



Message from the Executive Director and CEO

Farewell, and Slàinte mhath!

At last, 2020 is coming to an end. What an incredible, challenging, unusual year it has been for all of us!

I must say, the COF has managed well through this year. You will see highlights elsewhere in this newsletter and I'm sure you will agree: the COF remains strong and able to meet its mandate of advancing orthopaedic research, education and patient care.

Now, as the year comes to an end, so too does my time with the Canadian Orthopaedic Foundation. December 31st marks my planned retirement date. My six years with the COF commemorate the end of an almost 40-year career in the charitable health sector, all of that time dedicated to improving the health of Canadians. It has been my privilege to work with the COF, its donors, researchers, surgeons, patients, Board and friends.



The Foundation is poised for success going forward, with a committed Board of Directors, under the leadership of President and Board Chair, Dr. Pierre Guy; with a dedicated staff of two (Donna Weiss and Patti Watkins); and with a knowledgeable and familiar interim Executive Director, Doug Thomson (former CEO of the Canadian Orthopaedic Association). We pulled Doug out of retirement to work with the staff and Board on a part time basis. Doug's main task will be leading the search for a new Executive Director.

So, in the words of the title of this message, Slàinte mhath! I draw on my Gaelic roots with a toast "To your health". Cheers.

Isla Horvath

A message from the COF Board of Directors

The Board of Directors of the COF announces the retirement of Executive Director and CEO Isla Horvath, effective December 31, 2020.

Isla has served as our lead staff person for the past six years and has made numerous significant contributions to the Foundation. Under her leadership, the COF took on a major task of switching focus from being mainly a provider of patient education materials to becoming a leader in promoting and funding orthopaedic research. Most recently, Isla has led the COF through the initial stages of the pandemic, ensuring financial viability and our ability to deliver on our mission.

Isla's retirement comes at the end of a long career in the charitable health sector and we are pleased that she culminated that career with the Canadian Orthopaedic Foundation. While we will miss Isla's leadership, we are most grateful to her for her many contributions and wish her well in her retirement.

The Board of Directors has initiated a search for a new Executive Director and CEO. In the meantime, we are pleased to announce that Doug Thomson, former CEO of the Canadian Orthopaedic Association, will serve as Interim Executive Director, effective January 4, 2021, supported by our long-time staff team.

As always, if you have any questions feel free to reach out to the Board at board@canorth.org.

A Look Back at 2020

by Pierre Guy, MD, President and Chair of the Board, COF



At this time last year, we were approaching the annual Holidays and looking back at a successful year, proud of the COF's achievements. **Who Knew?** ...Who knew, our country would be struck by an infectious crisis not seen for a century? Who knew our daily lives, going to the grocery store, would be completely different? Who knew, THOUSANDS of patients' surgeries would be cancelled?

Although none of us at the COF knew this would happen, **we knew how to respond**. The COF knew it could count on its nimble and agile team in the COF office, it could count on its active Board Members and its collaborative scientific review panel, and lastly, it could count on its support from industry, from concerned citizens, and from surgeons. It could also count on its partners from the Canadian Orthopedic Association and from the Arthritis Society to rise to the challenge.

What did we do?

We first focused on our patients' needs. The COF is in touch with patients who are awaiting or who have undergone orthopedic procedures through its various [patient education and peer-pairing initiatives](#). We made sure these were well advertised. And through our knowledge translation division, Bone and Joint Canada, we moved to a virtual platform for our [GLAD program](#), which helps patients with arthritis. We additionally renewed our partnership with the Arthritis Society to offer access to virtual physiotherapy appointments and promoted webinars designed for patients.

We supported advocacy initiatives with the Arthritis Society and the Canadian Orthopedic Association, and developed our own [Position Statement](#) in support of patients with MSK conditions awaiting surgery. Lastly, we supported the launch of the [#FastTrackCare](#) campaign to give patients waiting for surgery, a voice with elected officials, who are planning the post-COVID ramp-up of surgery at this time.

We carried on.

