

Noah's Story Continues... In Every Heart He's Touched.

The Impact of Noah Dugas 7N1D NoahStrong



I am
as bright
as the sun



I am kind

I am strong

I am helpful

I can do hard things

I can reach my goals

I am a leader

I am resilient

I am brave

I am loved

A Heartfelt Thank You from the Dugas Family

It is coming up on the 5th year anniversary of our son Noah's passing. Some days it feels like yesterday and some a lifetime ago. We miss him dearly but know in our hearts he is well and watching over us everyday. His enormous impact has changed the lives of so many including ours. We are so grateful for the time he was with us and all the lessons he has taught us through his short but meaningful life.

The NoahStrong charity emerged from the tremendous support we received from our wonderful community. It continues to be a source of inspiration for us and we hope Noah's story continues to have a positive impact on our community and beyond. Noah's 9 affirmations are the foundation for this charity and words we continue to live by everyday. I am Strong, I am Kind, I am Brave, I am Helpful, I am a Leader, I am Resilient, I can do Hard Things, I can Reach my Goals and I am Loved.

We would like to take a moment to express our deepest gratitude to all the incredible individuals, organizations, business partners and community members who have supported the NoahStrong organization along its journey. Your kindness, generosity and unwavering belief in Noah/ NoahStrong has meant the world to us.

Whether it is through donations, volunteering time, or spreading awareness, every act of kindness has helped strengthen our family and given all of us so much hope. Your support is not just a lifeline, it's a reminder of the incredible power of community. In times of hardship, the love and compassion we've received has given us strength to keep moving forward.

Noah continues to live in our hearts and we are honoured to be able to continue his legacy. We are beyond grateful to be a part of such a loving and supportive network, and we are excited to continue our work together in helping NoahStrong grow, spread awareness and make a difference in our community and beyond,

From the bottom of our hearts - Thank you! Your support truly makes a world of difference and we are honoured to have you by our side.

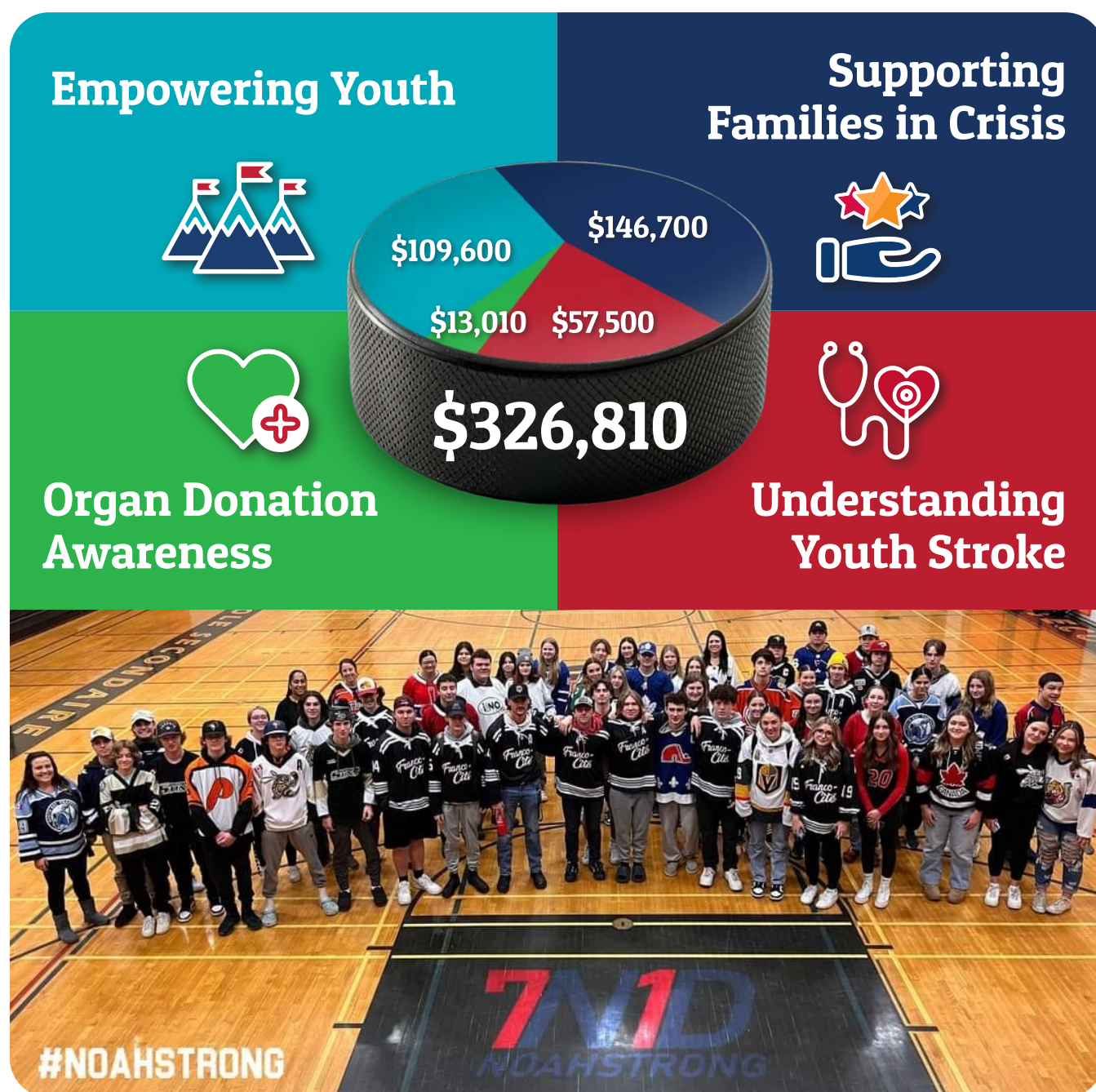
With love and gratitude,
The Dugas Family
7N1D NoahStrong Forever



