Welcome

Make your First Break
Your Last!
Insist on Assessment

7th Annual Cheese and Wine Evening
This year our major annual fundraising event was held at the prestigious Niakwa Country Club on March 1st. Special guests for the evening were Host Jim Ingebrigtsen from CTV’s “Great Tastes of Manitoba” and Honorary Chair Gord Steeves, former City Councillor.

Sparkling wine service accompanied hot appetizers, assorted veggies, and fabulous roast beef on a bun. James Engstrom, sommelier and wine consultant with The Winehouse, introduced four pairings of wines with award-winning Bothwell cheeses. Specialty coffees from Cornelia Bean accompanied desserts for a sweet and delightful close to the evening. (At right, Serving roast beef on a bun)

In addition to the fine fare, a silent auction and an abundance of draw prizes kept everyone entertained for the evening. (At right, one of our many happy prize winners)

Thank you to our sponsors, guests, and volunteers who supported this wonderful fund-raising evening.

Upcoming Events

Newly Diagnosed Information Session
Receiving a diagnosis of osteoporosis can be frightening. The Manitoba Chapter’s ‘Newly Diagnosed’ program offers an overview of osteoporosis and how to live well with the disease. Sessions are held monthly and the next will be Thursday September 27th from 1:30-3:00 pm at the Chapter office. There’s no fee to attend but please call to register.

Tea With a Twist
Our 5th annual Tea With a Twist will be held Sunday, October 21, 2012 at the Caboto Centre at 1055 Wilkes Avenue from 2:00 to 4:00 pm. Tickets are still just $30. Sample different blends of teas and sip Tea-tinis (a cocktail made with tea). It will feature a Fashion Show, Refreshments, Music, and a terrific Rainbow Auction.

Bridge Tournament
Our 3rd annual Bridge Tournament will be held Monday November 19, 2012. More information next newsletter!
Successful Spring Forum
The Chapter’s spring forum, “Building Strong Bones”, was held in April. Participants enjoyed presentations by qualified speakers on many topics including nutrition, safe exercise and medications.

Dr. Heather Frame, the featured speaker, is a Winnipeg physician and member of the OC Scientific Advisory Council. Her presentation traced two women’s experiences with osteoporosis and how they met the challenges. She also addressed fractures, bone mineral density and the FRAX assessment tool used to determine an individual’s risk of fracture within the next 10 years. It is interesting to note that Manitoba has had the tool available for use longer than any other province.

Anna Pohorecky, a registered dietitian with Dairy Farmers of Manitoba, informed us that vitamin D is necessary for calcium absorption, and that protein is needed to maintain existing bone density and to build and repair bones after a fracture. She prepared a delicious smoothie as an easy way to add calcium to our diet and provided us with a recipe booklet.

Emily Hunter, a registered physiotherapist and Andrea Bedard, BPE, MSc on the Faculty of Kinesiology at the University of Winnipeg demonstrated safe movements in our day to day living. They emphasised the importance of regular resistance training and weight-bearing exercise. For those bored with their exercise routine, they suggested trying Tai Chi classes for balance or Nordic pole walking which use 80% of your muscles. So let’s get active and build stronger bones!

Michelle Glass, a registered pharmacist who works at a local pharmacy, spoke about various osteoporosis medications including bisphosphonates, and gave both the typical and rare adverse side effects. She informed us of the many other drug treatments prescribed by doctors. She was very thorough in stating the reasons for taking medication for osteoporosis.

In between education sessions, participants were able to visit “Interactive Information Stations” including vision screening (Focus on Falls), balance assessment (Hunter Physiotherapy), use of mobility aids (Diamond Athletic Supplies) and a FRAX assessment. Displays by Manitoba Falls Prevention, Canadian Footwear, Victoria Lifeline and Canada Safeway provided additional information.

Norm ‘N’ Nates generously provided a delicious luncheon.

After the sessions, the 3rd annual Hilda Tottle Memorial Award was presented to Cherylle Unryn, the new Chapter chairperson. As the day came to an end, participants left the forum with an understanding of their limitations and the knowledge that they can live well with osteoporosis.

Fond Farewell: Marg MacDonell
After more than 10 years of service to the Manitoba Chapter and Osteoporosis Canada, Marg MacDonell is retiring. Marg was an invaluable member of the organization, serving with passion, enthusiasm, dedication and commitment.

