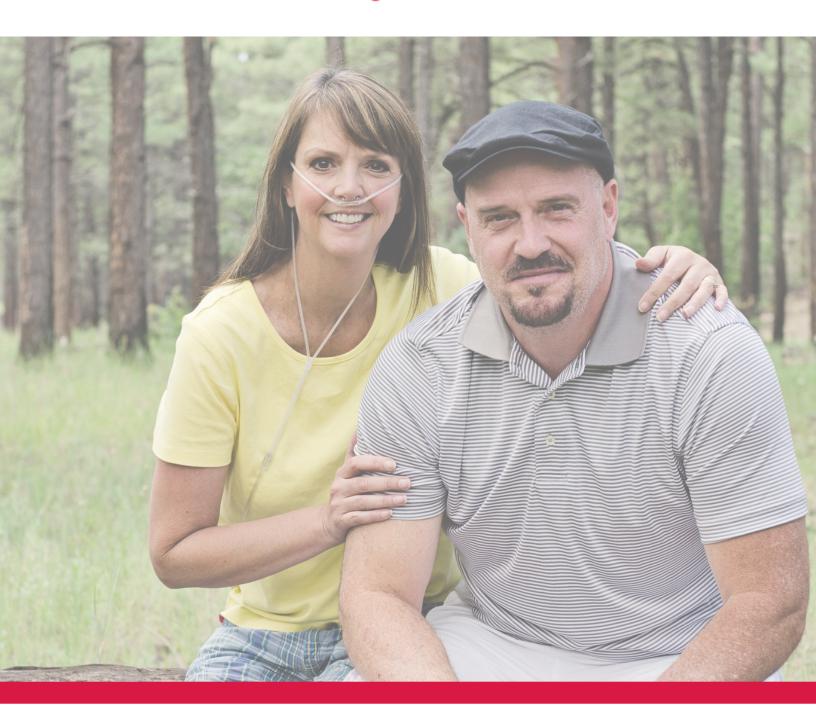
BREATHE

the lung association



ANNUAL REPORT

2022/2023

mb.lung.ca info@mb.lung.ca

REPORT FROM THE PRESIDENT & CEO AND CHAIR OF THE BOARD

BREATHE the lung association

Working through yet another year of post COVID-19 pandemic has continued to validate the importance of lung health as one of the foremost healthcare issues across the province and country. The Lung Association, Manitoba continues to be recognized as the leader in promoting and advancing lung health for all Manitobans.

Our work is made possible by the generous support of our community. Your commitment is impacting Manitobans across our province. You are helping people breathe better, make choices for improved lung health and research new treatments. We are incredibly honoured to have support from all areas of our community. Local, provincial, and national governments, businesses, foundations and individuals-all who believe in our vision of a province free of lung disease. We are thankful for your belief in us and the work we do in our community.

The past year has been one of renewal, self-reflection, continuous improvement, and growth. We focused on our strategic direction, improved the impact of our programs and services and increased our visibility. We are committed to maintaining the highest standards in corporate governance and ensuring the organization is guided by policies and practices that safeguard sound management and accountability. We continue recruiting new board members with the necessary skill set, interest and passion to help us grow in mission delivery.

This past year, we welcomed Reid Hartry to our Board. Together with our continuing members, their experience and knowledge in respiratory health, lung health research and scholarship, air quality, leadership, business, and truth & reconciliation will help the organization's success, growth, and service impact throughout the province.

We want to say a very special thanks and farewell to two dedicated long-time board members, Deborah Harri and Brenda Dyck. Your years of generous contributions were always insightful and respectful. We will never forget your passion and know you will continue to be an ambassador of Lung Health in the future.

As shared in our 2021-22 annual report, the Board was developing a Current State of Assessment (CSA) focusing on essential health programs. This was completed in the fall of 2022 and informed our decision to renew, re-validate and update our Strategic Plan. As part of the strategic planning process, we re-visited our vision, mission, goals, organization revitalization, fund development, programming services and the needs of our key stakeholders to ensure we continue we continue to be the organization that represents the interest of our current and

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potential donors and, Manitobans who need lung health support. Work is actively in progress on finalizing the 5-year Strategic Plan with a target completion date of June 30, 2023.

Also reported in our 2021-22 annual report, Canadian Lung Association (CLA) embarked on a governance review of the national organization – called The Path Forward. After the conclusion, provincial members decided to withdraw from the CLA. Under the Canada Not-for-Profit Act (CNPA), CLA could not operate with their existing governance structure. Accordingly, our organization was requested to initiate a friendly withdrawal from the CLA. Effective April 1, 2023, we signed a new fee-for-service contract with CLA for operational support, brand license, share programs and other resources. We value our partnership with the CLA and will continue to work together to advance lung health projects and needs in Manitoba.

