

LUNG  
NSPEI

2023/24

ANNUAL  
REPORT





# Message from the *Chair & CEO*

Dear Friends and Supporters,

As we reflect on the past year, we are filled with gratitude for the unwavering support of our community, partners, and dedicated team at LungNSPEI. Your commitment to lung health has enabled us to make significant strides in our mission to improve the respiratory health of all Nova Scotians and Prince Edward Islanders.

This year has been one of both challenge and progress. The ongoing impact of respiratory illnesses, coupled with the evolving landscape of public health, has reinforced the importance of our work. We have witnessed firsthand the resilience of our community, the dedication of healthcare professionals, and the power of collaboration in addressing lung health challenges. Our initiatives, from youth vaping prevention to supporting those living with chronic respiratory conditions, have reached new heights. We have expanded our educational programs, strengthened our advocacy efforts, and deepened our partnerships across the healthcare sector. These achievements would not have been possible without your support.

A particular highlight this year has been our work with vulnerable populations to co-design community-informed smoking cessation programming with community partners and those with lived experience. This work highlights our commitment to innovative solutions that make a tangible difference in the lives of those we serve.

As we look to the future, we remain steadfast in our mission. We are committed to advancing lung health research, advocating for stronger public health policies, and providing the resources and support needed by individuals and families affected by lung disease. The challenges ahead are significant, but with your continued support, we are confident in our ability to overcome them.

We extend our deepest thanks to our donors, volunteers, and partners. Your generosity and belief in our mission fuel our work and inspire us every day. Together, we are building a healthier future for our communities.

Sincerely,



Robert MacDonald  
President & CEO



Linda Gregory  
Chair, Board of Directors

# Sleep Apnea

## Refurbishment Program

The Sleep Apnea Refurbishment Program continues to provide critical support for individuals requiring CPAP and BIPAP machines. In the past year, we collected 208 CPAP/BIPAP machines (214 including oxygen concentrators and nebulizers). While not all machines were deemed to be usable, 138 machines were distributed to those in need. The Lions Clubs played a vital role, donating 99 machines to the program. Additionally, five oxygen concentrators were provided to individuals.

The program's waitlist grew by approximately 125 individuals. Among all our programs, the Sleep Apnea Refurbishment Program (SARP) faces the highest demand, as shown by a waiting list that exceeded 200 people. Securing machines is a challenging process, and we are actively exploring ways to meet the growing demand and increase supply. However, in February 2024, we made the difficult decision to temporarily pause new applications for the program to focus on servicing those already on the waiting list and to prioritize efforts on expanding our supply. This includes developing new partnerships and exploring new avenues for machine collection. In doing so, we are confident we will be able to resume taking applications for this much-needed program

Special thanks to the Lions Clubs of Nova Scotia for their continued partnership. We would also like to thank Christine Siteman and Jill Gagnon for volunteering their time to clean and test machines for this program.

"Thanks to LungNSPEI, I received a BiPAP machine very quickly and was finally able to return home after spending most of Christmas and New Year's in the hospital."

-Paul St-Amand, BiPAP recipient

**Thank you to the Windsor Foundation  
for your continued support of the  
Sleep Apnea Refurbishment Program**



# Camp *Treasure Chest*


Camp Treasure Chest, a program dedicated to children living with lung diseases such as asthma and cystic fibrosis, offered a life-changing experience in 2023. Held in partnership with Brigadoon Village, the camp provided a safe and supportive environment where campers could enjoy traditional camp activities while receiving specialized medical care tailored to their needs.

This year's camp emphasized building confidence, fostering independence, and creating lasting friendships. As one camper expressed, "At Camp Treasure Chest, I felt like I could just be myself without worrying about my health all the time." This sentiment was echoed by parents, who appreciated the peace of mind knowing their children were in a place where they were understood and supported.

The success of Camp Treasure Chest in 2023 was made possible by the dedicated staff at Brigadoon Village, medical volunteers, and generous donors. Their commitment ensured that each child not only had a memorable camp experience but also felt empowered.

