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Make-A-Wish North Dakota

Make-A-Wish® grants the wish of a child diagnosed with a critical illness in the United States and its territories. They believe that a wish experience can help strengthen & empower, as well as change the lives of the kids they serve for the better. These experiences can have a positive effect on both the physical & emotional health of a wish child.

There are four steps to granting a wish. Each step builds on the next and creates amazing experiences that delight wish kids and their families.

Step 1: Referral

Make-A-Wish relies on medical professionals, parents and children themselves for referrals. Children who have reached the age of 2½ and are under the age of 18 at the time of referral – and have not received a wish from another wish-granting organization – may be eligible for a wish.

Step 2: Medical Eligibility

Make-A-Wish determines a child's medical eligibility with the help of the treating physician. To receive a wish, the child must be diagnosed with a critical illness (i.e., a progressive, degenerative or malignant condition that has placed the child's life in jeopardy). This includes cystic fibrosis.

Step 3: The Wish

Make-A-Wish sends one of their wish teams to learn the child's one true wish. These volunteers connect with wish children and work with them to help them envision their wish.

Step 4: Creating Joy

Make-A-Wish's wish granters create an unforgettable experience driven by the child's creativity. They strive to personalize each wish and to make it match the wish kid's idea of a perfect day.

To learn more about referring a child who lives in North Dakota, a Referral Inquiry Form can be used which can be found at northdakota.wish.org/refer-a-child or call **800-362-9474**

If you are not eligible to refer a child, please ask the child's family to visit the Make-A-Wish North Dakota website.

Winter Time Wellness

It's that time of the year again when the skies are gloomy and the temperatures are cold! With shorter days and colder weather, finding the motivation to stay healthy and fit can be difficult. Start the New Year by making your health a priority. Here are some tips to help you fight those winter blues.

- Wash your hands
- Get your flu shot
- Eat well balanced meals – include foods from all food groups (breads, fruits, vegetables, dairy & protein)
- Get adequate sleep
- Stay hydrated
- Take your medications and do your treatments
- Exercise – Even when it gets below freezing, there are things you can do to stay physically active!
 - Join a gym or fitness group, or exercise in your living room
 - Play with your kids outside (sledding, snowball fights, make snow angels, ice skate, build a snowman)
 - Cross country ski
 - Walk (make sure to bundle up & wear layers!)
 - Do yoga
 - Goal is to get at least 30 minutes of physical activity a day, 5 days a week
- Prevent injuries – Winter weather conditions can increase your risk of injury
 - Make sure your driveway is cleaned and use salt if needed to get rid of ice to prevent slips
 - Drive safely
 - Go slow
 - Inspect tires
 - Have lights turned on
 - Keep an eye on weather & road reports
 - Keep a winter emergency kit in car that includes a blanket, water, food, batteries, & flashlight
- Don't forget to pay attention to your mental health! Try spending time with friends, plan a vacation to somewhere warm, or join a support group

Get to Know Your Cystic Fibrosis Team!

Team Member: Christina Bond, LCSW:

I am a Licensed Master Level Social Worker. I enjoy photography, spending time with my fiancé and children. I started working in the CF Clinic in September 2019. I love working with people and helping them see the joy in this beautiful thing we call life!

1. What is your TV show? Dancing with the Stars
2. What fad or trend do you wish would come back? Children playing outside until the street lights came on.
3. What's the best book you've ever read? Six Hours One Friday by Max Lucado

Important Dates:

Cystic Fibrosis Clinic Dates
 January 21, 2020
 February 18, 2020
 March 17, 2020
 April 21, 2020

Patient Advocacy Council Dates TBA
 Great Strides: June 6th, 2020 Bismarck, ND
 More information available at
<https://www.cff.org/Minnesota>

Your CF Team Members:

Dr. Monica Paulo
 Dr. Carla Zacher
 Dr. Parveen Wahab
 Deb Fueller FNPC
 Heidi Shannon FNPC
 Deb McPherson PharmD
 Stephanie Friedt RRT.RPFT
 Carrie Thom, RN
 Samantha Risan, LRD
 Christina Bond, LCSW

34th North American Cystic Fibrosis Conference
 October 22nd- 24th, 2020 in Phoenix, AZ
 More information is available at <https://www.nacfconference.org/Home/>