

COPING

Dec. 7, 2007

Remember: You can live well with osteoporosis!

Holiday Greetings This will be last COPN Newsletter until the New Year. All the members of the COPN Executive Committee and our families send you warm wishes for a safe and happy holiday season.

There is still time to add one or two more items to **your Christmas wish list!**

Have you seen those grippers that slip over your boots? They have spikes or coils on the bottom to give better footing on slippery streets, sidewalks and parking lots. They help us remain upright so we don't slip and land on our dignity (our bottoms or hips) – so we don't break any of our fragile bones. These gadgets are not too expensive and can make winter a little more pleasant and a lot safer. I have two pairs – one in the house and one in the glove compartment of the car.

There are always warnings and cautions with anything so do remember two very important things:

- Don't be over confident just because you have these devices. Walk carefully.
- Be very sure to remove them before you go into a store or mall. These grippers are very slippery on indoor floors.

Now I know there are some of you who live in parts of our great country that don't need to worry about slippery streets but the vast majority of us are not so fortunate. Don't gloat or Santa will put coal in your Christmas stocking!

Another excellent gift idea – exercise tubing or bands! These are available from stores that sell medical supplies or from your physiotherapist. Your physiotherapist will show you exercises that you can do at home, even sitting in a chair, that will help to keep your back and arms strong. Strong back muscles give better support to our spines. These exercises also keep, or improve the strength in our arms to help us get up from a chair.

Still shopping for the holidays?

Support Osteoporosis Canada at the same time.

Our really pretty 'Pearls of Wisdom' jewellery makes the perfect stocking stuffers or teachers gift. Now available in a variety of colours and they are reasonably priced ranging from \$10 to \$50 each.

Another really good idea is the lovely new Osteoporosis Canada/Hallmark note card packages! Each package includes 8 cards, 2 each of four beautiful iris designs plus envelopes for just \$11.50 - including shipping.

Please visit our online ordering site to purchase the above items. These make great gifts for people you care about and for all those who are hard to buy for but for whom you really would like something special. Click on www.osteoporosis.ca then look on the left side for 'order online'. You can see pictures of the jewellery and the note cards.

Looking for something practical without the wrap? Why not send a Tribute card to those on your list? Simply make a donation to Osteoporosis Canada and we will mail out a Hallmark card on your behalf - postage included.

Please keep us in mind over the holidays as you shop online. Visit Cangive.ca before you purchase and the merchants donate to Osteoporosis Canada it doesn't cost you anything just another click of the mouse.

Online shopping: www.shop-osteoporosis.ca

Enjoy this special time of year. Keep well. Keep safe and don't forget to smile and laugh.

Happy Holidays!

Funny Bone:

Most families use credit cards for everything. The only one who still pays cash is the tooth fairy!

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

COPING NEWSLETTER will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to www.osteoporosis.ca for up to date information.

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