

October 2020

Volume 2 Issue 4

Fitness & CF

Inside This Issue

- | | |
|---|----------------------|
| 1 | Fitness & CF |
| 1 | Great Strides Update |
| 1 | CF Advocacy Update |
| 2 | CFF: Compass |
| 2 | H&L CF Team |
| 2 | Important Dates |

There are many benefits of exercising regularly. In addition to helping you feel better, it can also aid in reducing the risk of disease and disability.

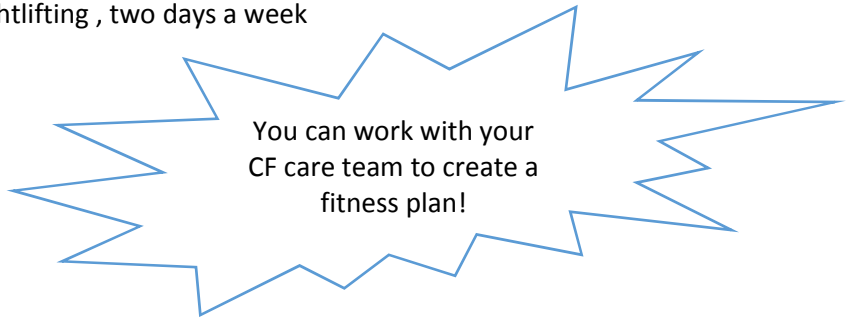
- **Better overall health:** Our bodies were made to be active. When we become inactive, we put ourselves at increased risk for heart and bone disease, diabetes, and cancer.
- **More energy:** When you improve your heart, lung, and muscle function, you have more energy for daily tasks, as well as daily CF treatments.
- **Better lung function:** Regular exercise can improve your ability to get mucus out of your airways.
- **More time with others:** Taking part in physical activities with other people is a good way to motivate yourself and a great way to maintain social relationships.

Federal guidelines encourage:

- **Adults:** get at least 150 minutes of moderately intense physical activity each week
- **Children:** get at least 60 minutes of moderate to vigorous physical activity every day
- Doing resistance exercises, like weightlifting, two days a week

Activities can include:

- Walking
- Jogging
- Taking the stairs
- Dancing



You can work with your
CF care team to create a
fitness plan!

Great Strides 2020

The Bismarck Great Strides 2 mile walk & 5k run was virtual-only this year due to the COVID-19 pandemic. We hope to be able to participate in this event in-person next year. It is a great way to not only help raise money for CF research to help find a cure, but also to connect with people in the CF community. Please stay tuned for updates on future events.

CF Advocacy Group Update

The CF Advocacy Group has met a couple times since launching in July. This group was created as a way to help make sure our CF program is meeting the needs, goals, and values of our patients and families. It is designed to support creative approaches for patient and family involvement, communication, and choices throughout the hospital/clinic experience. This is a place where you can share your ideas that can help us, as healthcare providers, better serve our clients & community. Topics discussed have included: Coping with changes & stress during the COVID-19 pandemic and mental health. Please see the "Important Dates" section on the next page for future CF Advocacy Group meeting dates. If you wish to participate, please contact Christina, LMSW at clbond@primecare.org.

Cystic Fibrosis Foundation (CFF): Compass

Compass is the Cystic Fibrosis Foundation's personalized patient assistance service that provides support to anyone with cystic fibrosis, their family, and their care teams, who are dealing with challenges related to CF. *Compass* offers help with insurance, financial, legal, and other issues.

What Compass Does

Compass's provides free and expert guidance on challenges such as:

- Troubleshooting issues and researching options to help with the challenges people are facing related to life with CF
- Connecting people with CF to resources offered by community organizations, local and state governments, foundations, or other groups
- Conducting a benefits assessment and providing a side-by-side comparison of insurance plan options during open enrollment or special enrollment periods
- Connecting with people with CF and their insurance provider to help them understand their insurance options
- Connecting people with CF with other resources within the Foundation such as clinical trial finder, virtual events, and peer mentoring to help them get the support they need. To find out how *Compass* can help you, call **844-COMPASS** (844-266-7277), Monday through Friday, 9 a.m. until 7 p.m. ET or email them at compass@cff.org.

Get to Know Your Cystic Fibrosis Team!

Team Member: Deb McPherson, PharmD:

I am a Pharmacist specializing in Pediatric and Neonatal practice. I am originally from Nebraska where I attended Pharmacy school. My Residency was in Kentucky which is where I became involved with CF care. I have been a member of the CF Clinic since 1988.

1. If you had to describe yourself as an animal, which one would it be? If I were an animal, I think I would be an owl. I like to observe, process, and then make a decision. I tend to be focused and work for results. It would also be great to be able to fly!
2. What is your favorite family holiday tradition? My favorite holiday tradition is the family gathering aspect of any holiday. I moved away from family so anytime we can all be together is wonderful! As my own children have moved away and our family has grown, I treasure even more the times we have together.
3. If you could join any past or current music group, which would you want to join? If I could join a band it would be either Fleetwood Mac or Elton John, huge fan of both! I really like music that has a melody and lyrics that tell a story. Both bands have a history and have had a huge evolution in their music.

Important Dates:

Cystic Fibrosis Clinic Dates:

October 15, 2020
November 19, 2020
December 17, 2020
January 21, 2021

Patient Advocacy Group Dates:

November 12th, 2020
January 14th, 2021

Your CF Team Members:

Dr. Monica Paulo
Dr. Jane Grorud
Dr. Parveen Wahab
Deb Fueller FNPC
Heidi Shannon FNPC
Deb McPherson PharmD
Stephanie Friedt RRT.RPFT
Carrie Thom, RN
Samantha Risan RDN, LRD
Christina Bond, LMSW

34th North American Cystic Fibrosis Conference

October 21st-23rd, 2020: **This is now going to be held as a virtual-only event this year.**
More information is available at <https://www.nacconference.org/Home/>