



# OrthoLink



A newsletter dedicated to bone and joint health

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## Free Patient Resource



Sign in to [orthoconnect.org](http://orthoconnect.org) to learn more about your orthopaedic journey  
1-800-461-3639 ext 224

## Keep Current

Share our Passion and [Join our mailing list](#) to receive information on building and keeping your bone and joint health.

## Keep Winter Fall-Free

A drop in temperature often means a rise in falls. In part, getting around safely means adjusting to the snow and ice, i.e. wearing shoes or boots that provide solid treads and traction (not

## Message from Isla Horvath, Executive Director

As the year comes to a close, I look back and am impressed by the accomplishments registered by the Canadian Orthopaedic Foundation. A few highlights come to mind:



- In conjunction with Bone and Joint Canada, we have made tremendous progress in a program aimed at orthopaedic injury prevention in young soccer players. The program wraps up this spring, and the results are impressive. You can read more later in this newsletter.
- The research projects we awarded this year cover such diverse areas as infection of the shoulder and osteoarthritis of the hip. As well, we awarded two orthopaedic residents with scholarships for their efforts at improving musculoskeletal health through partnerships with surgeons in Botswana and Haiti. [Click Here](#) to read more about these projects.
- We continue to match people through our Ortho Connect program; currently, we have 153 volunteers in the program, ready to speak to orthopaedic patients. They range in age from 24 to 88 and speak a variety of languages.

To make these activities possible, we have a robust and diverse fundraising program. Thanks to all who supported our fall Direct Mail appeal. You will have read June Panteluk's quote about getting her life back, thanks to orthopaedic surgery. Read her story in this issue. This fall a *Hip Hip Hooray!* Fun Walk for orthopaedic patients and their surgeons was held in Saskatoon. And our *Hip Hip Hooray!* Pedometer Challenge was undertaken by two healthcare facilities: Holland Orthopaedic Centre and St. Michael's hospital. Enthusiastic surgeon teams and their patients raised funds for the COF's national programs and

leather or plastic soles), and walking slower with smaller steps than you would in good weather, to keep your centre of balance under you.

[Read More](#)

for local initiatives. On Giving Tuesday, the start of the holiday season, surgeons, patients and friends generously responded to our request for support.

From the Board of Directors and the staff of the Canadian Orthopaedic Foundation, we offer our thanks for a terrific year.

## FIFA 11+ Program Helps to Prevent Soccer Injuries

Soccer is one of the top two sports contributing to injury rates in Canadian youth, accounting for greater than 10% of all sport injuries requiring medical attention. There is considerable evidence that neuromuscular training programs can reduce soccer-related injury by 29-72%. Still, there has been little uptake of these training programs in youth soccer leagues.

Enter the Canadian Orthopaedic Foundation and Bone and Joint Canada. Through a joint initiative between the COF and BJC, and working with the Ontario Soccer Association, FIFA 11+ was introduced and promoted to soccer leagues across Ontario. The program is funded by the Ontario Trillium Foundation. Having started in 2014, the program wraps up this spring. [Read More](#)

## Meet June Panteluk: COF Spokesperson

If you read our fall appeal letter, you may already "know" June Panteluk. Her quote about her orthopaedic surgeon ("he gave me my life back") featured prominently throughout the fall in our letters, emails, and social media portals. OrthoLink had a chance to get to know June a bit better when we spoke to her in early December.

[Click here](#) to read June's story.



## Club 206 Donors Support COF

Our 206 bones and the joints that connect them make our lives of movement possible. All too often, we take that for granted. We all know that value, and the cost of compromised mobility - and mobility regained. The Canadian Orthopaedic Foundation invites Canadians to put that understanding in motion, to help us build our strength and impact to keep Canadians moving, by joining Club 206 with a gift of \$206 - one dollar for each of our 206 bones. Many Canadians have taken up the challenge.