Marg began her volunteer service with the Manitoba Chapter in 2002. She served on a variety of committees, including the Executive Committee, of which she was Chair from 2010-2012, the Provincial Advocacy Committee, the Fund Development Committee, and the Education Committee. Marg served on the National Board of Osteoporosis Canada for 6 years and, in 2005, Marg joined the executive committee of COPN and virtually single-handedly spearheaded the COPING newsletter for several years. Marg was appointed to the role of National Advocacy Co-Chair, where her passion for advocacy and strength in representing individuals living with osteoporosis shone through.

We would like to thank Marg for her many significant contributions to both Osteoporosis Canada and the Manitoba Chapter. We appreciate all that she has done to raise awareness and to educate and advocate for all those who live with Osteoporosis in Manitoba and in Canada.

Warm Welcome: Cherylle Unryn
Cherylle has been a very active member of the Manitoba Chapter of OC for more than six years. She became Chair of the MB Chapter Executive Committee in May 2012, became a member of the COPN Executive Committee in April 2012 and represents the MB Chapter on the Operations Advisory Council (OAC).

Cherylle has served on several committees through the years and currently sits on the Volunteer Development Committee, the Branch Revitalization Committee, the Bridge Tournament Fundraising Committee, and is Chair of the Cheese and Wine Fundraising Committee. Additionally, Cherylle often volunteers in the Chapter office and is very active in recruiting and organizing volunteers for our many and varied Chapter activities and events. Cherylle’s background is in Education, working as an elementary school teacher and then as a school principal prior to her retirement.

Welcome Cherylle!

New facts and figures
Over 80% of fracture patients are never offered assessment and/or treatment for osteoporosis

Summer Book Sale
Looking for some relaxing summer reading? Look no further! Just drop by the Manitoba Chapter office to see our great selection of gently used books. All proceeds will help provide osteoporosis education and support to Manitobans living with osteoporosis.

Paperbacks $0.50 | Hardcover $1.00
Hours: Every Tuesday and Thursday afternoon from 1:30–3:30 pm through August 28th
The Spinal Column

Featured OCM Supporter
thewinehouse

Formerly known as Pembina Fine Wines, The Winehouse continues to provide its customers with an unparalleled level of service. This family-owned private wine store is located at 110-1600 Kenaston Boulevard in Winnipeg. Since 1999 the proprietor, Chilean–born Tico Cornejo, has invested a wealth of knowledge, energy, and flair to establish a unique ambience for experiencing new products, to browse a stock of more than 3000 different products, and to make the right choice for one’s own taste. The highly trained staff has expert product knowledge and would love to take you on a guided tour of the many different styles and tastes found at The Winehouse. Attention to detail and genuine concern for their patrons’ wishes distinguish The Winehouse.

We are proud to have The Winehouse as a feature sponsor at our annual Cheese and Wine Evening. Their contribution to this fund-raising event has been informative, enjoyable and entertaining for all in attendance.

Brandon Branch

On Wednesday, May 16th, a Health Knowledge Training Session was held in Brandon. Pat McCarthy-Briggs presented the six hour session which was attended by eight Brandon volunteers and one volunteer from Winnipeg. Linda Rigaux, the Chapter’s Falls Prevention Coordinator, gave a brief presentation on Falls Prevention. A copious amount of information was covered by our exceptionally capable presenters in this condensed version of our Health Knowledge Training Program. Attendees were interested and engaged and actively participated throughout the evening. Future educational presentations will be planned with a focus on specific topics.

A New Fund Raising Project

Add a rich all-natural boost to your garden soil with Gardener’s Select Earthworm Gardening Soil, a made-in-Manitoba ‘fertilizer’ with no chemicals. It’s nutrient-rich earthworm castings, which are like a living humus. Gardener’s Select Earthworm Gardening Soil is ideal for all types of gardens from patio pots to garden plots and is great for indoor houseplants, too. Two sizes are available: 750 ml bag ($5) and 5 L bag ($20). Drop by the Chapter office to purchase your summer supply. Gardener’s Select will donate a generous portion of each sale to the Manitoba Chapter.

