

Hope is Contagious

2016 Annual Report

Lung Foundation



ABREATH

OHOPE

LUNGWWALK

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Our Mission:

A Breath of Hope Lung Foundation fights lung cancer by funding innovative research, raising awareness through education and supporting patients and families.





Shanna Ballsrud

From the 2016 Board President, Shanna Ballsrud

As a co-founder of the A Breath of Hope Lung Foundation and the 2016 board chair, I can honestly say that this past year was amazing. A Breath of Hope Research Fellowships provided funding to some of the most talented lung cancers researchers in the United States, the White Ribbon Awareness Program provided education and public awareness to more than 1,000,000 people and the A Breath of Hope Ambassador Program has never supported more patients and caregivers with rides to treatment, companionship and support groups.

It's been seven and a half years since I lost my mother to lung cancer. It still hurts and I miss her every day. I remember the day that someone close to me said, "You know she's going to die from this cancer, don't you?" The answer was simple – no. I didn't accept the inevitable because I followed my mom's lead and chose hope. Choosing hope is not always easy – it leaves your heart vulnerable.

My mom was one of those amazing people who was always going out of her way for others. Even as she fought her own cancer, she would send notes, make phone calls and send flowers or gifts to others experiencing lung cancer. She genuinely wanted to encourage patients as they journeyed through lung cancer. She knew that an understanding word could make all the difference in keeping hope alive. This kind and generous nature is the foundation upon which we built this nonprofit and the inspiration for our future.



Nancy Torrison

From the Executive Director, Nancy Torrison

In my work at A Breath of Hope Lung Foundation, I am often reminded of Albert Einstein's words, "In the middle of every difficulty lies opportunity." It is a simple hopeful statement, yet not easy to execute in the face of a disease like lung cancer. Like our supporters, our staff often lose people we have come to love and we grieve with the families we work with. While discouragement is always a temptation, I'm proud of the people who work for, volunteer at or support A Breath of Hope Lung Foundation because we stand united in hope and firm in our commitment to change outcomes.

We had another year of stellar growth in 2016 leading to a 51% increase in revenue compared to 2015. Each of our three program areas grew in the metrics that measure impact. While we strive to stay mission-focused, we also know that being dynamic, creative and proactive is critical to our continued success. With this mindset, we:

- Launched two more A Breath of Hope Research Fellowships at \$150,000 each and are now funding two of the brightest young researchers in the country.
- Applied for a large pharmaceutical grant to create a first-of-its-kind lung cancer patient education program on our website and were funded! This online patient education program will go live nationwide in 2017.
- Held first-time lung run/walks in Duluth and Chicago where many of our supporters live. Both events were successful and we are now launching a nationwide community walk program.
- Added a staff member to manage our lung cancer patient and family support programming, and received grants to pay for most of her salary.
- Worked with Vice President Biden, NBA star, Ricky Rubio and others who have the passion, power and influence to create change in the lung cancer field.

To sum it up, I no longer think of us as 'the little engine that could' and instead envision a speeding locomotive that uses positive energy, passion and hope to reach a vastly improved survival rate. Thanks for joining us – together, we are stronger.



Our Events

A Breath of Hope Lung Foundation (ABoH) is known for upbeat awareness events that serve the purpose of educating the public, providing support and camaraderie to patients and families and raising money for lung cancer research. The *A Breath of Hope Lung Run/Walk Twin Cities*, held for the first time in 2007, led to the incorporation of A Breath of Hope Lung Foundation as a 501(c)(3) in 2008. In 2016, we reached a milestone as we celebrated the 10th anniversary of this event with 2,000 participants.

The vision of the A Breath of Hope White Ribbon Awareness Program (WRAP) is to teach the public about lung cancer nationwide by expanding the Lung Run/Walk Program and accompanying marketing efforts into new communities. ABoH held events in two new cities in 2016. Chicago and Duluth were strategically chosen based on partnerships with like-minded institutions and energized volunteers in those cities.



The 4th Annual A Breath of Hope Women's Wellness Tea experienced a 23% increase in attendance. This fun, wellness-focused event teaches women how general wellness habits help prevent cancer and lead to healthier, happier lives. Attendees enjoyed a delicious lunch, breakout sessions, Laughter Yoga, the Bags, Bling & Beauty Silent Auction and more.



