

SUMMARY IMPACT REPORT 2016 2017



The Arthritis
Society

arthritis.ca

The Arthritis Society

Vision

Living well while creating a future without arthritis

Mission

Provide leadership and funding for research, advocacy and solutions to improve the quality of life for Canadians living with arthritis

Values

Integrity

Passionate commitment

Spirited teamwork

Bold innovation

Courageous leadership

Message from the president AND CEO

We can only achieve our mission to provide leadership and funding for research, advocacy and solutions to improve the quality of life for Canadians with arthritis, through the generosity of our donors, sponsors and volunteers.

2016–2017 Priorities

CURE

Fund discovery research.

CARE

Train health care professionals.

COMMUNITY

Provide information and resources to a broader array of Canadians with arthritis.

I am so pleased to have the opportunity to lead The Arthritis Society, as we serve the needs of so many people experiencing the pain that arthritis brings to their everyday life.

When I meet those people, I am always surprised by their ability to “push through the pain.” But then I stop to realize that they should not have to live like that. No one should. There needs to be a cure. Easily said — but the journey continues. That is why the support of our donors and sponsors is so vital — to allow us to harness the expertise of our scientific and medical experts in making recommendations on how funds can be best applied to find breakthrough discoveries. One such opportunity is the potential of medical cannabis to alleviate the chronic pain of arthritis. This year we have been strong advocates with government as the prospect of full legalization looms. To demonstrate that more funding must be put into scientific research in this field, we have awarded our first ever grant for medical cannabis research.

We also want to help those living with arthritis improve their quality of life. There has never been a greater need for people to be equipped to be their own self-advocates. Our on-line resources and educational modules are designed to help people manage their disease, including a new educational tool on how to communicate effectively with your health care practitioner. The development of this content is a result of our wide-reaching network within the medical profession who

support us in providing evidenced-based insight and guidance.

One area that remains personally troubling to me is the diagnosis of arthritis in a child. I cannot imagine how it must feel to be told your child has a disease believed to be “only for old people.”

This is a life-changing diagnosis for children and their families filled with medical appointments and regular injections to stem disease progression not to mention chronic pain. We have made the development and expansion of children’s camps a strategic priority — to give these kids the chance to have a great experience with others like them in a safe environment. It is always a highlight of my year to visit these camps and see the joy on the children’s faces.

None of what we seek to accomplish would be possible without the continued support of our generous donors and sponsors as well as the thousands of volunteers who help us deliver our educational programs and run our fundraising events across the country. Thank you.

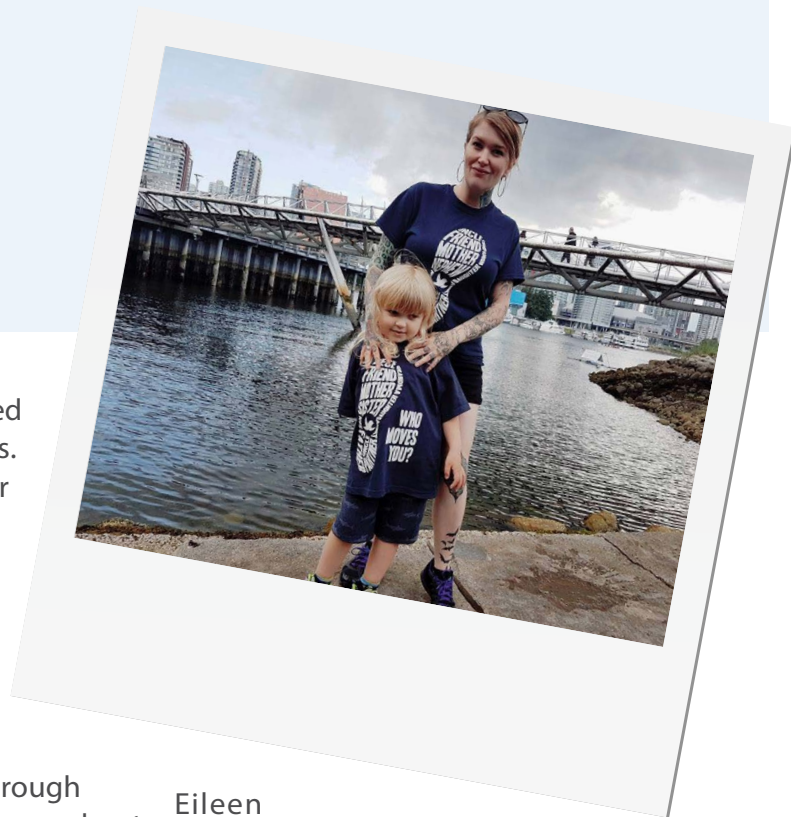


Janet Yale
jyale@arthritis.ca



Why I Walk

Eileen Davidson (“Chronic Eileen”)



After living a relatively normal and healthy life, Eileen was hit with a double arthritis diagnosis in her twenties. She has both rheumatoid arthritis and osteoarthritis and is just thirty years old. The diagnoses caused her intense emotional turmoil that she described as her “rock bottom”. Losing the ability to work and the constant struggle with her health, while trying to raise a child by herself, have been the biggest challenges of Eileen’s life. Every day she experiences pain and crippling fatigue that make normal activities difficult and draining.

