

B R E A T H E

the lung association



ANNUAL REPORT

2022/2023

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

REPORT FROM THE PRESIDENT & CEO AND CHAIR OF THE BOARD

BREATH E
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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 Lee
Chair of the Board



Neil Johnston
President & CEO
Director of Health Initiatives

PROGRAM DELIVERY

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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



18 NEW
Instructors trained



8 Programs
Throughout
MANITOBA



41
PARTICIPANTS



"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:

thewellness
Institute

THE
WINNIPEG
FOUNDATION

Manitoba
Fitness Council

PROGRAM DELIVERY

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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.



PROGRAM IS
Running in **30**
School Divisions



248
PROGRAM EDUCATORS
were trained



227 Schools
use all or part of
the programming



1000s of
students learning
program content

Special Thanks To:



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

**-PROGRAM DIRECTOR,
HAILEY COLEMAN**

PROGRAM DELIVERY

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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.



52 DIFFERENT
Communities



From **ALL 5**
Regional Health
AUTHORITIES



657
PARTICIPANTS

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)**

PROGRAM DELIVERY

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Radon



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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.



128 RADON TEST
Kits sold in MB



8 Mitigation
*Grants totaling
\$12,000*



RADON DETECTOR
*Loan Program in
17 branches across MB*

"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 Bq/m³ to an average of 30 Bq/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:



PROGRAM DELIVERY

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Support Groups

Dealing with lung health can be an isolating experience. We believe in building more connections and helping people feel less alone. We continue to offer three support groups that bring people together who have shared experiences. This opportunity to build a 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 Group

UP 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:



Boehringer
Ingelheim



Canadian
Pulmonary Fibrosis
Foundation

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

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 (CHROM)
- 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.



FUNDERS & DONORS

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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.

Government

Government of Canada
Manitoba Government
Winnipeg Regional Health Authority

Corporate Donors

Athens Construction Inc.
Backerhaus Veit Ltd.
Boehringer Ingelheim (Canada) Ltd.
Broadway Drug Ltd.
Canadian Shield Radon Testing & Mitigation
Confidence Management Ltd.
CostWise IT and Telecom
Dillon Consulting Ltd
Fort Garry Industries
International Pacific Sales
Magellan Aerospace, Winnipeg
Manitoba Blue Cross
Manitoba-Saskatchewan Uct Regional
Council No. 36

Mr. Clean-up Inc.
Pinchin Ltd.
Polar Plumbing and Heating
Qualico Developments
Quintex Services LTD
Radonmatters Incorporated
Richlu Manufacturing
Roche Canada
Starlite Charitable Trust
Systemair Inc.
Wawanesa Insurance
WGI Westman Group Inc



All names listed gave over \$200.00 in our 2022/2023 fiscal year. All donor names can be found listed on our website. Please contact us if any typos, errors or omissions are found.

FUNDERS & DONORS

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Non-Profit/Giving Groups

700 Setter Street Seniors Club
Addictions Recovery Incorporated
All Charities Campaign Manitoba
Birtle Donor's Choice
Boissevain/Morton Donors Choice
Canadian Pulmonary Fibrosis Foundation
Chimp: Charitable Impact Foundation
(Canada)
Deloraine & Area Donor's Choice
Elgin & Area Donor's Choice
Elkhorn Donor's Choice
Foxwarren Donor's Choice
Gift Funds Canada
Glenboro & Area Donor's Choice
Hamiota Donor's Choice
Harding, Kenton, Lenore Donor's Choice
Hartney District Donor's Choice
Holland and Area Donor's Choice
Killarney & Area Donor's Choice
Les Missionnaires Oblates de St Boniface

Lundar Legion Ladies Auxiliary
Manitoba Theatre for Young People
Melita Donor's Choice
Miniota-Arrow River Donor's Choice
My Tribute Gift
Oak Lake & Area Donor's Choice
PayPal Charitable Giving Fund
Pembina Manitou Community Canvass Inc.
Pilot Mound & District Community Canvass
Pledgeling Foundation
Shoal Lake Donor's Choice
Starbuck All Charities Inc.
The City of Winnipeg- Charitable Fund
The Lung Association of Saskatchewan Inc.
The Winnipeg Foundation
Tree of Life Canada
Treherne & Area Donor's Choice
United Way Winnipeg
Wawanesa & Area Donor's Choice



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FUNDERS & DONORS

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Giving Funds

Benjamin & Audrey Douple Memorial Fund
Herb & Joyce Burke Fund
J.A.M. Low Family Fund
James Culbert Fund
John & Beverley Schubert
John Rickard Clements Memorial Fund
Kay Froese Charitable Organization
Kevin Lindsay Charitable Account
MacMillan Family Fund

Molly Hirshburg Research Fund
Muriel Joyce Sinclair Foundation
Paul and Dorothy Platz Trust
Ruth Ann Borenstein Gifting Fund
Small Family Fund
Talbot Family Foundation Fund
The Trustee of the Silverberg Fund
Vivian Doris Glass Memorial for Research
Wayne Tosh Fund

