



# Fighting the fire of arthritis

Annual Report 2020-2021



Inside every Canadian living with arthritis there are two people.

The person who gets up every morning, bravely putting one foot in front of the other while silently hoping today will be a good day.

Then there's the other person inside, desperate for a cure but no longer daring to hope for one, because the world keeps telling them, "It's just arthritis."  
Some even believe it themselves.

These brave souls live and move among us.

Six million strong. Six million silent.

**It's for them that we are here.**

The Arthritis Society is the relentless counterforce that fights the fire of arthritis through research, advocacy and innovation.

We are *all in* to end arthritis, so people with arthritis can live their best life *free* from arthritis.



Our fiery  
declaration

# Executive Message

It's not "just arthritis."

Arthritis is painful. It's devastating. And it's in the business of denying six million Canadians a normal life.

**The Arthritis Society is here to put arthritis out of business.**

Sparked by the generosity of donors and the innovation of staff and volunteers, our organization ended this past, unparalleled year financially strong and poised to make an even greater impact.

We connected with more than two million people affected by arthritis, including close to 50,000 Canadians coast to coast to coast through our Arthritis Talks webinars. We funded almost \$3.6 million in research into the diagnosis, prevention and treatment of arthritis. And supported by the voices of 5,790 Canadians, our advocacy efforts helped ensure governments invested in reducing wait times for joint replacement surgery, despite the pandemic.

We also launched our five-year strategic plan, *Accelerating Impact*, with even more ambitious goals to achieve by 2025.

Moving forward, we will increasingly focus on innovation, to discover and take advantage of new opportunities. We must look at new ways of doing things, because without immediate and sustained action, the number of people with arthritis will soon grow to nine million.

We have a disease to crush and people to give a voice to.

We're here to fight the fire of arthritis with the fire of research, advocacy and innovation.

Thank you for your support, which helps us get to the front lines of arthritis. Together, we're pushing back.

Sincerely,

  
Duncan Mathieson  
Chair, Board of Directors





Trish Barbato  
President and CEO



# Impact Highlights

## Fighting the fire of arthritis

6 million Canadians have arthritis.

Without action, 9 million will have arthritis by 2040.

The Arthritis Society's bold, five-year strategic plan, *Accelerating Impact*, will help us reach more people, fund more research, innovate and change the conversation to make a tangible impact on arthritis.

In 2020-21

2.1M

Canadians reached with trusted information

\$3.6M

invested in research

62,183

people received direct or one-on-one support through our education and information programs

82%

of program users said they are empowered to better manage their arthritis

5,790

Canadians raised their voices with us on public policy issues

## Vision

To live in a world where people are free from the devastating effects that arthritis has on lives.

## Mission

To invest in cutting-edge research, proactive advocacy and innovative information and support that will deliver better health outcomes for people affected by arthritis.

## Values

Integrity

Passionate commitment

Spirited teamwork

Bold innovation

Courageous leadership

# Research

## Fighting the fire of arthritis with the fire of research

With more than \$220 million invested in research since our founding, we are blazing a path for how we can treat arthritis, prevent it and even cure it.

In 2020-2021

**\$3.6M**

invested in research; \$7.8M in the last two years

**32**

research projects funded

**43**

new arthritis research careers launched

Highlights

**\$300,000**

to fund a three-year project looking at how people with rheumatoid arthritis and lupus respond to a COVID-19 infection

**\$300,000**

to fund a three-year project testing new smart phone technology that allows physiotherapists in urban centres to treat rural residents in their homes



"Arthritis patients, at the best of times, are vulnerable to infections such as COVID-19. This research presents a unique and urgent opportunity for our national team of investigators to help people with arthritis, but also to use what we learn to help Canadians in general and people worldwide."

- Dr. Paul R. Fortin, lead researcher

# Advocacy

## Fighting the fire of arthritis with the fire of advocacy

We are elevating awareness of arthritis as a serious disease and ensuring people have access to timely and effective care.

