



# LUNG NSPEI

2022/23  
Annual Report

Helping Nova Scotians and Islanders

*Breathe Easier*



During a year when a growing number of Nova Scotians and Islanders struggled with the ongoing pandemic, including the rising cost of living, we cannot emphasize enough how grateful our organization is for the incredible generosity we received from our supporters and partners.

Lung health has never been more important. Respiratory illnesses are on the rise. We continue to face increased challenges to lung health, including lung cancer, COPD, asthma, RSV, the flu, smoke from wildfires, vaping, smoking, and more. The ever-evolving COVID-19 virus continues to present challenges, as new strains arise and restrictions are lifted.

These continuing challenges led to yet another year of increased demand for our programs and services.

Despite these challenging times, we have continued to experience growth in terms of the number of people we support and our influence. We provided hope and support to Islanders and Nova Scotians living with lung disease, providing funding, equipment, support groups, education workshops, webinars, and more. We increased our investment in lung health research, refocusing on research that can have positive impacts right here at home. We advocated to build a healthier society and worked with governments to influence policies and prioritize the needs of people with lung disease.

All of our work would not be possible without you! We are very appreciative of the trust that you place in us and for the tangible difference you make through your support. We hope that you will continue to support our work to ensure that all Nova Scotians and Islanders can breathe easier.

Linda Gregory  
Chair, Board of Directors

Robert MacDonald  
President & CEO

## Message from the *Chair & CEO*



Linda Gregory  
Chair, Board of Directors



Robert MacDonald  
President & CEO

# Sleep Apnea

## *Refurbishment Program*

The LungNSPEI Sleep Apnea Refurbishment Program has been helping people breathe easier at night for 15 years. With sleep apnea affecting an estimated 70,000 people in Nova Scotia and Prince Edward Island, the need has never been greater. Unfortunately, an industry recall of CPAP and BiPAP machines, the COVID-19 pandemic, and the rising cost of living, have all contributed to more people requesting assistance through this invaluable program.

This past year, we collected 270 machines, 122 of which were collected by Lions Clubs across NS and PEI. While not all machines are determined to be usable, we were able to distribute 206 CPAP machines and 32 BiPAP machines to Nova Scotians and Islanders. We also provided other equipment, including oxygen concentrators to an additional 34 people. Because we did not receive as much usable equipment as we did requests for machines, our waitlist for machines grew by 80 people in 2022-23.

We want to extend our sincerest appreciation for everyone who donated equipment to the program, including the Lions Clubs who act as collection points (especially Jan Deveaux), and Glen Bourque, RRT, who continues to volunteer his time to assist with this program.

Thank you to **The Windsor Foundation**  
for support of our Sleep Apnea  
Refurbishment Program





# Camp

## *Treasure Chest*

2022 marked the 33rd year of Camp Treasure Chest, and we were happy to be able to offer camp at Brigadoon Village in Aylesford, NS. This was especially exciting, as Brigadoon Village recently saw an upgrade to their facilities, including a new high ropes course, giant swing, outdoor kitchen, cabins, recreation building, and more.

Unfortunately, just prior to camp beginning, COVID-19 impacted Brigadoon staff and we were unable to host campers for our scheduled week. Luckily, campers who were still interested in attending were able to join camps being offered during other weeks. Given safety is of utmost importance, especially for children with compromised respiratory health, we were glad to be able to work with Brigadoon Village to be able to offer this camp alternative to kids who were looking forward to the summer camp experience.

Camp is a place where kids with lung health issues can share experiences and create special friendships with other children going through the same challenges. By providing this environment, the kids who attend Camp Treasure Chest no longer feel different or alone because of their diagnosis.

Thank you to donalee Moulton and Quantum Communications for your continued support of camp. We also want to thank and recognize all service clubs who helped contribute this year. Individual clubs who contributed are noted in our Valued Partners section of this report.

**“Camp means I can be myself, free of judgement and just be able to be a kid again, be silly and have a ton of fun. Camp has allowed me to gain confidence and new friends every year I go. It has allowed me to be comfortable with my scars and what I have been through in life.”**

**- Camper**

# Providing *Patient Support*

In 2022-23, people with COPD and other lung diseases were still feeling worried about COVID-19, and how it might impact them, especially given the easing of restrictions. Our Virtual COPD Support Group, supported by the New Horizons For Seniors Program, continued to be a welcome gathering space for people with COPD and other lung diseases - a place where they could share their worries, provide comfort and advice to one another, and learn from experts on how to best manage their conditions.

