

B R E A T H E

the lung association

2016 ANNUAL REPORT



A man of his word

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There were a lot of exciting events happening in 1989. The Swift Current Broncos won the Memorial Cup in Saskatoon. The Riders won the Grey Cup that fall for the first time since 1966. My family was moving into a new house on the farm. It may have been these exciting events that forced The Lung Association's Smoke Free Grad 2000 pledge to stick in my head. Maybe the exciting times made me think positively about my future. Based on statistics, I was unlikely to become a person who smoked anyway but it was nice in high school to have an excuse to say "no". If anyone asked

me if I wanted a drag of their cigarette I would politely decline saying, "I signed a contract in grade one, I can't have one". Most people would give me a funny look and leave me alone. Having an actual contract made the "no" easier. To this day I have never had a cigarette.

As I write this, January 17, 2017, I have two sons with one in grade one. They recently signed a similar Smoke-Free Lung Association pledge at a local Bronco game in December. I hope that signing that pledge motivates them to remain smoke free just as it motivated me. As an added bonus it could foreshadow a Swift Current Broncos Memorial Cup victory (I will leave the Riders out of this for now).

Our Mission

The Lung Association, Saskatchewan has a vision for healthy lungs for everyone and our mission is to improve lung health one breath at a time.

Our impact on respiratory health outcomes and the overall quality of life for those living with lung disease is accomplished through essential programs, education, research, training, and treatment.

We prevent lung disease through the promotion of a healthy environment and healthy lifestyles.

Provincial and Canada-Wide Activity

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

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Research

The Lung Association is pleased to provide a \$50,000 grant to the newly formed University of Saskatchewan Respiratory Research Centre (RRC), a centre to build on the strong foundation of research expertise and leadership in Saskatchewan and aimed at positively impacting lung health. Two years in development, and with support from the Colleges of Medicine, Pharmacy and Nutrition, and Veterinary Medicine, the RRC promises to be an interdisciplinary venture of the best and brightest, positioned to make a true impact in the health of the people of Saskatchewan and beyond. The RRC will be unique because it was also specifically designed to develop and evaluate innovative approaches to health care design and delivery, and to ensure rapid application of research findings to benefit patients. The Lung Association, Saskatchewan's grant will be matched by the Saskatchewan Research Foundation, doubling the impact of this investment.

“We need a respiratory research strategy leading to results that are boldly intended to reduce risk, save lives, and improve the quality of life for all people of Saskatchewan. We are truly excited with the possibilities of the Respiratory Research Centre.”

Darcy Marciniuk

Committee and Associate
Vice-President Research
University of Saskatchewan

“It is easy to envision the prospect of significant breakthroughs or cures. We will need the support of our many friends, but with hard work, those visions can become reality.”

John Gordon

RRC Researcher and Faculty
in the Division of Respiriology,
Critical Care and Sleep Medicine
at the College of Medicine

RESPTREC®

RESPTREC® is the most widely accessed respiratory education program in Canada for health care professionals working with individuals and families affected by chronic lung disease, like asthma and COPD – chronic obstructive pulmonary disease.

Led by The Lung Association, Saskatchewan RESPTREC® provides health care professionals with the highest standard of training in asthma, COPD and respiratory education. The courses are designed to help learners develop the knowledge, skills and competencies required to empower patients and their caregivers to optimally manage their chronic disease. We are thrilled to be working with an expert task force to expand our course offerings to include modules on idiopathic pulmonary fibrosis and inhaled delivery devices.

Since beginning, RESPTREC® has trained over 500 healthcare professionals in Saskatchewan and over 4,000 throughout Canada, using evidence based best practices. RESPTREC® prepares graduates to become Certified Asthma Educators (CAEs) and Certified Respiratory Educators (CREs). In 2016, we trained approximately 100 new respiratory educators in Saskatchewan to serve our province.

For more information on RESPTREC® visit www.resptrec.org.

And in addition...

We provided respiratory education to 250 health care professionals in the province of Saskatchewan in 2016 through our State of the Art conference, the SK Thoracic Society Professional Education day, and the Certified Respiratory Educator Network and Learn event. These skilled individuals work in pharmacies, hospitals, doctors' offices, pulmonary rehabilitation programs and in health clinics.



