

BREATHING TOGETHER – ALL ABOUT YOU

Thank You! With your support, Alberta Lung has been focused on our pillars to collaborate, innovate, and inform. This has been the compass guiding our actions in 2023.

Your donations have allowed us to:

Collaborate: Initiating collaboration with our community, family, and friends has been foundational. Our presence in Ottawa attending federal government meetings, and collaborative partnership with the national lung community, and many other partners in different sectors underscore our commitment.

Innovate: With plans to expand in 2024, partnerships exemplify our commitment to innovation. A great example of this is our recent collaboration for art contributions etc. with non-profits, such as Chrysalis Society. We continue to be stewards of the donations received and are dedicated to continuous learning, modification, and advancement in the pursuit of effectiveness and efficiency.

Inform: We expanded our health education program Breathe Smart into Calgary, Edmonton, indigenous communities, and rural area schools. We also presented at prominent Alberta science fairs and increased community outreach for awareness and information. We continue to expand our social media presence, increasing our reach and awareness and doubling our support groups in various areas. Your support helped us to increase financial support and services to Albertans with lung disease.



Focused Areas and Inclusion: Our focus on research, education, health, and government is complemented by an ongoing commitment to integrate diversity, equity, and inclusion into our daily practices.

Mission and Vision: At the core of everything we do is our mission to "Saving Lungs to Save Lives." We continue to embody this mission daily, striving to be a leader in respiratory health, connecting, advocating, and engaging community members to support better lung health for all.

PATIENT SUPPORTS

Your support has helped us directly impact the quality of life for those who have lung disease. **The ways YOU have helped:**

- 115 children and babies were given cpap machines and other necessary breathing equipment.
- 55 babies went home sooner from the hospital.
- Over 25% of Albertans in the transplant program were helped during lung transplant with financial support.
- Since 2017 we have conducted Breathe Smart sessions in over 500 schools and health fairs
- Over 30,000 kids were educated on the dangers of vaping.
- 529 lung disease patients and their families didn't have to choose between buying groceries or buying medication.

"The grocery gift card program helped us stock up on healthy food when my husband was laid off, we couldn't have paid for our daughters asthma medication without it."

You have helped us increase the amount of support available and have helped more children leave hospital and return to their families sooner by providing the necessary breathing equipment. Recall of specialized breathing equipment and increased costs due to limited supply has made this program more important to families than ever!



DONATE

thank you
ablung.ca/give-back/donate



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2023 ANNUAL REPORT YEAR IN REVIEW

OUR HISTORY

Alberta Lung, founded in 1939, and one of the oldest health charities has been at the forefront of improving lung health. In 1942, you, our donors helped raise enough funds through the Christmas Campaign to purchase Alberta's first mobile chest x-ray unit. Your first major contribution to Albertans was helping us manage the Tuberculosis epidemic and offering free chest x-rays.

Today, we are strong advocates for protecting our children from the harmful effects of tobacco and vaping. We promote immunization, support families, and fund critical research. With your help we continue to promote lung health and prevent lung disease addressing new and emerging threats, including COVID-19.

With the **support of donors like you**, we are advancing our work to serve you better through our commitment to continuous improvement.

"Words are not enough to express our humble gratitude to Alberta Lung for your generosity and support." – SS (Medication Support Recipient)

PROGRAMS

Alberta Lung has always believed in Healthy Lungs for everyone and raises funds to provide programs that will achieve this vision. Many lung disease patients do not have health benefits or paid sick leave, this has caused the request for patient support to triple.

Your donations have been essential to Albertans who rely on our programs, and in 2023, your support has helped us provide the following:

- **Medication and Grocery** support to lung patients who would otherwise be unable to afford these expenses.
- **Pediatric CPAP equipment** has sent infants home from the hospital to join their families sooner.
- **Breathe Smart! Education Program** sessions educating students and the greater public about lung health.
- **Lung Disease Research** funds are critical to finding treatments and, ultimately, a cure for diseases.
- **Patient Support Groups** provide weekly virtual sessions discussing various lung health topics like nutrition and mental health supports.
- **Radon Awareness.** The radon program educates Albertans on the risks of Radon Gas. Home test kits are available at several local Libraries, or buy a home test kit on our website at <https://www.homeradontest.ca/order/create>.

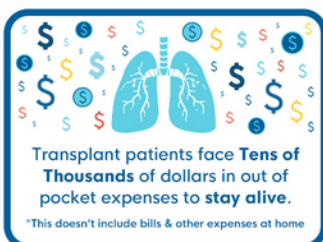


BREATHING SPACE

Alberta Lung's boldest initiative is Breathing Space, a home-away-from-home lung transplant recovery facility. Edmonton's lung transplant program covers Northern BC, Alberta, Saskatchewan, Manitoba, and the Territories, which serves over 7,000,000 Canadians and covers over 6,000,000 square km.