An important part of our mission is to support bone and joint related RESEARCH. We can only deliver those with the help of our supporters. As the pandemic struck, our major funders confirmed their commitment and our surgeons and public donors answered the call. With this solidly in place, **we carried on**: supporting [16 awards](#) this year. Looking ahead, I am pleased to announce the renewed commitment of **industry partners** who are [stepping up](#) and pledging their support for next year. This [commitment must be underlined](#), given the difficult year the MSK sector has weathered.

It's time to look forward. We need to continue to support research and to support patients. If you haven't donated before, **and if you see some room in your budget this year**, I encourage you to give what you can. Simply click the "donate" button at the end of this newsletter. If you have donated previously, I thank you sincerely, and I hope I can count on you to renew or consider increasing your gift.

In closing I want to wish you and your close ones a peaceful Holiday period and safe end to this year, as we look forward to better days next year.

Fast Track Care - Have your voice heard

COVID-19 has exacerbated existing competition for bed space and caused surgical wait times to reach unsustainable levels, further burdening the healthcare system at this crucial time. Nearly 200,000 Canadians have been waiting in pain for important orthopaedic surgeries across the country. Investment and prioritization of the orthopaedics sector is desperately needed.



The COF is working with Mobilize Canada, a coalition of surgeons, nonprofit organizations (both the COF and the Canadian Orthopaedic Association) and corporations dedicated to supporting patients needing orthopaedic surgery. The coalition launched a campaign this Fall called Fast Track Care. The goal is simple: build awareness among Canadians about the need for provincial governments to invest in and prioritize orthopaedic surgery to get Canadians out of pain and back to work.

We are reaching out to the orthopaedic community – surgeons as well as patients and their families and friends – to support the campaign. We encourage all to contact their provincial government representative to #FastTrackCare. An easy-to-use online tool has been developed, and can be found at www.fasttrackcare.ca.

The campaign has garnered media attention: check out these three interviews:

- [BNN Bloomberg](#)
- [Newstalk 610](#)
- [CTV London](#)

Learn more at www.fasttrackcare.ca.

Calling all researchers!

CSES Research Grant

In collaboration with the Canadian Shoulder and Elbow Society, the Canadian Orthopaedic Foundation established the CSES Research Grant to support and encourage orthopaedic surgeons to conduct collaborative shoulder or elbow research. Individual awards are in the amount of up to \$20,000.

Community Innovation Award

The Community Innovation Award celebrates community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community. These community surgeons are not academics, do not have a research history, and do not have research staff, but may have an academic appointment to teach on an occasional basis. This program fills a gap in the research landscape in Canada, encouraging community orthopaedic researchers to bring their research ideas to fruition. Individual awards are in the amount of up to \$15,000.

The deadline for applications is **February 28, 2021**.

[Click here](#) for application forms, guidelines and instructions.

COF Resident Scholarship Opportunity - Call for Applications

Bones and Phones Legacy Scholarship

The *Bones and Phones Legacy Scholarship* was established to recognize orthopaedic residents who have demonstrated commitment and contribution to enhancing musculoskeletal health in their community, or abroad, beyond that which would be expected during their residency training period. Commitment and contributions may be in the form of volunteerism, education or special events, and must be in addition to what is typically expected during training.

[Click here](#) for eligibility criteria and application instructions. The deadline to apply is **March 31, 2021**.

COF Virtual Auction Raises \$45,000

9th Annual SHERRY BASSIN **BAD TO THE BONE** CHARITY GOLF CLASSIC AUCTION!

The COF's first-ever Virtual Auction raised a total of more than \$45,000 through bids, sponsorship and donations. The *Bad to the Bone* Virtual Auction grew out of necessity: the 9th Annual *Bad to the Bone* Golf Challenge was cancelled due to social distancing and physical gathering protocols. *Bad to the Bone* creator and host Sherry Bassin and his planning committee, however, wanted to offer something to those who support the hockey-themed event each year. Based on the popularity of the auction held during the tournament banquet, the virtual auction included lots of hockey memorabilia: signed jerseys, photos, sticks and pucks.

