



***Cystic Fibrosis Scholarship Foundation***  
*Helping young adults with CF pursue their dreams*  
**WINTER 2018**

***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 2017-2018 school year, we provided 90 young adults with financial assistance, and although we at the Foundation are grateful for all 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. I wish each of you could experience the 200 letters that I am privileged to read each year.

We are currently in the process of sending out applications for the 2018-2019 scholarships. Forms are due back in late March and then the review process will begin. The awards will be announced in 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](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 2017-2018 Scholarship Recipients

Dear Friend of CFSF:

I am sending a little update about how the last month of my first semester is going. I am learning so much that it's hard to believe how much knowledge I have retained in just 10 weeks! A few major things that I am excited to have under my nursing belt are some medical procedures. I have learned, in a lab, how to administer all forms of medications, excluding intravenous medications which I will learn in the second semester. I have learned how to assess different kinds of wounds on patients, and this helped me tie in all of the information I have learned about skin integrity, blood circulation, and many types of pathologies affecting the skin. I have also learned how to administer an indwelling catheter, which is a difficult procedure involving two nurses. The hardest part about learning this procedure was making sure my equipment remained sterile, which was surprisingly very challenging.



I am really enjoying my lab course work because I'm applying everything I'm learning to individual patient scenarios. These scenarios help nursing students prepare for the real clinic environment, and as I approach second semester where I will begin my clinic hours, I become more excited to see how much of my skills will transfer to a real patient situation.

Another thing that I'm really enjoying in the program is my Foundation of Nursing course. In this course my professor gives the cohort clinical assignments. These assignments are individual patient scenarios that contain the specific health histories, vital signs, and reasons for visiting the Emergency Department. It is the cohort's task to figure out what to assess on each patient, what nursing interventions to apply, and what health outcomes would be expected. These assignments challenge the cohort to apply all of the information from lecture to a patient, and it has been amazing to see how much I already know from 10 weeks. I have learned enough to fully assess a patient's health status, what interventions to apply to make them better, and how to assess the results of those interventions. I am already thinking as a nurse!

I wanted to provide you with an update on what I'm learning because this has been the most learning intensive 10 weeks of my life, but it has been more than worth it. I know that I have said this before, but none of this would have been possible without the financial support from the CFSF. I truly appreciate your support and I hope you have a wonderful holiday season. Thank you, *Kailee*

Dear Friend of CFSF:

I would like to update you on my progress so far at OCC. I really like my sociology class the best as it opened my eyes to all the issues that I never took into account which helped me to be more open-minded and to look at the world through a softer and less judgmental lens. Classes this semester also helped me work on my communications skills and speaking in front of others. I also was able to get help with articulating my words and I'll be able to apply this to my career and life. Thank you so much for investing in my education at OCC. Thanks to your generosity and financial support I was able to get a 4.0 this semester and enroll into the honors program. I'm so excited about my future to continue my education at OCC and eventually enroll into a therapeutic massage school. This way I will be well-rounded and continue my passion to help people in all aspects of mind, body, and spirit. I believe that all things are connected therefore, in order to treat someone productively one would have to take into account the whole individual. Since many practices treat one of these aspects and not the other the person isn't able to make a full recovery or worst they mask the problem temporarily. I hope to help people find a permanent "solution" for their pain or illness by addressing the mind and body connection.

Thanks again, and have a wonderful holiday. *Shania*

Dear Friend of CFSF:

I just wanted to reach out again as I have now begun my journey through college. I am studying at Emmanuel College of Boston, MA., currently as an undeclared student. However, I am exploring my options here and am currently gaining a strong interest in Business Management. I currently take 4 classes one of which is an Intro Business class, and I certainly find that class quite intriguing. It is definitely a major I am strongly considering at this point in time.



Other classes I currently take are a writing class, Spanish and History of the American Musical. I must say the history class is another favorite of mine as I do love theater and the arts in general. Speaking of the arts, that is another aspect I am considering incorporating into a major somehow, although this may certainly be a challenge depending on what I choose. These classes are all going well, and I would certainly say I have learned quite a lot, even in only being here for two months so far! Each class contains different assignments, as well as different kinds of people and new information. It is certainly a change from high school, however, I can honestly say it is far better than my high school experience so far, which I think is great.

