Building Strength Together®
Greater Omaha Area
Osteoporosis Support Group
Newsletter

Next Meeting:

Wednesday, March 14, 2012
Dining Room D----
Creighton University
Medical Center
1:00-2:30 pm

Linda Martins will lead us in Tai Chi—wear comfortable clothes

Let’s Get Talking About Osteoporosis!
by Susan Recker, National Support Group Leader, NOF

As NOF support group members, we share health resources with one another, hear the latest news from osteoporosis experts and even participate in bone healthy exercises together. But what are we doing to prevent osteoporosis in our community or more importantly, in future generations?

Last September, NOF launched Generations of Strength: A Mothers and Daughters Campaign, a national initiative calling on women to start conversations with each other, their healthcare professionals and NOF about bone health and osteoporosis. NOF is planting the seeds of conversation and looking to volunteers like us to spread the messages nationwide. For the first time we have an opportunity to protect our mothers, fortify our daughters and guarantee a lifetime of strength, independence and happiness for ourselves.

The campaign aims to make osteoporosis a household name and to raise $2 million to support our very own support groups as well as public and health professional education. Here are a few ways we can get involved and help:

• Participate in Let’s Get Talking, NOF’s online contest calling on mothers and daughters to share their favorite conversations or memorable moments for a chance to win a trip to New York City complete with fantastic shopping and a spa experience.

• Host a Pearls of Strength® event to spread important bone health messages to those in your community. NOF has a toolkit that will give you everything you need to get started.

Visit the Generations of Strength Campaign website or call Kelly Austin at (800) 231-4222 to learn more about these and other ways you can join the conversation.
Speakers for 2012

March 14 Linda Martins will lead us in Tai Chi

April 11 Judy Gale, PT . . . Safe Exercises for those with Osteoporosis

May 9 John Hurley, M.D. Informal Discussion on Rheumatology. . bring questions

June 13 Ken Nesbitt Manager of CUMC Safety and Security. . . Safety for Seniors

Sept 12 Tim Fitzgibbons, M.D., Orthopedist Informal Discussion on Keeping One’s Feet Healthy.

Oct 10 Omaha Dancing Grannies will entertain

Nov 14 A time for Sharing concerns and solutions. And showing a Skeletal Fitness video with a special information section about osteoporosis by Felicia Cosman, M.D. Clinical Director of the National Osteoporosis Foundation

Find out what Men Need to Know about Osteoporosis
Go to www.nof.org
To access
The Man’s guide to Osteoporosis
Or
Call Susan Recker at 402-280-4810 before the March Meeting to obtain a copy