“RQHR’s largest admission rate for ambulatory care sensitive conditions is COPD.

The Lung Association has trained 23 healthcare providers in the RESPTREC Program and partnered with our Respiriologists to train 81 Family Practice Physicians and Nurse Practitioners in Spirometry Interpretation. In 2016-17, staff completed 686 spirometry tests in community, started to offer COPD Rehabilitation in each of the seven PHC Networks and began connecting patients from Acute Care back to the community with COPD Action Plans and Education. A big thank you for your advice, timely responses and flexibility in working with us!”

Nancy Buchan
 Director Primary Health Care,
 Regina Qu’appelle Health Region

Partnership with Battle River Treaty 6 Health Centre

We partnered with BRT6HC to run a smoke-free housing project/competition between the 6 reserves in their treaty zone. We are happy to report that Sweetgrass reserve won the challenge with 52% of their homes being dedicated as smoke-free! The community was thrilled to receive their award and community sign which has been placed on the highway as you enter the reserve.

Outdoor Smoke-Free Spaces

The Lung Association advocated to the Saskatoon City Council regarding an Outdoor Smoke-Free Spaces bylaw. We were successful and a bylaw designating parks, playgrounds, and sports fields as smoke-free went into effect on January 1, 2016!



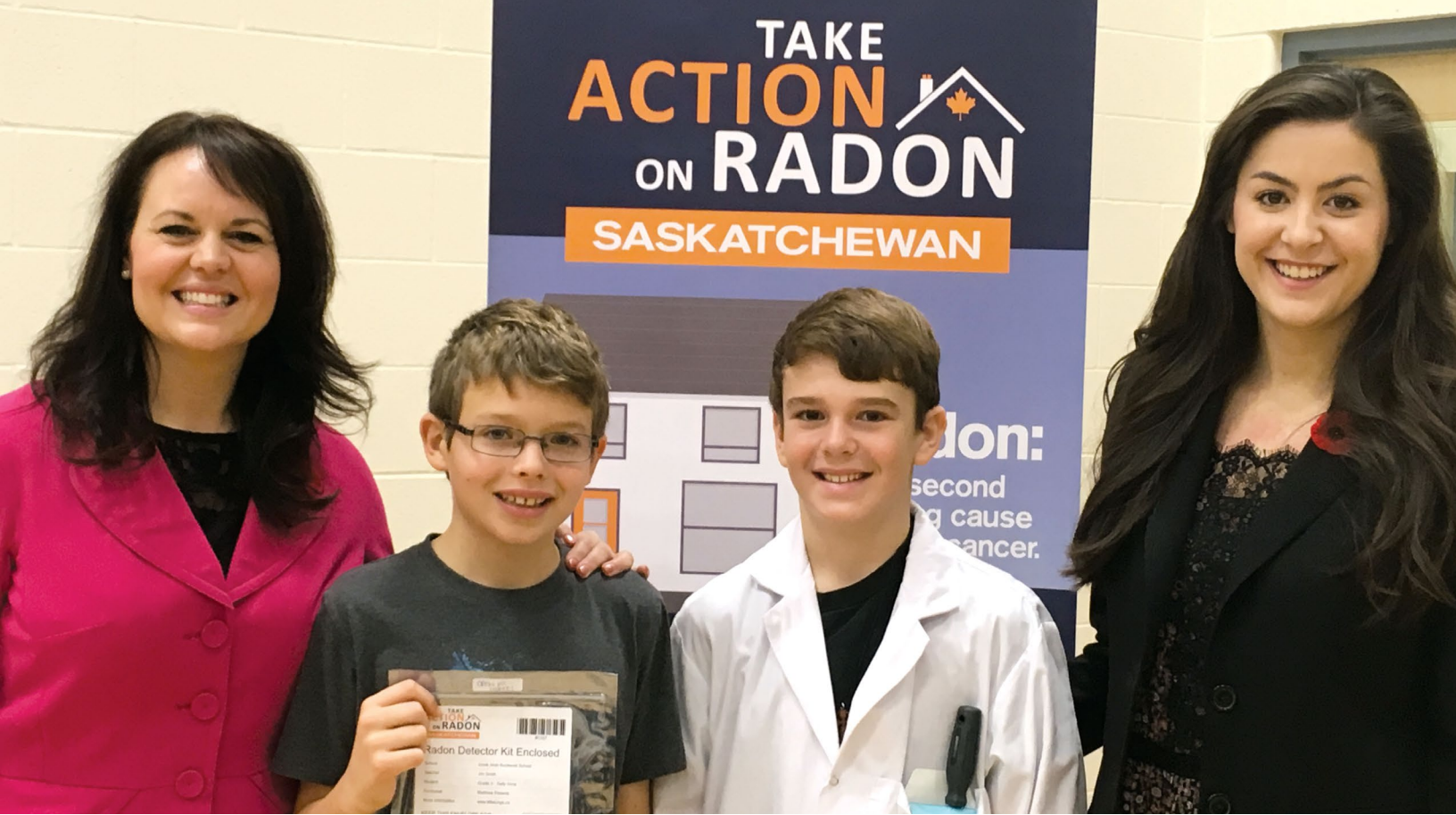
Lung All-Stars

During the 2016 hockey season, The Lung Association teamed up with all five Saskatchewan WHL teams to inspire children in our province to focus, breathe, and play hard in order to protect their lungs.

The Lung All Stars program saw players from the Saskatoon Blades, the Regina Pats, the Moose Jaw

Warriors, the Swift Current Broncos, and the Prince Albert Raiders visit schools in their communities to talk about lung health and empower students to exercise their lungs and live tobacco-free lives. Together they presented to almost 10,000 students across the province who pledged to protect their lungs.





Radon

We continue to work with Health Canada on educating Saskatchewan residents about radon. Radon is the second leading cause of lung cancer after smoking, and we want residents to test their homes and take action to reduce radon levels when necessary. 16% of the homes in our province are above Health Canada's radon action level of 200 Bq/m³.