We remain committed to our reconciliation efforts through continued participation as a signatory to the Winnipeg Indigenous Accord and taking actions as laid out in the Truth and Reconciliation Commission report. Specific reconciliation actions this year included:

- Conducting a Treaty Land Acknowledgment at the start of each Board meeting
- Increased Indigenous representation on the Board
- Continued support for the Manitoba Indigenous TB History Project
- Approved funding for Indigenous Health Care Worker capacity building

Providing equitable access to resources and continuing to support anyone in our community with their lung health journey remains our primary focus. In the coming years, we anticipate growth in our ability to help more people through ongoing generosity from our community. The future is looking bright, and we are excited to help more Manitobans breathe with ease.



Jeannie LeeChair of the Board



Neil Johnston
President & CEO
Director of Health Initiatives

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LUNGtivity

LUNGtivity continues to be our 'little engine that could.' The importance of this program continues to be highlighted by its impact on participants and communities. This past year we saw an increase in the number of facilitators trained in the program across the province. This increase will ensure we can support those who struggle with lung health to:

- Reduce feelings of breathlessness during daily activities
- Remain independent for as long as possible
- Be active in a safe and accessible environment
- Be supported in lung disease self-management









"Since I have been doing the muscle and breathing exercises and stretches, I was able to use the vacuum cleaner for the first time in about three years."

-VIRTUAL PARTICIPANT

Special Thanks To:







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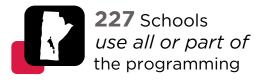
Lungs are for Life



We believe in a Smoke-Free future, and we are seeing others come along on that journey with us. This past year was our biggest download year yet for Lungs are for Life, and we are continuing to make improvements to reach more classrooms in our province. This year we introduced a Parent Resource that could be used at home to expand the messages. In 2022/2023 we took opportunities to build relationships with First Nation organizations in an effort to have future discussions about tobacco. We look forward to learning and working in collaboration with others on this initiative.









Special Thanks To:









"There were over 200 downloads in 2022 alone. Which is more than 2020 and 2021 combined."

-PROGRAM DIRECTOR,
HAILEY COLEMAN

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MB Quits



Quitting smoking can be a challenge, but we are grateful to be able to assist those who want to make this change. This past year we offered three MB Quit campaigns and saw an 84% increase in our online peer support group in 2022. A new partnership was established with Pharmacy Manitoba to promote this opportunity to quit and provide Quit Kits to those wanting to kick the habit. We are building partnerships with local businesses to customize programming for their staff and community organizations that can broadly share resources in our city. We are optimistic about creating more opportunities to support individuals in their cessation journey.







Special Thanks To:









"Just wanted to say thank you so much...for giving people the help and opportunity to quit smoking..."

~A.F. (MB Quits Participant)

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Radon



Lungs Matter TM Grant Program - Radon and how it affects the lung health of Manitobans is something we want to talk about more. As the second leading cause of lung cancer behind smoking, we want to encourage Manitobans to learn more about radon gas. In the spring of 2022, we began distributing our first radon mitigation grants. The grants are available to low to moderate income households or those who have received a lung cancer diagnosis and have tested and found high levels of radon in their home.

Library Lending Program - Awareness is key, and we want to empower individuals to test their homes. We contributed to the creation of radon screening programs with 10 regional libraries across Manitoba enabling them to provide digital radon detectors on loan to patrons in 17 branches.







"The last year since my husband was diagnosed with lung cancer has been a very stressful time for us. Because my husband is a non-smoker we immediately became suspicious about radon levels in our home. Thanks to the information on your website we found details about reliable long-term testing, analysis, finding a contractor, etc. all in one place. Within a week of having the test results returned, we were able to have the radon mitigation process completed. The Radon levels in our home have been reduced from over 600 Bg/m3 to an average of 30 Bg/m3."

We are so grateful for both the financial help and the information provided. The peace of mind this has brought us is priceless."

Special Thanks To:









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Support Groups

Dealing with lung health can be an isolating believe experience. We in building connections and helping people feel less alone. We continue to offer three support groups that bring people together who have shared experiences. This opportunity build to connection is important in healing and learning how to understand and accept changes to our health.







