

 *Happy Holidays* 

***From Your Atrium Health CF Care Team & CF Family Advisory Board***

As 2019 comes to a close, we wanted to take a moment and thank you for being a part of our Atrium Health CF Care Center, and for being an active family in our local CF community. We understand that managing CF can be difficult at times. Your Family Advisory Board (FAB) exists to provide feedback and partner with the Atrium Health Cystic Fibrosis Program to improve patients' and families' experiences and care during office visits and at the hospital. The FAB is committed to enhancing medical care and quality of life for children and adults with Cystic Fibrosis and their families.

**Take a moment and read some of the highlights from 2019!**

## 2019 Highlights

- ✓ *Officially recognized this Spring as a CFF accredited Care Center.*
- ✓ *Hosted three CF Education events (May, July & Nov) featuring various topics for parents & caregivers, plus vendors, panel discussion, and medical updates from our Care Team.*
- ✓ *Published three Seasonal CF Newsletters to educate families on happenings at our Care Center.*
  - ✓ *Collaborated with Care Team to implement CF Rise program for older children & teens to help them manage CF & ease transition.*
  - ✓ *Established CF Food Pantry in clinic, offering non-perishable food to CF families.*
  - ✓ *Collaborated with Atrium Health Lab to ease process of blood draws during clinic.*
    - ✓ *Sent FAB member and CF parent, Kristy, to NACFC in Nashville, TN.*
    - ✓ *Welcomed several new members to our multi-disciplinary care team: Kendra Blevins (Nurse Navigator), Dr. Held (Psychologist), & Dr. Jose (GI).*
    - ✓ *Expanded our platforms for communicating with families to include: flyers, newsletters, website, blog, facebook, twitter, and instagram.*

Register Now for Our Next CF Education Night  
**WEDNESDAY, FEBRUARY 26**  
**6:30-8:00pm**

Gorelick Auditorium • Levine Children's Hospital



FEATURED TOPIC:

# CF & Mental Health

Several presenters will share on different aspects and perspectives of Mental Health, including an adult CF patient, a parent of a child with CF, and our new in-house CF Psychologist, Dr. Held. The evening will wrap up with Q&A and breakout sessions.

PLEASE RSVP:

Let us know if you are planning to attend in person or attend virtually.  
[charlotteCFfamilies.org/education-nights](http://charlotteCFfamilies.org/education-nights)

## FOOD PANTRY

### Have you heard about our CF food pantry?

The Atrium CF Care Team has started a food pantry for CF families. Be sure to ask Beth (social worker) or Jennifer (dietician) for information at your next clinic visit, or email [charlotteCFfamilies@gmail.com](mailto:charlotteCFfamilies@gmail.com) for assistance.

### Who can use the food pantry?

The Food Pantry is open to **any** CF families who express the need. Items in stock may vary from week-to-week based on what has been donated.

### Want to contribute to the food pantry?

We are collecting donations from the community, as well as families who want to contribute. If you'd like to contribute financially and have the care team shop for pantry items, contact us for info on making this tax-deductible donation.



## GIVE BACK

### Pediatric Pulmonary Care Fund

The Pediatric Pulmonary Care Fund serving Levine Children's Hospital helps support our pediatric pulmonologists, staff, patients and families with access to the latest in treatments, therapies and procedures—all with the goal of improving children's respiratory conditions and quality of life.

If you or someone you know would like to give back to our CF Physicians and Care Team through this fund, you may make a tax-deductible donation online.

[fundraise.atriumhealthfoundation.org/LevineChildrens](http://fundraise.atriumhealthfoundation.org/LevineChildrens)

\*Please select "LCH Pulmonary Care Fund" from the drop down menu.





### ***About the Artist***

Katelyn is 10 years old, and was diagnosed with Cystic Fibrosis at birth. Her older brother also has CF. Katelyn loves art, animals, Minecraft, reading, and hanging out with her family. When she grows up, she wants to be a veterinarian.



# Happy Holidays

**CHARLOTTE CF FAMILIES**  
EDUCATING AND EMPOWERING FAMILIES LIVING WITH CYSTIC FIBROSIS

For more information on the Charlotte FAB:

Visit Our Website: [charlotteCFfamilies.org](http://charlotteCFfamilies.org)

Send Us An Email: [charlotteCFfamilies@gmail.com](mailto:charlotteCFfamilies@gmail.com)

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