

BHOF Updates and Timely News

Rebrand Update and Webinars



The National Osteoporosis Foundation (NOF) is Now the Bone Health and Osteoporosis Foundation (BHOF)

The new name reinforces BHOF as the primary national health organization committed to promoting strong bones for life for a variety of audiences, preventing osteoporosis and broken bones, and reducing human suffering by leveraging a breadth of programs including public and clinician awareness, education, advocacy, and research. The announcement was extremely well received, and there was much positive response to the news. Read the [press release](#), which provides additional details. Enjoy the webinars below!

What's Cooking? Delicious Recipes that are Good for Bone Health

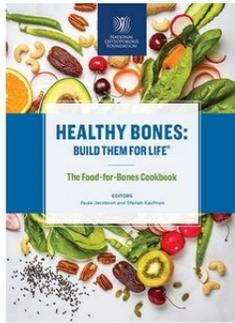
BHOF "In the News"



On Dec. 21, Manhattan Week honored the [Recipients Of Inaugural Congressional Bone Health Champion Award Announced](#), which recognized outstanding leadership to improve the bone health of Americans.

The Three Tomatoes' [Are You at Risk for Osteoporosis?](#) article (Dec. 1) offers an excellent overview of the contributing factors to this debilitating disease. The story was written by ALC member, Joan Pagano.

Manhattan Week also shared this feature about our recent Giving Tuesday initiative. Check out the



This lively cooking demonstration with Culinary Nutritionist [Regina Ragone](#), MS, RD, CDN, stars recipes from BHOFF's [Healthy Bones, Build Them for Life® – The Food-for-Bones Cookbook](#). In addition, Regina offers some insider tips and tricks that she learned during her more than two decades leading test kitchens in some of the most well-regarded food/lifestyle magazines, including *Weight Watchers*, *Prevention*, and *Family Circle*. [Watch this entertaining cooking segment here.](#)

Staying Strong, Vibrant and Full of Energy After Age 50

In this compelling and informational conversation, Debra Atkinson, founder of [Flipping50](#), busts the myth about the slowing of your metabolism at menopause and beyond. Debra has been speaking on fitness and life-enhancing topics for more than 30 years. In this webinar, she shares her philosophy on how we can do safe, achievable, and simple exercise programs at home that can help us reach our health and fitness goals at midlife and beyond! [Tune in to learn more.](#)

Giving Tuesday Highlights



Giving Tuesday 2021 was a success! More than \$5,500 was raised via a series of Live Bone Chats. BHOFF's CEO, Claire Gill, and Board Member, Charles Lawrence, donated on behalf of each attendee who joined the live chats. In case you missed them on Giving Tuesday, you can still tune

Nov. 30 story here: [The Bone Health and Osteoporosis Foundation \(BHOFF\) Hosts Bone Chats with Experts for Giving Tuesday.](#)

The Senior Citizen's Guide to South Jersey showcased valuable [Osteoporosis Risk and Detection](#) (Nov. 2) information in user-friendly, memorable language.

Dr. Andrea Singer was referenced in this Oct. 21 story [Healthy changes it's never too late to make](#) featured in WESH-TV Online.

Here's a great placement highlighting the rebrand: [The National Osteoporosis Foundation \(NOF\) is Now the Bone Health and Osteoporosis Foundation \(BHOFF\)](#). In addition to USA Life and Sciences, this Oct. 20 announcement was picked up in close to 40 additional publications.

[On World Osteoporosis Day, be honest about bone health](#) ran on Oct. 20 in Over50Feeling40.

The Philly Voice reminds everyone that [Osteoporosis prevention should begin as a young adult, experts say](#) (Oct. 20).

Connect with NOF



Ask the Expert

in today.

- o [Generations of Strength: Bone Health and Osteoporosis in Families](#)
- o [Cancer and Bone Loss](#)
- o [Bone Density Tests and Beyond](#)
- o [BHOF Support Groups: Meeting Needs in Communities](#)
- o [Be Bone Strong: Running for Bone Health](#)
- o [Public Policy and Bone Health](#)
- o [Men and Osteoporosis: What You Need to Know](#)

Your generosity throughout the year helps support BHOF's mission of preventing osteoporosis and broken bones, promoting strong bones for life, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research. Please consider [donating](#) today. Your generosity is greatly appreciated. Thank you.