Dugas Family
From left: Noah's mother Jody, his
sister Jorja, and his father Dave.
Inset: Noah Dugas, 2020.

IMPACT 2021-2024

This report highlights how the generous support of the community has allowed NoahStrong to directly contribute **\$326,810** to empower youth, support families in crisis, promote organ donation, and advance pediatric healthcare.



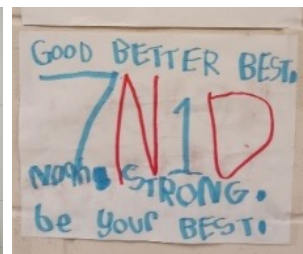


Empowering Youth

\$109,600

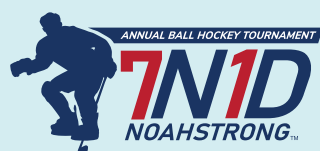
NoahStrong has allocated \$109,600 to empower and support youth to become strong, resilient and community-oriented leaders.

- Noah Dugas' story of kindness, courage, and selflessness has been shared through Noahstrong.ca with over **24,000 unique visitors** and more than **60,000 page views**.
- Over **1,750 individuals** have taken the online pledge to become NoahStrong Ambassadors.
- Many schools and community organizations participate in the annual **NoahStrong Jersey Day** to encourage the adoption of Noah's affirmations.
- The **NoahStrong Awards & Bursaries** program recognizes and supports students who exemplify kindness, strength, resilience, and leadership.
- Over **\$30,000** in NoahStrong bursaries have been awarded.
- NoahStrong helps send kids to camp through the **YMCA Fill the Bus** program.
- The **NoahStrong Kindness Campaign** shares thousands of free coffees to encourage acts of kindness.



“ I consider this award to be the most meaningful recognition I have ever received over my career of being an athlete. I truly do my best to live my life the same way Noah did by being a leader, being selfless and helping others before helping myself. ”

Post-Secondary NoahStrong Award Recipient



The annual **NoahStrong Day** unites over 1,500 youth, families, and community partners through ball hockey fun, family activities, and the promotion of Noah's story and positive affirmations.



Organ Donation Awareness

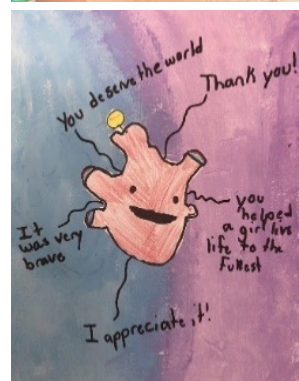
\$13,010

NoahStrong has allocated \$13,010 to raise organ donation awareness and consideration for people of all ages.