However, residents can feel empowered knowing that something can be done to reduce their risk. Testing is easy and now thanks to The Lung Association, Saskatchewan it is accessible. In 2016:

- Residents were able to buy radon test kits from The Lung Association, Saskatchewan and have the results tested by the Saskatchewan Research Council.
- We started a provincial Take Action on Radon coalition which includes members from government agencies, other charities and private business partners.
- We were able to protect almost 400 little lungs through the 2016 Little Lungs School Project, a partnership with The Take Action on Radon Coalition, the Greater Saskatoon Catholic Schools, and the Saskatoon Public Schools to create healthier homes in Saskatoon where little lungs are present.

We want people to TEST. REDUCE. And BREATHE EASY!

"My cousin, a young mother died from lung cancer and statistics show her cancer was likely caused by radon. The radon level in our own home was nearly five times the Canadian safe limit. I am a stay-at-home mom who also runs a business from a basement office. There was no question, we had to mitigate and reduce the radon levels in our home immediately. Radon causes lung cancer. It doesn't matter if your home is new or old or where it is located... it's worth \$50 to find out if your home causes cancer."

Tanya Maffey



Home Oxygen

Through a contract with the Saskatchewan Health Ministry, The Lung Association, Saskatchewan educates and supports the health care professionals who perform the testing required to access funding for home oxygen. This service ensures that everyone in the province has equal access to this life-enhancing treatment. Since April 2016, we implemented new processes to decrease the waitlist for home oxygen testing. There is an average of 27 on the waitlist currently as compared to 48 during the prior year.

Lung Help Line

The Lung Association, Saskatchewan has four Certified Respiratory Educators (CRE) on staff who are licensed health care professionals. By calling the Helpline people can access the professional staff which includes Registered Nurses and Physical Therapists. The staff can help people to understand their lung disease, learn how to best manage their disease, and inform them of the resources available in their community. We also offer counseling to help people quit smoking.