Donate Now 

Education

A Bone-Healthy You in 2022!



One in two women and one in four men over age 50 will break a bone due to osteoporosis. The new year is here, and millions of Americans will work to achieve aspirational goals for their good health and well-being. With the extremely high prevalence of fractures, BHOF recommends that you set yourself up for success and make 2022 the year of a bone-healthy you! Check out this user-friendly [resource](#) packed with helpful information on a plan for achieving better bone health. Please note that the

Shelly Gladstein, BHOF Support Group Leader

Please tell us about your background and how you started OsteoBoston

Faced with the diagnosis of osteoporosis, and after experiencing a full career as a sales leader of a national business, I felt motivated to do something that might provide more answers. The BHOF website shared helpful information about many things, and I decided to inquire about becoming a Support Group Leader. I've had no medical background; simply an interest in learning more about how to best steward the condition I found myself in. I live in greater Boston, which is also home to some of the best leaders and experts in the field. I felt this proximity was an asset to us, and so named the group, 'OsteoBoston'.

We've attracted members from many other states, as well as Canada. We began the group with an online presence only, on Zoom in February of 2021, and I asked Dr. Marc Wein of Massachusetts General Hospital Boston (my own endocrinologist) to be our advisor. We feature a monthly speaker. People have enjoyed our format and share the group with others they know. I also promote the speakers on my personal social media feed and provide an email for people to contact me if they're interested in participating. Referrals from our members has bred new members joining us. In the future, I'd like to reach out

resource above was originally created for BHOF Support Group Leaders but the information is relevant for all audiences. If you would like to learn more about our Support Groups, [click here](#).

Voices of Osteoporosis: Stories of Hope and Inspiration



It's Working: My Three-Fold Approach to Osteoporosis

Victoria Schmidt is the first to tell you what a fortunate lady she is. From living on California's Central Coast to exercising often to eating an incredibly healthy diet, she was stunned to learn that she has severe osteoporosis with extreme risk for fracture. Read Victoria's incredibly [motivating story](#).

Call to Action: Join NOF's Patient Registry

BHOF wants to hear from you about how we can best help you live a fulfilling, vital life and improve your bone health. Please visit NOF's [Healthy Bones, Build Them for Life Patient Registry](#) to learn more.



Welcome to BHOF's Free Online Community

further to the greater community where I live. I'd like to share these resources with as many as are inclined.

Is there a unique point of differentiation that you can share about your Support Group? What is it that keeps members engaged? What are members most interested in learning?

I think our format is good and easily duplicable. We meet monthly at 7 p.m., the first Tuesday of each month. The first hour is dedicated to hearing from a selected speaker. After the speaker leaves the Zoom at 8 p.m., we continue until 9 p.m., sharing our own stories about our progress, our situations. I often find that I learn equally as much in the second hour of conversations as I have in the first, because members share such insightful comments. Surprisingly, we've created a special bond, even though we've only met on this online platform and look forward to seeing each other monthly. We've had exceptional speakers: endocrinologist researchers, specialists, nutritionists, physical therapists, qi gong instructors, and others in the field. These experts add richly to the program. Exciting programs are planned for this spring. All the talks are posted afterwards on the [OsteoBoston YouTube channel](#). (We post only the speakers, not the support group content.)

How did you pivot from in-person to virtual meetings?

Well, I never did pivot. I began during the Covid pandemic in Feb. 2021. I have a personal Zoom room and we use that. If you're interested in participating in an OsteoBoston session, either as a

BHOF works to ensure that those affected by osteoporosis have a safe peer-to-peer community to turn to for support. BHOF's online support community offers a virtual place to meet others, ask questions and share experiences relating to bone health and osteoporosis.

Please note that this community is not intended to provide medical advice and should NOT be relied upon for any type of diagnosis or treatment recommendations.

