



Osteoporosis Canada

Ostéoporose Canada

COPING

May 3, 2017

Remember: You can live well with osteoporosis!

Volunteer Appreciation Week

In this issue

- National Volunteer Week
- Volunteer Appreciation Week
- 2016 OC Award Recipients
- Funny Bone
- A Recipe from our sponsor

Canada's National Volunteer Week took place April 23 – 29, 2017. At this time, and at all times, Osteoporosis Canada recognizes and appreciates the essential contributions made by the numerous dedicated volunteers from across the country. Osteoporosis Canada volunteers generously donate their time and talents to serve in a variety of capacities such as governance, programming and fund development at the national and provincial/territorial levels.

Thank you Osteoporosis Canada Volunteers!

2016 Osteoporosis Canada Award Recipients

At Osteoporosis Canada's Annual General Meeting, a number of volunteers are recognized through the National Awards Program for their significant contributions to the organization.

***The Eleanor Mills Inspiration Award** honours those special Osteoporosis Canada volunteers who, like 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.*

*The 2016 Eleanor Mills Inspiration Award was presented to **Margaret Willson**, a passionate volunteer from White Rock, British Columbia who has served her surrounding communities and Osteoporosis Canada for more than a decade.*



Left to right: Honourable Mary Polak, MLA, Langley, BC; Margaret Willson; Bgen (ret'd) Hilary Jaeger, Chair, OC Board of Directors

Margaret has excelled at many volunteer roles:

Chair of a Chapter, Education Chair, member of the COPN Executive Committee, advocate, project lead, speaker, mentor, counsellor, volunteer recruiter and raffle ticket

National Volunteer Week – April 23-29. In 2017, volunteering comes in many forms and is as diverse as Canada itself.

seller – there haven't been many jobs or activities that she hasn't embraced. No task is too big or too small. When the list gets passed around for volunteers for any job, it always starts with "Margaret Willson." Whether it's stuffing envelopes, serving appetizers at a Bones 'n' Beer, soliciting donations from local businesses or making a presentation to a crowd of 100, she tackles each one with equal enthusiasm and determination.

Margaret has helped hundreds of British Columbians take their first steps to living well with osteoporosis. It might be a phone conversation with a newly diagnosed patient, a curious visitor to the OC booth at a health fair, or even a casual "hello" with a stranger in a restaurant that quickly turns into a conversation about osteoporosis. They listen and they engage with Margaret because she is genuinely interested and she willingly shares her experience with the fractures, diagnosis and treatments she has received. She walks the talk.

***The Volunteer of Distinction Award** honours a volunteer whose long-standing volunteer service has succeeded in building the capacity of the national organization and/or one of its Chapters, the COPN, the SAC, or the Board of Directors, and who has provided ongoing, outstanding leadership in numerous capacities within the organization.*

In 2016, two deserving individuals received this award.

Emily Bartens has volunteered with Osteoporosis Canada for over 14 years, joining the Hamilton-Burlington Chapter in 2002. Despite being new to the organization, she willingly stepped into the role of Bone China Tea Chair and made that year's tea a big success. During her time with the Chapter, she held the roles of Treasurer and Chapter Chair. She contributed immeasurably to the viability of the Hamilton Chapter by improving its fundraising and by ensuring written guidelines were prepared for her successor in her Chapter roles. She also represented the Chapters in her role as OAC (Operations Advisory Council) Chair.

In 2007, Emily joined the Board of Directors. For four years, in the role of Board Development Chair, she was responsible for recruiting, orienting and mentoring new Board members. Emily has also been a long-term member of the finance and audit committee. During her terms as Vice Chair and Chair, the Board of Directors changed its approach to governance. The Board's transition to policy governance under her leadership strengthens the ability of the Board to effectively oversee and set direction for Osteoporosis Canada.

After completing her term on the Board of Directors, Emily took on a position as a member of the COPN Executive Committee.

Emily, a dedicated and passionate volunteer, approaches all of her roles with a true commitment to Osteoporosis Canada's vision and mission. Through her leadership and volunteer service, Emily has made significant contributions to the work of Osteoporosis Canada. Her spirit of volunteerism is an inspiring example to all.

Cheryle Unryn, a volunteer with Osteoporosis Canada for more than 10 years, is a leader within the Manitoba Chapter, as well as with the Canadian Osteoporosis Patient Network (COPN).

She has been a working member on most of the Manitoba Chapter's committees, including the Executive Committee,



Volunteer Development Committee, Education Committee, Communications Committee, Nominating Committee and the Fund Development Committee. In addition, Cherylle has served as chairperson on a variety of Manitoba Chapter committees, including an extended term as the Chapter chairperson. She has represented the Chapter on Osteoporosis Canada's Operations Advisory Council (OAC) and is currently the patient representative on the Manitoba Bone Density Program Committee.

Over the past five years, Cherylle has become an active volunteer on the Canadian Osteoporosis Patient Network (COPN). Today, she is the chairperson of the COPN Executive Committee and COPN E-newsletter Committee. She works tirelessly at building COPN's membership and sustaining patients' voices in order to make a difference for those living with osteoporosis.

As she lives with osteoporosis herself, Cherylle's energy, commitment, passion and compassion are an inspiration for all. Cherylle is forever building the capacity of fellow volunteers to attain and sustain her Chapter's goals within the Manitoba community and beyond. Cherylle's extraordinary work and long-standing service exemplify the criteria of the Volunteer of Distinction Award.