1-888-566-LUNG(5864)

Asthma Control

As many as one in five Canadian children have asthma and it continues to be a leading cause of emergency room visits in children. St. Mary's Pediatric Clinic was created in the wake of a Saskatoon Health Region study that highlighted the extent of the health disparities that exist in Saskatoon between people living in low-income neighborhoods and those living in affluent neighborhoods. Specifically, there was an identified disparity for asthma testing.

The Lung Association, Saskatchewan is a community partner for St. Mary's Pediatric clinic. Our staff conduct spirometry testing and asthma education for the clinic on an ongoing basis throughout the year. Children from the community now have accessibility to asthma testing and are being diagnosed and treated for asthma in a timely manner. The simple breathing test that The Lung Association, Saskatchewan is providing at the community clinic helps our future generation breathe easier.



Advocacy To Improve Organ Donation in Saskatchewan

On September 12, 2016 The Lung Association along with Dr. Mark Fenton MD Faculty Respiriology, Critical Care and Sleep Medicine, The Lung Association's Jill Hubick, and Breathe Ambassadors Nicole Nelson (double lung transplant recipient) and Charlotte L'Oste-Brown (currently a patient on the transplant waiting list)* presented to the Legislative Assembly's Standing Committee on Human Services with recommendations as to how the Government of Saskatchewan can increase the rate of organ donation and improve the effectiveness of the organ and tissue donation program in Saskatchewan. 2017 will see The Lung Association, Saskatchewan continue to advocate in this important area to ensure that all patients who require this life saving treatment receive timely access to treatment and support.

* UPDATE: Charlotte received her life saving surgery as this report went to press!

“I am a real person not waiting for someone to die, but rather a woman who has no other choice but to wait for someone that has made the choice to give the gift of life.”

Charlotte L'Oste-Brown
(Waiting for new lungs)

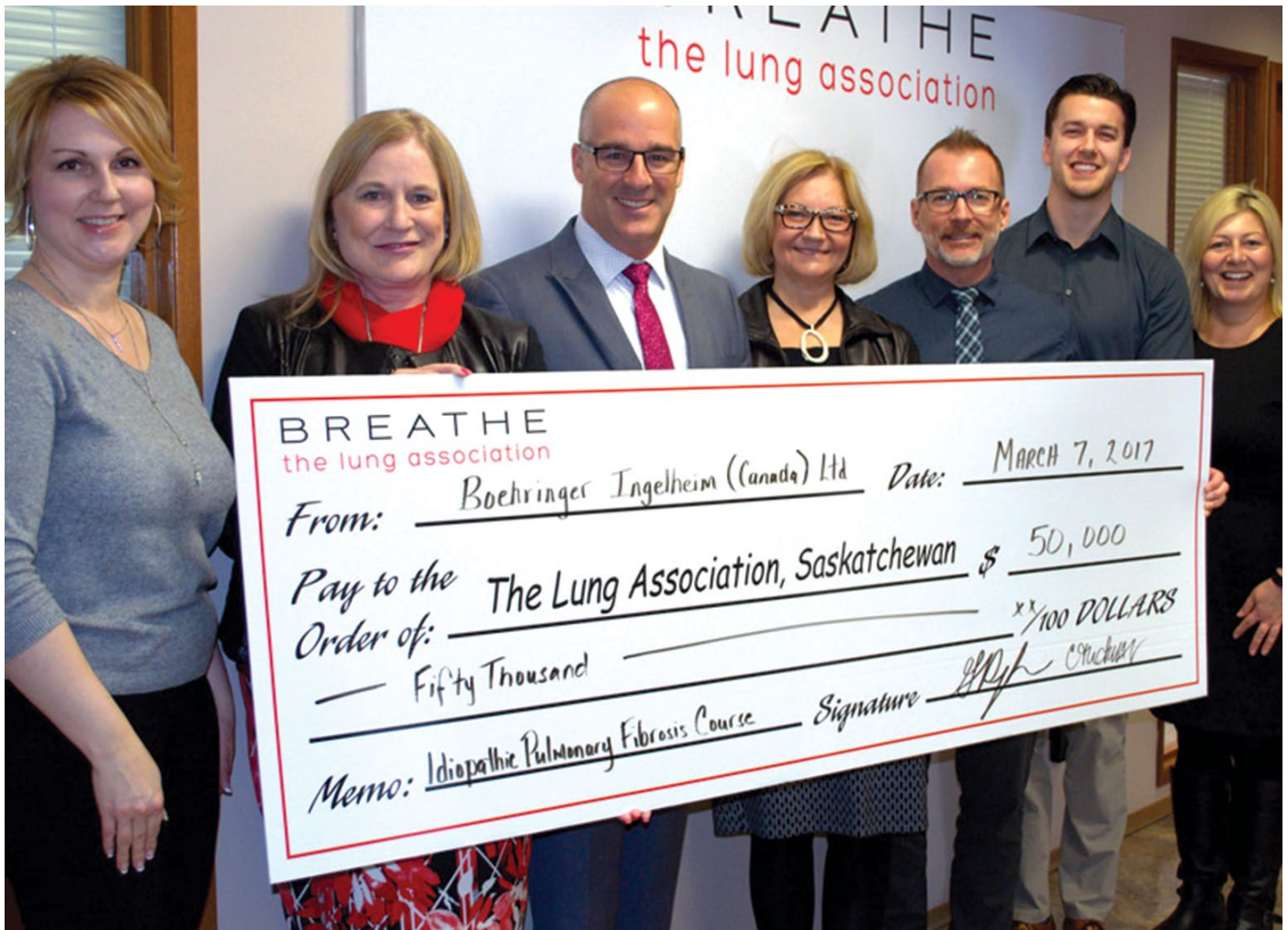
2016 President and CEO of The Lung Association, Saskatchewan Dr. Brian Graham, Charlotte L'Oste-Brown, Nicole Nelson, and Jill Hubick