The *A Breath of Hope Golf Classic* is always a blast. The program featured KFAN Radio's Common Man, Congressman Rick Nolan and his daughter Katherine Bensen, a 41-year-old nonsmoker battling stage 4 lung cancer. Congressman Nolan shared news about his role in creating the first lung cancer caucus in Washington D.C. and new attempts to increase research dollars.

In 2017, we look forward to hosting our first gala to launch Lung Cancer Awareness Month. Save the date for Sunday, November 5, 2017 at Orchestra Hall! More at abreathofhope.org/events.

Volunteer Spotlight: Len's Story



Len & Judy

In November 2010, my wife Judy woke up one morning and was unable to get out of bed without assistance. The condition worsened so I called my son Steve and we took her to the emergency room at the University of Minnesota Hospital. An x-ray indicated bleeding on her brain and a subsequent scan showed two rapidly growing tumors. The U of M cancer specialists determined that the cancer did not originate in the brain, but spread from what was already a stage 4 lung cancer. Judy never smoked and took care of her health religiously. If she thought she had a problem, she talked to her doctor. We had absolutely no warning and her diagnosis came as a shock.

Over the next four years, Judy fought bravely and endured an emergency brain surgery followed by radiation, numerous chemotherapy treatments, a minor stroke with subsequent physical therapy and clinical trials. Ultimately, we ran out of time. Judy spent her last seven weeks in at-home hospice with me as her sole caregiver along with loving assistance from our son Stephen, his wife Heidi, our daughter Kristine and her husband Keith. It was a special time for us. Judy passed away peacefully February 22, 2015.

During Judy's treatment, her doctor told me about A Breath of Hope Lung Foundation. After her passing, I started volunteering as a memorial to her. Volunteering keeps me busy. I help on event committees for the Golf Classic and Lung Run/Walks in the Twin Cities, Duluth, Fort Myers and Chicago. I also help with office projects. My favorite part about volunteering is being around the A Breath of Hope staff and the family of volunteers who are passionate in their efforts to raise money for lung cancer research and so importantly, teach others about lung cancer.

In April 2015, I joined the A Breath of Hope Men's Group for men who have lost their significant other to cancer. It has helped me a lot to hear other men talk about how they deal with things and I know it helps the others too. It was hard for me to start attending meetings and while it's been more than two years since Judy passed, I don't know if talking about it will ever be easy.

I believe in the work that A Breath of Hope does and I'm especially passionate about raising awareness about lung cancer. For that reason, I've joined the A Breath of Hope Circle of Light, a group of individual donors who are deeply committed to changing lung cancer outcomes and donate \$500+ annually. Every time I'm at A Breath of Hope, I see for myself that my contribution truly goes to fighting lung cancer.

Survivor Spotlight: Peter's Story



I love the Ambassador Program. I don't see how I could have finished my lung cancer treatment without A Breath of Hope Lung Foundation and my Ambassadors. Cab rides would've been completely unaffordable to me, which would've

prevented me from going to my radiation treatment every day. The Ambassador Program is more reliable than other mobility services I've used. The Volunteer Ambassadors are so kind and it's clear they're driving for a purpose. I can tell they really want to give back. I refer to my Ambassadors as my counselors because they spend so much time listening to me and I get to ask them so many questions about lung cancer. I think it would be good for anyone who is going through treatment to have an Ambassador who has been through lung cancer. Even if you don't need rides, it will help you understand more about your diagnosis. I'm so grateful for this free service.

The A Breath of Hope Ambassador Program utilizes trained, screened volunteers who have experienced cancer to provide rides and companionship to lung cancer patients.

