter's numerous activities, as well as inspiring fellow volunteers to think "outside of the box" when it comes to fundraising – not an easy thing. Marg also serves as Co-Chair of Manitoba's Advocacy Committee, ensuring that awareness about osteoporosis is on the radar at all levels of government in the province.

'Marg has shared her powerful personal story with many people, including Manitoba's Minister of Health, and for inclusion in Osteoporosis Canada's first Report Card. She strives to educate, empower and support those with, or at risk for, this disease.

In addition to her local volunteering duties, Marg has actively served on Osteoporosis Canada's National Board of Directors for the past 6 years, contributing valuable

experience and ideas to many of the Board's committees, in addition to providing the patient's perspective when needed.

'Marg's involvement with COPN was a natural fit. She has worked tirelessly as the Chair of the COPN Executive and Editor of its bi-weekly newsletter, *COPING*, always putting her best foot forward to ensure that patients have all the information and coping strategies that they need to manage, or to live well with, their disease.

'She certainly does not let her own osteoporosis prevent her from living a full life and keeping active. In addition to all of her volunteer jobs, Marg spends summer vacations bicycling in the Canadian mountains.

'Marg is always willing to pitch in and help, to learn new skills, and to do what she can to raise the profile of osteoporosis. Her positive attitude, sense of humour and cheerfulness are embraced by everyone she works with and are a model for others to emulate.

'Marg, you are a first-class person and with great thanks for all that you've done for OC, we happily present you the *Eleanor Mills Inspiration Award*.'

Funny Bone:

| Old is when... you are cautioned to slow down by the doctor instead of by the police.

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COPING will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to [for up to date information.](#)