In 2020-2021

5,790

advocacy actions taken by Canadians, up from 2,000 the year before

67

meetings with policy makers took place

TOP 6

Arthritis registered as the top 6<sup>th</sup> health concern of Canadians

Highlights

Prevented shortages of arthritis drugs being used for COVID-19 treatment

Ensured medical cannabis was deemed **essential medicine** during the pandemic

Five provincial governments **committed additional funding** to reduce joint replacement surgery wait times thanks to our advocacy





# Programs and Digital Services

## Fighting the fire of arthritis with the fire of information and support

Through our information and support programs, we are ensuring people are more resilient and empowered to thrive as they face this diagnosis.

In 2020-2021

2.1M

Canadians reached, up from 1.7M the year before

62,183

people received direct or one-on-one support through our education and information programs

154

children attended our new nationwide, virtual summer camp, Camp Sunrise

## Highlights

49,917

people registered for our Arthritis Talks webinars

New resources introduced on:

Osteoarthritis  
Emerging treatment and research



# Who We Help



## Meet Sandra

Fifty-eight-year-old Sandra was surprised by her osteoarthritis diagnosis 10 years ago.

There's no history of arthritis in her family and she's always maintained a healthy diet and lifestyle. The Toronto, Ontario resident says the Arthritis Society website became her "home for a month," where she learned how to take control of her disease. **"From everything I read, and the videos I watched, I knew I could manage and overcome this."**



## Meet Michel

Living with psoriatic arthritis, Michel Lacroix, the famous "voice" of the Montreal Canadiens, had many questions when the COVID-19 pandemic arrived last year. He turned to the Arthritis Society and our Arthritis Talks webinars to stay informed and to help him stay healthy. He benefited from them so much that he later accepted the invitation to host two webinars himself. **"Arthritis Talks answered the questions I had. I was happy to offer my voice and give back."**



## Meet Claire

Claire Neilson, 22, has learned to take juvenile idiopathic arthritis in strides, really big ones. Her exposure to the health system as a teen inspired her to pursue a medical degree. And the support she received from the Arthritis Society inspired her last November to give back with a unique fundraiser – a daily run up St. John's, Newfoundland's iconic Signal Hill. **"Every day I feel good is a blessing, so I'll do anything I can do."**



# Our Supporters

## Fighting the fire of arthritis with the fire of philanthropy

Our generous donors invested \$18.9 million to ignite our campaign against Canada's most prevalent chronic condition.

# \$810,401

donated by our 5,904 monthly donors, who provided stable funding for our work throughout the year

# \$5,117,329

realized through 125 bequests of supporters who sought to make an impact beyond their lifetimes

# \$636,229

contributed by 1,750 Leadership Circle donors, whose valued investments make our work possible

## Cheryl Johnson



"When I was at my weakest and most vulnerable, learning to cope with three types of arthritis, and being told that I would be wheelchair bound for the rest of my life, people from the Arthritis Society lifted me up. They encouraged me to become a volunteer and use my experiences to help others who are struggling," says Cheryl Johnson.

Cheryl decided to leave a legacy gift to the Arthritis Society in her Will so that the vitally important work we're doing will continue. She knows her contribution will be directed to where it can make the maximum impact and help the most: supporting people affected by arthritis and funding research to one day find a cure. She is also confident that the Arthritis Society is fiscally responsible.

"It's important for me to leave something behind. I hope you will join me in giving the gift of a lifetime."

# 2020-2021 Donors

The Arthritis Society is grateful for the generosity of our supporters, who are dedicated to helping us fight the fire of arthritis. We are pleased to recognize donors who have made or pledged gifts of \$10,000+ between April 1, 2020 and March 31, 2021, or whose cumulative gifts totalled \$2.5 million and more over the course of their giving history.

## \$250,000-\$499,999

Kolstad Fund at Calgary Foundation  
United Way Winnipeg

## \$100,000-\$249,999

Diane Blake & Stephen Smith  
Federated Health Charities  
HealthPartners  
Pfizer Canada SRI

## \$50,000-\$99,999

Amgen Canada Inc.  
Arthritis Society Endowment at Vancouver Foundation  
Trish Barbato  
Canadian Tire Jumpstart Charities  
Donal Rowan Lazier and Phyllis Audrey Lazier Fund at Vancouver Foundation  
Janssen Inc.  
Mary Pack Centennial Arthritis Research Endowment Fund at Vancouver Foundation  
Massage Addict  
Novartis Pharmaceutical Canada Inc.  
Province of British Columbia  
Winnipeg Foundation