2016 Income and Expense

Income

Grants	50,500.00
Circle of Light Gifts	62,173.28
Event Revenue	309,544.32
General Donations	174,370.49
Memorial Gifts	27,204.00
Interest Income	75.05
Total Income	\$623,867.14

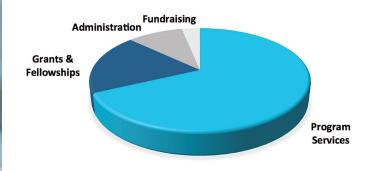
Expenses

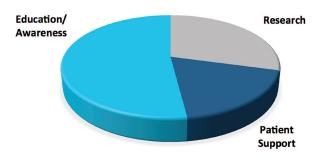
Event Expenses (Awareness Program)	120,777.83
Operating Expenses (87% Program Services)	150,452.42
Payroll Expenses (87% Program Services)	203,926.11
Patient Support Expenses	3,924.33
Research Fellowships	112,500.00
Total Expenses	\$591,580.69
Total Assets	245,588.00
Total Liabilities	492.00
Total Net Assets or Fund Balance	\$245,096.00



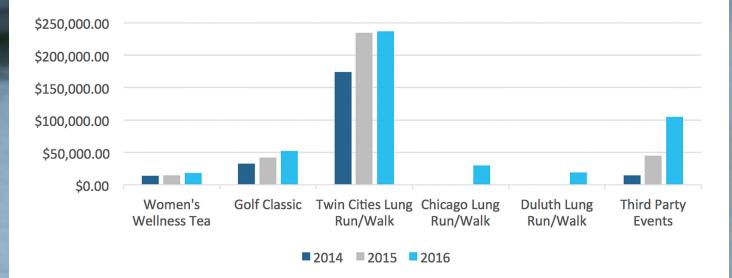
2016 Expenses

2016 Program Services Expenses





Three Year Event Revenue





A Breath of Hope Lung Foundation is a 501(c)(3) in excellent standing with the Charities Review Council. For a full report of our 2016 financial activities, view our 990 on our website: abreathofhope.org or visit smartgivers.org.





Special Thanks to Our Circle of Light Members

Thank you 2016 Circle of Light! This group of committed donors pledge their donation early in the year and become a community unto themselves as they fight lung cancer. Visit abreathofhope.org/donate to learn more about the Circle of Light and the benefits of joining, such as Doc Spot donor events and exciting updates about research and new treatments.

Incandescent Light: Mary Jane Benjamin/Larry Benjamin Golf Classic*, Gary & Rosey Brausen/Bike for Hope MN*

Spot Light: Don's Bald Eagles/Mills Family, Joan Maclin, Mary & Bill Zimmer

Key Light: Curt Anderson, Victoria & Una Simpson In Memory of Roger Simpson, Mark & Sara Solfelt, Paul Thurmes



Reflection Light: Ray & Veronica Byrne, Myrna & Harry Camp, Sarah & Jim Diebel, Toni & Ed Egan, Georgia & Mark Helvick, Janet & Mark Huss, Jeffrey Kendall, Sally McCabe, Bonnie & Paul Mueller, Jeff & Tammy Nybeck, Julie Opheim, Len Thayer, Ron Ungerman Family, Ruth Zibble Family

Ambience Light: Shanna & Justin Ballsrud, Shelly Blanchette & Ron Peppin, Myrnell & Tom Brusegaard, Lynn Bucka, Peter & Katie Bucka, Steve Dale, Arek Dudek, Emily Elswick, Jeff & Lisa Flaig, Kristi Flann, Jennifer Jones, Shirley Kern, Manish & Sheetal Patel, Lynn & Mitch Prust, Puttin' on the Ritz (Hooper Family)*, Craig & Sharon Rothgeb, Lori Ryan, Jill & Steve Tigner, Nancy & Jerry Torrison, Ed & Audrienne Vidmar

*3rd Party Event

\$25,000 +

Barbara Myers Charitable Trust F. R. Bigelow Foundation Northfield Lines

\$10,000-24,999

Medtronic The Richard M. Schulze Family Foundation St. Luke's Hospital

\$5,000-9,999

Allina Health System iHeartMedia Management Services, Inc. Minnesota Oncology Hematology North Memorial Health Care University of Illinois Chicago Wells Fargo

\$2,500-4,999

ABC Companies Bell Mortgage Boehringer Ingelheim USA Corporation Bristol-Myers Squibb Company David Yurman Optum Suburban Radiologic Consultants LTD

