Meet Elaine - your new leader

As mentioned in last month's newsletter, Elaine Henderson will be your group leader starting January 1st, 2013.

Elaine has a BS degree in Nursing from George Mason University (1982), and a MS in Kinesiology from Texas Women's University (2010).

She is dedicated to improving individuals' health and fitness through exercise-based preventative care and rehabilitation.

Elaine expressed her reasons for interest in the group. She says, "I am familiar with osteoporosis in my family and at work. I may reach a low level of bone density in the future. I see the NOF support group as a team that helps each other and our community minimize the effects of osteoporosis, especially the pain and loss of independence from fractured bones. I will stay current with the health issues of osteoporosis as a result of being a part of Bone Buddies. I am grateful to Jennie and her helpers in establishing such an important support group."

Welcome, Elaine!

L-R Back: Suzanne O'Malley, Elizabeth Kimbrough, Judy Cornell, Anne Kovacs, Mary Jane Clanton, Joella Enna, Benita Belsley, L-R Front: Jennie Image, Elaine Henderson, Judith Barnes

December 2nd Planning Meeting report

16 people attended our Planning Meeting on December 2nd. Monthly meetings programs were pencilled in for January through June, 2013.

All group members (if you have attended a meeting, you are considered a member!), are invited to submit a topic of particular interest to them, and we will do our best to cover it at one of our meetings later this year. Please email Elaine at eshenderson@tx.rr.com with your ideas.

Minutes of the Planning Meeting are available at today’s meeting. You will notice that there are volunteer admin positions open— in particular Meeting Set Up & Break Down, Publicity, Secretarial, and Website Maintenance. Please contact Elaine, 214-477-7214, if you would be interested in hearing more about a particular task.

Potassium Citrate

New research involving 201 elderly, osteoporosis-free men and women who took 60 mEq of K-citrate daily + calcium and Vitamin D, for 24 months, showed a “significant” increase in bone mineral density at several test sites, including the lumbar spine. (J Clin Endocrinol Metab, Nov 2012).

Potassium is found naturally in "tomato products, raisings, potatoes, spinach, sweet potatoes, papaya, oranges, orange juice, bananas, plantains and prunes." www.nof.org/articles/237 Good-for-Your-Bones Foods

"Potassium citrate may be used to replace potassium that is lost when a thiazide medicine is used to prevent kidney stones." www.webmd.com/kidney-stones/potassium-citrate-for-kidney-stones

**Always check with your doctor before taking a new supplement. Jennie

NEXT MEETING

Saturday, January 12, 2013
Open Discussion—lead by Elizabeth Kimbrough

Please note:
In 2013, the group will meet every 2nd Saturday, 10-11 a.m., at Methodist Richardson Medical Center (Bush @ Renner), 2821 E. Pres. Geo. Bush Turnpike, Richardson, in the Physician's Pavilion, Room 200.