Ordinary People Doing Extraordinary Things

Our Donors

We cannot do what we do without the support of donors like you and industry partners who provide essential funds to support our mission to improve lung health one breath at a time. Our donors are vital and with their funding we are able to make significant advances in respiratory research as well as improved patient outcomes.



Long time supporter, **Boehringer Ingelheim Canada** once again supported our efforts to help the people of Saskatchewan breathe easier.



AstraZeneca continued their investment in our RESPTREC® courses, helping us to maintain Canada's premiere education courses on respiratory health care.

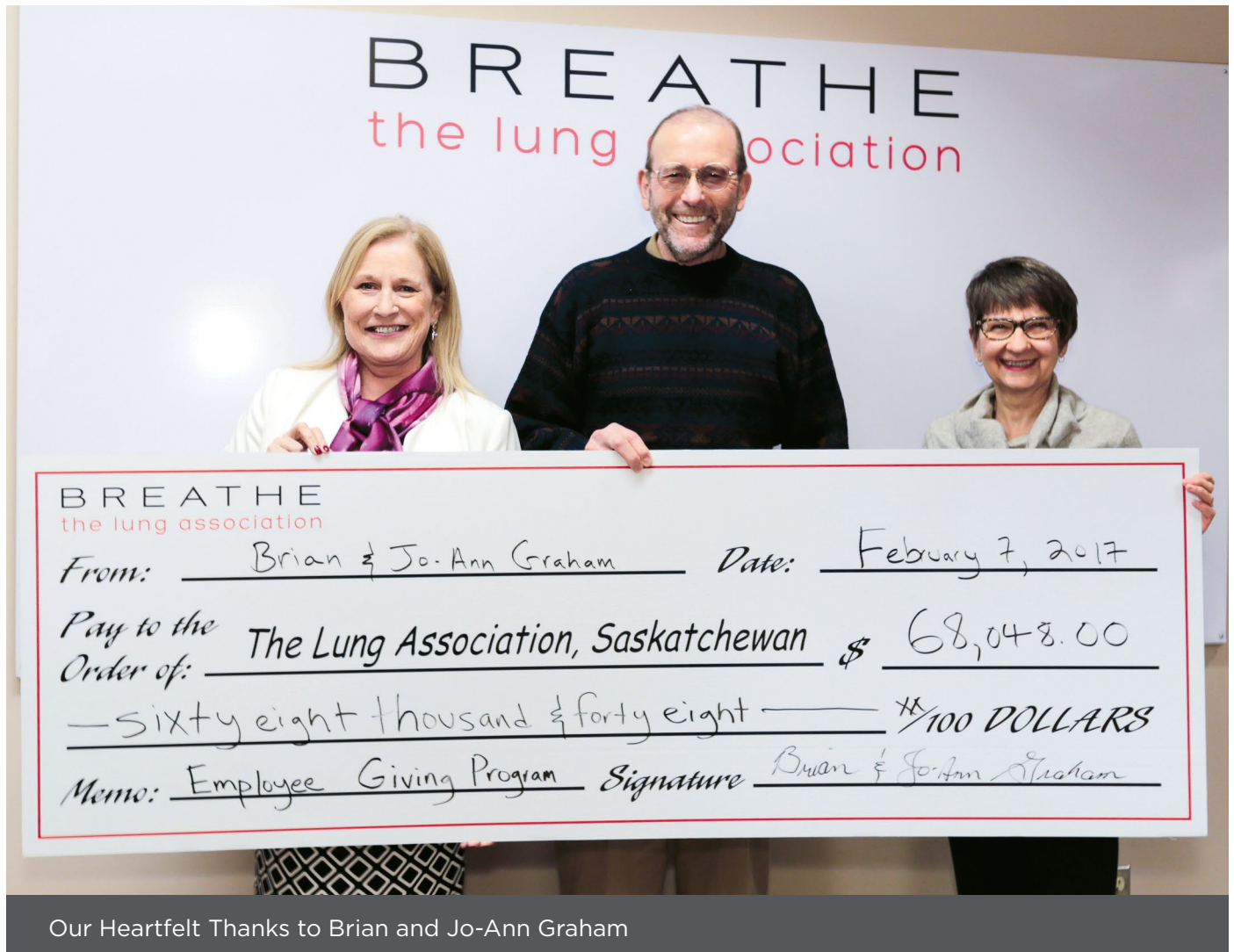


Marlene Donally, Donor: “After being diagnosed 15 years ago with emphysema, I found that one of the many benefits of the Lung Association is the nurses who gave me lessons on using inhalers properly and who will answer any questions I have. They are sympathetic, understanding and most of all, helpful. After smoking for 41 years and coming to terms with the guilt of causing my emphysema, I am grateful for the kindness and support of the Lung Association family.”

Lung-felt Thanks to Dr. and Mrs. Graham

And finally - In 2016 our President and CEO of 32 years, Dr. Brian Graham, retired from The Lung Association, Saskatchewan. A notable leader in lung health and passionate advocate for healthy lungs for everyone, Dr. Graham and his wife Mrs. Jo-Ann Graham made the decision to improve lung health one breath at a time as donors. It is our great pleasure to recognise and thank both Brian and Jo-Ann for a total gift of \$68,048.00!

This gift follows an astounding career of service to The Lung Association, Saskatchewan. Dr. Graham's contributions to lung health research, education, and advocacy have been immeasurable, and working with him has been a true honor for the entire Lung Association team.