As well, there were several special experiences up for auction, such as golf games with NHL superstars, vacation home rentals, and an afternoon on a 40-foot sailboat. One such experience was particularly special: a Zoom call with two NHL players, Alex DeBrincat and Dylan Strome. Steve D'Agostini was the successful bidder. He purchased the Zoom meeting for his 12-year-old son, who came prepared with a list of questions. Steve's son is a minor league hockey player himself, and wanted to know what it's like to play in the NHL. Steve says, "Being able to see Dylan and Alex on the screen together, and having them chat with us, was magical. I think this is something my son will likely never forget."

Thanks to all who supported *Bad to the Bone*, enabling the Foundation to continue the tradition of its signature event. Plans for the 10th Annual *Bad to the Bone* are already underway.

Mobility Events raise \$18,000 for COF

The pandemic has had tremendous impact on the charitable sector. Charities like the Canadian Orthopaedic Foundation face declining revenue partly due to cancelled in-person fundraising events. Though revenues are shrinking, the need for funds to support the COF continues. This fall the COF raised funds through two virtual movement events: the already-existing Step Challenge and the newly imagined Virtual Walk in Saskatoon.

Five surgeons participated in the Saskatoon event, raising pledges from their patients and friends. Visit the [Photo Gallery](#) to see pictures of some of the Virtual Walkers. Congratulations to the *Knee'd For Speed* Step Challenge team from Banff Sports Medicine for setting a new record: 1,156,179 steps taken in five days by a record-setting 23 participants.



Combined, these events raised \$18,000 to support orthopaedic research, education and care. Thanks to all participants.

COF supporters recognized - virtually

On October 29 COF Directors hosted their annual recognition cocktail reception. This year's event was different: instead of an intimate gathering, it was a Zoom call. 35 people attended for the hour to hear updates on the COF's progress and to recognize some special contributors.

Although the presentation of physical awards was not possible, awardees received certificates, sent in advance of the meeting, in recognition of their contributions.

Certificates were presented to:

Dr. Bill Dust, recognizing his 9-year volunteer commitment to the Board. Dr. Dust completed his final term on the Board this year.

Doug Thomson, former Executive Director of the Canadian Orthopaedic Association, recognizing his leadership of the COF staff in the early days and as an advisor to the Board most recently.

Dr. Cecil Rorabeck, in recognition of his dedication as the COF's Patron.

Rich Parry, recognizing his contribution on the Planning Committee for the *Bad to the Bone* virtual auction.

Kelly Pattison, in recognition of her volunteer commitment as a communications volunteer, telling her personal orthopaedic story to the media and to the COF's audience through newsletter articles.

Powering Pain Free Movement partners, recognizing their financial support. *Powering Pain Free Movement* is a major gift fundraising campaign aimed at enabling significant growth in the COF's program areas. Our PPFM partners are:

- **Zimmer Biomet**, Benefactor
- **DePuy Synthes Canada**, Champion
- **Bayer Inc.**, Supporter
- **Sunnybrook Orthopaedic Associates**, Supporter
- **Nelson Arthur Hyland Foundation**, Supporter

GLA:D™ Canada: improving the lives of people with osteoarthritis across the country.



GLA:D is an education and exercise program designed to help those with hip or knee osteoarthritis. The program was developed in Denmark and is licenced in Canada to the COF. To date, the COF, through its knowledge translation division Bone and Joint Canada, has hosted 25 training courses to teach health care

clinicians to deliver the program to their patients. There are over 270 clinics that are able to provide the GLA:D program in all the provinces across Canada with many now able to provide both in clinic and virtual care to support patients in their home. The results reported by more than 3800 program participants are positive with most reporting a clinically meaningful decrease in pain and improvement in functional mobility.

For additional information about the GLA:D program, including the program results and the clinics offering the program, visit the GLA:D [website](#).

Support the gift of pain free movement.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D™ Canada).



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

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