## \$25,000-\$49,999

Alma VanDusen Fund at Vancouver Foundation  
Anna Marie Frediani Research Fund  
Bristol-Myers Squibb Inc.  
Brynjolfur Kristin Brynjolfsson Fund at Winnipeg Foundation  
Cambria Company LLC  
Canopy Growth  
Mary & John Crocker  
Daryl K. Seaman Foundation at Calgary Foundation  
Government of Canada  
New Horizons for Seniors Program  
Government of Newfoundland and Labrador  
Grand Imperial Conclave of Canada Charitable Foundation  
Grayross Foundation at Vancouver Foundation  
Industrielle Alliance Groupe Financier  
Margaret Rothweiler Charitable Foundation  
Deborah Marshall  
Partenairesanté-Québec  
Michael Paterson & Gail Asper  
Richard H. Pearce  
TELUS Friendly Future Foundation  
Wai On Foundation  
Lynda Ward  
Dr. Stephen Weiss  
Dr. Nancy Jean Wessel

## Oscar Arab



Arthritis doesn't slow Oscar down. In fact, it's inspired the 12-year-old summer camp participant to raise \$1,500 over the next three years.

"I want to help other kids and to show people there are more kids like me. Maybe one day we find a cure. This can also help them go to camp."

## \$10,000-\$24,999

AbbVie  
Axiom LTC LP  
Deb Barrett & Jim Leech  
The Beresford Family,  
in loving memory of Deirdre  
Luc Bergeron  
Ann Bucke  
Sylvie Cloutier  
Cortalex  
R.W. Cousins  
James Cross  
Kristin & Ashit Dattani  
Dolphin Bingo  
The Donald and Margaret Mackenzie Partner Trust  
Dr. Alfred E. Deacon Medical Research  
Foundation Inc.  
Edmund Alan Larkin & Edith Margaret Larkin  
Trust at Victoria Foundation  
Edna Herbert Charitable Foundation Giving Fund  
Fondation J.A. DeSève  
Fondation Simone Morin et Valmont Garneau  
Robert Goodall  
Ingrid Gutzmann  
The Harrison Family Foundation  
Ramsay Holmes  
Nancy Hopkins  
Robert Howard  
George Hrudie  
John Grot Memorial Fund at  
Vancouver Foundation

The John and Judy Bragg Family Foundation  
Joyce Lam/Novartis Arthritis Patient Care  
Endowment Fund at Vancouver Foundation  
P. Lévesque  
Mark and Phae Collins Fund at  
Vancouver Foundation  
Duncan Mathieson  
Yvonne McGregor  
Merck Canada Inc.  
National Bank Financial  
Jadena Ofelia  
O'Regan's  
Orville and Alvera Woolacott Foundation  
Pass-Through Grants Fund at Victoria Foundation  
Peter O'Sullivan  
Otto and Marie Pick Charitable Foundation  
Anne-Marie Renaud  
Samuel H. Gilfix Endowment Fund at  
Winnipeg Foundation  
Spectrum Health Care Foundation  
Sunrise Foods International Inc.  
Dr. Evelyn Sutton  
Gerry Titus  
Kathryn Troubridge  
Westminster College Foundation  
Michael Whitcombe  
Wilfred Wilger  
YVR for Kids

## Carolane Lévesque



Diagnosed with arthritis at age six, Carolane hosted a 24-hour online fundraiser in honour of her late mother, who had rheumatoid arthritis.

“Arthritis can turn our lives upside down, but despite the limitations and pain, it makes me a more grateful person.”