This impactful program offered kids with lung health conditions a place to thrive, connect, and simply enjoy being kids.

Special thanks to service clubs across Nova Scotia and Prince Edward Island, as well as to the Windsor Foundation, for your vital support of Camp Treasure Chest.



"At Camp Treasure Chest, I felt like I could just be myself without worrying about my health all the time."

- Camper

# Working *To Improve COPD Care*

In 2023, LungNSPEI hosted a COPD Education Day aimed at advancing knowledge and fostering collaboration among healthcare professionals involved in COPD care. The event provided a platform to share the successes and current status of the COPD/INSPIRED program while offering updates on the 2023 CTS Pharmacotherapy Guidelines. Participants also engaged in discussions on non-pharmacological COPD management, including the importance of exercise, home visit symptom management, and palliative approaches to care.

A highlight of the event was an expert-led session on spirometry interpretation, a critical skill for managing COPD patients. Attendees also reviewed pharmacare programs and the COPD vaccination schedule, further enhancing their ability to advocate for patients. The day concluded with opportunities for networking, building a foundation for future collaboration and advocacy efforts.

In addition to the education day, LungNSPEI hosted the Atlantic INSPIRED Roundtable. This gathering brought together representatives from COPD care teams and INSPIRED programs across all four Atlantic provinces. Participants discussed the strengths, opportunities, and challenges of current COPD programming and explored innovative technology and research in the field. This roundtable strengthened regional networks and provided a space for sharing provincial updates, fostering a collective approach to advancing COPD care in Atlantic Canada.



# Creating *Radon Awareness*

243  
People  
Surveyed

724  
Radon Kits  
Sold

Over the past year, LungNSPEI has been actively engaged in raising awareness about the dangers of radon exposure. As part of the Atlantic Radon Action Project, which received financial support from Health Canada, we conducted the Radon Test Kit Past Purchaser Survey. The goal of this survey was to gain insights into past purchasers' perceptions of radon, their experiences using the test kit, and to determine whether testing led to remediation efforts in their homes, when necessary. This information is crucial for guiding our future initiatives and awareness campaigns.

The survey was distributed to approximately 1,300 individuals who had purchased a radon test kit from LungNSPEI within the past two years and had an email address on file. We achieved an 18.7% response rate, with 243 participants completing the survey. Key findings indicated 98% of respondents knew what radon gas was, but only 48% were aware that radon is the second-leading cause of lung cancer in Canada.

In addition to the survey, we sold 808 radon test kits to individuals across Nova Scotia and Prince Edward Island this past year, further expanding our reach and impact. To complement these efforts, we produced a Radon Awareness Video featuring Thoracic Surgeon, Dr. Alison Wallace, which was launched during Radon Action Month. This video garnered a lot of interaction and views, and served as a significant tool in our efforts to educate the public about the risks of radon exposure.



# Educating *About Immunization*

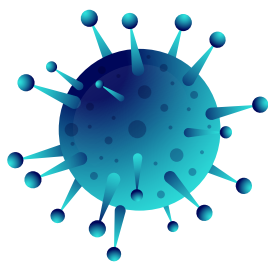
As we continue to navigate the challenges posed by respiratory illnesses, LungNSPEI has worked to educate our communities about the risk of seasonal respiratory threats, particularly influenza and RSV (respiratory syncytial virus).

Recognizing the vital role of vaccinations in preventing serious respiratory illnesses, LungNSPEI aimed to educate the public about the availability and importance of the high-dose flu vaccine for seniors and the risks RSV poses to infants and vulnerable populations, including older adults 65+.

