



BREATHING SPACE

Summer 2024

THE THINGS WE DO

Thanks to you!

The past few months have been bustling with activity at BC Lung, all fueled by our mission of supporting the 1 in 5 British Columbians living with a lung condition. From lobbying for lung health in Victoria, to distributing air quality monitors through Carter's Project, to the launch of our new podcast 'Airwaves & Airways', we continue to explore ways to provide information, resources, and as always, a sense of community.



We have some exciting things to share and more exciting things in store as we look ahead towards a bright and healthy future. None of these meaningful endeavors would be possible without your incredible, ongoing support. Thank you for being a part of our journey to better lung health for all.

A handwritten signature in blue ink, appearing to read "Chris Lam".

**Christopher Lam, President & CEO
BC Lung Foundation**





CARTER'S PROJECT

100 Air Quality Monitors in 100 Mile House

Carter Vigh sadly passed away last summer due to an asthma attack caused by poor air quality. The nearest air quality monitoring station was 100km away; the skies were clear, but the air over 100 Mile was, invisibly, very poor. Local, real-time air quality monitoring would likely have saved his life.



The Vigh Family

In May, BC Lung visited 100 Mile House, to distribute air quality monitors to local households. With the support of our incredible donors, we were able to provide 100 air quality monitors to families within 100 Mile House to ensure that real-time air quality information will always be available.

We hope this will be the first of many communities we help throughout BC. To learn more and donate visit bclung.ca/cartersproject



“It's been amazing to see our community come together to support Carter's Project. We want to continue Carter's legacy and make a difference in BC because air quality affects everyone.”

- Amber Vigh, Carter's Mom

Webinar: Enhancing Resilience Against RSV

Respiratory Syncytial Virus (RSV) is a common respiratory virus that causes mild, cold-like symptoms. RSV can pose a significant threat to individuals 60 years old and above, and those with lung diseases. In November 2023, BC Lung Foundation hosted an Adult RSV webinar, in which Dr. Alan Kaplan presented the risks of respiratory viruses, discussed vaccine options (influenza, pneumonia, RSV), and explored other preventative measures so that individuals with lung disease can enhance their resilience against the potential impact of RSV.

Learn more and watch the webinar recording: bclung.ca/news/rsv





The BC Lung Foundation is proud to offer our Asthma Education Camp 'Breathe 1-2-3', which provides a fun, educational setting for children ages 8-10 to learn about their asthma and enhance their management skills from certified asthma educators.

Asthma is the most common chronic disease among kids and the number one reason that kids miss school. However, with the right prevention, management, and reaction measures, children with asthma can live happy, healthy active lives!

Thanks to our generous donors, we are able to offer travel subsidies to ensure that children from across BC can access this important educational program. Learn more at bclung.ca/asthmacamp

SMOKE-FREE GENERATION

What if we could put an end to the smoking epidemic and protect children in our province? BC Lung Foundation is proposing a Smoke-Free Generation policy in British Columbia, calling on all levels of government to implement this policy.

Smoke-Free Generation proposes a progressive increase in the legal minimum age to purchase tobacco and nicotine products. Those born on or after a specific date will never be able to purchase these products, effectively phasing out the sale and use of tobacco and nicotine products. Learn more and sign the petition to show your support!

bclung.ca/smokefreegeneration

The BC Lung Foundation now has a podcast: **Airwaves & Airways!**



Tune in to stay intrigued, inspired, and informed about lung health as we work together to breathe easier in BC.

bclung.ca/podcast

LISTEN ON



BREATHE EASY

BC Lung Foundation is proud to unveil our new donor loyalty program – **Breathe Easy!**



As a donor, you will be auto-enrolled in this program; any donations made to BC Lung will count towards your donation total. This is a lifetime program, and you can redeem as often as you'd like. Check out the great reward options offered through this program to connect you with BC Lung's initiatives:

Level 1: \$100



Matching Gift (\$)

Level 2: \$250



Golf Savings Book

Level 3: \$500



AQ Monitor or Radon Kit

Level 4: \$1000



2 tickets to Wonder

All rewards are donated by generous sponsors and are no cost to BC Lung. Learn more at: bclung.ca/breathe-easy

CHEERS FOR 40 YEARS

Join us for the 40th Anniversary of the Ride for Lung Health!

Get ready to fundraise and pedal with purpose as you make a real impact on lung health on **August 10-11th, 2024.**

Whether you're a cycling pro or just getting started, there's a ride for you! All rides are fully supported with catered food and on-route mechanics. Choose between 50km or 100km on Saturday or opt for the full experience and take on 200km over the two days. After the Ride, get ready for a thrilling Ride festival featuring food trucks, live music, bike shows, and more!

By joining us, you're supporting innovative research and programs for the one in five British Columbians affected by lung disease.

[Learn more and register at bclungride.ca](https://bclungride.ca)



WHY I RIDE



Scott Marshall

My late father had asthma, so I am passionate about raising awareness and funds to support research, advocacy, and patient support programs.



Norene Danek

My dad passed away at 55 from lung cancer in 1979. Research and treatment have come so far since then and I feel like I'm a part of that progress.