Brandon Best Breathers Group
UP TO 10 PARTICIPANTS



Lung Transplant Support Group
UP TO 46 PARTICIPANTS



Pulmonary Fibrosis Support GroupUP TO **40** MEETING ATTENDEES
Over **100** receive program information

In September 2022, we again hosted the **Pulmonary Fibrosis Patient Education Forum**. Over 100 attendees gathered to learn more about the disease that affects them or their loved ones.

Special Thanks To:











ADVOCACY & RESEARCH

BREATHE the lung association

Knowledge Sharing

Sharing information and knowledge about lung health continues to be part of our role in the community. On a regular basis, we are asked to comment on various issues related to lungs and breathing by the media, politicians and other community leaders. This year some of those topics included:

- Gas stove use and indoor air quality
- Climate change
- · Vaping and a specific focus on youth vaping
- Use of Hookahs
- National/Provincial Tobacco Settlement





Master's Studentships

Morgan Hiebert - Department of Medical Microbiology: Characterizing novel mutations that confer drug resistance in mycobacterium tuberculosis infections

Chelsea Lukawy - Department of Immunology: The impact of plexin D1 deficiency on IL-10 expression in lung interstitial macrophages

ADVOCACY & RESEARCH

BREATHE the lung association

Research and Advisory Projects

Sharing knowledge about our lungs, diseases, and overall effect on breathing is possible because research done by doctors, clinicians and volunteers helps us move forward with increased knowledge on the topic. Of course, much of this work is only possible with the generosity of donors who strive to help us keep learning and sharing knowledge for future generations.

This past year we participated in and continue to add guidance to the following projects as community advisors:

- Dr. Chris Pascoe, Effects of Vaping in Children, Children's Hospital Research Institute of Manitoba (CHRIM)
- Dr. Roberta Woodgate of the University of Manitoba Faculty of Nursing. A qualitative approach to analyzing the experiences of children with immune compromising health conditions and the impact of COVID-19.



We also engaged in supporting two other community projects:

- Dr. Mary Jane Logan McCallum of the University of Winnipeg. Manitoba Indigenous TB History Project.
- Dr. Richard Long, TB Pathways Phase 3. Supported a community engagement event based on surveillance data in the region. An Indigenous knowledge keeper from Nelson House helped lead and evaluate the event held in Thompson, Manitoba in March of 2023.

Manitobans continue to be funded nationally as well. In 2022 The Canadian Lung Association secured funding to support 18 trainees (including 1 Manitoban) in the Studentship, Fellowship and Allied Health Fellowship competitions.

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The work we do in our community would not be possible without the generous support of funders and donors who believe in our vision of a province free of lung disease.

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Government of Canada Manitoba Government Winnipeg Regional Health Authority

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Chimp: Charitable Impact Foundation
(Canada)

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Canadian Pulmonary Fibrosis Foundation
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(Canada)
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Elgin & Area Donor's Choice
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Wawanesa & Area Donor's Choice



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FINANCIALS

BREATHE the lung association

The Lung Association, Manitoba Inc.

Statement of Financial Position

March 31, 2023

		2023		2022
	General Fund	Research Fund	Total	Total
ASSETS				
Cash	1,221,450	41,983	1,263,433	1,348,105
GUARANTEED INVESTMENT CERTIFICATES	150,000		150,000	
INVESTMENTS	-	699,035	699,035	719,685
EQUIPMENT	 10,168	*	10,168	9,690
	\$ 1,381,618	\$ 741,018	\$ 2,122,636	\$ 2,077,480
LIABILITIES AND NET ASSETS (DEFICIT) CURRENT				
Accounts payable and accrued charges	\$ 36,067	\$ -	\$ 36,067	\$ 15,548
CEBA	40,000	= 2	40,000	-
Deferred revenue	72,148	1 .	72,148 1,824	73,022 2,467
Deferred capital grant Inter-fund balance	1,824 (41,100)	41,100	1,024	2,407
	108,939	41,100	150,039	91,037
CEBA	*	•		40,000
NET ASSETS (DEFICIT) Unrestricted (deficit) Donor designated	 1,272,679	- 699,918	1,272,679 699,918	1,142,378 804,065
	1,272,679	699,918	1,972,597	1,946,443
	\$ 1,381,618	\$ 741,018	\$ 2,122,636	\$ 2,077,480

APPROVED BY THE BOARD:

Jeannie Lee, Chair

Eric Gr

Eric Grabner, Treasurer

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voLUNGteers

BREATHE the lung association

Volunteers have always played a vital part in our success in helping Manitobans breathe easier. We rely on the expertise, enthusiasm and hard of our voLUNGteers to help us reach our goal.

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