***The Backbone Award** is presented annually by Osteoporosis Canada to active volunteers who have served for at least two years and who are considered integral to the organization. These individuals have provided leadership and inspiration to other volunteers and have proven their dedication to Osteoporosis Canada and its activities. Recipients of this award have demonstrated the spirit of volunteerism through their on-going actions.*

In 2016, two volunteers were presented with the Backbone Award.

Mindy Finkelstein

Mindy has been a volunteer at the National Office for 14 years. She is an information counsellor on the 1-800 line. In this capacity, she answers callers' questions and concerns about osteoporosis and sends out printed material appropriate to the callers' concerns. She completes all tasks associated with her position with care and accuracy. In addition to this, when not on a counselling call, Mindy takes on the task of reception back-up and helps out with other tasks in a variety of departments.

Mindy is a very caring, conscientious and knowledgeable volunteer, who takes advantage of every opportunity for training to ensure her information about osteoporosis is current and accurate.

Mindy leads by example. Her consistent, reliable, long-standing fulfillment of her volunteer role stands as an example to other current and potential new 1-800 volunteers.

Frances Goovaerts

Frances Goovaerts has been an active member of the Manitoba Chapter volunteer team since 2012. Frances is a member of several committees and participates actively within the Chapter. She has a very quiet style, but one that encourages full participation by everyone on her team. At other times, she is a "behind-the-scenes" worker, who can be found setting up tables, taking down displays, selling tickets, stuffing envelopes, rolling coins or just doing "whatever needs to be done."



Frances is always thinking of ways to raise much-needed funds for the Chapter. For the 2016 Cheese and Wine Event, she took on the lead role for obtaining auction prizes and was successful in generating a record total of money raised. She provided, and continues to provide, strong organizational skills and leadership for the Chapter's annual "Fight Fractures with Flapjacks" fundraising pancake breakfast. She is a "can-do" type of person and can be counted on to follow through on anything she takes on.

Frances is a dedicated, responsible and involved volunteer. Whether it is taking part in educational endeavours, fundraising events, or simply providing an extra pair of hands, Frances is always ready and willing to pitch in and help. Frances Goovaerts is truly a volunteer who is part of the "Backbone" of our organization.

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.

FUNNY BONE:

People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made." – Joan Rivers

A Recipe from our Sponsor

Roasted Banana Mango Cheesecake Cups

Course: *Desserts & Sweets*
Preparation Time: 15-20 mins
Cooking Time: 10-15 mins
Yields: 4 servings

2/3 milk product serving(s) per person

Calcium: 15% DV/ 162 mg



While there is no baking required, and cottage cheese is used rather than cream cheese, you won't believe how much these dessert cups taste like authentic cheesecake. Roasting the banana and mango intensifies their flavour and the spices add to the tropical taste.

For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/roasted-banana-mango-cheesecake-cups>

Ingredients

3/4 tsp (3 mL) ground cinnamon, divided
1/4 tsp (1 mL) ground nutmeg
1 tbsp (15 mL) freshly squeezed lemon juice
2 bananas, cut into thick 1-inch (2.5 cm) slices
1 ripe but firm mango, cut into 3/4-inch (2 cm) chunks
1 tbsp (15 mL) packed brown sugar
1 cup (250 mL) **Cottage cheese**
1 tsp (5 mL) vanilla extract
1 cup (250 mL) plain **Greek yogurt**
1/2 cup (125 mL) crumbled graham crackers (four 2-1/2-inch/6 cm square crackers)

Tips

You want bananas and a mango that are ripe so they're flavourful, but still firm, so they hold up to roasting. Buy a few bananas and a couple of mangos at different stages of ripeness a few days before you plan to make this recipe to make sure you can choose the best of the bunch.

If your fruit is sweet enough you shouldn't need to add more sugar. Taste the puréed cottage cheese filling and decide if it needs a touch of sweetness to bring out the flavour; stir in 1 tsp (5 mL) sugar at a time, to taste, up to an additional 3 tsp (15 mL).



Nutrition Tip

Make a quick breakfast to take with you by simply combining Cottage cheese, mango cubes and sunflower seeds.

Preparation

Preheat oven to 425 °F (220 °C). Line a rimmed baking sheet with parchment paper.

In a medium bowl, combine 1/2 tsp (2 mL) of the cinnamon, nutmeg and lemon juice. Add bananas and mango; stir gently to coat fruit with spices. Spread out on prepared baking sheet.

Roast for 10 to 15 minutes or until fruit is browned and soft, but still holds its shape. Let cool until just warm.

Set 8 of the best looking banana slices and 12 of the best looking mango pieces aside for garnish.

In a food processor or in a large, tall cup using an immersion blender, combine the remaining roasted banana and mango, brown sugar, Cottage cheese and vanilla; purée until smooth. Add yogurt and pulse until blended. Taste and add more sugar, if necessary; pulse to combine.

In a small bowl, combine graham crackers with remaining cinnamon; spoon into bottom of 4 wide-mouth small mason jars or clear dessert dishes, dividing equally. Spoon in Cottage cheese mixture, then top with reserved roasted fruit. Serve immediately, or cover and refrigerate for up to 1 day before serving.

This issue of COPING is sponsored by Dairy Farmers of Canada

NOTICE: Every issue of COPING is vetted by members of Osteoporosis Canada's Scientific Advisory Council to ensure accuracy and timeliness of content. These newsletters are not intended to promote or endorse any particular product. Product references, if they appear, are for illustration only.

These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.

