



***Cystic Fibrosis Scholarship Foundation***  
*Helping young adults with CF pursue their dreams*

***WINTER 2015***

***From the President:***

Welcome to our Winter Newsletter, the purpose of which is for our donors and friends to learn more about the young adults with cystic fibrosis who are being helped by the Foundation. The wonderful letters from our students should warm your spirits during this winter.

For the 2014-2015 school year, we provided over 90 young adults with financial assistance, and although we at the Foundation are grateful for all of your support, it cannot begin to measure up to the appreciation and gratitude that these young adults feel for all your generosity. Since we have so many wonderful donors and each one of them is important to the success of this program, we would like to share with you just a few of the many wonderful letters we receive from our scholarship recipients. These letters highlight the importance CFSF has played in their lives, while also describing the difficulties many of them encounter in attempting to balance school, health care, and other activities. But you will also see that each one of them is cherishing their college experience and all that it has taught them, both academically and socially. We must remember that in most respects they are no different than any other college student, it's just that their road to college includes daily medications, therapies, and hospital stays. I know that our commitment to CFSF is making a difference in the lives of these young people, and allowing them to live the lives they deserve, something I see each time I read one of their letters.

We are currently in the process of sending out applications for the 2015-2016 scholarships. Forms are due back in late March and then the review process will begin. The awards will be announced in mid-April. We are excited to have received funds for a new scholarship, the Jill M. Balboni Memorial Scholarship. This will be an award of \$20,000 over 4 years.

We would also ask each of you who purchase items from Amazon to sign up for Amazon Smile. A percentage of each of your purchases is then contributed to CFSF. It is a simple way to help us provide more young adults with CF a college education. Sign-up today at [smile.amazon.com](http://smile.amazon.com), and select the Cystic Fibrosis Scholarship Foundation, and leave the rest to Amazon!

There is no doubt that the awareness of this program continues to grow each year. Our goal is to have every young adult with cystic fibrosis be aware of our program. Enjoy getting to know some of our scholarship winners through their letters on the following pages.

Please visit our website for current news about CFSF.

*Mary Kay Bottorff*

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## Semester Update from 2014-2015 Scholarship Recipients

Dear Friends of CFSF:

I am happy to be writing you again as I finish my last fall semester of undergraduate school at Ferris State University in Big Rapids, Michigan. In this letter, I will give you some details about the classes and projects I've been involved with this semester. Also, I want to thank you again for your generous scholarship that allowed me to have all these special experiences.

My favorite class this year was "Eastern Religions." I learned about Taoism, Hinduism and Buddhism, which was an eye-opening experience. It sounds cliché, but truly, the more I learn, the more I realize I don't know. This thought was with me throughout this class. But I also took two social work classes. My favorite one was called "Policy and Political Advocacy," because it delved into my forte: macro social work, the social work with communities and organizations.

My goals are always changing, but I know after taking this class that I have to work at the community level. I know that changing policy is very difficult, but I feel it's where I belong. That is why I chose "management of human service organizations" as my practice area when I submitted my application to the University of Michigan on December 1<sup>st</sup>. U of M is often ranked as the top social work graduate school in the country, and my dream is to attend this school in the advanced standing program, so that I may graduate with my masters of social work in one year. I will have a decision by March, and you'll know MUCH more about my future plans by my next update letter! Because of course, I am also applying to other graduate schools in Michigan in case I do not get into U of M.



Besides studying, I've been busy this year as the president of the Social Work Association (SWA). I met, heard a wonderful speech by, and ate dinner with Coach Herman Boone, the real life coach who was played by Denzel Washington in the film, *Remember the Titans*. SWA wrote a grant last year to bring him to FSU, and his speech attracted almost 1000 students... a very large number for our school. I was proud to have been a part of that. Also in SWA, I am learning that taking on a leadership position makes one extremely busy! But I've gotten to know my members a lot better through car drives, leaf raking and other volunteer events, and I am sad that I will be leaving them all after next semester.

