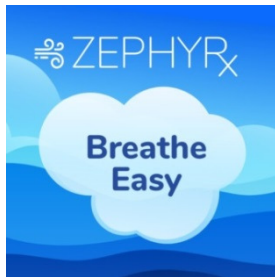


May 2021

Volume 3 Issue 2

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## Home Spirometry

The COVID-19 pandemic has changed how healthcare is delivered to patients across the world. Many clinics, including CHI St. Alexius Heart & Lung clinic, are offering ways to provide necessary care in the safest way possible by using telehealth services (Zoom) and at-home testing. One of these tests which can be performed at home is Spirometry, or a measurement of air intake & forceful air output to determine lung health.

- The Cystic Fibrosis Foundation (CFF) has made it possible for CF patients to perform spirometry tests at home at no cost to the CF patient (cost is covered by the CFF)
- This allows providers to compare at-home results to in-clinic results & closely monitor CF patient's lung health
- Coaching for at-home spirometry tests is available by using the Breathe Easy App provided by ZEPHYRx. Our respiratory therapist Steph is also available to offer coaching
- Results can be sent to Deb Fueller, which then can be incorporated into your medical chart

If you wish to use video-telephone & online chat services (Zoom) for your next clinic visit or are interested in home spirometry, please let your health care provider at CHI St. Alexius Heart & Lung clinic know.

## COVID-19 Update: Vaccines

### What vaccines have been authorized for COVID-19?

- Three vaccines have received U.S. Food and Drug Administration (FDA) emergency use authorization:
  - A vaccine from Pfizer-BioNTech, authorized on Dec. 11, 2020
  - A vaccine from Moderna, authorized on Dec. 18, 2020
  - A vaccine from Janssen, a subsidiary of Johnson & Johnson (J&J), authorized on Feb. 27, 2021. The CDC and the FDA recommend resuming the use of this vaccine in the United States after a temporary pause.

### How much will a vaccine cost?

- Most people will be able to get a vaccine without paying out of pocket, including those who do not have health insurance. However, in certain circumstances, you may be charged by your doctor or health care provider for giving you the shots (the cost of the vaccine itself is covered by the U.S. government). If you have questions about whether getting a COVID-19 vaccine is covered by your health insurance or about cost-sharing, call *Compass* at 844-COMPASS (844-266-7277).

### Where can I get a vaccine?

- To sign up for a vaccine through CHI St. Alexius, call 701-530-6776
- You can also sign up through your local county health unit, pharmacies, or clinics

## Recipe Corner

### Chicken Stir Fry

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes | Servings: 4

#### Ingredients

1 lb boneless, skinless chicken breast cut into 1" cubes  
Salt and pepper to taste  
2 tbsp olive oil  
2 c broccoli florets  
1/2 yellow bell pepper cut into 1" pieces  
1/2 red bell pepper cut into 1" pieces  
1/2 cup baby carrots sliced  
2 tsp minced ginger  
2 garlic cloves minced

#### Stir Fry Sauce

1 tbsp corn starch  
2 tbsp cold water  
1/4 c low sodium chicken broth  
3 tbsp soy sauce  
1/4 c honey  
1 tbsp toasted sesame oil  
1/2 tsp crushed red pepper flakes

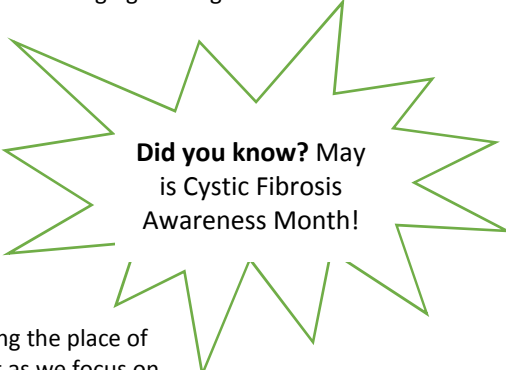
### Nutritional Information

Calories 345 kcal  
Carbohydrates 30 g  
Protein 26 g  
Fat 13 g  
Sodium 820 mg

#### Instructions

##### Stir Fry Sauce

- In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.
- Add one tablespoon of olive oil to a large skillet or wok and heat over medium high heat.
- Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet.
- Reduce heat to medium and add remaining tablespoon of oil to the skillet.
- Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
- Add chicken back into the skillet and stir to combine.
- Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.
- Bring to a boil, stirring occasionally, and let boil for one minute.
- Serve with rice and/or chow mein if desired.



**Did you know?** May is Cystic Fibrosis Awareness Month!

## Great Strides Update

This May, one of the first-ever Great Rides drive-in events will be held in Fargo, ND. This is taking the place of the Great Strides walk this year. We can't wait to safely gather together in-person at this event as we focus on celebrating and recognizing our incredible CF community – that's all of YOU! Save the date!

**When: Saturday, May 22:** Fargo, North Dakota  
Register for the event at [cff.org](https://www.cff.org)

## Important Dates:

#### Cystic Fibrosis Clinic Dates

May 20<sup>th</sup>, 2021  
June 17<sup>th</sup>, 2021  
July 15<sup>th</sup>, 2021  
August 19<sup>th</sup>, 2021  
September 16<sup>th</sup>, 2021

#### Patient Advocacy Group Dates

May 13<sup>th</sup>, 2021  
July 15<sup>th</sup>, 2021  
September 9<sup>th</sup>, 2021  
November 11<sup>th</sup>, 2021  
January 13<sup>th</sup>, 2022

#### 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  
Kim Chumley RN  
Amber Burck, LPN  
Samantha Snow, RDN, LRD  
Christina Bond, LMSW

35<sup>th</sup> North American Cystic Fibrosis Conference  
September 30<sup>th</sup> – October 2<sup>nd</sup>, 2021 in San Antonio, TX  
More information is available at <https://www.nacfconference.org/Home/>