



Cystic Fibrosis Scholarship Foundation
Helping young adults with CF pursue their dreams
WINTER 2016

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 2015-2016 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 2016-2017 scholarships. Forms are due back in late March and then the review process will begin. The awards will be announced in mid-April.

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, 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.

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Semester Update from 2015-2016 Scholarship Recipients

Dear Friend of CFSF:

I had a great spring semester and a busy summer but I am back at school already! This spring I began my term as President of my fraternity, which kept me busier than I expected. Even with the extra commitment, I put a big focus on improving my GPA in order to prepare for med school applications. It paid off too! After I finish my summer classes, my GPA will be back on track to hopefully attend IU medical school in 2017. My motivation this year has also helped my fraternity. We set the school fraternity GPA record this spring as well as raising the most money for charity. We collected over \$7,000 for the county Special Olympics! This school year will be another busy one, both with the fraternity and academically. I'm finally done with Organic Chemistry, but this year I'll get to tackle physics, genetics, biochemistry, and preparing to take the MCAT next May.



Thankfully, my health has remained in a very good stable state throughout my first two years of college. I don't see that changing this year, especially now that I have my own apartment! I'm really enjoying being independent and not having to worry about messy roommates like last year! Overall, things are great here. I really enjoy my time at school. My big focus now is just getting into med school and hope to become a doctor. Right now I am leaning towards cardiology, but we'll see what the future brings. I also think it would be extremely rewarding to work in pediatrics.

Thank you so much for your generosity in helping me obtain a college education! I'm looking at a lot of med school debt, so you are a big help in keeping my undergrad affordable! I owe a lot of these opportunities to you and I promise to pay it forward. Thank you so much again.

Sincerely, *Blake*



Dear Friend of CFSF:

Thank you so much for donating to the CFSF. Because of your generosity, I am able to continue my education at the University of Illinois Springfield to pursue my Bachelor of Business Administration.

Education has always been a top priority in my life, having already earned two associate's degrees, and will continue to be for many years to come. After earning my bachelor's degree, I plan to pursue my Master of Business Administration. I currently work as an administrative assistant at my community college. My experience working in higher education has been so positive and influential that I hope to become an administrator of a college or university after completing my college education.

Living with CF while working full-time and pursuing my degrees may try to pose a challenge at times, but I never let it get me down. Having a wonderful support system of family, friends, and colleagues gives me the confidence to never give up on my dreams. Now with your generosity, I will not have to worry as much about the financial aspect of attending college and have no doubt that I will achieve my goals.

I cannot thank you enough for donating to such an amazing foundation and giving me the opportunity to live my life to the fullest. I hope we stay in contact as I continue my education and give you updates along the way.

Sincerely, *Camille*



Dear Friends of CFSF:

My name is Ian. I am the recipient of the CF scholarship for which you donated. I wanted to give you a sincere thank you for your donation towards my college finances. As you know I was born with cystic fibrosis. However, you probably don't know that I am also the youngest and possibly the only patient at UCLA that has had a liver transplant, (1998), bilateral lung transplant, (2006), and a kidney transplant (2014), all at different times in my life. I experienced liver and lung failure due to my CF, but my kidney failure was caused from the immunosuppressive drugs which caused nephrotoxicity. Through all of these negative experiences, I have learned how precious life truly is. I appreciate the struggles which I have survived, and I want to turn those negatives into something positive.

Today I am feeling very well and healthy enough to take on medical school. I am working towards my goal of becoming a physician's assistant and working with kids that have CF. When I was growing up I had doctors that were trying to help me with treatment and they would tell that they could imagine what I'm going through, but I always knew that wasn't true. I want to work with kids on a professional and a personal level, so I can say I know what they're going through, and it is actually the truth. I want to give back to the world that can be so dark, and I plan on being the light to guide young people to what their futures can also hold.

