You are the power behind the mission.



BREATHE the lung association

2018 ANNUAL REPORT

OUR MISSION

To improve lung health one breath at a time.

OUR VISIONHealthy lungs for everyone.

Saskatchewan's Oldest Health Charity, Since 1911

The "Great White Plague" was the name used to describe tuberculosis (TB). To fight the highly contagious disease the Saskatchewan Anti-Tuberculosis League was formed in 1911. Under its auspices, Fort Qu'Appelle Sanatorium was opened in 1917 to provide rest and fresh air. However, the cure was long and tedious; few could afford to remain until they were healed. So in 1929, through the League's urging, Saskatchewan was the first province to make the care and treatment of tuberculosis free of charge.

Dr. Ferguson, the medical director of the "San," had a strong commitment to fighting tuberculosis and tremendous compassion for TB patients. Doctors, nurses, and staff walked that extra mile to help the patients. The patients themselves cheered and nurtured those around them. A caring, loving atmosphere permeated the sanatoria. Bonds of friendship were formed which remained strong despite time and distance.

That powerful sense of the each individual's worth continues to permeate the activities of The Lung Association, Saskatchewan today. The Mission Statement reflects how The Lung Association has maintained the League's fervent belief in everyone's right to optimum lung health and with every passing year we inspire others to join our movement for healthy lungs for everyone.



BREATHE the lung association



ways YOUR support made a difference in Saskatchewan!

health care professionals were educated on respiratory health.





18,268 social housing homes went smoke-free because of advocacy efforts.

7,000 educated on how to protect their lungs.

youth in schools were

1,000

homes were tested for radon.

55,000 people were reached through the Second Breath Campaign spreading important organ donation awareness messaging.

#ThankYou



Message from the President and CEO

What an incredible year 2018 has been, there are so many accomplishments to be proud of and initiatives completed that will have a lasting impact and benefit for those living with lung disease for many years to come. None of our successes this last year would have been possible without the continuous and loyal support of all of our donors and volunteers. A heartfelt thank-you to each and every one of you.

We are especially proud of the six Saskatchewan research teams who were each awarded \$25,000 through the *Ideas that Inspire* grant program. These funds were provided by The Lung Association in partnership with the Saskatchewan Health Research Foundation for a total of \$150,000 investment in respiratory health research right here in our province.

With your support, popular fundraising campaigns like the Breathe Strong provincial raffle exceeded goal and provided seed funding for practical support programs to help patients and their families living with lung disease. As an example and inspired by our double lung transplant volunteer Breathe Ambassadors and their knowledge of what is important to patients, we were able to direct the proceeds of Breathe Strong towards initiatives we know patients and their loved ones really need. On January 1st, we launched Caring Breaths, a Financial Assistance Program for those struggling to breathe. This program will help people living with lung disease in Saskatchewan receive financial assistance to alleviate the burden many experience when ill and facing increasing costs arising from their illness.

Our ongoing plan to provide your Provincial Health Care Professionals with essential education and training services advanced to new heights in 2018, as we were



able to through innovative technology launch online education portals enabling access for learners anywhere in Saskatchewan.

2019 promises to be another great year with a greater focus on research, patient services and a grand plan for a Provincial Lung Health Strategy that will set the way forward for lung health in this province. We look forward to continuing this journey with you. Please enjoy reading this annual report, our gift to you demonstrating what we have accomplished together in support of lung health in Saskatchewan.

Sincerely,

Susan Cron

President & CEO

The Lung Association, Saskatchewan

Board of Directors Update

In 2018, we said farewell to five of our volunteer board members:

Dr. Vern Hoeppner – Director Patrick Ennis – Director Kathryn Theede – Treasurer Joyce Marbach – Director Dr. Rob Skomro – Director

We would like to sincerely thank each of them for their dedication to lung health in Saskatchewan.

We also welcomed four new members to our Board of Directors:

Mike Olain Transpurer

Mike Olain – Treasurer

Dr. Donna Goodridge – Director

Colleen Opseth – Director

Dr. Mark Fenton - Director.

