



## ***COPN: Proudly Celebrating our 10<sup>th</sup> Anniversary*** **10<sup>th</sup> Anniversary Special**

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What would you do if you had been diagnosed with osteoporosis and didn't know where to turn for help? In 2004, four enterprising friends - Priscilla Cole, Gail Lemieux, Ina Ilse and Sheila Brien - took matters into their own hands and started their own support group. They believed that people living with osteoporosis needed a strong voice. With the help of Osteoporosis Canada (OC), they created the Canadian Osteoporosis Patient Network (COPN).



(Left to right) Priscilla Cole, Ina Ilse, Gail Lemieux, Sheila Brien

Since that time, COPN has evolved into a network of more than 7,000 individuals affected by osteoporosis. The COPN Executive Committee, on which Ina Ilse and Sheila Brien still serve, produces both a printed and electronic newsletter, *COPING*, which provides practical but scientifically accurate, up-to-date information on osteoporosis, as well as tips for day-to-day living. COPN runs regular public education forums, participates in advocacy initiatives, has representatives on various Osteoporosis Canada and government committees, and

**Fracture Fact:** A growing body of evidence suggests that volunteers might be rewarded with better physical health, including lower blood pressure and a longer lifespan. (Harvard Health Publications)

provides input into all Osteoporosis Canada patient education materials.

## Here are some highlights of COPN's growth over the past 10 years:

**2004**



- Four friends talking around the dining room table

**2004**



- COPN formally mandated by Osteoporosis Canada Board of Directors
- First e-newsletter distributed to 300 COPN members
- First COPN promotional flyer produced
- COPN page on OC website produced

**2006**



- COPN's first Strategic Plan created

**2009**



- First virtual forum on *Osteoporosis Medications, Risk, and Benefits* presented by Dr. Angela Cheung, viewed by more than 100 people from coast to coast
- Proclamation of the Osteoporosis Patient Bill of Rights
- COPN adds first Medical Advisor (Dr. Diane Theriault) from the Scientific Advisory Council to its Executive Committee

**2011**



- First French Virtual Forums
- First Complete COPING published (September 2010-August-2011 bundle/package)

**2012**



- Cantonese and Mandarin Virtual Forums
- *After the Break* – COPN's first live Public Forum held in Victoria
- COPN celebrates 5,000 members

**2013**



- OC National Education Manager joins the COPN Executive Committee
- COPN membership surpasses 7,000

**2014 – Happy 10<sup>th</sup> Anniversary COPN!**

COPN executive members and volunteers participate in and provide the patient voice to a number of other important initiatives, including but not limited to:

- OC advocacy-related initiatives such as *Towards a Fracture-Free Future* and *Make the First Break the Last with Fracture Liaison Services*
- OC committees and task groups such as the OC Board of Directors, Scientific Advisory Council (SAC) Guidelines Committee, the SAC Knowledge Translation Committee and the Highest Risk Patient Working Group
- Representations to provincial elected representatives and senior officials; Government-related committees such as the Canadian Institute of Health Research and Knowledge Exchange Task Force; and osteoporosis-related research studies

**So where are they now?** These four amazing women who have contributed so much to improving the quality of life for those with osteoporosis are still very active in their volunteer mission.



**Gail Lemieux** lends her personal story whenever needed, as in OC's Annual Report 2012-2013. She enjoys gardening and making twice-yearly visits with her husband to their daughter and family in Mississippi.

**Ina Ilse** sits on the COPN executive committee, the COPN newsletter subcommittee and the communications and outreach subcommittee. She is a long-time member of the 1-800 help line team, answering questions about osteoporosis and reassuring callers that there is, indeed, life after osteoporosis.





**Sheila Brien** sits on the COPN executive committee and the communications and outreach subcommittee and is a member of OC's Patient Working Group. Her input and determination in creating the new *After the Fracture* web section were invaluable.

**Priscilla Cole** also enjoys gardening and has taken up Nordic Pole walking while taking advantage of the programs and services offered by her retirement home. Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." She could have had the founders of COPN in mind!



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## Stand Tall Canada Week sponsored by Dairy Farmers of Canada - May 26-30, 2014

Osteoporosis Canada volunteers across Canada will be hosting Stand Tall Clinics, May 26 – 30, 2014 in various communities across the country.

Height loss can be a warning sign of a spine fracture (a broken bone in your back) which may be caused by osteoporosis. However, you may not be aware of a broken bone in your back because 66% of fractures are painless.

Height loss can be an indicator of spine fractures and osteoporosis.

Visit one of the Stand Tall clinics sponsored by Dairy Farmers of Canada in your community to have your height measured and to receive more information.

[Click here to find a Stand Tall Clinic in your area](#)

**FUNNY BONE:** You only live once, but if you do it right, once is enough. – Mae West

## A Recipe From Our Sponsor

### Cheddar and cod fish cakes



Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *25 mins*    Yields: *4 to 6 servings*

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

### Ingredients

3 tbsp (45 mL) butter, divided  
1 lb (450 g) cod fillets  
2 cups (500 mL) yellow-fleshed potatoes, peeled and diced  
1 tsp (5 mL) Worcestershire sauce  
1 tbsp (15 mL) Dijon mustard  
1 egg, beaten  
5 oz (150 g) **Canadian Mild Cheddar**, grated  
3 green onions, chopped  
2 tbsp (30 mL) fresh parsley, chopped  
Salt and freshly ground pepper  
4 cups (1 L) crispy rice cereal, crushed to yield 1 1/2 cups (375 mL) crushed cereal  
1 1/2 tbsp (25 mL) canola oil

### For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/cheddar-and-cod-fish-cakes>

### Preparation

Melt 1 tbsp (15 mL) butter in a skillet over medium heat and cook cod for 4–5 minutes on each side. Let cool, then flake the cod and set aside.

In a saucepan, cook potatoes in salted boiling water for 15 minutes or until tender. Drain potatoes and mash until smooth.

Transfer potatoes to a bowl and add Worcestershire sauce, Dijon mustard, egg and Cheddar. Stir until well blended. Add green onions, parsley and cod. Season with salt and pepper.

Crush cereal and place in a dish.

Shape approx.  $\frac{1}{3}$  cup (75 mL) of cod mixture into a ball, then roll in the crushed cereal. Place on a plate and flatten slightly.

Heat oil and remaining butter in a large skillet over medium heat. Cook fish cakes for 4–5 minutes on each side. Serve hot.

**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.



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