With the Nova Scotia provincial government implementing the high-dose vaccine for the 2023-24 flu season and PEI having already adopted it, we worked to ensure that older adults were aware of the availability of this option, and that it was free of charge to those at greatest risk (65+). This campaign emphasized the importance of flu vaccination, especially for seniors and individuals with chronic respiratory conditions, and indicated how they could book a vaccination appointment. Campaign elements included educational emails, bill inserts, posters in clinics, social media campaigns, radio advertisements, and events at the legislatures of Nova Scotia and PEI to promote vaccine uptake.

Our RSV campaign was developed to address the lack of awareness regarding the risks RSV poses to vulnerable populations and infants, especially for infants born full-term and healthy. LungNSPEI's initiative targeted expecting parents, caregivers, and healthcare providers through a comprehensive outreach strategy. The campaign utilized social media, educational bill inserts, and a dedicated RSV webpage to inform the public about RSV symptoms, when to seek medical attention, and preventive measures.

Both campaigns aimed to increase awareness and uptake in vaccination, with specific metrics for success including social media engagement, distribution of educational materials, and alignment with provincial healthcare messaging.





# Helping *Lung Transplant Patients*

In 2024, our Lung Transplant Support Fund provided crucial financial assistance to patients undergoing life-saving lung transplant surgeries. We were able to support 11 individuals who had to travel out of province for their surgeries, offering each a grant of \$1,500. This support helped ease the financial burden associated with travel, accommodation, and other related expenses, allowing patients to focus on their recovery and well-being during a challenging time.



# Working *To Improve Smoking Cessation*

This year, LungNSPEI hosted the Tobacco and Vape Reduction Symposium, bringing together close to 100 healthcare professionals, policy makers, educators, and community leaders, which highlights the growing concerns surrounding tobacco use and vaping, particularly among youth.

The symposium featured expert presentations on the latest research, successful interventions, and policy advancements aimed at reducing the harmful impact of tobacco and nicotine products. Participants engaged in meaningful discussions, sharing best practices and strategies to support tobacco cessation and vaping prevention efforts across the region. The event underscored the importance of collaboration in creating healthier, smoke-free communities and reinforced our commitment to leading the charge against tobacco and nicotine addiction.

LungNSPEI continued to offer our Youth Vaping Awareness Days program, enhancing knowledge among Island youth (ages 11-12) about the health and social risks associated with vaping. From October 2023 to March 2024, the program, funded by the PEI Department of Health & Wellness, reached 1,041 students and over 30 educators across 26 PEI schools, with the addition of French-language materials in 2024.

In addition to the Youth Vaping Awareness Days, we secured funding from the PEI Alliance for Mental Well-Being to advocate for youth vaping policy change by fostering partnerships with youth-serving organizations. Eleven workshops engaged 225 participants from over 20 organizations, including Boys & Girls Club, PEI Department of Education, and the PEI Pharmacy Association.

Funding from the Public Health Agency of Canada was also secured to conduct research around designing effective smoking cessation programs for vulnerable populations, focused on First Nations, 2SLGBTQIA+, and low-income populations. A literature review was conducted (100+ documents), 16 focus groups were held with 80 participants, and a survey was circulated and secured 400 respondents. Research findings from our Community Advised Smoking Cessation project were presented at the Annual Ottawa Conference: State of the Art Clinical Approaches to Smoking Cessation.

These programs highlight LungNSPEI's commitment to reducing tobacco and vaping harm.



# Investing in Local Research

The LungNSPEI Legacy Research Grant, with funding support from ResearchNS, continues to drive forward vital lung health research in our provinces. This year, we awarded \$68,100 to Dr. Sanja Stanojevic and Dr. Stephanie Connidis for their innovative projects aimed at improving lung health outcomes.

Dr. Stanojevic's research focuses on enhancing early detection and treatment of chronic obstructive pulmonary disease (COPD) through novel diagnostic approaches, which could significantly reduce the disease's progression and improve quality of life for patients.

Dr. Connidis is investigating the impact of environmental factors on lung health in rural communities, with the goal of developing targeted interventions to reduce the incidence of respiratory conditions.