Each of these individuals bring immense knowledge and skills to contribute to a well-rounded Board.

2018 Impact Awards

The Lung Association, Saskatchewan hosted the inaugural Celebration of Impact Awards Ceremony on Saturday, June 9th, 2018 at The Saskatoon Inn. The celebration recognized extraordinary people that have made and continue to make a significant impact on lung health in Saskatchewan. We value the

dedication and commitment of each and every one of our exceptional donors, volunteers and community partners. Congratulations to all of the Breathe Impact Award recipients and nominees. Thank you all for your precious gifts of time, talent and treasure.







The Lung Association National Awards

In 2018, there were four Lung Association National Awards presented across Canada – The Patron's Award, Distinguished Ambassador Award, Youth Award and The Heather Crowe Award. These four awards are presented every second year with recipients being selected by the National Awards Committee. We were

thrilled that two of these award's recipients were selected from Saskatchewan. Dr. Mark Fenton received the Heather Crowe Award and Hunter Sabet-Olfert, Jordan Miller and Jayda Miller received the Youth Award.

National Philanthropy Day

National Philanthropy Day (NPD) is a wonderful event held annually to celebrate the philanthropic spirit and to honour those who have demonstrated their commitment to giving back.

This past year, our very own volunteer Board Chair, Karen Davis, was recognized at the Association of Fundraising Professionals (AFP) National Philanthropy Day luncheon as a recipient of the 2018 Honoured Supporter Award for her 32+ years of service as a volunteer and generous donor to The Lung Association.



Donor Appreciation

We appreciate each and every gift made in support of lung health, we are thankful for those individuals and organizations who choose The Lung Association, Saskatchewan as their charity of choice. We would like to offer an additional thank-you and acknowledgment to our top donors for 2018.

ACT/UCT Club Moose Jaw 1027

ACT/UCT Club North Battleford 1028

ACT/UCT Saskatoon Council 1031

Associated Canadian Travellers

Clara Hennig

Dr. Darcy Marciniuk

Dennis Ehman

J. Cairns Enterprises Ltd

Jan Neumann

Jennifer May

Karl Nelson

Leslie & Irene Dubé Foundation

Marlene Donally

Melissa Leib

Melville & District Donor's Choice

Pat Smith

Dr. Robert Skomro

Strategic Charitable Giving Foundation

Susan Cron

Thomas (Casey) & Karen Davis

Vern Hoeppner



Bringing a Little Magic to the Asthma Care in Saskatoon

Asthma is a chronic disease that makes the lungs very sensitive and hard to breathe. In every classroom, there is a good chance that several students will have asthma. St. Mary's Education and Wellness Centre is the first in Canada to have an in-school pediatric clinic. The Lung Association was the clinic's first community partner and continues to provide breathing tests (spirometry) and asthma education to the students and families at the clinic.

Sponsored by SaskTel TelCare, The Lung Association, Saskatchewan in partnership with the Greater Saskatoon Catholic School Division and St. Mary's Pediatric Clinic, hosted an Asthma Magic Show featuring Double Vision magicians for the students at St. Mary's Wellness and Education Centre. The world famous duo amazed the staff and students with their magic tricks while educating them about asthma, the common yet serious disease.

Trudell Medical International™ representative, Julie Baggio attended the event, and was acknowledged for providing The Lung Association and St. Mary's Pediatric clinic with 200 AeroChambers a year, for the next three years (600 in total). The AeroChamber assists those with asthma who are using a metered dose inhaler to receive all of the necessary medications inside the lungs allowing them to breathe easier.



Research

2018-19 Ideas that Inspire Grant

The Lung Association, Saskatchewan (LAS) and Saskatchewan Health Research Foundation (SHRF) partnered to fund research grants throughout Saskatchewan in support of the new Respiratory Research Center (RRC) with the shared goal of "discovery for healthy breathing". This grant supports inter-disciplinary teams doing human health and translational research projects with the aim of applying that knowledge for the benefit of patients. Each grant was valued at \$25,000 for a total of \$150,000.