In total, our COPD Virtual Support Group helped over 250 members to connect, and the subsequent education videos posted online have had approximately 1400 hours of watch time.

In addition to support groups, LungNSPEI also provides financial support to people who are required to travel out of province for lung transplant surgery. Up to \$1,500 per patient is available and support was provided to 8 patients in 2022-23.



# Radon Gas *Education*

40 MLA offices  
in NS  
participating

10 MLA offices  
in PEI  
participating

Approximately 8.8% of all homes in Nova Scotia and 3.5% of all homes in Prince Edward Island have radon levels above the recommended Health Canada guidelines.

Radon gas is the second-leading cause of lung cancer, and you can't see, smell or taste it. The only way to know if a home has elevated levels of radon gas is to test for it.

Unfortunately, many Nova Scotians and Islanders are unaware of the risk that radon poses to lung health. In order to create greater awareness, LungNSPEI has created many radon education campaigns. Last year, we extended the MLA Radon Detector Loan program, which now has 40 MLA offices in Nova Scotia and 10 MLA offices in Prince Edward Island who are participating.

The year also saw LungNSPEI conduct research with past purchasers of long term radon detectors in order to glean more information about where people learned about radon, whether they understand what radon is, if their home tested high for radon gas, and whether or not they mitigated. Results from the radon research will be available soon.

In November 2022, LungNSPEI hosted the Virtual Atlantic Radon Workshop, bringing together 55 stakeholders from across the Atlantic region and beyond to discuss ongoing radon work and the successes and challenges encountered thus far. The workshop featured a diverse line up of speakers and topics from community radon testing initiatives, research around lung cancer screening, ongoing initiatives within Atlantic organizations and patient stories.

LungNSPEI was an active member of the Provincial Radon Working Group and the Atlantic Radon Working Group in 2022-23.

LungNSPEI continues to sell long-term radon detectors, and sold 444 kits over the last fiscal year.



# Improving *Air Quality*

Having clean air to breathe is necessary for good lung health. Common air pollutants can have dangerous health effects. Poor air quality can trigger asthma episodes, cause COPD exacerbations, send people to hospital, shape how kids' lungs develop, and can even be deadly - approximately 7 million premature deaths are said to be caused by air pollution each year.

This past year, LungNSPEI provided consultation to the government regarding ambient air quality standards, which helped provide guidelines around air pollution emissions from many sources, such as industrial facilities (electrical power plants, pulp and paper mills), vehicles, natural sources (such as forest fires), and emissions generated in Nova Scotia.

In March, we hosted the Atlantic Air Quality and Health Workshop for the fourth consecutive year, with financial support from Health Canada. This event gathered over 50 experts from across the Atlantic region and beyond to discuss and share ongoing initiatives and research related to air quality, climate change and its impact on health. This was the first year we were able to come together in-person again since the COVID-19 pandemic. This hybrid event took place in Halifax, Nova Scotia on March 23rd, 2023. The day saw six presentations on a variety of topics from climate change and health equity, addressing air pollution and health disparities, to electric school buses.





# Supporting *Healthcare*

COPD is one the leading causes of emergency department visits and hospitalizations. In order to provide more effective care for COPD patients and allow them to live in their home longer, the INSPIRED COPD Outreach Program was created by Dr. Graeme Rocker, Dr. Cathy Simpson, and Joanne Young. The program brings together a team of professionals to provide education and support to people with COPD and their families, in their homes, to help them cope better with COPD. The program currently runs in Nova Scotia and Prince Edward Island.

Last year, LungNSPEI provided a Vyntus spirometry machine to support the INSPIRED COPD Outreach Program. In November, 2022, the Atlantic INSPIRED Roundtable was hosted in Charlottetown PEI. This is the 2nd year that LungNSPEI hosted this hybrid event, bringing COPD care teams and various stakeholders together from across the Atlantic provinces. The event had over 40 attendees. The event provided an opportunity for stakeholders to come together to network and strengthen connections with other teams in the Atlantic region. It allowed attendees to learn from one another's successes, challenges, share new innovations, and discuss provincial efforts, best practices, and future opportunities to continue to improve the patient journey of Atlantic Canadians living with COPD. The 2022 Atlantic INSPIRED Roundtable was a successful day of networking and learning for all. We would like to thank Boehringer Ingelheim for sponsoring the 2022 Atlantic INSPIRED Roundtable.