Their work holds great promise for advancing our understanding of lung disease and developing strategies to improve prevention and care, directly benefitting the residents of Nova Scotia and Prince Edward Island. By funding such impactful research, we are committed to fostering a healthier future for our communities.



# Purchasing *Vital Medical Equipment*

Last year, our Country Hearts direct mail fundraising campaign, asked donors to support the purchase of an endobronchial ultrasound (EBUS) for the QEII Health Sciences Centre. This essential equipment will improve the diagnosis and staging of lung cancer, enhancing patient care. With a generous matching donation component, the campaign inspired strong community support, significantly advancing LungNSPEI's efforts to contribute to the fight against lung cancer and improve healthcare in Nova Scotia and Prince Edward Island. We were happy to purchase and deliver the equipment to the QEII this past Janu-



# Direct Mail

## *Fundraising*

In 2023-24, we ran five direct mail campaigns that, together, raised approximately \$220,000. These generous contributions are vital to the continued success of our programs. We extend our deepest gratitude to the donors who have consistently supported our efforts through these campaigns.

However, we have observed a decline in revenue from direct mail, which has put some of our key services at risk. As an example, our Lung Transplant Support Program has seen a significant decline in funding over the last year.

All of our programs, from lung health education to patient support, rely heavily on donations. Without this crucial funding, we would not be able to meet the needs of the individuals and families who depend on us. Your continued support makes a direct impact in sustaining and expanding these life-changing programs.

We sincerely thank our loyal donors for their unwavering commitment to helping us improve lung health across our communities.



# Golfing *For Lung Health*

The inaugural Links Fore Lungs Golf Tournament, held in October 2023 at the picturesque Fox Meadow Golf Course in PEI, was a resounding success. Under the bright, sunny skies, 72 enthusiastic golfers came together to enjoy a splendid day of golf. The event featured 18 challenging holes, exciting prizes, and a delicious dinner catered by Lone Oak Restaurant, enhancing the overall experience.

The tournament was won by the team from the PEI Golf Association, showcasing their golfing prowess. Thanks to the generous participation and support from all involved, approximately \$12,000 was raised to further the cause of lung health on PEI.



# Links Fore Lungs

## *Golf Book Fundraiser*

Our Links Fore Lungs Golf Book Fundraiser continued to thrive in 2023-24, thanks to the ongoing support of Golf Nova Scotia and the Prince Edward Island Golf Association. Their dedication to promoting the book to their members has been instrumental in driving sales and expanding awareness across the Atlantic provinces. We are deeply grateful for their partnership and look forward to continuing this fruitful collaboration.

This year, we were also fortunate to have the support of 41 retail partners, who generously agreed to sell the books in their locations, contributing to the overall success of the campaign. These partners sold a total of 675 books, helping us reach a wider audience and generate more funds for lung health initiatives.

The Links Fore Lungs Golf Book wouldn't be what it is without the incredible generosity of 60 of the finest golf courses and golf organizations that support our mission. Their commitment to providing over 100 "Buy One, Get One" green fees and other great offers for our book makes this fundraiser possible. In 2023, we sold 1,525 golf books and raised an impressive \$54,865 to support our essential programs and services for individuals living with lung disease. We are deeply grateful for their partnership, which is helping to make such a difference in our communities.

We extend our sincere thanks to all those who purchased the book, our retail partners, and our invaluable collaborators at Golf Nova Scotia and the PEI Golf Association for their continued commitment to our mission.