Also this year, I was presented with a unique opportunity. Our school had an audit for our diversity office and I was asked to be on the panel to talk about what Ferris does and does not do well in terms of having services for people with disabilities. I was proud to advocate for myself, as an individual with CF. I talked about the lack of awareness by professors of someone who has an "invisible" disability. Sometimes I feel that because one cannot see my disease, it isn't taken seriously. No one can see the treatments that take me up to two hours a day, or the twenty some pills I take in daily. But those treatments impact my personal, school and social life. That's why I hope Ferris has more opportunities like this that allow me to express how I feel about living with a disease.

One of the best things that happened to me this year was winning a scholarship to go study aboard in El Salvador for two weeks in May! It is final, and I will be travelling south with a group of social work students and professors to meet El Salvadorans, hear their stories of surviving the civil war that occurred in the 1980s-90s, and living with and among them to learn about their culture. This will also give me three credit hours. I can't think of a better way to end my time at Ferris.

I hope this letter gave you some idea of how I am doing at school. My health has been good thankfully. And so I continue on into my last spring and then final summer semester before heading off to graduate school that I have not yet chosen! Because of your generosity I am having a much easier time paying for school, and there is one less burden on my shoulders. This allows me to get more out of my time at FSA, and for that I am ever grateful.

*Casey*

Dear Friends of CFSF:

Once again, I would like to thank you for your generosity. I have had another amazing semester at the University of Florida and I know it would not have been possible without this scholarship.



My pride and joy this semester was coordinating and hosting “Tie It With A Green Ribbon” which was held December 6, 2014. (Green is the color of the organ donor awareness ribbon.) As the president of UF Donate Life, I wanted to incorporate organ donor awareness with the holiday season. Fortunately, UF Health Shands Hospital allowed me to use one of their large meeting rooms for my event. In attendance were UF students, lung transplant recipients, physicians and nurses and members of the Shands transplant community. I was very honored that so many chose to accept the invitation to attend. We (UF Donate Life) provided holiday music, dinner donated by Olive Garden, and guest speakers. One such speaker was a 25 year old young woman with cystic fibrosis. She had received a double lung transplant just two months prior. I cried as I listened to her heart felt story. She is just a few years older than I am. Although she was ever so thankful to receive the gift of life and take in those wonderful deep breaths, it is a reminder that CF is still a devastating disease. My mom, a cystic fibrosis patient and lung transplant recipient, was also in attendance at “Tie It With A Green Ribbon.” The organ transplant relationship to CF is what motivates me.

When it was my turn to speak, as the President of UF Donate Life, I took the opportunity to explain how I became involved in organ donation. I educated our guests in attendance about CF and that even though many advancements have been made, lung transplantation is the only option for patients who reach the end stage. I told the story of my own mom and how she came very close to not getting a new set of lungs. Thus, for all of us with CF, I became an advocate for organ donor registration. My hope is that a cure for CF will come soon. However, as we wait for that day, I will continue to educate about organ donation so that patients with CF will have available lungs when they are in need of a transplant.

In its' entirety the event was an enormous success. During the evening I was able to register over 50 new organ donors, educate about organ donation, as well as provide valuable information about CF. I was also invited to help with an event that UF Health Shands will be hosting in the spring of 2015.

In addition to Donate Life, this semester I continued as an executive board member of the UF Phi Alpha Delta pre-law, President of the UF tap team, “Stomp the Swamp” and a UF admissions student ambassador. My classes this semester have gone very well and I am still able to keep my GPA above a 3.9. I will be taking an LSAT prep course beginning in March 2015 as I prepare for the LSAT in June.

I am extremely appreciative of all that you have done for me. You really have made a difference in my life. I will certainly pay it forward as soon as I am in a position to do so.

*Kiersten*

Dear Friends of CFSF:

Thank you so much for this scholarship. My first semester at IUPUC went great! I absolutely love my school. I became a student ambassador. With this I get to travel to high schools and talk with students about my school. I find it really fun and it's been a great opportunity. Most people don't get chosen for this so I was very excited to get picked. After this summer, I am going to transfer to U of L to continue my major of chemical engineering. Therefore, I'm really going to miss IUPUC next fall.