# Investing *in Local Research*

LungNSPEI has been investing in local lung health research for over 30 years, and in 2022-23, our Legacy Research Grant mandate shifted to focus on projects that would provide data to improve health and health outcomes in Nova Scotia and Prince Edward Island. Two local research projects were awarded \$35,000 each, with help from Research NS: Dr. Scott Kehler and Dr. Paul Hernandez's were awarded a grant for their research focusing on frailty and how it can impact the delivery of prevention and rehabilitation programming to provide better care for patients. The second recipient, Dr. Valerie Chappe, received funding for her research that focuses on how a particular protein can impact a person's susceptibility to COVID-19.

In addition to the Legacy Research Grant, LungNSPEI also conducted in-house research including:

The 'Exploring Youth Vaping' project, funded by the PEI Alliance For Mental Wellbeing, included youth interviews and surveys, the creation of an asset map, as well as an in-depth literature review, exploring the current state of knowledge of youth vaping cessation interventions, and highlighting best or promising practices that could be implemented in PEI at the individual or school level.

The Community Advised Smoking Cessation project, funded by the Public Health Agency of Canada is an ongoing project which is exploring smoking cessation services for vulnerable populations. An in-depth literature review was conducted in 2022-23 and LungNSPEI began community outreach initiatives, including surveys and focus groups.



**STAIR  
HEROES**

# Signature *Fundraising Event*

On Sunday, February 19th, LungNSPEI in partnership with Halifax Regional Fire and Emergency Service hosted the second ever Stair Heroes Event. The COVID-19 pandemic, a respiratory virus, meant a long delay in hosting our second event.

Stair Heroes is a professionally-timed stair climb that is hosted at Scotia Square Mall in Halifax, NS. The event features special waves of stair climbers, with our largest contingent being firefighters from all over the province. Our partnership with firefighters signifies their commitment to protecting their lungs in the line of duty.

Stair Heroes is LungNSPEI's annual signature fundraising event that supports the many vital programs and services that people with compromised lung health and other breathing issues have come to depend on. 150 people participated in the event and over \$50,000 was raised to support lung health programs and services. Halifax Regional Fire & Emergency Core Volunteer Firefighters were the top fundraising team, raising close to \$5,200! The top individual fundraiser was Donna Darling, who raised over \$3,000! We truly appreciate the support of our sponsors, the volunteers, the firefighters and other participants, for making our second event such a memorable one!

Top Firefighters Team Challenge winners: CFB Halifax Fire Department

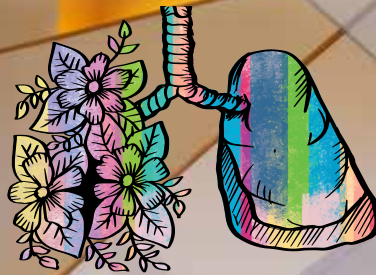
Top Public Team Challenge winners: Healthy Lungs

Top Individual Overall: Justin Smith, CFB Fire Department



# Partnering *With Healthcare*

This past January, we partnered with the QEII Division of Thoracic Surgery in Halifax to host a fundraiser to help the Thoracic Surgery division conduct lung cancer research, while also supporting LungNSPEI programs and services. Guests were invited to attend an evening of art, food and drink, as lung health medical experts and special guests shared the latest initiatives in local lung cancer research. Over \$30,000 was raised to support both organizations.



BREATHE  
the lung association

**ART  
FOR LUNGS**

Supporting Lung Cancer Research Initiatives



# Links Fore Lungs

## *Fundraiser*

We had another strong year of Links Fore Lungs Golf Book sales in 2022-23. Because of the ongoing pandemic, it seemed people were still looking for outdoor activities, and golf seemed to be a thriving option for sports enthusiasts. We were also pleased to continue our partnership with Golf Nova Scotia and also brought on the PEI Golf Association as a partner in 2022-23.

We are grateful to all participating golf courses, and Links Fore Lungs retailers. Your support is helping the one in five Nova Scotians and Islanders currently living with lung disease.