# Links Fore Lungs

## *Course Partners*

Avondale Golf Course  
Abercombie Country Club  
Above Par Golf Course  
Andersons Creek Golf Club  
Antigonish Golf Club  
Argyle by the Sea Bed & Breakfast  
Avondale Golf Course  
Aspotogan Ridge Golf Course  
Baddeck Forks Golf Club  
Bluenose Golf Club  
Brookfield Golf & Country Club  
Cambridge Cliffs Golf Club  
Clare Golf & Country Club  
Covered Bridge Golf & Country Club  
Coyote Hill Golf & Driving Range  
Debert Golf Club  
Digby Pines Golf Resort & Spa  
Drive-U-Krazy Mini Golf  
Eagle Crest Golf Course  
Eden Golf & Country Club  
Fairview Hills Golf Center  
Forest Hills Golf Club  
Fox Meadow Golf Club  
Gardiner Greens Golf Club  
Gardiner Greens Golf Club Driving Range  
Glen Lovat Golf Club  
Golf Bouctouche  
Goodwood Family Driving Range  
Goodwood Family Golf Centre  
Grande Meadows Golf Course  
Granite Springs Golf Club  
Green Gables Golf Club  
Greenwood Golf Club  
Herring Cove Golf Course  
Hillsborough Golf Club

Indian Lake Golf Course  
Island Green Driving Range  
Island Green Golf Club  
Lakeside Golf & Country Club  
Le Aubade St-Ignace Golf Club  
Lingan Golf Club  
Maplewood Golf & Country Club  
Nakawic Golf & Country Club  
Mountain Golf & Country Club  
Mountain Woods Golf Club  
Paragon Golf & Country Club  
Parrsboro Golf Club  
Putting Edge Fun Center  
River Hills Golf & Country Club  
Rosevale Golf Club  
Seaview Golf & Country Club  
Sherwood Golf & Country Club  
Springhill Centennial Golf Club  
St. George Golf Club  
St. Stephen Golf Club  
Stanhope Golf & Country Club  
The Links at Penn Hills  
Train Station Inn  
West Pubnico Golf Club  
White Point Golf Club  
Yarmouth Links Golf Club



# Links Fore Lungs

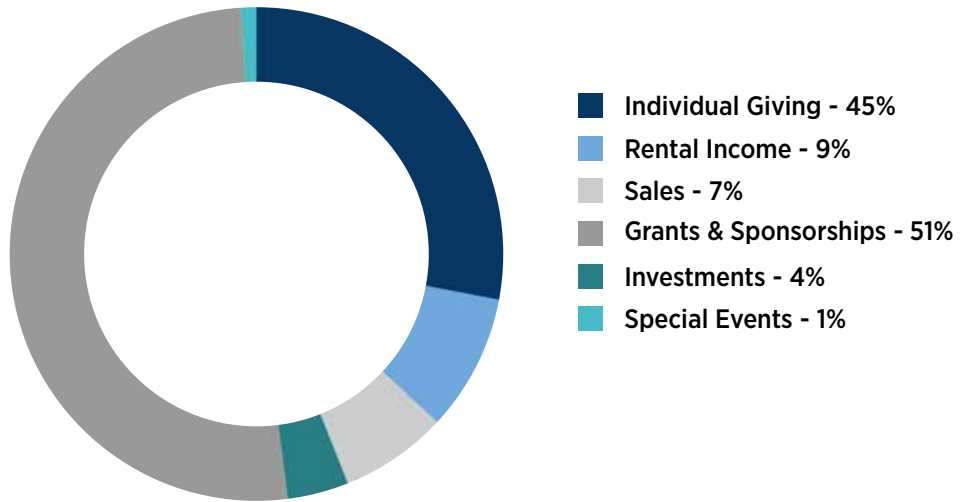
## *Retail Partners*

Thank you to the following  
retail partners for your  
continued support:

