



OrthoLink



A newsletter dedicated to bone and joint health

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to learn more about your orthopaedic journey.

Message from the Executive Director and CEO



We all know it's an ever-changing world right now, and that is as true for the Canadian Orthopaedic Foundation as it is for everyone. It's a world of challenge, but it's also a world of opportunities. A big challenge for us, as for other charities, is the necessary cancellation of in-person fundraising events. We have had to re-imagine our two main fundraising events, and have a new opportunity to work towards promising outcomes.

The *Bad to the Bone* Golf Tournament is different this year in that it DOES NOT involve golf! Read about the new *Bad to the Bone* **Virtual Auction**, taking place September 21 - 25.

Our in-person Fun Walk held in Saskatoon, and individual walks across the country, have gone virtual. Would you like to join us for a 1 km walk to celebrate mobility on October 3? Read the article in the pages that follow.

Through it all, we have managed to continue to offer services to Canadians through our Ortho Connect and GLA:D programs, and we issued payments for all the research grants and awards that were approved this spring. See the impressive list of researchers working on orthopaedics across Canada.

There is no doubt Canadian charities are suffering right now. As part of the Health Charities Coalition of Canada (HCCC), we hear about these financial challenges faced by others. HCCC is a group of impressive charities working to improve the health of Canadians every day, despite declining revenues. To see what health charities, including the COF, do for Canadians, view this short [video](#).

Throughout the global pandemic, and going forward, the COF is working hard to bring our vision to life: Pain-free mobility for all Canadians.

Isla Horvath

Bad to the Bone Virtual Auction

9th Annual



AUCTION!

Bad to the Bone is a signature fundraising event of the Canadian Orthopaedic Foundation (COF). This popular annual golf tournament is being re-imagined in the global pandemic world of 2020: Inspired by the popularity and success of the auction held at the golf tournament every year, WE ARE PLEASED TO OFFER A VIRTUAL AUCTION! Physical distancing prohibits us from getting together on the course, but you can still enjoy the fun of bidding on a fantastic array of items - such as sports memorabilia, jewelry, artwork special experiences and more - all from the comfort of

your home online. The Auction goes live **September 21 - 25**.

Here are a few of the items up for bid:

- Signed and authenticated hockey jerseys, photos and sticks: Carey Price, Jonathan Toews, Connor McDavid and more
- PERSONAL Zoom calls with NHL greats
- Sailing trip for 8 aboard a 40-foot sailboat, followed by dinner in Halifax (donated by COF Director Dr. Ross Leighton)
- Beautifully woven Persian Oriental carpet purchased in Abu Dhabi (donated by COA Member Dr. Merv Letts)
- A 2021 week long stay in a private Whistler lodge (donated by COF President Dr. Pierre Guy)



Check out the auction [gallery](#) and follow us on [Twitter](#). New items are added regularly.



There are 3 ways to support *Bad to the Bone*:

1. DONATE an item for auction. Discuss with Isla Horvath, COF Executive Director and CEO (isla@canorth.org; 416 410 2341, ext 225).
2. BID on items September 21 - 25: you will have a week to pick up some terrific items. Not sure if we have your best email address? Register at no cost on the website (Registration page) to receive a link to the auction on its start date.
3. SPONSOR the event or DONATE money directly to *Bad to the Bone*.

Proceeds from *Bad to the Bone* support the COF's programs of orthopaedic research, education and care. Visit our website at www.badtothebonegolf.org.

Celebrate Mobility in the COF Virtual Walk - October 3, 2020

Orthopaedic surgery and care enable thousands of Canadians to return to a life of pain-free mobility every year - and we want to celebrate. We invite all to join us for a 1 km Fun Walk. As with many events in this new pandemic world, we can't gather in large groups, but we can still walk together - separately.

Register for the COF Virtual Walk [online](#) and make a registration donation of \$30 or more. All donations are eligible for a tax receipt. Take it a step further: set up your own fundraising page and ask your friends to contribute to your walk. We'll send you tips on how to raise money from your own Virtual Walk.



All you need to do is pick your route - about 1 km - and get out and WALK on October 3. Walk alone, or with a small group of family or friends (respecting social distancing, of course). Take pictures along the way. How about a selfie as you are walking; or snap a shot of the surroundings of your walk route. Are you walking in a pretty neighbourhood? Along a nature trail? Walking with your dog? Send your images to patti@canorth.org and the COF will post them online.

Throughout October, we'll highlight photos of COF Virtual Walkers on our Twitter feed, at twitter.com/CanOrthoFound.

Just imagine, people all across Canada walking separately - together - on ONE DAY to celebrate mobility. Join us!

Surgeons and clinicians: raise money for your orthopaedic programs

As patients and friends across Canada join us for a personal 1 km virtual walk this fall, we offer surgeons and clinicians a chance to take part in a special event to raise money for local orthopaedic programs. The COF Step Challenge is a 5-day event for groups of 5 or more. Each participant on the team tracks his or her steps for 5 days - can you log a total of 50,000 steps per teammate in just a week?