Celebrating a 15-year Collaboration with SaskEnergy Network Members

SaskEnergy Network Members across the province know the importance of clean air and lung health. They have supported this essential fundraising initiative since 2002 and the Share the Air Raffle has raised over \$4 million for the programs and services that our residents rely on! We thank all SaskEnergy Network Members across Saskatchewan for helping to make our environment a healthy one!



Celebrating the Life of Past Volunteer President Jim Burnett

The Lung Association family would like to honor the legacy of one of our long-time supporters and volunteer Board members, Mr. Jim Burnett. Mr. Burnett gave unstintingly of his time and talents during his 40-year tenure with the Lung Association. His comprehensive knowledge of administrative and finance practices raised the standards at The Lung Association Saskatchewan to high levels. His leadership style helped staff and volunteers to work effectively and cooperatively to set and meet the goals and objectives of the organization. Leading by example, he fostered a pervasive attitude of integrity and good will. He accepted the responsibilities of leadership and never backed down from difficult situations. He willingly and ably participated in many respiratory health projects and was an excellent spokesperson for the Association, appearing on talk shows and doing interviews whenever the opportunity arose. Mr. Burnett consistently contributed above and beyond the expectations for a volunteer leader in a charitable organization. Mr. Burnett's memory will be a blessing to all of us here at The Lung Association, Saskatchewan.