## Cumulative Giving of \$2,500,000+

AbbVie  
Various funds at Calgary Foundation  
Merck Canada  
Pfizer Canada SRI  
Various funds and supporters at United Way  
of Calgary and Area  
Various funds at Vancouver Foundation

## 25-Year Milestone Donors with \$2,500+ in Lifetime Giving

Ralph F. Bond  
Agnes Cosby  
Mary L. Denson  
Guylaine Dionne  
Nicole Duchesne  
Micheline Fafard  
Joanne Fagan  
Diane Fontaine  
Emanuela Fusarini  
Mary Helen Garvie  
Doug G. Gilbert  
J. Erle Jones  
William E. Kemper  
Graham S. Laing  
Clifford Ma  
Mahlon Martin  
P. McColl  
John McDougall  
Doug G. McLaughlin

K. V. McNeilly  
Jean-Luc Morneau  
Mary Orr  
Karen E. Phippen  
Marie Poirier  
Gina Poulin  
Robert M. Prystai  
Lucie Riou  
Martin Roy  
Roberta Schofield  
Connie Spinney  
Victor Tucker  
Sharon Turcotte  
Jill R. Webster  
Ralph Winship

We are grateful to the many donors and sponsors who contributed between \$5,000 and \$9,999 in 2020-2021. Visit [arthritis.ca/supporters2021](https://arthritis.ca/supporters2021) to see a list of these generous supporters.

We extend our gratitude to those who kindly support our work and wish to remain anonymous, and offer our special thanks to the 38 individuals who notified us in 2020-2021 that they've included the Arthritis Society in their estate plans. We regret any errors or omissions. Please email Nicole at [donorservices@arthritis.ca](mailto:donorservices@arthritis.ca) to update how you wish to be recognized.

## Diane Blake



Witnessing their mothers experience pain and suffering from rheumatoid arthritis inspired Diane Blake and Stephen Smith to support the Arthritis Society's research efforts with a \$100,000 gift.

"Arthritis is often perceived as being in a different category from cancer or stroke, for example, but it affects a significant number of people and is very debilitating and painful," says Diane. Though her mother's generation often considered arthritis an inevitable part of aging, Diane believes "we have to make an effort to preserve the quality of life for people in their later years."

Diane has taken this to heart. In addition to her own gift, she hosted a virtual event in September 2020 to introduce friends to the Arthritis Society and arthritis research.

"Due to our personal experiences with our mothers, and because we know there currently is no cure, we feel that arthritis research can have a big impact."

# National Council



Andrew Branion



Jennifer C. Stewart

As the number of people affected by arthritis continues to grow at an alarming rate, there's greater urgency to raise critical funds to support the Arthritis Society's mission. We are grateful that 15 of Canada's brightest minds and dedicated arthritis ambassadors have joined our National Council and made the Arthritis Society their charity of choice.

The National Council launched in 2020 to advise on and actively engage in fundraising efforts for the Arthritis Society. Chaired by Andrew Branion, the Council is building important relationships with new and long-time donors, with passion and determination to champion the resilient spirit of those living with arthritis.

The impact of arthritis can't be overstated. The Arthritis Society is committed to advancing arthritis care and research, and the strategic leadership and counsel of these dedicated executive volunteers enables us to do just that.

**Andrew Branion, Chair**

Firas Abu Saleh  
Sulemaan Ahmed  
Trish Barbato  
Garth Bobb

**Alison Coville**

Julie Cowan  
Jen Evans  
Vincent Ho  
Simon Lemay

**Nadia Malik**

Mark Sack  
Jennifer Stewart  
Kanish A. Thevarasa  
Rani Turna

Interested in getting involved in the Council? Contact Jennifer Stewart at [jstewart@arthritis.ca](mailto:jstewart@arthritis.ca).