Recipients

The following are the principal investigator details and project titles:

Dr. Mark Fenton

College of Medicine, University of Saskatchewan Synchrotron Imaging to Characterize Chronic Allograft Rejection in a Swine Orthotopic Lung Transplantation Model

Dr. Shelley Kirychuk

College of Medicine, University of Saskatchewan Ambient Air Quality and Respiratory Health in Saskatchewan: the influence of PM2.5

Dr. Joshua Lawson

College of Medicine, University of Saskatchewan Patterns of exposure to conventional and electronic cigarette smoking and their relationship to lung health outcomes among children and adolescents

Dr. Holly Mansell

College of Pharmacy and Nutrition, University of Saskatchewan Pharmacokinetics of Apixaban + Tacrolimus or Cyclosporine in Lung Transplant Recipients

Dr. Erika Penz

College of Pharmacy and Nutrition, University of Saskatchewan An examination of patient reported outcomes in COPD patients utilizing a novel mobile application

Dr. Robert Skomro

College of Medicine, University of Saskatchewan Study of the Pathogenesis and Progression of Bleomycin-Induced Idiopathic Pulmonary Fibrosis in the Distal Airway and Alveoli Using Synchrotron-Based Imaging



Helping Close the Gaps in Saskatchewan's Lung Transplant Care

A lung transplant is only made possible by the selfless acts of donors and their families. The gift of life and a chance at a second breath is extraordinary. However, having a lung transplant has significant costs for the recipient, their caregiver and their loved ones. All patients needing a lung transplant must have this

Volunteer Breathe Ambassadors and double lung transplant recipients Karen Webb, Donna McDonald, Jennalee Brewer, Nicole Nelson and Moe Martin with caregiver Brenda Martin

life-saving procedure out of the province. Although prescription medications, hospital stays and the transplant surgery itself is covered, on average it will cost patients in need of a lung transplant \$20,000. To ease the financial and emotion stress of lung transplantation, The Lung Association continues to work with VIP Breathe Ambassadors to improve patient support services and close the gaps of Saskatchewan lung transplant care.

The dedicated working group is made up of Lung Association staff, double lung transplant recipients, residents on the lung transplant waitlist and lung transplant caregivers. This past year members of the group have almost tripled. Together they have made a tremendous impact by:

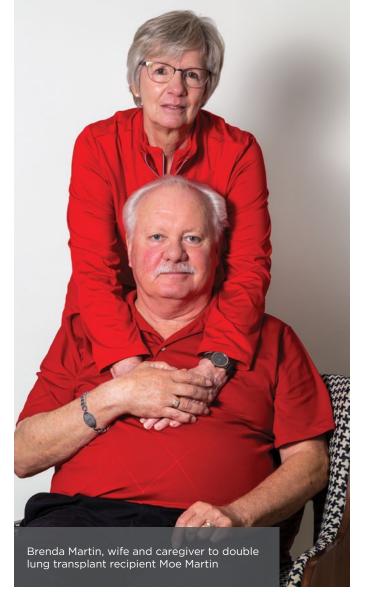
- Representing the Lung Association and acting as a spoke-person advocating for organ donation.
- Sharing their stories in provincial fundraising campaigns
- Meeting with Saskatchewan government officials to identify ways in which the province can better serve those left breathless.

- Fundraising for programs that will ease the financial burden many patients face when accessing treatment out of province.
- Assisting in the continued development of Saskatchewan specific lung transplant practical resource guide.
- Continuing to partner with the Saskatchewan Health Authority to create an educational video series for patients and their families who are waiting for a lung transplant.
- Leading transformation change by creating a strategic advocacy plan to address issues that improve the quality of life for those with chronic lung disease.