During my very first semester of college, I really pushed myself. I took six course which added up to sixteen credit hours. This next semester I am cutting down to 12 credit hours which is four classes. I hope this will be a little easier for me. This way I will still be a full time student, but will have time to get a part time job. College is a lot more work that I had expected. My plan is to take a couple less classes during the semester and take a couple classes over the summer. I hope this will spread out my work load. Overall, I'm pretty excited to start this semester.

Dealing with school and CF is a challenge, however, your gift helps me tremendously! I can't thank you enough. Thank you!

*Jaelyn*

Dear Friends of CFSF:

My college career has been a long but enjoyable one. I have experienced more in these past four years than most get to do. This is my senior year and it has been the most enjoyable yet, even though it is flying by. Before I know it I will be graduating and walking up on that stage and that is thanks to you. I cannot tell you how appreciative my family and I are for this scholarship. It has allowed me to pay for such an amazing university but more importantly such an amazing journey. I have created more connections with businesses, professors, scholarly gentlemen in my fraternity, and so many friends on the path to greatness. I have struggled with cystic fibrosis throughout these years but by going to Capital University I have been able to discipline myself to care for myself independently and I can now successfully live on my own and keep my health up. I am completing my internship for this last semester and I am enjoying every minute of it. I intern at Wexner Heritage House, a retirement center, and I am on the rehab side of the facility. I have learned many social service abilities through this job and have met many people at the center. I am gaining the ability to talk with different individuals professionally and deal with different situations professionally. I have been offered a job at the facility so I am going to be well set for after graduation. I am also going to be applying for graduate school as well and I am looking forward to continuing my education. I want to thank you again for giving me this opportunity to allow myself to grow.

*Matt*

Dear Friends of CFSF:

I am writing to thank you for the scholarship I received from the Cystic Fibrosis Scholarship Foundation. I am currently enrolled in the Precision Machining Technology program at Central Maine Community College. My academic goal is to complete 2 years at CMCC and then transfer to the University of Maine, Orono, where I will earn a bachelor's degree in the Mechanical Engineering Program.

This past semester, I earned high marks in all my classes. Due to medical issues, I had to drop the geometry and trigonometry class that I was enrolled in. This class ended at 9PM, which meant I attended school from 8 AM to 9 PM. The long hours were taxing my overall health. I will take this math course during the spring semester.

School has been a blessing! I am living on campus which has forced me to jump out of my comfort zone and into the "socialization" zone. I have made so many friends this year. I'm embarrassed to say that until this year, I never hung around with anyone outside my family. I now have a small group of core friends who accept me and see me as Dustin, a college Bud, not a person with a disability.

I am very appreciative of this scholarship. Your encouragement and financial support has enabled me to live on campus and have the entire college experience. I am forever grateful.

*Dustin*

Dear Friends of CFSF:

I am now going into my sophomore semester at Colorado Christian University. I recently changed my major to Youth Ministry with a biology minor. I'm hoping to work with a nonprofit medical organization that benefits kids, such as Make-A-Wish or Tim Tebow Foundation. I was recently accepted into CCU's Honors Leadership Society, which is a great privilege. This semester, I have had some serious medical complications that have kept me from school for several weeks at a time, but I have been able to keep up with academics and maintain a 3.5 GPA.

Outside of academics, I enjoy spending time with my friends from college and participate in a weekly college Bible study. I have been figure skating and doing photography in my spare time.

I am still running the Children's Hospital outreach on campus. Once a month I take about 15-20 students to Children's Hospital Colorado and put on a themed craft party for the patients. As the president of the ministry, it is my job to organize the trips down to the hospital, create the activities, and communicate with the lady in charge at the hospital. I recently added a co-leader to this outreach as it has grown so large and is popular among CCU students of all grades.

Without the scholarship from the CFSF that you so generously donated, I would not have been able to afford any of my books for this year or the upcoming years! I can't thank you enough for this tremendous gift and honor! I cannot thank you enough for supporting me and my dreams to pursue a higher education and a career!

*Abi*