Individual Donors

Anonymous Donors
Elizabeth Adams
Dorothy Adrian
Allan Ahoff
Silvia Ammeter
Yvonne Anderson
Mary Anderson
Dr. Nicholas Anthonisen
Dr. Natalia Antonenko
Dr. Terry Babick
Earl and Cheryl Barish
Margaret Barre
Francis Bellows
Ronald Bennett
Murray Bennett
Diane Biehl
Phillip Bingham
Doris Blair
Rod Bloomer
Ronald Borys
Corinne Boyes

Barry and Dorothy Braun
Cameron Bray
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Helen Burak
Donatilde Camara
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Roger Chouinard
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Peter and Betty Cimarno
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Dr. Juliette Cooper
Dean Coppen
James and Mary Ann Cromwell
Ruth Crook

Michael Curtis
Duane and Darlene Dahl
Lise Daley
J. Ian Dark
Garry Davis
Margaret Day
Susan Desnoyers
Lindsay Dods
Trudy and Gordon Doerksen
Joanne Douglas
Arlene Draffin-Jones
Jennifer Drake
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Gerald Dybish
Brenda Dyck
Helene Dyck
Lawrence Dyck
A. Enns
Steven Enns

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Individual Donors (*Continued*)

Adolf and Anna Ens	Gillian Harries	Daisy Leung
Martin and Beth Eva	Norman Harvey	Walter Lewin
Edward and Gladys Evenson	Wayne and Jean Hay	Roberta Lewis
Ashleigh Everett	Dr. Frank and Susanne Hechter	Karen Liddiard
Gerald Farthing	Rick and Barbara Hedley	Dr. Richard Lindenschmidt
John Fefchak	Cornelius Heinrichs	Marilyn Lindsay and
Garry Ferniuk	Norma Hewitt	Siegfried Schillberg
Judith Flood	Colleen Hyde	Muriel Loeppky
Dolores Friesen	Margaret Januska	Ann Loewen
Mary Friesen	Lynne Jentsch	Lois and Cliff Loganberg
Robert Friesen	Daphne Johnson	Lois MacDonald
Myra Friesen	Eloise Johnston	Frederick MacLowick
Tina Froese	Neil and Catherine Johnston	Lynda MacNaughton
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Gisele and Ron Hannon	Jenny Lawe	Rene Mermoud
Don and Mary Hanson	John Leach	Dr. Joe and Janice Mezibroski
Deborah Harri and Darrell Bushuk	John and Linda Leafloor	Gail Middleton
Harold and Lorena Harri	Jim LeRoye	Linda and Donald Miller

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FUNDERS & DONORS

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Individual Donors (Continued)

Marianne Mislawchuk	Johnson Ramesar	Murray Steinbart
Sylvia Mitchell	Elsa Ranjo	Wayne and Susan Stevenson
Lorraine Moniot	Dorothy Raynor	Neil and Hilda Stoesz
Linda Moore	Emma and Anton Recek	John Stoyka
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Elizabeth Morrell	Linda Ringland	Kelly and Ruby Stuart
James and Donna Mostowy	Alden Robertson	Fay Swartz
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Maureen Orchard	Aditya Sharma	Tina Vermeulen
Alex Ord	Brian Shaw	Robert Vinet
R.W. and Linda Paquin	Edward and Iris Shwedyk	Guy and Ramona Wagner
Ronald Paull	Frank and Tina Siemens	Wicher and Carolina Westerbeek
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Nicholas Pawluk	Pamela and Fredrik Skyhar	Johanna Wiebe
Margaret Peters	Greg Slack	Lawrence Wiens
Gordon Pfeifer	Willem Smit	Helmut Winkler
Lloyd Porcher	Curt and Judith Smith	Reed and Arla Winstone
Susan Poseluzney	James and Linda Smith	Dennis and Janet Woodford
Louis and Claudette Prefontaine	Glen Snider	May Yoh
Gerald and Barbara Price	Clarence Spelchak	Robert Young
Randy Quane	Frank and Gail Spivak	Dr. Dorothy Young
	Nadia St Jean	Kitty Yue
		Michael Ziesmann

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THANK YOU

FINANCIALS

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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	-	40,000	-
Deferred revenue	72,148	-	72,148	73,022
Deferred capital grant	1,824	-	1,824	2,467
Inter-fund balance	(41,100)	41,100	-	-
	108,939	41,100	150,039	91,037
CEBA	-	-	-	40,000
NET ASSETS (DEFICIT)				
Unrestricted (deficit)	1,272,679	-	1,272,679	1,142,378
Donor designated	-	699,918	699,918	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 Grabner, Treasurer

Full Audited Financials are available at mb.lung.ca

BOARD OF DIRECTORS

voLUNGteers

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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.

BOARD OF DIRECTORS

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Maryam Al-Azazi
Molly Blake
Marin Brown
Juliette (Archie) Cooper
Arlene Draffin-Jones

Brenda Dyck, Past Chair
Eric Grabner, Treasurer
Reid Hartry
Jason Shaw
Kevin Stewart
Michael Ziesmann
Deborah Harri, CLA Representative



*Back Row: M Ziesmann, K Stewart, M Brown, M Blake, R Hartry, N Johnston, J Shaw, E Grabner
Front Row: M Al-Azazi, A Draffin-Jones, J Cooper, J Lee, B Dyck, W Martin White, D Harri*

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