Second Breath

2018 was our launch year for The Second Breath – Organ Donation Awareness campaign. After two e-newsletters, social media posts and a two-page spread in a local Saskatoon magazine, this campaign had over 55,000 views. Second Breath was successful in raising awareness for organ donation across Saskatchewan and raising essential funds for the Caring Breaths financial assistance program.







RESPTREC®

RESPTREC® is one of the most widely accessed respiratory education programs in Canada for healthcare professionals working with individuals and families affected by chronic lung diseases, like asthma (including severe asthma), chronic obstructive pulmonary disease (COPD), and idiopathic pulmonary fibrosis (IPF).

Led by The Lung Association, Saskatchewan, RESPTREC® provides healthcare professionals with the highest standard of training in respiratory education. To better meet the needs of the respiratory healthcare community, RESPTREC® launched online courses in addition to its current formats in asthma, COPD, and IPF.

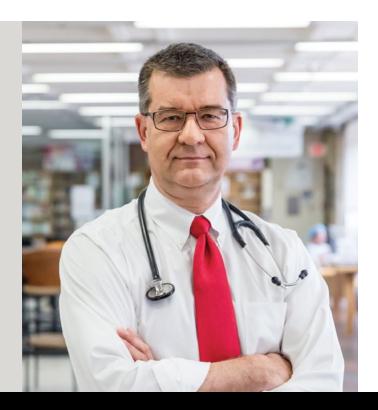
Since its launch, RESPTREC® has trained over 600 healthcare professionals in Saskatchewan and over 5,000 throughout Canada. RESPTREC® prepares graduates to become Certified Asthma Educators (CAEs) and Certified Respiratory Educators (CREs). We continue to support the training of respiratory educators and in 2018, RESPTREC® we trained approximately 100 new respiratory educators in Saskatchewan to serve our province. For more information on RESPTREC® visit www.resptrec.org.

"I want to be on a team with clinicians who have undergone RESPTREC® training and are CRE-certified. They are fully informed of the latest evidence, they possess the critical thinking to appropriately interpret that evidence, and they have the tools and experience to put that latest information to work for their patients.

Completing RESPTREC® training demonstrates dedication to providing optimal patient care, and a commitment to being the very best."

Dr. Darcy Marciniuk, MD, FRCPC, FCCP Respirologist

Former President of the CTS and Past President of the American College of Chest Physicians



Home Oxygen

The SAIL (Saskatchewan Aids to Independent Living) Home Oxygen Program provides funding towards the cost of prescribed home oxygen therapy for clients who meet the program criteria. Testing is provided through qualified health professionals who are trained in home oxygen therapy. Assessment and treatment is delivered through private oxygen suppliers contracted by Saskatchewan Health.

The Lung Association, Saskatchewan is contracted by SAIL to provide rural nocturnal oxygen testing in partnership with local home care staff as well as home oxygen testing training, continuing education, and support for Saskatchewan health professionals and clients.

In 2018, 453 nocturnal oxygen tests were performed on patients, and approximately 150 new healthcare professionals received home oxygen tester training.