The list below highlights those who have joined Club 206 in the past year:

John J. Abramowich	Gracie Goodwin	Marguerite A. Patterson
Helena Archibald	Alastair Gordon	Michael Patterson
Karen Auzins	Millie Gormely	John C. Payne
Mary C. Baker	Jay Gould	David S. Pedlow
John Barr	Doris Green	Audrey Penney
Ivan & Vicki Bateman	Rob Gruber	Clifford M. Pollon
William Beaton	Maxine Gulstene	Sheila Roberts
Douglas R. Beaumont	Anne Hamilton	Judith M. Rodger
John T. Blair	Salvator Hara	Donald H. Rogers
Marnie A. Borer	Margaret A. Harvey	Donzell A. Ross
Norman E. Bottum	David Herperger	Marjorie Rowe
Nelder Boulton	Vicky & David Hess	John Rutherford
Evelyn F. Bowersock	Hobart Food Equipment	Arthur G. Ryman
Rea Braithwaite	Donald J. Hopcroft	Hazel Sabourin
Paul Bridgman	Gezina Ilse	Clare Shields
Frederick Brooks-Hill	Amy Ingratta	Ruth E. Shillington
Katherine Brown	Joan F. Johnston	Gurcharan S. Sidhu
Kathleen S. Bruce-Robertson	Shelby L. Jones	Nancy Simpson
Nancy E. Carson	Harold Keith	Sisters of Saint Martha
Katherine Cartwright	Allan Kowalyk	Ken Smith
Patricia Chen	Sandra Kutshaw	Malcolm D. Smith
Tony Chervinsky	Steve Lamphier	Shirley Sokvitne
Michael M. Clarke	Douglas E. Langs	Fran M. Sorenson
Sandra Clarke	Frank Laurie	Patrick M. Stroulger
Shirley E. Cobham	Sheila Leyton	Olive I. Sundquist
Mary Collinson	Joanne Liberatore	Betty Tanner
Eve M. Cook	Nicholas R. Liley	Maureen Telford
Marie-Therese Cormier	Enid Lipsett	Winona Trudelle
Phyllis Crooks	Kerby Lowen	Sumie Tsukishima
Joan Cunningham	Diane M. Lumsden	John and Jean Turnbull
June E. DeWolfe	William D. Martin	Anna Umlah
Murray Dickson	Lois Mascher	William Vermeer
Richard J. Dignard	Esterina Mastronardi	Rory S. Wallace
Donald B. Dixon	Martin Mathieu	Leo J. Walsh
David Dunsmore	Paul Donald McAuley	Phyllis Webber
Harley & V. Eileen Eisener	R. Bruce McFarlane	William Westaway
Donald Elias	Rosemary McLeese	Gerald J. White
Wilfred Fisher	Jonathan McRae	Alan Williams
Susan Forster	George A. Milne	Reid Wilson
Geno Francolini	Arnold Muller	Kello Wilson
Wilma Friend	Rodney H. Murrell	Patricia M. Winter
Gail M. Friesen	Robert Neill	Joseph Wipf
Kenneth W. Gee	Jerry Olynyk	Eleanor B. Woods
Charles George	Paul J. Pape	Brian M. Worrall
Clara Geul	Jean Park	Joyce Young
Ralph Gilmour	Dan Parliament	Marie & Joseph Zallen
Gladys E. Girard	Dorothy Parsons	Gregg Zentner

## Help to support the gift of mobility.

*To qualify for a 2015 tax receipt, your donation must be postmarked (if mailed) or registered (if online) by December 31. Please make your year-end donation today.*

All patient programs and resources are produced free of charge by the Canadian Orthopaedic Foundation. It is through your kind generosity that we are able to offer these much needed resources to thousands of Canadians. Your joining the monthly giving plan enables the Foundation to plan in advance allowing us to deliver the best tools and resources month after month. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution. **Your donation matters.**



Canadian Orthopaedic Foundation  
P.O. Box 1036, Toronto, ON M5K 1P2  
Tel: 1-800-461-3639  
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