[Visit our online community to learn more and join.](#)

Advocacy Updates



National Bone Health Policy Institute

The Bone Health and Osteoporosis Foundation and the Black Women's Health Imperative

The BHOF and the Black Women's Health Imperative worked together to address racial disparities in bone health. Although Black men and women are generally less likely to suffer from osteoporosis and sustain a fragility fracture, they have higher hospitalization rates, higher death rates following fractures, and lower bone mineral density (BMD) screening rates. You can read the [full article here](#).

Announcement of Congressional Bone Health Award Winners

We are pleased to announce the inaugural

speaker or as an individual interested in their bone health, please feel free to reach out to me at osteoboston@gmail.com. Because the program is virtual, we welcome you, and it makes no difference where you live. I'm happy to welcome anyone interested. Feel free to reach out and give our group a try.

Please let us know of any other points of interest you would like readers to know.

Understanding more about bone health provides a better basis for learning how to approach this condition. Listening to the monthly speakers has been invaluable. Plus, once each of us can develop a plan for our health, based on acquiring more knowledge, we experience a sense of control that is very liberating and comforting. That's what we hope to provide in this Support Group. Our members are curious, dynamic people who are inquisitive, active participants. During the Q + A segment they move the subjects forward in interesting directions. They have ideas for and are working to add more dimensions to the group, like a cookbook and google groups, to enhance connection with each other. I enjoy being part of OsteoBoston. Feel free to reach out to find out more at osteoboston@gmail.com.



BHOF Partners

recipients of a new national award to recognize Members of Congress who have demonstrated outstanding leadership, advocacy, and commitment to protect and improve the bone health of Americans. The inaugural Congressional Bone Health Champion Award winners are:

- [Senator Susan Collins \(R-ME\)](#)
- [Senator Ben Cardin \(D-MD\)](#)
- Congressman John B. Larson (D-CT)
- [Congresswoman Jackie Walorski \(R-IN\)](#)

To read the full press release, [click here](#).

BHOF is grateful to the individual donors and corporations who provide support for the National Bone Health Policy Institute, including Amgen Inc. and UCB, Inc.

HealthWell Foundation



HEALTHWELL
FOUNDATION®

HealthWell Foundation recognizes the unmet needs of frontline healthcare workers during the public health crisis and the importance mental health as on their ability to cope with the devastating impact the COVID-19 pandemic has had on the patients they serve.

In an effort to assist as many healthcare workers as possible, HealthWell has opened a fund to provide co-payment assistance for behavioral health treatments for frontline healthcare workers who have been impacted by the COVID-19 public health crisis. Through the COVID-19 Frontline Healthcare Workers Behavioral Health Fund, HealthWell offers up to \$2,000 in financial assistance for a 12-month grant period to eligible healthcare workers to assist in covering their out-of-pocket treatment-related copayments for prescription drugs, counseling services, psychotherapy, and transportation needed to manage COVID-19 related behavioral health issues.

Visit their [COVID-19 Frontline Healthcare Workers Behavioral Health Fund](#) to learn more.

Medical Fitness Network



BHOF and the Medical Fitness Network have partnered to provide a health insurance resource that helps connect osteoporosis patients with qualified fitness and healthcare providers.

www.medicalfitnessnetwork.org

Menopause Cheat Sheet

Menopause Cheat Sheet

before, during and after the pause

Bone Health Ambassador, BHOF trustee and award-winning author, Barbara Hannah Grufferman, is founder and editor of the Menopause Cheat Sheet, a weekly newsletter for women 45+, which delivers science-backed information about menopause and healthy aging, featuring a monthly spotlight on bone health and osteoporosis. Subscribe to Menopause Cheat Sheet [here](#).

NeedyMeds



For almost 25 years, national nonprofit NeedyMeds has been helping patients meet their healthcare costs, including, but not limited to, medications. NeedyMeds offers assistance free and anonymously through their website (NeedyMeds.org) and toll-free helpline (1-800-503-6897). However you decide to reach out to NeedyMeds, be sure you do! They're happy to help!



BHOF is an Alliance Partner of the Patient Access Network (PAN) which provides educational resources to osteoporosis patients who request support from PAN for medical expenses.

www.panfoundation.org