# 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  
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  
Rollo Bay Greens  
Rosevale Golf Club  
Seaview Golf & Country Club  
Sherwood Golf & Country Club  
Springhill Centennial Golf Club  
St. George Golf Club  
St. Stephen Golf Club  
Squire Green 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

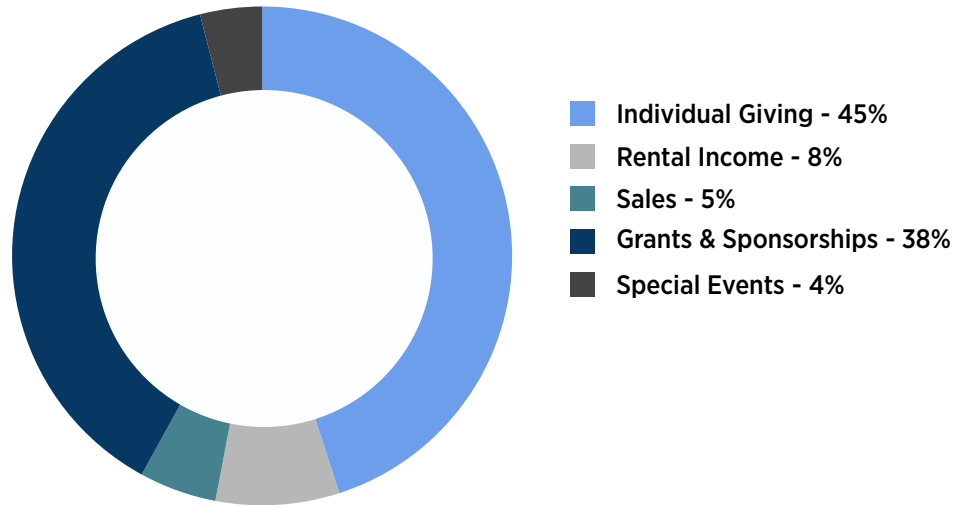
# Links Fore Lungs

## *Retail Partners*

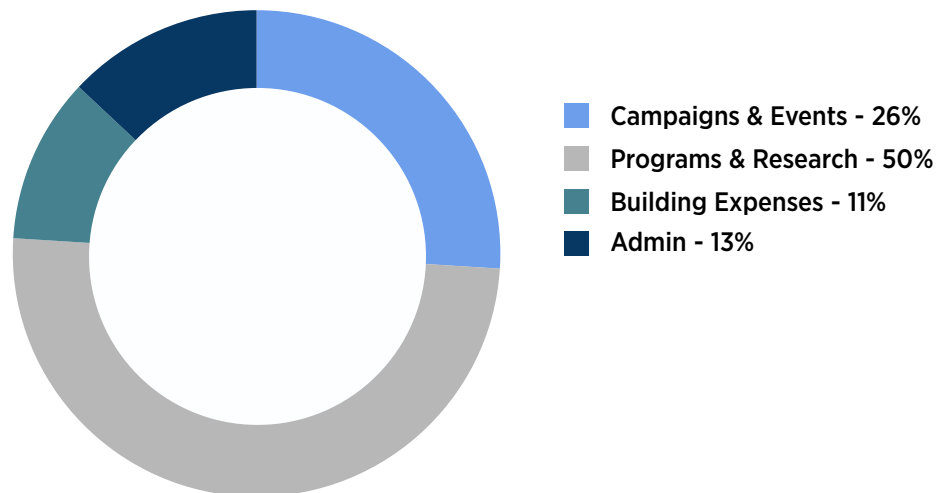
Cochranes Pharmasave Wolfville  
Hantsport Pharmasave  
Pharmasave Cochranes  
Bridgewater Pharmasave  
Fairview Hills Golf Centre  
Golf Central  
MacQuarries PS Truro  
Rosevale Golf Course  
Valley Drug Mart Pharmasave Kingston  
Valley Drug Mart Pharmasave Middleton  
Wilsons Pharmasave Berwick 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

# Financial Highlights

## Revenue Development



## How Funds Are Used





# Valued Partners



## Industry Partners



## Government Partners



## Service Clubs Partners



## Event Partners



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# LUNG NSPEI

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# Tobacco Control *Initiatives*

As smoking is the leading preventable cause of lung disease, smoking cessation has always been one of LungNSPEI's highest priorities. LungNSPEI aims to help Nova Scotians and Islanders who smoke or vape to quit or reduce the harms of their addiction to nicotine, and to protect the health of young people and people who do not use tobacco from the dangers of tobacco use and nicotine addiction.

Our organization continues to advocate to government to ensure that measures to reduce tobacco use are a high priority, by increasing taxation, providing equitable access to effective smoking cessation programs, increasing funding for tobacco control strategies, and ensuring tobacco companies are held accountable.

LungNSPEI offered vaping education through the Youth Vaping Awareness Days program, where we visited 50 schools and spoke with over 1200 students and 60 educators about the dangers of vaping. We also conducted a variety of youth vaping research, intended to help shape policy around vaping. Results from the research were presented at the 2023 Ottawa Conference: Ottawa Model For Smoking Cessation and has also been shared with government.