Even the simplest of tasks can tire Eileen out – and the side effects of medication have been unpleasant, to say the least. She found a sense of solace during her rock bottom when she started to raise awareness of what living with an invisible disease like arthritis can be like.

Eileen shared what she was going through on social media and became an Ambassador for the

Arthritis Society after people started noticing her writing and photos. The biggest compliment she’s ever received (and there are many from all over the world) was that they found her to be an inspiration to take better care of themselves and to treat others better.

People have also shared that until they heard about arthritis through Eileen’s journey, they really didn’t know about it. And those who thought they did had no idea that there are so many kinds of arthritis or that someone in their twenties could be diagnosed with it. This inspired Eileen to believe in herself and gave her a hunger to help others. The best part was that she could do it just by being herself and being open, and through that, she could promote something meaningful.

Eileen wants to show her young son that a disease like arthritis isn’t going to stop his mom.

“I am doing it to be a voice for those suffering with arthritis and to show that not all diseases and disabilities are seen by the eye,” she says. “My late grandmother and aunt were both severely affected by arthritis, and I never knew their suffering until I too became a person living

Young Volunteer Shares Her Silver Lining

Laura Burnison



It started one morning with a knuckle that was purple and swollen to twice its size. Odd, but easily explained away. A few mornings later, Laura Burnison woke up to find both knees in the same condition.

“They literally weren’t functioning. I had to crawl my way across the floor to my desk chair to hoist myself up,” she says.

Within a week, all of her major joints were swollen. Hips, elbows, wrists, shoulders, and both hands were stiff and painful. “I had to crawl to the door and knock so that my roommate would come open it. I couldn’t turn the knob,” she recalls.

Doctors were stumped. Some dared to suggest arthritis, but others said it couldn’t possibly be. Laura was just 19 years old.

“I was getting very frustrated and scared,” she recalls. Originally from Burlington, ON, the first-year student at the University of Calgary missed so many classes due of her illness that she had to withdraw.

“They eventually decided we’d call it ‘arthritis’ because there was no other explanation,” she says.

As an education volunteer with The Arthritis Society in Calgary, the newly-married Laura says she is using her personal experience to help others.

“I’m all about awareness, about how younger people can get arthritis. It’s not just that stereotype of 60-plus that gets it,” she explains. “I’ve spent a lot of time in the past 10-plus years educating people, especially with The Arthritis Society. I’ve met a lot of young people who have gotten arthritis. People think I had juvenile arthritis, but I was 19 and now I’m 33 and I haven’t outgrown it.”

The first few years after her diagnosis were tough. Flare-ups would send her to emergency where doctors would only treat the symptoms. She received oxycontin for her pain, a drug she says she didn’t really want. But it was the only thing that worked.

“Finally I went to see a proper rheumatologist and got real medication. I started the journey of finding that perfect cocktail that worked well for me. We finally found it about eight years ago.”

Getting the proper medication was the turning point for Laura, when she finally pulled herself out of her “pity-party-pit” as she calls it, realizing she could return to activities she previously enjoyed, especially hiking. Her new husband helps her stretch out her hips during their 10km hikes in the mountains. Stress and severe weather changes often trigger flares but Laura, who is studying to become a relationship counsellor, realizes that there’s a silver lining to her arthritis.

“I want to pay it forward so that people’s newly diagnosed experience won’t be as lonely as mine was.”

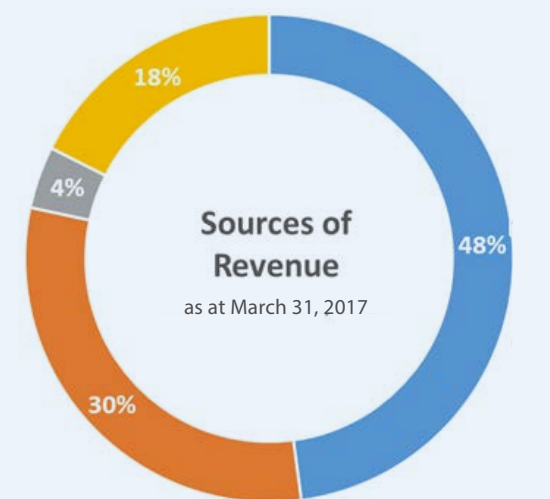
Financial Report

STATEMENT OF FINANCIAL ACTIVITIES

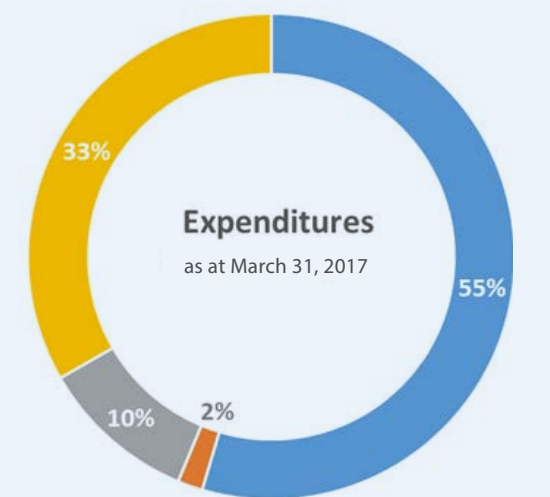
Year ended March 31, 2017, with comparative information for 2016