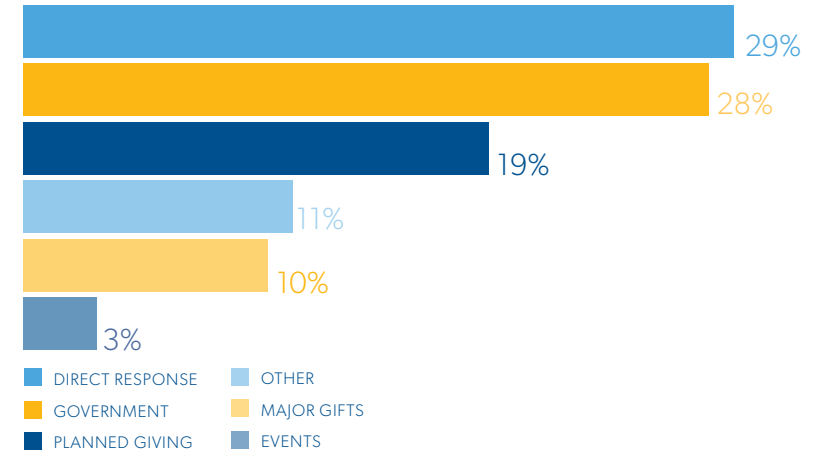
# Financial Report

## Statement of Financial Activities

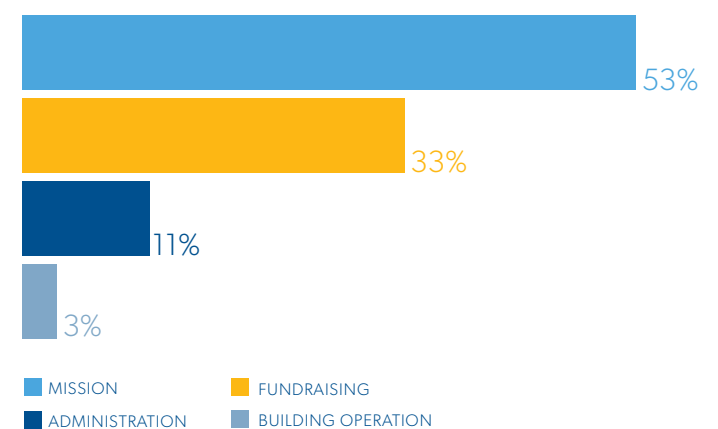
Year ended March 31, 2021, with comparative information for 2020

	2021	2020
<b>REVENUE</b>	<b>\$</b>	<b>\$</b>
Major Gifts (corporate, individual and foundations)	2,720,943	3,642,721
Planned Giving	4,991,455	5,376,873
Direct Response	7,564,618	6,733,987
Events	746,730	2,501,182
Government	7,508,110	5,416,216
Other	2,920,779	3,149,917
<b>TOTAL REVENUE</b>	<b>26,452,635</b>	<b>26,820,894</b>
<b>EXPENSES</b>		
Research	3,556,737	4,293,200
Programs and services	8,979,077	10,406,648
Building operation	658,601	583,467
Administration	2,629,589	2,649,466
	<b>15,824,004</b>	<b>17,932,781</b>
Cost of raising funds from the public	7,901,130	10,845,902
<b>TOTAL EXPENSES</b>	<b>23,725,134</b>	<b>28,778,683</b>
<b>Excess (deficiency) of revenue over expenses</b>	<b>2,727,501</b>	<b>(1,957,789)</b>

## SOURCES OF REVENUE | AS OF MARCH 31, 2021



## EXPENDITURES | AS OF MARCH 31, 2021



Full audited financial reports are available at [arthritis.ca/finances](https://arthritis.ca/finances).

# Governance

(as of June 2021)

## Board of Directors

**Duncan Mathieson**  
Chair

**Dr. John Di Battista**

**Ingrid Gutzmann**

**Nancy Hopkins**

**Jennifer LaPlante**

**Neal Oswald**

**Anne-Marie Renaud**

**Dr. Evelyn Sutton**

**Michele Walsh**

**Dr. Stephen Weiss**

**Michael Whitcombe –**  
Honorary Solicitor

## Board Committees

**Governance & Nominating**  
Nancy Hopkins  
Chair

**Audit & Finance**  
Jennifer LaPlante  
Chair

## National Executive

**Trish Barbato**  
President and CEO

**Dr. Siân Bevan**  
Chief Science Officer

**Cheryl McClellan**  
Chief Operating Officer

**Jennifer Stewart**  
Chief Development Officer

## How we work


The Arthritis Society network includes a National Office in Toronto and regions across the country. Our work is supported by a robust community of more than 500 dedicated volunteers in communities coast to coast to coast.


The Arthritis Society is proud to have been recognized by the Governance Professionals of Canada in 2021 for excellence in:

- Enterprise Risk and Crisis Management
- Innovation and Resilience in Governance



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 arthritis.ca

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 info@arthritis.ca

Charitable Number: 10807 1671 RR0003

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](http://imaginecanada.ca).