Volunteer Opportunities - South Eastman Area

The Manitoba Chapter of Osteoporosis Canada is looking for individuals in the South Eastman region of Manitoba who are interested in osteoporosis and would like to be in on the first steps of organizing and forming a Branch in the area. The Branch will provide opportunities for people living with Osteoporosis to access resources and information in their own community; provide educational events and a chance to learn and share experiences with others.

If you are living with or are at risk of or osteoporosis, care about someone with osteoporosis or work with folks living with osteoporosis and would like to help us form a support network in the form of a Branch we would like to hear from you! Contact the Manitoba Chapter office or email Linda Rigaux at lrigaux@osteoporosis.ca

Thank you to Our Corporate Sponsors and Supporters

The Manitoba Chapter of Osteoporosis Canada is greatly indebted to its sponsors and supporters who provide financial and in-kind support for our Cheese & Wine and Tea With a Twist fundraising events, and OCM educational programming. We would like to express our gratitude and thanks to the following:

- All Seniors Care Living Centres Ltd.
- Amgen Canada Inc.
- Bothwell Cheese Inc.
- Canada Safeway Limited
- Canstar Community Newspapers
- City of Winnipeg
- City of Winnipeg Employees’-Retirees' Charitable Fund
- Cornelia Bean
- Dairy Farmers of Manitoba
- Digital Magic
- Eli Lilly Canada Inc.
- Galaxy Printing
- Investors Group
- Manitoba Community Services Council Inc.
- Manitoba Healthy Living, Seniors and Consumer Affairs
- Manitoba Hydro
- Manitoba Hydro Employees’ Charitable Donations Committee
- Norm ‘N Nate’s Catering
- Preferred Meats Inc.
- Royal Canadian Legion #215
- Wawanese Insurance
- The Winehouse
- The Winnipeg Free Press
Volunteer Opportunities

Please contact the office if you are interested in any of the following positions:

**Board Secretary**: This volunteer would attend Board meetings and record minutes and motions ensuring that all are distributed appropriately in a timely manner; and coordinate / handle all administrative work of the Executive Committee. Time commitment of 5-10 hours per month.

**Fund Development Chair**: This volunteer joins the Board and would be responsible to develop, maintain, monitor and evaluate the Chapter’s fundraising budget and projects; and develop and monitor an annual plan for fund development activities. Time commitment of 10-12 hours per month.

**Fund-raising Event Committee Volunteers**: These volunteers help with Chapter fund-raising events by contacting/inviting previous attendees, coordinating business sponsorships; contacting businesses for sponsorships and/or donations to silent auctions; coordinating event ticket sales and working at the event.

**Multicultural Speakers’ Bureau**: There are many seniors in our province who are not fluent in English. We are looking for volunteers who speak English and an additional language to join the Multicultural Seniors Speakers’ Bureau. Some educational material is already available in a variety of languages. If you or someone you know can help, please contact us.

Membership

We encourage you to join OC. Membership fees are just $25 for one year or $45 for two and are fully tax-receipted. Membership includes a 10% discount on OC merchandise such as videos and books, regular notice of educational activities in our community and the opportunity to vote at OC’s Annual General Meeting. It also demonstrates that you believe in the mission of the organization.

Celebrity Quote (from www.everydayhealth.com)

**Message to her Daughter (and Women Everywhere)**

You’d think that a Hollywood veteran like Blythe Danner would already be living a very healthy lifestyle, but she confesses that her health wasn’t always at the top of her mind. “I feel very naughty but I tend to be careless sometimes,” she says. “But osteoporosis is a silent disease and women often don’t know about it until they have a broken bone.” That’s why it was important for Danner to spark the conversation among women, especially her daughter, **Gwyneth Paltrow**, who last year revealed she had osteopenia, or early signs of bone loss.

**Click here to see a video interview**

Looking for sponsors

The Editorial Board is actively seeking sponsors to provide long-term sustainability for this newsletter. Please contact the office if you or your organization would like to support this publication.

The Spinal Column is a free publication for people affected by osteoporosis. It is overseen by an editorial board composed of OCM Staff and Volunteers.

Views expressed in this newspaper do not necessarily represent those of our supporting organizations.

The Editorial Board may edit submissions for length and style, and reserves the right not to publish submissions.

Advertising fee per insert:
- Business card size $25
- Quarter Page $40
- Half Page $65
- Full Page $100

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