Gather 5 colleagues and register your team for the [COF Step Challenge](#) October 19 - 23. Once you have registered your team, we will send you a toolkit to help with your fundraising efforts.



Are you looking for money to support a new orthopaedic educational resource? Support research in your local clinic? With the COF Step Challenge sharing formula, you raise money to support the COF's national programs of orthopaedic research, education and care, as well as a local orthopaedic program of your choice.

Last year's COF Step Challenge supported these programs:

- *Orthopaedic clinical research in joint replacement surgery* - St Michael's Hospital, Toronto, ON
- *A research study examining ACL reconstruction outcomes* - Banff Sports Medicine Foundation, AB
- *Pediatric Orthopaedic Research at the University of Alberta: Research projects in pediatric gait, foot deformities and/or hip pathology and limb malalignment* - Stollery Children's Hospital, Edmonton, AB
- *A research study to examine the potential relationship between weather and orthopaedic trauma volumes: "FROST: Factors Predicting Orthopaedic Trauma Volumes"* - South Campus Research Unit for Bone & Soft Tissue, Calgary, AB

Surgeon and clinician teams, check out the website [here](#). For more information, contact Isla Horvath at isla@canorth.org.

COF welcomes three new Directors

Dr. Pierre Guy, President and Chair of the Board of the Canadian Orthopaedic Foundation is pleased to announce that during the Annual General Meeting of the Canadian Orthopaedic Foundation on July 29th, three new directors were elected to the Board.

Mr. Kent Davison is a newly-retired professional accountant who enjoyed a lengthy career with PricewaterhouseCoopers, now living in Edmonton. In addition to his strong financial skills, Kent brings with him experience with other non profit organizations; he served as a board member and Treasurer of the Royal Ottawa Hospital Foundation for many years, and also served a two-year term as a governor of the Canadian Tax Foundation.

Mr. Tony Moro is a former member of the Canadian Football League, having played with the Toronto Argonauts and the BC Lions. After retiring from the game, Tony began a 30-year career at one of Canada's leading development companies, before co-founding The Moro Group and TMG Builders. Tony has been an ardent supporter and sponsor of the COF's *Bad to the Bone Charity Golf Classic* since its inception.

Dr. Monika Volesky is Assistant Professor of Surgery at McGill University, Montreal, and co-director of the McGill Orthopaedic residency Foot and Ankle Rotation and the Foot and Ankle Fellowship. Monika is currently President of the Canadian Orthopaedic Foot and Ankle Society (COFAS) and has previously been involved in the COA nominating and membership committees.

During the AGM, Directors thanked outgoing Director **Dr. Bill Dust**, who completed his 9th year on the Board (the maximum number, as specified in COF's by-laws.) In addition to his leadership and governance contributions to the Board, Bill most recently chaired the Medical and Scientific Review Committee, and served on the Foundation's Audit Committee. He has been a staunch supporter of the Saskatoon Fun Walk, which raises money for national and local orthopaedic programs.

Read more about the new Directors, and the 12 returning Directors of the COF on our [Website](#).



Charities and Cyber Criminals

You may have heard about a data breach that affected many charities around the world recently. The COF uses The Raiser's Edge, provided by Blackbaud (a data management company) to store information. Many charities around the world use this fundraising database. Blackbaud was recently the victim of a ransomware attack and some records were breached, including a backup of the COF's data. Blackbaud advised us that they worked with law enforcement and a third-party forensic investigator, paid the ransom, and are assured that any information hacked by the cyber criminals has been destroyed and cannot be used going forward.

What does this mean for COF supporters? We store addresses in the Raiser's Edge database. This information may have been hacked by the cyber criminals. However, based on Blackbaud's research, we are confident that nothing was done with the data.

Rest assured, the COF DOES NOT store any financial or other sensitive information (credit cards, bank accounts, social insurance numbers, etc.) in its database, so our donors are at no risk from this cyber attack.

For more information, please visit our [website](#).

If you have any questions, please don't hesitate to contact us.

COF Research Awards - 2019-20

This spring was a busy one for the COF's Research Committee and various review panels which adjudicated the many grants and award programs of the Foundation. We are pleased to say that 14 awards and grants were distributed, despite decreasing revenues caused by the pandemic, as funds had been procured in advance.

The awards represent a diverse array of projects across the country, stretching from Vancouver to Halifax, and cover areas such as virtual reality, rotator cuff tears, knee arthroplasty, hip mechanics and so much more.