	2017	2016
	\$	\$
Revenue		
Support from the public:		
Campaigns	14,708,338	14,122,457
United Way	214,076	234,884
Bequests and other planned giving	7,436,424	9,128,117
	22,358,838	23,485,458
Investment, rental and miscellaneous	1,550,408	1,235,091
Support from government departments and agencies	5,246,075	5,256,192
Total revenue	29,155,321	29,976,741
Expenses		
Research	4,616,268	4,689,239
Programs and services	11,317,627	10,815,557
Building operation	536,345	473,420
Administration	2,899,824	2,963,978
	19,370,064	18,942,194
Cost of raising funds from the public	9,622,532	9,461,022
Total expenses	28,992,596	28,403,216
Excess (deficiency) of revenue over expenses	162,725	1,573,525

Full audited financial reports are available for review at arthritis.ca/finances.



■ Donations and special events ■ Bequests
■ Investment, rental and miscellaneous income ■ Government



■ Mission ■ Building operations
■ Administration ■ Fundraising

How We Work

Governance

NATIONAL BOARD

Drew McArthur, chair
Lucie Carbonneau
Jonathan Carriere
Dr. Sue Furlong
Bill Hartley
Mary Hofstetter
Lisa Hryniw
Thomas Jedrej
Rosie Keough
Kevork Kokmanian
Jennifer LaPlante
Duncan Mathieson, treasurer
Lynne McCarthy
Dr. Jason McDougall
Cathy McIntyre
Jeffrey Morton
Ken Ready
Kenneth Smith
Ron Smith
Dr. Evelyn Sutton
Carmelita Thompson
O'Neill

Michael Whitcombe, honorary solicitor

NATIONAL EXECUTIVE

Janet Yale, president & CEO
Cheryl McClellan, chief operations officer
Paul Haddad, chief development officer
Joanne Simons, chief mission officer

NATIONAL BOARD COMMITTEES

Executive

"Composed of the chairs of each board committee, we are entrusted with monitoring and guiding the performance of The Arthritis Society and the CEO. We also address urgent matters that arise between board meetings to ensure we achieve our mission."

– Drew McArthur, chair

Governance & Nominating

"We oversee the recruitment and succession of the national board, review recommendations for the division advisory boards across the country, and ensure that board policies are monitored and reviewed by the board as required to support effective governance."

– Ken Smith, chair

Audit & Finance

"We fill the critical role of overseeing the financial health and sustainability of The Arthritis Society, monitor The Society's financial reporting, and remain keenly aware of managing and mitigating any risks to our financial health."

– Duncan Mathieson, chair

Revenue Development

"We provide strategic advice and guidance to inspire innovative revenue approaches that connect with the philanthropic nature of Canadians — so that The Society can carry out its mission."

– Mary Hofstetter, chair

Mission

"We oversee all investments in research, programs, services and public policy to ensure that Canadians with arthritis are receiving the best possible benefit of our donor dollars, without which, none of this would be possible."

– Dr. Sue Furlong, chair

Scientific Advisory Committee (SAC)

"We advise on matters pertaining to arthritis science and research, ensuring objectivity and a high standard of scientific excellence. We shape the research strategy based on the needs of people we serve and remain committed to delivering a future without arthritis."

– Dr. Jason McDougall, chair

Medical Advisory Committee (MAC)

"This team of clinicians in rheumatology works with SAC and helps connect the arthritis community and research investments. Representing the health-care provider voice, MAC also ensures that our education, publications, programs and services are accurate, evidence-based and relevant to Canadians with arthritis and their families."

– Dr. Evelyn Sutton, chair

Organization

Our network includes eight divisional headquarters, regional offices in major cities across Canada, and a national office in Toronto. In addition, we have thousands of volunteers who support the important work we do. In 2016–17, we were generously supported by over 150,000 individual and corporate donors who gave through direct donations, events, bequests and sponsorships.



The Arthritis Society is accredited by the Imagine Canada Standards Program, Canada's highest measure of excellence for charities and not-for-profits. For more information, visit imaginecanada.ca.

To our donors, sponsors and volunteers —

THANK YOU



The Arthritis
Society

 arthritis.ca  1.800.321.1433  /ArthritisSociety  @ArthritisSoc  @ArthritisSociety

