

# Retirees Club #96

Supports CAROLINE

Name through benefits & donations

Dear Sweet Caroline Supporters,

September 5, 2010

I can't thank you enough for your donations to our Cystic Fibrosis Great Strides team. I would also like to thank those of you who came to the walk in May or sent me letters. I love to read what you think and appreciate your very kind and uplifting comments. It makes me feel so happy that people like you want to put an end to this disease just as badly as I do. Every donation brings us closer to our goal of finding a cure for Cystic Fibrosis. Each year we have gotten a bit closer to a cure, and I now truly believe we are on the verge of making major breakthroughs.

Although I have CF, it doesn't restrict me from doing the things I like to do. For example, I like to bike, walk my dog Noica, play soccer, ski, ice skate, and hang out with my friends. Yet my life will be much simpler when scientists and doctors find a cure. I have always had to take more than twenty pills a day, inhale numerous medicines, and do my vest treatments. But now I also have to do something called huffing that helps with my airway clearance and take high doses of ibuprofen to reduce inflammation in my lungs. These latest additions to my list of things I must do to keep myself healthy are a hassle, but I do them without question. That way I won't find myself in the hospital with my lungs in poor condition. Strangely, some people with CF don't take their pills or do their treatments as they should, and end up fighting for their lives! I refuse to end up that way if I can help it.

Ever since I was born, my family has participated in the Cystic Fibrosis Foundation's fundraiser called Great Strides. For several years when I was young we also held a 5K road-race to raise money for the Foundation. When I look back at all these events, I remember with gratitude the people that gave, volunteered to help or came to show their support. Some of you have been there from the very beginning. A few of you were supporting the CF Foundation before I was even born because it is such a good cause. I am very pleased to know that I have so many friends with such generous hearts, rallying behind me, who are just as eager for a cure as I am. I hope that sometime soon we won't have to keep fund raising and can instead use our efforts to plan a party in celebration of finding the cure. As a supporter, you will definitely be invited to that party! Until that time I would like to offer you a picture and my sincere thanks.

*Caroline Castonguay*  
Caroline Castonguay

