



Osteoporosis Canada

Ostéoporose Canada

COPING

December 13, 2017

Remember: You can live well with osteoporosis!

Season's Greetings!

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Fracture Fact:
Falls are the leading cause of injury-related hospitalizations among Canadian seniors.

Every year I take a look back over the past year, which seems to have slipped by so quickly that once again I find I have been launched into the hectic holiday season with a new year just a few weeks ahead.

For many of us the holiday season is one of joy and excitement, a special time to spend with our family and friends. However, for others it is an extremely difficult time of year, one of loneliness and isolation. Please remember those friends, neighbours and relatives who are unable to leave their homes, are isolated or alone. Take a few minutes of your time to give them a call or pay them a visit. This small gesture on your part to lift the spirits of someone less fortunate can make a monumental difference in their lives.

With today's mobile society it is also a time for many to travel to visit family members who do not live nearby or to get away to enjoy some warmer weather. If you are travelling this holiday season, you may be interested in [reading our Coping articles](#) on travelling safely and comfortably while living with osteoporosis.

This is also a time when we must all be conscious of our surroundings in order to avoid unnecessary falls and fractures. Much of Canada experiences icy sidewalks, driveways and parking lots, so please take care when you are out and about during this festive time. Falls are also very common in the home during the holiday season so please pay close attention to the extra footwear and slippery floors at entrance ways and items that may have been left on the floor or staircase. I urge you all to enjoy this festive time, but please take care to prevent those painful falls and fractures.

This is also the perfect time of the year to highlight some of the extraordinary and passionate volunteers from across the country who were recognized this year through Osteoporosis Canada's National Awards Program. The following volunteers were recognized at the Volunteer Appreciation Dinner on Saturday, September 30, 2017 during Osteoporosis Canada's AGM weekend in Toronto.

2017 National Award Recipients:



The Eleanor Mills Inspiration Award
Cherylle Unryn - Manitoba



Award for Overall Excellence
London Thames Valley Chapter – Ontario (Natalie Bolichowski, Chair)



Backbone Award
Brigadier General (Ret'd) Hilary Jaeger – British Columbia



Backbone Award
Virginia McIntyre – Nova Scotia



Angela Reyes Memorial Staff Award
Jane Gauthier - Ontario

Volunteer of Distinction Award – **Joanne Legros-Kelly** – Ontario

Backbone Award – **Libby McHardy-Hall** - Ontario

As we close the year with this issue of COPING, I would like to take this opportunity to wish everyone a very Merry Christmas, Happy Holidays and all the best for a happy, healthy and fracture-free 2018.

I would also like to extend a heartfelt thank you to the dedicated volunteers and staff who make all the work of COPN possible. I remain truly amazed at the passion and enthusiasm of these individuals who donate countless hours of their time and expertise throughout the year. I feel very fortunate to work with such a remarkable team.

A very sincere thank you to **you** - our **readers** - our **members**.

You are the reason **COPN** exists.

Cherylle Unryn
Chair, COPN Executive Committee

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.

Fall Prevention over the Holiday Season

Fall prevention is always an important concern for people with osteoporosis and at high risk of fracture. However, there are some specific things to be aware of in winter and especially during the holiday season:

- Most falls occur indoors, inside the home.
- Make sure your indoor shoes are just as safe as your outdoor boots, i.e., that they have a non-skid sole and can't slip off your feet.
- Inside, be aware of obstacles and potential tripping hazards. Over the holiday season, more people visiting may mean more loose items on the floor such as shoes, purses, gifts, gift wrap, spilled drinks and so on.
- If younger children are visiting, be aware of toys, mittens, coats, sweaters, scarves, hats and anything else that isn't attached. Whatever it is, it will certainly find its way underfoot.
- People may track snow into your hallway or foyer. Be sure to wipe up wet spots as soon as possible to avoid slipping on them. Door mats can also be used to absorb melting snow provided they are non-slip and non-trip with a good rubber backing.
- Outside your front door, wet or icy surfaces can be slippery and can cause a fall. Tread carefully and use handrails whenever ascending or descending stairs, no matter how few the number of steps.
- Keep the stairs and sidewalks of your home clear of snow and ice and sanded or salted to prevent slips. (For more on fall prevention, click [here](#) to read COPING's 4-part series on falls - February 14 to March 26, 2014).

Have a safe, happy, and fall- and fracture-free holiday season and New Year.

FUNNY BONE:

My wife said she didn't mind what gift I got her as long as it had diamonds in it. *I bought her a pack of cards.*

A Recipe from our Sponsor

Cheesy curry oyster stew

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *20 mins*

Yields: *4 to 6 servings*

2/3 milk product serving(s) per person

Calcium: 32% DV/ 352 mg



For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/cheesy-curry-oyster-stew>

Ingredients

1 tbsp (15 mL) **butter**
2 French shallots, chopped
2 cloves garlic, chopped
2 1/2 cups (625 mL) butternut squash, diced
1 tsp (5 mL) curry paste or powder
2 cups (500 mL) vegetable broth, no salt added
4 cups (1 L) chard, coarsely chopped
48 fresh oysters, shucked, with their juice
2 cups (500 mL) **Canadian Smoked Cheddar**,
grated
1 tbsp (15 mL) cornstarch
Freshly ground pepper

Tips

Cooking tip: When shucking oysters, hold the curved side of the shell down to retain all the juice, which will add delicious flavour to the sauce.

Cheese alternatives: Canadian Provolone, Gouda, Aged Cheddar.

Preparation

In an airtight container or bowl, stir together cinnamon, ginger, salt and pumpkin; gradually stir in milk and water. Stir in oats. Cover and refrigerate for at least 6 hours or for up to 12 hours.

Transfer oat mixture to a large saucepan; stir well. Bring just to a boil over medium heat, stirring often. Reduce heat and boil gently, stirring constantly, for about 5 minutes or until thick and oats are tender. Remove from heat, cover and let stand for 3 minutes.

Spoon porridge into 4 bowls and drizzle each with 1 tsp (5 mL) maple syrup and sprinkle with pumpkin seeds and cinnamon.



Nutrition Tip

As an appetizer, serve a warm Brie or Camembert with walnut bread or fresh cut vegetables.

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.