Up to \$499

Advanced Wealth Management Group Aeromat Plastics Auto Value Parts Baker, Tilly, Virchow, Krause, LLP Bearence Management Group Bethel Evangelical Lutheran Church Business Systems & Equipment, LLC CH Bus Sales Checkered Racing & Chrome

Clifton Larson Allen LLP Columbia Heights Lions Club Community Shares of Minnesota Creatis, Inc. Dokmo Ford Dresen Restorative Dentistry P.A. Edina Realty/ Jake Perpich Faegre Baker **Daniels** Foundation Faith United Methodist Church

\$1,000-2,499

Abbott Laboratories Aspire Building & Remodeling **BREVENA** Laboratories, LLC Burke, Inc. Celgene Corporation Center for Diagnostic Imaging (CDI) Embel Assist Envy Skin Clinic Epic Agency, Inc. Genentech Great Clips Hennepin County Medical Center (HCMC) **IWCO** Direct Lancer Insurance Company Mechanical Systems Inc. Moss & Barnett Motor Coach Industries Inc. Radon Resolutions LLC Rotary Club of West St. Paul/ Mendota Heights **RR** Donnelley Seagate Technology LLC Shutterfly Stahl Construction Telin Transportation Group The Washington Post Company UBS Financial Services/Mark Bacigalupo UMA

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Ungerman Construction United Motorcoach Association Verizon ViaTech Publishing Zinpro Corporation

\$500-999

American Express Foundation ASAP, Inc. Belzers Chevrolet Dodge Kia BI Worldwide Chestnut Cambronne PA **Edina Realty** Lily Oncology Hospital Pathology Associates It was Just a Bump in the Road Latitude Realty, LLC National Christian Foundation **Twin Cities** Network for Good PIA of Minnesota Pitney Bowes Presort Services **Professional Radiology Services** Progressive Impressions International **RE/MAX Results/Dean Haagenson** RRD 4 SG360, A Segerdahl company **Taylor Corporation** Wunderman

Quarterback **RE/MAX/Eric Frank RE/MAX** Advantage Plus/Teri Dixon Scott Richards Charitable Trust Shippers Supply, Inc. Signature Consultants SOS Office Furniture Southview Animal Hospital Starfield Companies, LLC Stellar Hearth Products **StuartCo**

Stylmark, Inc. Summit Hospitality, Inc. Taylor Truck Line Inc. Thomson Reuters Transportation Insurance Brokers UBS Financial Services/Carin Thomas United States District Court Yogastudio Zany & Zen, LLC

\$10,000 +

Mary Jane Benjamin/Larry Benjamin Golf Classic Gary & Rosey Brausen/Bike for Hope MN Jim Jordan Memorial Golf Tournament Thomas & Kathleen Morris Bill & Mary Zimmer

\$5,000-9,999 Joan Maclin Mill's Family/Don's Bald Eagles

\$2,500-4,999

John & Wanda Benjamin Raymond & Veronica Byrne Sally McCabe Paul & Bonnie Mueller Paul Thurmes & Wil McClaren Mark & Sara Solfelt Curt Anderson

\$1,000-2,499

Janene Augustine Hersch Frank Babka Justin & Shanna Ballsrud Richard & Mary Brothers Peter & Katie Bucka Harry & Myrna Camp Michael Coyne & Alison Benjamin-Coyne Steve Dale Jim & Sarah Diebel Ed & Toni Egan Jeff & Lisa Flaig Michaela Grundman Mark & Georgia Helvick Mark & Janet Huss Jeffrey Kendall Bruce Knight Mark Lecy Joseph & Jolene Lefto Christopher Mozina Mark & Teresa Olson John & Julie Opheim Dave & Susan Roberts Sue Roering Brent & Lori Ryan Paul Schullo Kathryn Smith Len Thayer Jerry & Nancy Torrison Margaret A. Ungerman Alan & Ellen Van Ravenswaay

\$500-999

Darren & Jennifer Amdahl Lance Anderson Diana Ballsrud Michele Bazinet-Bossert Kyle & Carley Benjamin

\$250-499

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\$10-99 – please visit abreathofhope.org

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