Award recipients were announced during the COA Virtual Annual Meeting in June, as follows:

J. Édouard Samson Award:

Dr. Olufemi Ayeni (Hamilton, ON)

Carroll A. Laurin Award, *recognizing excellence in clinical research:*

Drs. Kristen Barton and Brent Lanting (London, ON)

Robert B. Salter Award, *recognizing excellence in basic science research:*

Drs. Charles G. Fisher and Raphaële Charest-Morin (Vancouver, BC)

Cy Frank Award, *recognizing excellence in innovation:*

Dr. Glen Richardson (Halifax, NS)

Canadian Orthopaedic Research Legacy (CORL) Grants:

Dr. Herman Johal (Hamilton, ON)

Dr. Vickas Khanna (Hamilton, ON)

Dr. Paul R. Kuzyk (Toronto, ON)

Dr. Brad Meulenkamp (Ottawa, ON)

Drs. K.C. Geoffrey Ng and Paul E. Beaulé (Ottawa, ON)

Drs. Jesse Wolfstadt and Amir Khoshbin (Toronto, ON)

Community Innovation Award:

Dr. Marie Gdalevitch (Montreal, QC)

Inaugural CSES Award, presented in collaboration with the Canadian Shoulder and Elbow Society

Dr. Danny P. Goel (Vancouver, BC)

Bones and Phones Scholarship:

Dr. David Stockton (University of British Columbia)

Robin Richards Award For Upper Extremity Research:

Dr. Ivan Wong (Halifax, NS)

The COF congratulates all of the research award and scholarship recipients, and looks forward to sharing the results of these promising projects. To see award titles and descriptions visit the COF awards website page [here](#).

The COF Research Program is largely supported by the Powering Pain Free Movement partners, as well as surgeon and patient donors. The COF thanks all donors for supporting orthopaedic research.



GLA:D to be a GRAD!

by Maureen Cassidy, GLA:D Grad, Summer 2019

Diagnosed with hip osteoarthritis in 2016, I underwent joint replacement surgery. During a recent consultation for a pain flare up in my knee, I was searching for evidence-based non-surgical treatment options. The clinician recommended the Good Living with osteoArthritis Denmark (aka GLA:D) program that was introduced in Canada in 2016. [The GLA:D program is offered by Bone and Joint Canada and is licenced by the Canadian Orthopaedic Foundation.]



Maureen Cassidy and the Canadian Memorial Chiropractic College Team

I completed the GLA:D program at the Canadian Memorial Chiropractic College in September 2019 under the supervision of chiropractor Dr. Andrew Romanelli and Year IV clinical interns - Cheria and Isaac. In the educational sessions on osteoarthritis, I discovered that I needed more exercise not less to optimize my joint health. My profound epiphany: exercise is medicine!

With newfound meta-awareness, I was able to break the vicious cycle of pain catastrophizing and maladaptive behaviours, such as inactivity and overeating by goal setting and action planning around the key GLA:D messaging: weight management, exercise/physical activity and education. Verbal encouragement from fellow participants combined with constructive feedback from my chiropractor and interns about the quality of the movement and the alignment of my joints enhanced my understanding of muscle function. I feel empowered to manage my OA equipped with the knowledge that pain can be influenced by distraction, exercise and physical activity. The GLA:D program was a life-altering embodied experience and the catalyst for implementing monumental lifestyle changes. The GLA:D program motivated me to

participate in two 5 km community charity walks this summer so I am proud to be a participant ambassador of a program that encourages us to move more!!!

Editor's note: the above article is republished with permission. It first appeared in the GLA:D Canada Fall 2019 newsletter. Below, OrthoLink caught up with Maureen for an update on her activities.

Since completing the GLA:D program, Maureen has committed her energy to The Learning Network, a program of Bone and Joint Canada (COF's knowledge translation division). Through this program, people who have been living with osteoarthritis (OA) are sharing their stories with people who may be at risk of OA. Maureen is working with the Network team to set up speaking engagements with community groups, seniors, healthcare professionals and others who want to learn from a first-hand experience about managing OA.

Further information about GLA:D and the Learning Network can be found [here](#).



Seniors Giving Back

6.7 million seniors received a tax-free \$300 from the Canadian government in July to help cope with additional costs caused by the COVID pandemic. But many in fact have reduced expenses due to cancelled trips, no cinema or restaurants, and even the inability to get a haircut.



This encouraged a group of seniors to establish a special fundraising campaign with CanadaHelps called Seniors Giving Back. They encourage seniors who don't require the money to donate it to their favourite charities, so that their critical work will benefit. At the time of writing this article, Seniors Giving Back has raised over \$118,000 for Canadian charities.

Seniors, want to help the COF in a meaningful way? Consider donating your tax-free government cheque if you don't need it to the Canadian Orthopaedic Foundation. Visit Seniors Giving Back [here](#). But don't delay; this fundraising program ends on August 31.

Funds raised will support the COF's programs in orthopaedic research, education and care.

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 below. Thank you for your important contribution. **Your donation matters.**

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