Statement of Operations

Lung Association of Saskatchewan Inc.

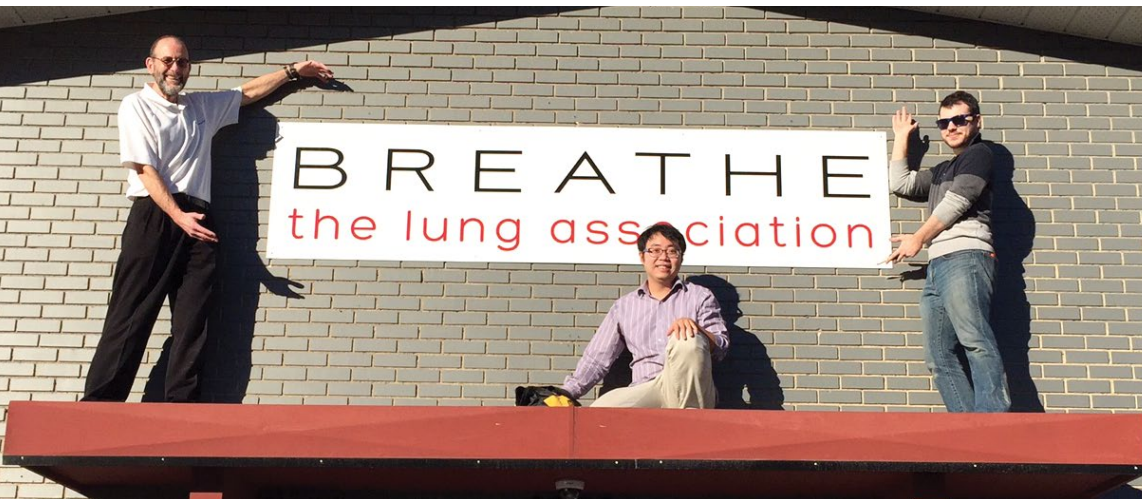
Statement of Operations

For the year ended December 31, 2016

	2016	2015
	\$	\$
Revenue		
Operating income		
Grants	556,097	911,253
RESPTrec	437,231	390,806
Bequests	323,763	140,987
Program cost recovery	134,740	67,940
Technology services	90,660	73,171
Program development funding	84,022	40,000
Respiratory Therapy Program	78,864	78,247
Sublease income and cost recovery	54,290	92,211
Other income	30,935	39,910
Sponsorships	18,709	38,500
Saskatchewan Thoracic Society	17,160	18,070
Gain on disposal of tangible capital assets	6,773	9,225
Saskatoon Health Region	-	41,466
Other campaigns and events		
Share the Air Raffle	194,282	240,099
Babies Breath Raffle	140,669	175,395
Other fundraising	55,032	32,109
Memorials	24,661	31,122
Donor's Choice	12,648	12,640
Door to Door	-	64,590
Direct mail campaigns		
Christmas Seals	172,813	149,384
Lung Disease Research Fund	49,222	80,661
Other direct mail campaigns	41,457	44,036
Artworks	47,446	46,015
Sweepstakes	31,111	49,305
	2,602,585	2,867,142

Expenses

Programs		
Health Promotion - general public	808,892	777,999
Health Education - professional	633,613	689,189
Research and grants	368,492	251,132
Development and campaign	656,126	646,674
Operating and building	276,520	228,654
Contracted services and other	167,240	301,089
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	2,910,883	2,894,737
Deficiency of revenue over expenses	(308,298)	(27,595)



Have you checked out our website and social media?

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:

- Web** sk.lung.ca
- Facebook** facebook.com/LungSask
- Twitter** [@lungsk](https://twitter.com/lungsk)
- Volinspire** volinspire.com/organization/the-lung-association-of-saskatchewan-350893