



The Wire

Volume 3 Issue 2

November 2019

November is Osteoporosis Month

Osteoporosis (OP) is a bone disease. The word “osteoporosis” literally means porous bones. It is a disorder characterized by decreased bone strength as a result of reduced bone quantity and/or quality. A person with OP has an increased risk of breaking a bone (fracturing). These breaks are called fragility fractures to indicate that the bone has broken because it has become more fragile (weaker). OP is called “the silent thief” because it can progress without symptoms until a broken bone occurs. When bones become severely weakened by osteoporosis, they are prone to fragility fractures. These occur spontaneously or following minor injury such as a fall from standing height or less or at walking speed or less. Fragility fractures of the spine can occur due to bending, coughing, sneezing, reaching or other simple movements. Hip, spine, shoulder and wrist fractures are the most common fractures associated with OP.

Good Nutrition Is Important For Strong Bones

- Eat a balanced diet from all four food groups to help keep bones strong and prevent fractures.
- Vitamin D is important to keep your bones strong and also to prevent falls. All adults in Canada should take a vitamin D supplement all year round. Ask your doctor for the right dose for you.
- Calcium is important for bone health. It is best to get your

Continued on page 4

Inside this issue:

Cooking with Gwen 2

Up coming Programs 3

Osteoporosis continued 4

Osteoporosis continued 5

Trivia 6

Osteoporosis continued 7

More Info 8

Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!

If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!



Pineapple Cheesecake

Layer 9 x 13 pan with Graham wafer Squares

Cream together in a bowl: 1 package cream cheese, 1 cup icing sugar

Mix 1 pkg of Vanilla pudding (153g pkg) with 1 1/2 c milk and 1 large can crushed pineapple.

Fold in cream cheese and spread on top of graham wafer base. Top with Cool Whip.

Enjoy!

1. Pineapple Is a Fruit That's Rich in Vitamin C
2. Eating Pineapple May Enhance Your Weight Loss
3. Eating Pineapple May Aid Your Digestion
4. The Manganese in Pineapple Promotes Healthy Bones
5. Pineapple Is Packed with Disease-Fighting Antioxidants
6. Thanks to Its Antioxidants, Pineapple Has Cancer-Fighting Properties
7. Pineapple Fits in an Anti-Inflammatory Diet
8. Pineapple's Nutrient Profile Means the Fruit Can Help Boost Immunity

Upcoming Programs

Let's Make Music

Wednesday, November 13

Presenter: Maria Matthews

Let's Make Music Together! Group drumming is a fun & active way to enjoy popular music from the 50's, 60's, and 70's. Seated and standing options will be provided to accommodate the needs of everyone. No experience required. Equipment provided.

1:00 – 2:30 p.m. at Starbuck Hall

Cost: Free

Winter Watercolours

Thursday, November 14 at Sanford Legion 2-4 pm

Join us for a fun and relaxing introduction to the basic techniques of water colors. Add in some playful strokes of your own and you will have a lovely picture for framing or to use as a greeting card. *No experience necessary! Please wear clothes you won't mind getting messy!* How Do I Get In?

You can Register Online at www.MHRD.ca or by phone at (204) 885-2444.

Registration closes November 7th. \$22 in-district, \$26.40 out of district rate

Macdonald Services to Seniors

13th Annual Seniors Christmas Luncheon

Friday, December 6 at Oak Bluff Rec Centre

11:30 a.m. – 2:30 p.m.

Tickets on Sale: October 15, 2019

Food catered by Starbuck Catholic Church

Door prizes, 50/50 & Lotto Raffles

Call Leanne 204-735-3052 for your tickets!



calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverage and calcium-fortified orange juice. If you don't eat many dairy products or other calcium-fortified foods, you may need a calcium supplement. Do not take a calcium supplement on your own. Check with your doctor first.

- Limit the amount of alcohol in your diet to two or fewer drinks per day.
- Stop smoking.

How much calcium and vitamin D do you need each day?

Age 19-50 Calcium 1000 mg **Vitamin D** 00 - 1000 IU

50+ 1200 mg 800 - 2000 IU

mg = milligrams IU = international units Exercise to

Keep Your Bones and Muscles Strong

- Strong muscles help to maintain strong bones. Perform exercises to increase muscle strength using resistance bands or weights at least 3 times per week, and target all major muscle groups.
- Falls can lead to broken bones. Improve your balance and coordination with daily balance exercises or tai chi.
- Perform aerobic exercise for at least 30 minutes per day. To maintain bone strength, exercises where your bones have to carry your weight (e.g., brisk walking, dancing) are better than exercises where your weight is supported (e.g., swimming, biking).
- Do exercises to maintain or improve posture daily, such as spinal extension exercises. • Older adults with osteoporosis or broken bones of the spine require an exercise program that includes strength and balance training. Those with spine fractures need to learn proper postural alignment for everyday activity, and should consult with a physical therapist.

Are You at Risk?

Everyone over age 50 should speak to their doctor about their risks for broken bones. Your doctor should measure your height annually

Continued on page 5

and go over your risk factors to see if you need a bone density test.