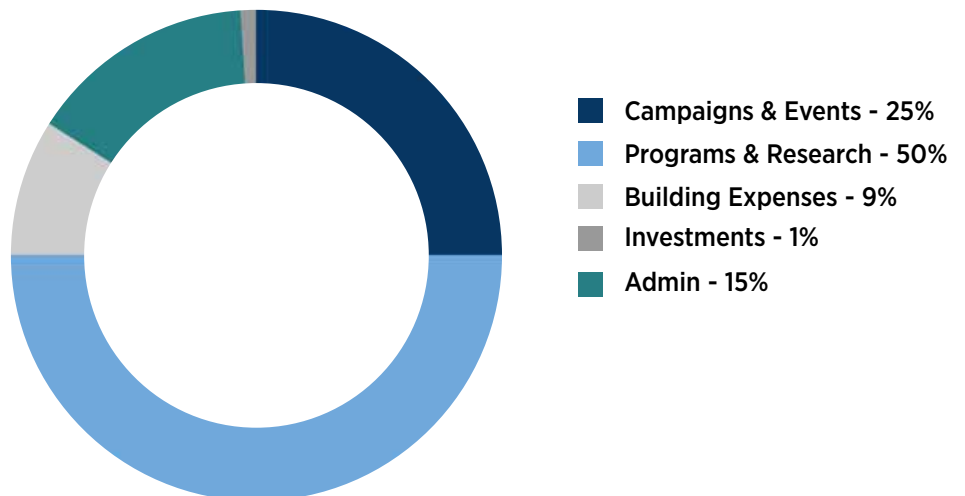
Wilsons Pharmasave Berwick  
Bridgewater Pharmasave  
River Hills Golf & Country Club  
Kytes PharmaChoice  
MacKays PharmaChoice  
Moffatts Pharmacy  
Westphal PharmaChoice  
Passage PharmaChoice  
Elmsdale Guardian  
Golf Central  
Bedford Guardian  
Fairview Hills Golf Centre  
Rockingham Guardian  
Spryfield Guardian  
Hammonds Plains PharmaChoice  
Hatchet Lake Guardian  
Indian Lake Golf Course  
Wilsons Pharmasave Kentville  
Valley Drug Mart Kingston  
Cobequid PharmaChoice  
Pharmasave Middle Sackville  
Valley Drug Mart Middleton  
Shubenacadie Guardian  
Stewiacke Guardian  
Timberlea Guardian  
MacQuarries PS Truro  
Rosevale Golf Course  
Windsor Pharmasave  
Fox Meadow Golf Course

# Financial Highlights

## Revenue Development



## How Funds Are Used



# Valued Partners

## Industry Partners



## Government Partners



## Service Clubs Partners

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>Kiwanis Club of Dartmouth</li> <li>Royal Canadian Legion Branch 001 (Middleton)</li> <li>Beaver Bank Kinsac Lions Club</li> <li>Rotary Club Halifax Northwest</li> <li>Kensington Lions Club</li> <li>St. Margaret's Bay Lions Club</li> <li>Independent Order of Odd Fellows Branch 154</li> <li>Royal Canadian Legion Branch 97</li> <li>St. Eleanor's Lions Club</li> <li>Knights of Columbus - Council 3850</li> <li>Port Williams &amp; District Lions Club</li> <li>Kingston Lions Club</li> <li>Rotary Club of Sydney</li> <li>St. Peter's &amp; Area Lions Club</li> <li>Wolfville &amp; District Lions Club</li> <li>Fort Augustus Lions Club</li> <li>Mid Annapolis Valley Kinsmen Club</li> </ul> | <ul style="list-style-type: none"> <li>Canning &amp; District Lions Club</li> <li>Antigonish Lions Club</li> <li>Truro District Lions Club</li> <li>Belfast Lions Club</li> <li>Kinsmen &amp; K40 Clubs of New Waterford &amp; Area</li> <li>Royal Sussex Lodge #6</li> <li>Kentville &amp; District Kinette Cub</li> <li>Royal Canadian Legion</li> <li>George R. Pearkes V.C. Branch 5</li> <li>Fellowship Lodge No. 112 &amp; the Masonic Foundation Shared Funding Program</li> <li>The Royal Canadian Legion Ellerslie Branch #22</li> <li>Middleton Rotary Club Community Services Assn.</li> <li>Montgomery Branch 133, Enfield Legion</li> <li>King Solomon Lodge #54 (Digby)</li> </ul> |
|---|--|

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Windsor Foundation

## Event Partners



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# LUNG NSPEI

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