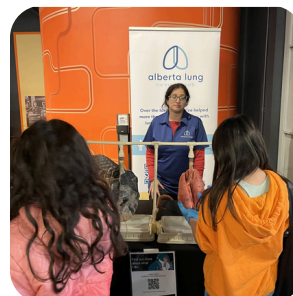
The cost for patients and caregivers to relocate to Edmonton for the 4 to 10 months required for recovery can cost an estimated \$77,000. That's an out-of-pocket expense, as in not covered by healthcare.

This amount does not include fixed financial obligations "back home" like mortgages and etc. It is very often a significant hardship for patients, so some choose death over bankrupting their families. Only with **your support** can we build this critically needed facility!



EVENTS

Our fundraising events were a huge success, not just by raising much needed funds but increasing awareness of Alberta Lung, Breathing Space, and lung disease all in one. Thank you again to all the amazing Albertans volunteering their time to raise funds to improve the lives of Albertans with Lung disease. Amazing thanks goes to, Elks Project \$2 Million, Sorrentino's Garlic Fest, The Dunne Golf Classic, and Shaw Birdies for Kids. We are grateful to be your charity of choice!





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2023 ANNUAL REPORT YEAR IN REVIEW

PATIENT STORIES

Michael's Story

Michael was born with Down syndrome. This genetic disorder causes developmental delays and a variety of lifelong intellectual and physical disabilities. We had to contend with many health issues and challenges while he was growing up to be the man he is today. But we made it!

Michael suffered from severe sleep apnea by the time he was 13. The solution was a special machine that uses mild air pressure to keep breathing airways open while you sleep. However, struggling with a limited income, the cost to first purchase this machine and then the ongoing upkeep of masks to fit our growing boy was a real hardship. Thankfully, Alberta Lung stepped in. They provided the life-saving equipment Michael needed to finally get a restful night of sleep. Almost immediately, he was coping better and woke up looking forward to school and seeing his friends.

"Alberta Lung provided the life-saving equipment Michael needed to finally get a restful night of sleep. Almost immediately, he was coping better and woke up looking forward to school and seeing his friends." - Mary



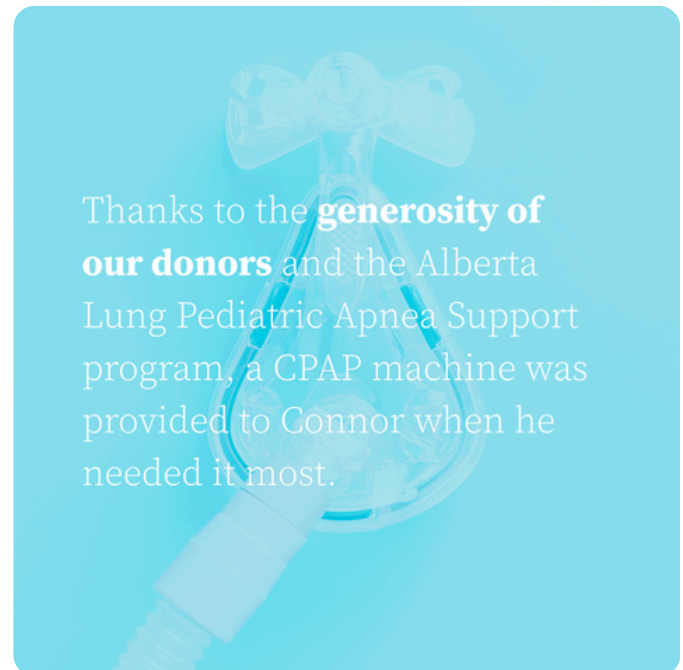
Connor's Story

This was the nightmare faced by Becky Lamont and her son Connor. But after four open-heart operations and six pacemaker surgeries, Connor is winning the fight. This is thanks to world-class medical care right here in Alberta, the support of Alberta Lung and donors like you. Still, as Connor grows, more complications develop. Most recently, he was diagnosed with sleep apnea – a critical disorder that can cause you to stop breathing while sleeping. As a result, debilitating fatigue, low energy, mental health concerns, and difficulty concentrating were the new challenges faced by Connor.

Connor's parents weren't sure how they would afford a CPAP machine. These devices are very expensive, and it can take months to acquire one through a disability claim. Connor needed this life-saving equipment right away.

Thanks to the generosity of our donors and the Alberta Lung Pediatric Apnea Support program, a CPAP machine was provided to Connor when he needed it most.

Thanks to the **generosity of our donors** and the Alberta Lung Pediatric Apnea Support program, a CPAP machine was provided to Connor when he needed it most.



YOU can help change the future today!
Thank you for your support!

Questions about breathing and lung health? Lung Health
Information Line: 1-888-774-5864 | info@ablung.ca | ablung.ca



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2023 ANNUAL REPORT BOARD OF DIRECTORS



Message from Kerrie Johnston, Volunteer Chair of the Board of Directors

In my second year as Chair of the board at Alberta Lung, we encountered new surprises and challenges that propelled us forward. With a finalized strategic plan and our guiding pillars of Collaboration, Innovation, and Inform, we witnessed expansion across numerous programs and services.