In the fall of 2015, I will begin my work towards my bachelors of science in nursing. I'm really looking forward to showing people that it's possible to have a disease like CF, and still have a professional goal in mind. I don't want to collect disability for the rest of my life. I want to travel and see the world. I want to see and experience as much of the world as possible. I refuse to think about average life expectancy of a person living with CF, I count experiences on a daily basis. I wake up fresh as if I'm starting over every day. I start my day with a smile and appreciate the gifts that are keeping me alive. I constantly stay focused on what motivates me to continue to work towards my dream of living in San Clemente, California, and surfing every day. I want to show the world that I CAN live a normal life.

I truly feel amazing since my kidney transplant last November. My mom demonstrated what motherly love is, by not only giving me life in birth, but donating a kidney to me. My dad keeps me on track and is always giving me advice on how I can improve and achieve the goals that I strive for. I have the best family I could ever ask for, and I love them dearly. I have amazing people around me that constantly remind me that I can do whatever I strive for. Despite having CF, I am happy with my life and the direction that it's going.

With your donation, I will be able to continue my education towards my BSN, and I will be one step closer to helping others. I want to be the best physician's assistant, not only professionally, but on a personal level with the kids. Thank you, your donation is very much appreciated. I'm looking forward to giving you updated news as I progress towards graduation. All the best.

Ian

Dear Friends of CFSF:



This last semester at Colorado State University consisted of mainly education courses. These courses allow for further involvement in the classroom setting. I am thankful to be close to completing my Bachelor's degree, and immensely grateful to you and the CFSF for your support.

My third year at CSU involved being on IV antibiotics while attending classes for the first two weeks. I was hospitalized for a second time over Thanksgiving break, and this ended with an increase in my lung function to 83 percent. This last semester I also began taking Orkambi, which hopefully will show some improvement in my health as time goes on. Thankfully, my hospitalizations did not cause me to miss any class and I was able to stay caught up. One of my education classes consisted of learning techniques for how to teach science. This class was helpful, as it allowed me to learn different ways to engage students in learning and provide them with the skills needed for future success. My other education course consisted of assisting 9th grade Biology class. I also had the chance to teach several lessons to this class throughout the semester, adding to my teaching experience. The other course that I took during the fall 2015 semester was my Honor Thesis. This consisted of writing an in depth research paper throughout the semester. I chose to write my paper on the topic of Cystic Fibrosis with a focus on the effects of Orkambi. This was a great opportunity, as I was able to focus on a topic that is relevant and important to me.

I still work and volunteer at Crossroads Church, interacting with all different age levels of children. I continue to grow in my teaching abilities, and learn how to handle different situations that arise. I plan to continue to work here through the rest of my college experience.

I continue to learn every day at CSU, and I am prepared to keep going. My next semester will consist of student teaching at Wellington Middle School. I am thrilled to take this next step in my education. I know that it will be difficult and busy semester, but I am determined to learn all that I can from it.

I will graduate in Spring of 2016. After this I hope to get a teaching job in the Fort Collins area, and then to go on to get my Master's in education. I would like to thank you and CFSF once again, as you contributed to my success.

Sincerely, *Taylor*



Dear Friends of CFSF:

I hope that this letter finds you and your family doing well. The fall semester has ended at Columbia College Chicago, and I am happy to say I passed all of my courses with good grades. The next semester is eagerly awaited because it is my final round of courses before graduation. In May 2016, I will receive my bachelor's degree in Early Childhood Education. I have already begun my search for schools that offer graduate programs in my specialty field. In today's job market, success requires the right credentials; i.e., experience and degrees. Understanding this has given me the incentive to pursue a master's and a doctoral degree. At the same time, I realize that one cannot obtain the credentials required for success without financial support.

With regards to financial support, your donation to the CFSF has helped me to meet my college tuition costs. It is a gift that will enable me to benefit society over many generations, a gift which I will be ever grateful.

As we approach the holiday season, may your celebrations be filled with joy, may the new year bring you happiness, health, and prosperity.

Respectfully, *Camiah*