NEXT MEETING
Sat. April 13  10-11 am
At Central Market, Plano—Calcium-Rich Food Tour, Lecture, plus Question & Answer Session, with renowned nutritionist, Betty Murray.
Store address & phone: 320 Coit Road, Plano, 75075 (Coit @ Geo. Bush, NE corner, across from Sam’s Club). Meet in the Cafe across from the deli counter. 469-241-8300.
The store’s Healthy Living Manager will give gift bags with samples to attendees.
For more information, contact outing coordinator, Judy Cornell, 972-867-5001.

Skeletal Fitness 2
Update your exercise routine with the latest DVD by Mirabai Holland. Skeletal Fitness 2 features all new exercises to help people with and at-risk for osteoporosis exercise safely to strengthen and protect their bones and cardiovascular system. Order from NOF. (See below.)

How to Reach Us
Leader Name: Elaine Henderson, RN
Phone: 214-477-7214
Email: eshenderson@tx.rr.com
‘Bone Buddies’ is affiliated with the National Osteoporosis Foundation, Washington, DC
Website, www.nof.org
Phone: 1-800-231-4222

Group directory
Suzanne O’Malley is developing a group directory that will be distributed largely by email. Members have the option to share their contact information with others as they sign in at meetings, or by contacting Suzanne—email omalley.suzanne@gmail.com, phone 972-208-1232. Printed copies will be available for those without email.
*The information in this directory is intended for the personal use of our group members, and not for any commercial, business, or marketing use.

How many steps?
In case you were wondering—2,000 steps is approximately 1 mile, depending on your stride length.

The Hormone Question
“For midlife women, the drop in estrogen that happens with menopause can lead to rapid bone loss”.
What are the choices, and why? Go to www.nof.org/resources

Easy Waldorf Salad
Prepare: 2 1/2 cups sliced celery, 2 cups each green and red seedless grapes, sliced in half, 2 Granny Smith and 2 Gala apples, cut in bite-size pieces, juice from 1 lemon, 1/2 to 2/3 cup bottled coleslaw dressing, 1 cup walnuts or pecans.
Toss the celery, grapes & apples together in a large bowl. Drizzle with lemon juice. Add enough coleslaw dressing to coat & toss again. Refrigerate for an hour or two. Add the nuts just before serving. Makes 8 servings.
PS: Do you have a bone-healthy recipe to share? Send to Jennie at jennieimage@tx.rr.com

The NOF Responds
“Despite recent studies, calcium and Vitamin D remain important nutrients for overall bone health”—see the full text at www.nof.org/news/903

Dietary supplements and The USP Verified Mark
The Food & Drug Administration (FDA) does not regulate the potency of supplements, but companies may choose to comply with the standards of the U.S. Pharmacopeial Convention (USP), which requires that pills contain 90 to 110 per cent of the listed potency (Source: DMN 2.26.13).

*Seeing the USP Verified Mark on a label indicates that the dietary supplement product inside:
*Contains the ingredients listed on the label, in the declared potency and amounts.
*Does not contain harmful levels of specified contaminants.
*Will break down and release into the body within a specified amount of time.
*Has been made according to FDA current Good Manufacturing Practices using sanitary and well-controlled procedures.*
Go to www.usp.org, click on “dietary supplements” then “verification services” to see a complete list of current USP Verified products.