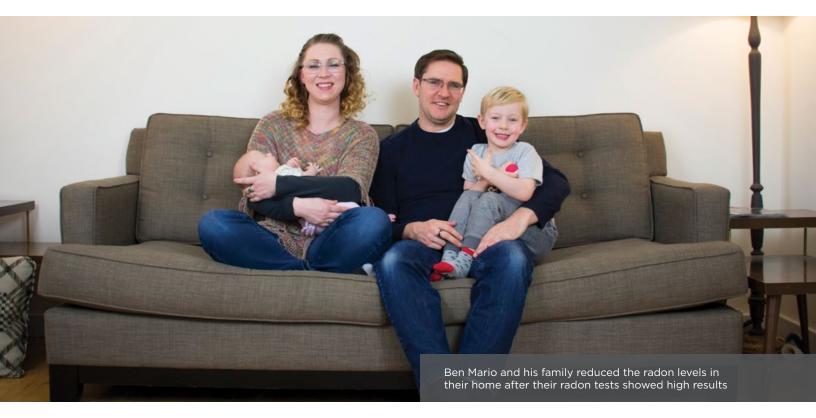


Professional Education Portal

2018 was an exciting year for healthcare professionals that look to The Lung Association, Saskatchewan for leadership in continuing respiratory education. The Lung Association, Saskatchewan, in collaboration with RESPTREC®, developed a web-based Professional Education Portal (PEP) to give respiratory educators and healthcare professionals an opportunity to enhance and track their learning. The PEP houses articles and video presentations on current research, position statements, and guidelines for many chronic lung diseases. To check out the portal, please visit www.respiratoryeducation.ca.

professional education PORTAL

Protecting Residents from Radon - The #2 Cause of Lung Cancer



Radon exposure is responsible for more than 3,200 Canadian deaths per year, which amounts to more deaths annually than vehicle collisions, house fires, carbon monoxide poisonings and drownings combined.

Radon is the second leading cause of lung cancer and Saskatchewan is a hot spot for it. Radon is a radioactive gas that comes from the natural breakdown of uranium in the soil. You can't see, taste or smell radon, the only way to know how much of the deadly gas is in your home is to test for it.

The Lung Association with Health Canada continues to lead radon initiatives for the province. Through our partnership with Health Canada in 2018 we:

- Led the Take Action on Radon Saskatchewan Coalition. The coalition is made up of over forty stakeholders from different sectors such as charities, health partners, radon professionals, government agencies, home builders, academics and retailers. The group unites as one voice empowering residents to test for and reduce radon in their homes.
- Engaged with attendees at provincial health fairs and home shows.

- Hosted a public education event in Regina.
- Presented to the Saskatoon Real Estate Association on the new Canadian Association of Radon Scientists and Technologists (CARST) real estate radon guidelines.
- Increased awareness around the province about radon through multi-media channels including radio, print, social media and television channels.
- Sold valid and reliable long-term radon test kits and provided results at an affordable cost to members of the public. We continue to partner with the Saskatchewan Research Council to provide radon testing and analysis right here in our province.
- Assisted in the launch and promotion of the annual Radon National Sweepstakes Contest. Homeowners that tested and reduced the radon levels in their home to be below Health Canada's recommended guideline of 200Bq/m3 had a chance to win up to \$1000. Saskatchewan had the most Sweepstake entries in the entire country. Radon Sweepstake winners from Saskatchewan included Brett Seidler from Regina and Suzanne Marit from Willow Bunch.

Lung Association Support Groups

The Lung Association, Saskatchewan was pleased to expand its services in the area of support groups in 2018. Whether it be face-to-face or online, support groups are forums where patients and caregivers can come together in a safe environment to ask questions, share experiences, and offer support to each other regarding their personal journeys living with lung disease. The Lung Association, Saskatchewan is looking forward to expanding its membership base for the existing support groups in addition to adding more support groups in 2019. Please visit Support Groups on our website at www.sk.lung.ca for more information.

Lung Transplant Support Group

This online group is for people living with lung disease and their families and caregivers whose treatment plan has or will involve a lung transplant. The group is here to help patients and families navigate the many steps on the transplant journey - from pre-transplant assessment through to living well and leading a healthy life post-transplant.

Lung Cancer Support Group

This online group is for people living with lung cancer and are surviving and thriving beyond lung cancer, or have a lived experience of losing a loved one from lung cancer.

Sleep Apnea Support Group

This face-to-face group meets biannually in Regina and Saskatoon . Meetings are open to people with sleep apnea, family members, caregivers and friends, or anyone who wants to know more about sleep apnea and its management. Healthcare professionals and vendors are in attendance to answer any questions and provide support.