Some important risk factors that indicate a need for bone density testing include age over 65, you had a prior fracture after age 40, one of your parents suffered a broken hip or you are on a medication called prednisone.

Medication to Make Your Bones Stronger

Sometimes good diet and exercise aren't enough to keep your bones strong and prevent fractures. You may need to take medication too. Talk to your doctor about what is best for you.

TESTING

A risk factor assessment is an important first step in alerting you to your risk for osteoporosis. However, it is not a scientific way to predict whether your bones will become porous. Many people who develop osteoporosis have few of the risk factors – a fact we are trying to understand through research into the causes of osteoporosis.

This is why medical testing is so important. The tests are known as Bone Mineral Density (BMD) tests and the technology that they use is known as bone densitometry. These tests are safe, painless and accurately measure the density of your bones. A BMD test can tell you whether or not you have osteoporosis and how likely you are to develop it in the future, and can help you to make decisions that may prevent fractures or further bone loss.

WHO SHOULD GET A BMD TEST?

All women and men 65 years or older

Postmenopausal women and men 50 – 64 with risk factors for fracture including:

Fragility fracture after age 40

Vertebral fracture or low bone mass identified on x-ray

Parental hip fracture

High alcohol intake

Current smoking

What a Pair

Harvard and Yale, Thunder and Lightning, Coke and Pepsi are all common pairs...but what about Wonder and Perrier? If you redefine Wonder and Perrier correctly, you'll come up with the more familiar pairing of Bread and Water. How many familiar pairs can you make from the clues below?

Long term memory
Working memory
Executive functioning

1. "Stop" to a film director and arid_____
2. TV's Mr. Serling and a spool of film_____
3. A method of curing meat and reflective glass fixtures_____
4. The person who transports your belongings to a new house and a salt dispenser_____
5. Court proceeding and a salt dispenser_____
6. Light complexion and a rectangle with four equal sides_____
7. Long jacket and to fasten with a rope_____
8. The opposite of multiply and to vanquish_____
9. A physical attack and an energizer_____
10. A tune and the cha-cha_____
11. Crazy or loco and sliding metal bars that lock doors_____
12. A financial penalty and a man unduly devoted to fashion_____

Answers Below

1. Cut and Dry 2. Rod and Reel 3. Smoke and Mirrors 4. Mover and Shaker 5. Trial and Error 6. Fair and Square 7. Coat and Tie 8. Divide and Conquer 9. Assault and Battery 10. Song and Dance 11. Nuts and Bolts 12. Fine and Dandy

Low body weight, i.e. less than 132 lbs or 60 kg

Weight loss since age 25 greater than 10%

High risk medication use: prolonged glucocorticoid use, aromatase inhibitors for breast cancer, androgen deprivation therapy for prostate cancer

Rheumatoid arthritis

WHAT EXACTLY HAPPENS DURING A BONE DENSITOMETRY TEST?

The most common bone density test in use today is called dual energy x-ray absorptiometry (DXA). This test involves lying on a table for several minutes while a small x-ray detector scans your spine, one hip, or both. You may be asked to lift your legs onto a support to straighten your back for the test. The test is safe and painless and does not require any injections or any other discomfort. You receive a very small amount of radiation from a DXA test, approximately the same amount you are exposed to if you fly from Toronto to Vancouver.

HOW DOES A BONE DENSITOMETER MEASURE BONE DENSITY?

Think of the light shining through the curtains of your home on a sunny day. The amount of light that reaches your eye depends on the thickness of the curtains. If your curtains are very thick, very little sunlight passes through them. If, however, you replace them with a thinner fabric, the light coming through to you will increase substantially. Similarly, a bone densitometer uses a detector to measure the transmission of small amounts of x-rays (light) through your bones. The amount of light that passes through the bone is measured, thus providing a radiologist with a picture that indicates how dense (thick or thin) your bones are.

<https://osteoporosis.ca/>

Remember to turn your clock
BACK 1 hour, on Sunday,
November 3, 2019



TO SPEAK WITH A TRAINED VOLUNTEER COUNSELLOR ABOUT
OSTEOPOROSIS CALL OUR INFORMATION-LINE:

English: 1-800-463-6842

The information line gives you access to knowledgeable and understanding people who will answer your questions, send relevant information, and, when appropriate, refer you to available resources.

**I go to KFC to get the kids something to eat. They wanted the kids meal with a leg so I said "kids meal with the leg" and the lady says "which side?"
Me- *complete silence as I heavily contemplate such an odd decision*
"I guess the right side, I don't know what the difference is."
After several moments of laughter she says "no hunny which side would you like to go with the leg? "Mashed potatoes or wedges"
Jesus take the wheel. It's been a long day.**

Macdonald Services to Seniors has a Website!

Check us out at www.MacdonaldSeniors.ca

Macdonald Services to Seniors

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Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

Service Providers Featured in Previous Issues:

Foot Care:

Leanne Maes (La Salle): 204-771-4030

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of
Drivers, and House and yard maintenance
in all communities.**

**If you are interested in putting your name forward to
be contacted when someone requires help with trans-
portation or light house cleaning, please call Leanne.**