Vision

Healthy Lungs for Everyone

Mission

Saving Lungs to Save Lives. We lead in respiratory health, connecting, advocating, and engaging community members to support better lung health for all.

Our collaborative efforts with partners intensified, resulting in increased funding that enabled us to extend our services to more patients and their families. This expansion nearly doubled our community reach, spanning patient support to educational initiatives in junior and senior high schools. Engaging with the medical community, we explored efficient ways for them to contribute to priority setting without the burden of time-consuming meetings. Our research program saw heightened participation, and we actively participated in government meetings, addressing lung health priorities nationally and provincially alongside patient advocates and members of the National Lung community.

As recognized leaders in patient needs and lung health in Alberta, we were named a partner of the new Provincial Tobacco and Vaping council. We forged new partnerships with non-profits, consistently learning, modifying, and advancing our mission work with a focus on effectiveness and efficiency.

Our health education programs have seen remarkable growth, reaching hundreds of Albertans daily through social media and expanded offerings. We are actively involved in our community, invited to speak at science fairs, community events, and schools. Our unwavering focus on patients and their families drives us to advocate, educate, and support the lung community, constantly seeking ways to enhance our efforts in serving and protecting the most vulnerable.

In the pursuit of our mission, we continue to grow and evolve. We invite your ongoing support in this journey towards better lung health for everyone—a hope we carry for the future.

Thank you for your continued support.

Warm regards,

Kerrie Johnston, **Volunteer Board Chair**

Statement of Operations

ALBERTA LUNG ASSOCIATION O/A ALBERTA LUNG

For the Year Ended September 30, 2023

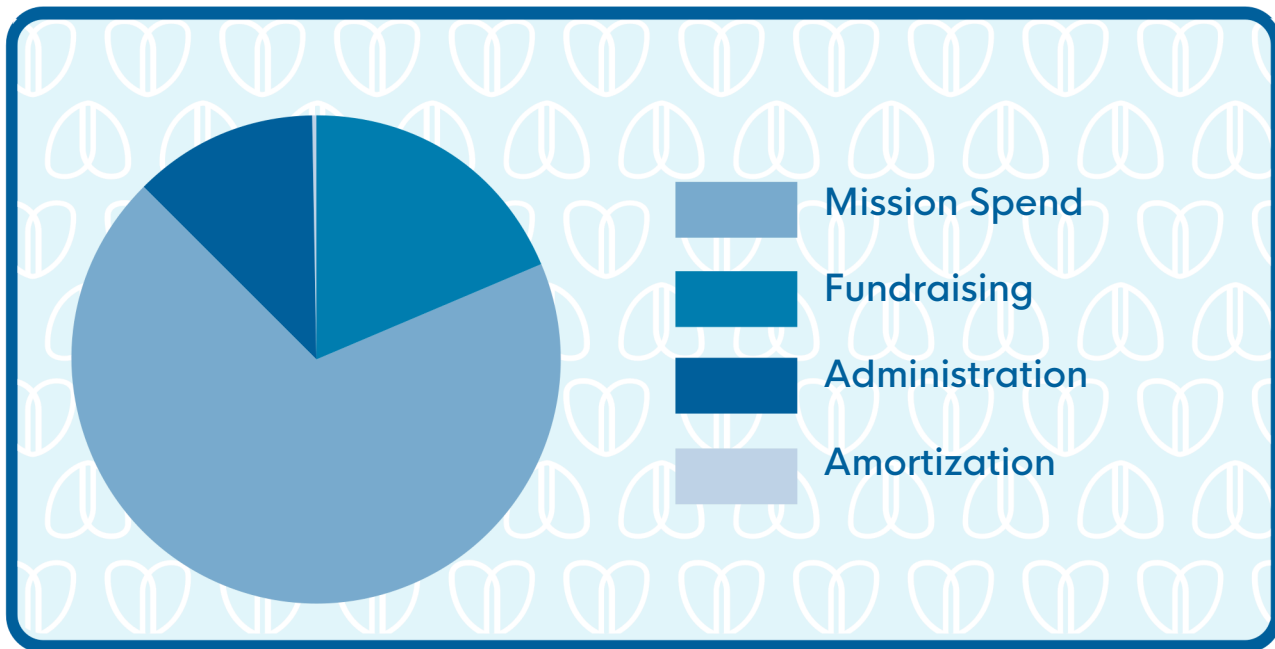
Revenues	2023
Other campaigns	\$488,757
Direct mail campaigns	\$688,381
Grant revenue	\$64,019
Gaming revenue	-
Other income	\$214,894
Expenses	
Fundraising	\$384,974
Mission spend	\$442,996
Administration	\$228,070
National initiatives	-
Amortization	\$4,823
 Excess of revenues over expenses	 \$(322,605)



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2023 ANNUAL REPORT STATEMENT OF OPERATIONS

WHERE YOUR DONATIONS GO



REVENUES