Educational Webinars

Providing education and reaching the people we serve in a variety of ways, is important to The Lung Association, Saskatchewan. Webinar technology is an efficient and effective way to share current and evidence-informed updates in respiratory care. The RESPTREC® webinar series, generously supported by AstraZeneca, hosts four webinars per calendar year to enhance the learning of our respiratory educators across western Canada. Featured presentations in 2018 included: Teaching Teamwork to Healthcare Professionals; Introduction to the Approach to Interstitial Lung Diseases and Idiopathic Pulmonary Fibrosis; Severe Asthma: What Every CRE Should Know; and a Lung Cancer Update.







AstraZeneca Appreciation

AstraZeneca and The Lung Association, Saskatchewan share the same vision to bring together Saskatchewan's world recognized clinicians, researchers and health care professionals in a multi-disciplinary and integrated approach to provide the best care to people living with lung disease and this vision is shared by many in the lung family including The Lung Health Institution, founded by The Lung Association.

Early in 2018, we celebrated AstraZeneca's outstanding contribution of \$150,000 to The Lung Health Institute. We are honoured to recognize AstraZeneca who in the last 20 years has donated over \$425,000 to lung health in the province of Saskatchewan.

Thank-you AstraZeneca for making lung health a priority and for being a forward thinking and progressive leader for respiratory health.

Provincial Lung Health Alliance

In 2018 The Lung Association, Saskatchewan brought together a group of stakeholders that share the same vision for lung health in the province of Saskatchewan. This group is working towards the development of a Provincial Lung Health Strategy and Action Plan. This strategy and action plan will serve as a framework to unite governments at all levels and across ministries, healthcare professionals, researchers, patients, caregivers and the global healthcare providers who collectively have the skills, capacity and resources to significantly improve outcomes at the patient level and ease the economic burden of lung disease on our health care systems.





MLA Reception

On May 1, 2018, The Lung Association, Saskatchewan hosted an MLA reception at The Legislative Building in Regina. The goal of this event was to present to MLAs the importance of constructing and implementing a Provincial Lung Health Strategy and Action Plan. We

had a motivating and inspiring line up of speakers at the reception including Karen Davis, Board Chair, The Lung Association, Dr. Mark Fenton, Respirologist, Nicole Nelson, Double lung transplant recipient and Dr. Erica Penz, Respirologist.



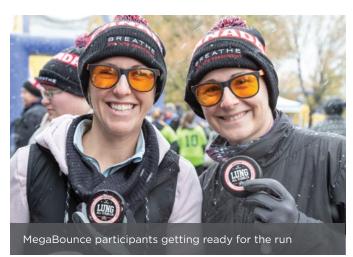




Events

MegaBounce

Nearly 400 participants came out and took part in the first-ever MegaBounce in Saskatoon on September 22, 2018. The weather may not have been the best, but our participants had a Mega-great time raising money for The Lung Association patient support programs.





Breathe - 911 - RYDE

Our 2nd Annual Breathe-911-Ryde event was a blast... and not just because it was part of the Nutrien Fireworks Festival. We had service personnel from Saskatoon Police Service, Saskatoon Fire Department, as well as members from our medical community including nurses, respirology doctors and our most important guests, Lung Association volunteer patient advocates who live with lung disease every day. Together everyone took part in a healthy Spin Off with the Saskatoon Police taking home the first place title.

Following the competition, we teamed up with local spin studio RYDE YXE to host a one of a kind spin class under the Nutrien Fireworks Festival.



WHL Lung All-Stars

We focused, we breathed and we definitely played hard! The Lung Association collaborated with three WHL teams in Saskatchewan for the 2018 WHL Lung All-Stars program. Together The Lung Association, Saskatoon Blades, Regina Pats and Swift Current Broncos taught youth about the importance of making healthy lung choices. In total, almost 6,400 students from kindergarten to grade 8 learned facts about staying active and saying no to tobacco and pledged to have happy healthy lungs.





Professional Education Events



The Lung Association, Saskatchewan was pleased to be able to host a number of education and networking events for respiratory healthcare professionals in 2018. Over 250 delegates attended events in 2018. Events included the State of the Art conference in May, and the SK Thoracic Society Professional Education day, and Certified Respiratory Educator Network and Learn events in November. The skilled delegates that attended these events work in the pharmacies, hospitals, doctors' offices, pulmonary rehabilitation programs, and health clinics that serve you.