Outside of the classroom I have decided to join a few organizations on campus. One of which is EC Theater, which is my campus theater group. I am able to participate in similar ways to high school, but there are also far more opportunities as we are able to do more on a college campus. I have also joined 1804 Society, a group here on campus dedicated to living out the mission of the Sisters of Notre Dame. We participate in community service, leadership workshops, as well as assisting in on campus events. Other than that, I spend a lot of time in the library and exploring Boston, too.

I would personally like to thank you again, for your generous contributions to the Cystic Fibrosis Scholarship Foundation as well as to me personally. Your generosity is playing such an important role in my ability to continue my education, so thank you. *Alexi*

Dear Friends of CFSF:

It's hard to believe that one semester of school is almost over. I have had an exciting time at Colby-Sawyer College making friends and preparing for my career in nursing. I am maintaining an A average in all of my nursing classes and have a part time job after school as a caregiver to a young man with autism. I have kept my job in Vermont with an assisted living facility and work whenever I go home on breaks. This all helps me maintain my certification as a licensed nursing assistant.

I have adjusted to my new CF clinic at Dartmouth-Hitchcock Hospital. This was probably the biggest adjustment I had, coming from a pediatric unit into an adult clinic I am completely responsible for all areas of my healthcare. Both my college and CF team have worked with me and my care to ensure that both my health and college career are successful. There are not a lot of CF patients who go into nursing (I am the only one my clinic has seen) so I am quite proud that I may be blazing a trail for other CF patients who want to go into the healthcare field.

None of these accomplishments would have been possible without the kindness and generosity of people like you who have donated to the scholarship fund. I am grateful to have received this gift to help in my college career.

Thank you, *Emily*

Dear Friend of CFSF:

Thank you very much for your support of CFSF. My name is Justin, and I am the student you have sponsored with a three-year CFSF scholarship. I am so grateful for your generosity, which will help me meet my educational goals.

I am a sophomore at the University of Wisconsin-Green Bay. I plan to major in business with an emphasis in marketing, with a possible minor in entrepreneurship, communications, or psychology. This semester, I took an online course in public speaking, which required me to upload my speeches on YouTube - very scary! I also took a micro economics class, an intro to communications class, an environmental society course and a psychology course. On top of all that, I am on a vice-chancellor committee about student involvement on campus, and how we can make it better for incoming students, alumni, and current students looking to enjoy their college experience. I recently served as host to a group of 5<sup>th</sup> graders from a lower-income school district with the goal to get the kids excited about going to college.

I am playing two intramural sports, basketball and sand volleyball. My primary is and always has been basketball, where I am proud to be one of the top players in the intramural league. I am averaging 14 points per game, 6 rebounds, and 4 assists so far, this year. I work out most days, either at our on-campus rec center, or with free weights I have in my dorm room. Here on campus, we have a special meal option for an all-you-can eat meal plan, which is fantastic for getting those much-needed cystic fibrosis calories.

The biggest pro of living in college with CF is not having a roommate, so I have extra room for my stuff (including a huge stash of medications!), and I am able to have a more flexible schedule because of how much of my life revolves around caring for my health. I don't have to worry about waking up a roommate when I have to do treatments, or being kept up by a roommate when I am sick and need extra rest. Some cons of my life right now are having to get exemptions on some assignments, because CF sometimes gets in the way of deadlines, as well as having to check in with the disability services every time I need some kind of change done with my campus life, so it can be accommodated properly. I take a lot of pride in how relatively healthy I am, and how hard I work to stay healthy. I try to be an inspiration for others less fortunate than I am, and motivate them to continue to work hard to improve their health, and show them that success despite CF is attainable.

Finally, I want to thank you for your support because any money that I can put directly toward my education, and not have to worry about using it to pay for medicine or healthcare, is money that is improving my chance at success in the world in my future, and that will allow me to chase and reach my dreams. Thank you! *Justin*

Dear Friend of CFSF:

Thank you very much for the scholarship and assistance you have given me in attending the University of Virginia. I originally entered college as a Computer Engineering major but just this semester I have decided to pursue a degree in Computer Science instead. It turns out I enjoy programming computers rather than designing/building computers. I am still in the Engineering Department, but my coursework has changed, and I am extremely excited about this change in major. I am particularly interested in cybersecurity and have considered working for the government or military upon graduation from college. The CFSF scholarship has truly helped "lighten the load" for me and made it easier to attend. College is very expensive, and every little bit helps in easing the financial burden for myself and for my family.

Thanks again for your generosity. *Robert*