- NoahStrong partners with **Green Shirt Day** and **The Canadian Transplant Association** in support of organ donor awareness and registration across Canada.
- The **7N1D NoahStrong Gift of 8 Campaign** (beadonor.ca) encourages individuals to check their donor status. To-date, more than **420 individuals** have registered consent through the NoahStrong campaign, helping North Bay reach a leading **59% donor registration rate**.
- NoahStrong has spread the word to thousands of individuals through social media messaging, video promotion, organ donor storytelling and awareness events.
- NoahStrong supports **transplant recipients** through their wait and recovery periods.
- Proud sponsor of the **Canadian Transplant Games**.
- Recipient of the **2024 Canadian Blood Services – Logan Boulet Award** in recognition of advocacy for youth education and awareness in organ and tissue donation.



Dugas family accepting the 2024 Canadian Blood Services – Logan Boulet Award



“ I was pleased to receive as a complete surprise, a gift from NoahStrong when I was in Toronto waiting for a double lung transplant. I used the funds from the foundation to buy the equipment I needed after my transplant. This gift from the foundation was so very much appreciated. Thank you! ”

Tim Brander, Transplant Recipient



Supporting Families in Crisis

\$146,700

NoahStrong has allocated \$146,700 to support families in crisis as they face medical emergencies.

- **NoahStrong Comfort Packs** are distributed through the North Bay Regional Health Centre to provide families in crisis with comfort and essentials items.
- The **NoahStrong Accommodations Program** assists caregivers with short-term accommodation needs while their loved ones are hospitalized.
- NoahStrong financially supports **Hope Air** in providing free travel and accommodations for families in financial need who must access medical care far from home.
- Special **NoahStrong gifts** are provided to hospitalized children.
- NoahStrong contributes to the **One Kids Place** Loan Equipment Program, Music Group, Art Therapy, and PD Day and Summer Camp offerings.
- NoahStrong financially supports various community organizations including the **North Bay Santa Fund, Rotary For Kids, The Joy Project, YMCA**, and the **Holland Bloorview Kids Rehabilitation Hospital**.

“ Thank you so much for NoahStrong's generous donation of \$10,000. Your support is helping Canadians facing a difficult diagnosis get to their medical treatments, no matter how far away from home. ”

Hope Air



“ The North Bay Hospital and NoahStrong made our life a little better and I can honestly say that we hold you forever in our hearts. With no friends or family by our side in North Bay, your kindness went a long way. ”

NoahStrong Accommodations Program



Understanding Youth Stroke

\$57,500

NoahStrong has allocated \$57,500 to advance information and understanding about youth stroke.

- NoahStrong financially supports the **Holland Bloorview Research Institute** in an effort to advance childhood disability and developmental differences research. Holland Bloorview Kids Rehabilitation Hospital is Canada's largest pediatric rehabilitation centre.
- The **NoahStrong Pediatric Resident Bursary** was established to raise awareness of pediatric stroke through Noah's story. This bursary supports pediatric residents from the Northern Ontario School of Medicine (NOSM) who are committed to improving healthcare in Northern Ontario communities. This bursary recognizes residents who demonstrate a dedication to providing compassionate, high-quality care to children while addressing the unique challenges of practicing medicine in Northern Ontario.



“The NoahStrong Pediatric Resident Bursary is not only an investment in the future of healthcare in Northern Ontario but also an incredibly meaningful tribute to Noah's legacy—one of kindness, selflessness, and resilience.

Your generosity supports innovation, social accountability, and a commitment to transforming healthcare. Your donation ensures that financial barriers do not prevent dedicated students from pursuing their dreams of serving the North.”

The Northern Ontario School of Medicine



“The generosity, thoughtfulness, and dedication of NoahStrong are helping us provide exceptional healthcare, close to home, through the Accommodations Program. Their support is more than a contribution—it is a moment of kindness, a recognition of the caregivers who stand beside and support their loved ones while they are admitted at our hospital. This meaningful gesture ensures that those who give so much are, in turn, supported themselves.”

Tammy Morison, CFRE, President & CEO,
NBRHC Foundation



Thank you to the Dugas family for their courage and selflessness in sharing Noah's story, to the NoahStrong Board of Directors for their leadership and commitment, and to the many amazing volunteers and supporters who assist in realizing the goals of NoahStrong.



NoahStrong Leadership Team

- Jody Luesby Dugas, President and CEO
- Cindy Luesby Gravelle, Board Secretary
- Jorja Dugas, Youth Advisor

Current Board Members

- Dave Dugas
- Kevin Dugas
- Glen Gravelle
- Dee Lafrance Horning
- Khouri Long
- Matt Rabideau
- Kelly Turcotte

Past Board Members

- Darren Turcotte
- Josee Mondoux
- Mark Deacon
- Katharine Strang

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