The Lung Association, Saskatchewan, in collaboration with the Division of Respirology, Critical Care, and Sleep Medicine hosted the Saskatchewan Respirology Summit in 2018. This October forum for Saskatchewan respirologists facilitated discussion and strategies around how to provide better respiratory health services for those people living with lung disease.

Raffles

February saw us kick off our biggest fundraiser of the year, our newly branded Breathe Strong raffle to raise crucial funds for patients support services, programs, and resources. This campaign featured five double lung transplant recipients who shared their personal lived experiences with lung disease to create awareness about the importance of lung health and to raise funds for financial and emotional support services for those living with lung disease and seeking treatment. Breathe Strong raised over \$258,000 in revenue and proceeds helped launch a lung transplant informational video series, as well as our Caring Breaths Financial Assistance Program, which will help ease the financial burden for those living with lung disease.

Later in the fall, the Breathe and Win raffle raised \$232,611 in revenue and raised crucial funding for lung disease research in Saskatchewan.



Free Wills Network

2018 was our inaugural year of offering the Free Wills program to our supporters and donors. As a member of the Canadian Free Wills Network, The Lung Association, Saskatchewan is pleased to offer a free will or an update to an existing will to our supporters. We are able to do so through the generosity of participating lawyers across Saskatchewan.

Having an up-to-date will prepared by a lawyer is the only way to ensure that your future wishes will be carried out as you intended. It is also a wonderful way to advance lung health in the province and support many future generations to breathe easier.

Friends of The Lung Association









Trudell Medical International™



























Federated Co-operatives Limited







We would like to send out a special thank you to our phenomenal photographer Amy Thorp. Amy has been a part of the lung family for many years now and consistently delivers top quality images capturing our vision for our various efforts whether it be fundraising, advocating or educating. Thank you Amy, you are an outstanding and talented individual and we appreciate all that you do for us and lung health in Saskatchewan.

Statement of Operations

Lung Association of Saskatchewan Inc.

Statement of Operations

For the year ended December 31, 2018

Tor the year chaca Becomber 61, 2016	2018	2017
_	\$	\$
Revenue		
Lung Foundation of Saskatchewan Inc. (note 6)	425,000	650,000
Raffles	539,979	485,031
RESPTrec	447,400	484,572
Direct mail campaigns	267,996	318,275
Bequests	275,935	199,366
Contracts	119,040	142,902
Other campaigns and events	152,986	104,914
Other income	88,256	91,357
Professional Education programs	94,156	83,616
Grants	42,794	75,710
Health Promotion programs	72,195	69,366
	2,525,737	2,705,109
Expenses		
Programs		
Health Promotion - general public	720,045	670,815
Health Education - professional	650,267	659,015
Research and grants	77,525	161,561
Development and campaign	729,210	793,257
Operating and building	243,482	302,897
Contracted services and other	107,044	122,809
	2,527,574	2,710,354
Deficiency of vovenue array array	(4.036)	(F 24F)
Deficiency of revenue over expenses	(1,836)	(5,245)



Provincial and Canada-Wide Activity

We spend most of our dollars right here in Saskatchewan to serve those who need our help the most at a time when it is of most use. We also support the progress of the Canadian Lung Association Strategic Priorities as when it comes to lung disease, there are no geographical boundaries.

Provincial Office

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info@sk.lung.ca www.sk.lung.ca

Reg No. 87230 4811 RR0001

Let's get social!

The best way to stay up-to-date on all that we are accomplishing is to visit our website and follow us on social media. Find out how we are improving lung health one breath at a time at:

1

sk.lung.ca



facebook.com/LungSask



@lungsk



@lungsk

Volinspire:

volinspire.com/organization/the-lung-association-of-saskatchewan-350893



Thank you for your support!

BREATHE the lung association

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