

**Remember: You can live well with osteoporosis!**

## Season's Greetings!

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## COPING Archives

[Click here to view the COPING archives](#)

Osteoporosis Canada's offices will be closed from **12pm ET on Friday, December 23, 2011 to Monday, January 2, 2012 inclusive.**

I truly enjoy this time of year when our celebrations with friends and family go into high gear. We visit, we play, we shop, we attend concerts and services at our church or synagogue and we do so many other things associated with Christmas and Hanukkah. However, this year, over ten thousand Canadian men and women will be experiencing a different holiday. These are the individuals who had an osteoporotic fracture during the month of December. Many will be wearing a cast. Many will be bed-ridden in hospital, at home or in a long term care facility of some kind; and many will be experiencing debilitating pain. Most will find it difficult to participate in the festivities going on around them. Sadder than this is the reality that fewer than one in five of these individuals will be assessed and treated for the underlying cause of their fracture. Without treatment there is a good chance they will be spending other holidays recovering from other fractures in the future.

This should not be happening in Canada. We have the knowledge, the assessment tools and access to medications that work and yet there are still alarming gaps in osteoporosis care. COPN and Osteoporosis Canada are determined to change that. In 2012 we will be redoubling our efforts to work with governments, health care professionals and with you – the patients - to continue to close the care gap.

As we get ready to usher in the New Year and all its promises and challenges, let's take a moment to reflect. In 2011 COPN turned seven years old. We grew to more than 4800 members, drawn together by a common interest in the services COPN provides - practical lifestyle tips, advice on medication, mutual support and the opportunity to interact with the experts in virtual forums. We celebrated the 100<sup>th</sup> edition of our newsletter with the launch of a new look that is drawing rave reviews. For the first time, we published the newsletter right through the summer ensuring an uninterrupted flow of up-to-date reporting on breaking news. We applauded the release of Osteoporosis Canada's White Paper, *Towards a Fracture-Free Future*, a landmark initiative that will continue to guide us for years to come. In 2011 COPN also fully engaged in advocacy, bringing the patient voice to Osteoporosis Canada's ongoing efforts to advocate to provincial governments for improved case management in osteoporosis. You will be reading about this in next month's COPN newsletter, when we will be bringing in the New Year with information about OC's advocacy initiative – the inaugural FOCUS Forum – so be sure to stay tuned to COPING.

## The COPN Executive Committee

**Larry Funnell**  
Surrey, BC

**Sheila Brien**  
Toronto, ON

**Ina Ilse**  
Toronto, ON

**Sarah Nixon-Jackle**  
Saskatoon, SK

**Annabel Sheppard**  
Edmonton, AB

**Margaret Willson**  
Surrey, BC

**Shirley Hundvik**  
Chilliwack, BC

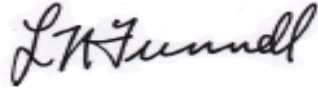
**Alison Buie**  
Calgary, AB

**Irene Polidoulis**  
Scarborough, ON

**Kimberly Neufeld**  
Calgary, AB

This is also a time to give thanks to the many individuals who support COPN throughout the year, from the passionate volunteers who guide, write and edit our newsletters, the experts who share their wisdom and advice on our virtual forums, the managers and staff at Osteoporosis Canada who champion and support our patient voice, to you, our readers, the reason why this is all happening – thank you. Together we have made a difference.

On behalf of the entire COPN Executive Committee, I would like to wish everyone a safe and happy holiday.



Larry Funnell  
Chair, COPN Executive Committee

### *You Can Help*

We are justifiably proud of our accomplishments at COPN but they do come with a cost. Like all charitable organizations, Osteoporosis Canada has been affected by the slumping economy. The postal strike earlier this year further compounded this challenge. Unfortunately at a time when the demand for our services has never been greater, the donations that support those services continue to decline.

Nevertheless, Osteoporosis Canada remains committed to educating, empowering and supporting individuals and communities in the treatment of osteoporosis and reducing the risk of fractures.

You can help. We encourage you to consider joining the [Osteoporosis Canada monthly giving program](#). You can give **any** amount that you are comfortable with. It *will* make a difference.

You may [join online now](#) or you may call 1-800-463-6842 ext. 288 or email [saddy@osteoporosis.ca](mailto:saddy@osteoporosis.ca) to pledge your support.

Osteoporosis Canada would like to thank Dairy Farmers of Canada and Gay Lea Foods Co-operative Limited for their generous support of the COPING Newsletter.

Thank you Dairy Farmers of Canada and Gay Lea!  
(sponsors' names appear in alphabetical order)

# Recipes from our sponsor, Gay Lea Foods Co-operative

## **Cinnamon Bun Swirl Shortbread**

[http://www.gaylea.com/recipes/action/recipe/rec\\_id/301](http://www.gaylea.com/recipes/action/recipe/rec_id/301)

Preparation time: **15 minutes**

Cinnamon buns are a favourite, and these pinwheels have all the same delicious goodness, rolled up in a buttery shortbread cookie.



### **Ingredients:**

1 cup	Gay Lea® Butter (Unsalted), softened	250 mL
1 cup	Redpath® Instant Dissolving Sugar	250 mL
1	Naturegg™ Omega 3 egg	1
2 tsp	vanilla extract	10 mL
2 1/2 cups	all-purpose flour (approx.)	625 mL
1/2 tsp	salt	2 mL
1/4 tsp	baking soda	1 mL
	Filling:	
2 tbsp	Gay Lea® Butter (Unsalted), melted	30 mL
1/4 cup	Redpath® Cinnamon Sugar (Shaker)	50 mL

### **Instructions:**

Beat the butter with the sugar until fluffy. Beat in the egg and vanilla until well combined. Stir the flour with the salt and baking soda; beat into the butter mixture, on low speed, just until combined. Knead gently and flatten into a rectangle. Freeze for 20 minutes or until firm enough to roll.

On a large sheet of parchment, using a floured rolling pin, roll dough into a large rectangle (about 10 x 14 inch/25 x 35 cm). Trim away rough edges as needed.

**Filling:** Brush the dough evenly with melted butter. Sprinkle evenly with cinnamon sugar. Starting at the long end, roll the dough into a snug pinwheel. Freeze the log for 30 minutes or until firm enough to slice easily.

Preheat the oven to 325°F (160°C). Slice the logs ¼ inch (5 mm) thick; place the cookies, 1 inch (2.5 cm) apart, on parchment paper-lined baking sheets. Bake, in batches, for 13 to 15 minutes or until bottoms are pale golden. Cool completely on a rack.

Makes 3 1/2 dozen cookies.

## **Jalapeno Horseradish Dip**

[http://www.gaylea.com/recipes/action/recipe/rec\\_id/153](http://www.gaylea.com/recipes/action/recipe/rec_id/153)

Preparation time: **10 Minutes**

Try as a side dip with your sweet potato fries!



### **Ingredients:**

1 cup	Gay Lea Sour Cream	250 mL
1/2 cup	Gay Lea Nordica Cottage Cheese	125 mL
1	small jalapeno, finely diced	
1/4 cup	of prepared horseradish	50 mL

### **Instructions:**

In a small bowl, combine the sour cream, cottage cheese, jalapeno, and horseradish lime juice. Stir well.

Add salt and freshly ground pepper to taste. Cover and refrigerate for 30 minutes before use. Keeps 3-4 days.

Makes 2 cups.

## **FUNNY BONE:**

Label on package at post office "Fragile. Please throw underhand."

**This issue of COPING is sponsored by Gay Lea Foods Co-operative**



[www.gaylea.com](http://www.gaylea.com)