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The Cystic Fibrosis Foundation

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The Cystic Fibrosis Foundation



Social Problem/Issue Research

Cystic Fibrosis

Cystic Fibrosis, which is a common lung disease that produces thick mucus in the lungs which often leads to respiratory infections and limits one's breathing, continues to affect many children, parents, and families of these patients that have a strikingly low life expectancy (Antoniou, 2016).



According to the Cystic Fibrosis Foundation Patient registry, the official registry for the biggest CF organization, there are more than 70,000 people worldwide that are currently living with Cystic Fibrosis. Nearly half are living in the United States and is most common in the white male population. The same registry provided that there are approximately 1,000 new cases of CF diagnosed every year. On top of that, three out of four patients are diagnosed by the age of two..

Social Issue

According to J Stuart Elborn (2016), a medical professor from Queen's University Belfast, youth that grow up with this disease "have shown a high prevalence of depression and anxiety in patients with cystic fibrosis and parent caregivers." It greatly affects a person when they are feel like it is a burden to take care of themselves. Many affected by psychological distress allows this negativity to affect their adherence to their treatment and experience more frequent exacerbations, which leads to a poor quality of outlook on life.



Service Site Approach to Issue

Stephanie and Kathe work to engage the community through social activities, big fundraising events, donation drives, and trip giveaways for the community. They run a very open office, where they constantly receive visits directly from CF patients and their families. The CFF runs huge events each semester, this semester focused on three big events: their September dinner, "65 Roses Fiesta", and "CF Climb". In September, they had a dinner for the community at Claim Jumper. In October, they hosted an event called "65 Roses Fiesta", a huge themed gala that aimed to raise money for CF research. In December, they are hosting an event called "CF Climb", a race that calls for participants to run through the 60+ staircases of the Sam Boyd Stadium. This event also contributes to CF research; CF research being the biggest component of their mission.



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By Ben Brikman Service Learning Experience

Service to Community



- The first month primarily consisted of creating décor for the annual CF gala.
- The second month primarily consisted of creating a spreadsheet of potential CF climbers and running a tele-marketing with those potential clients.
- The last month has consisted of preparation for the Nevada CF Climb event happening on December 2, 2017. This is the last big event happening for 2017.

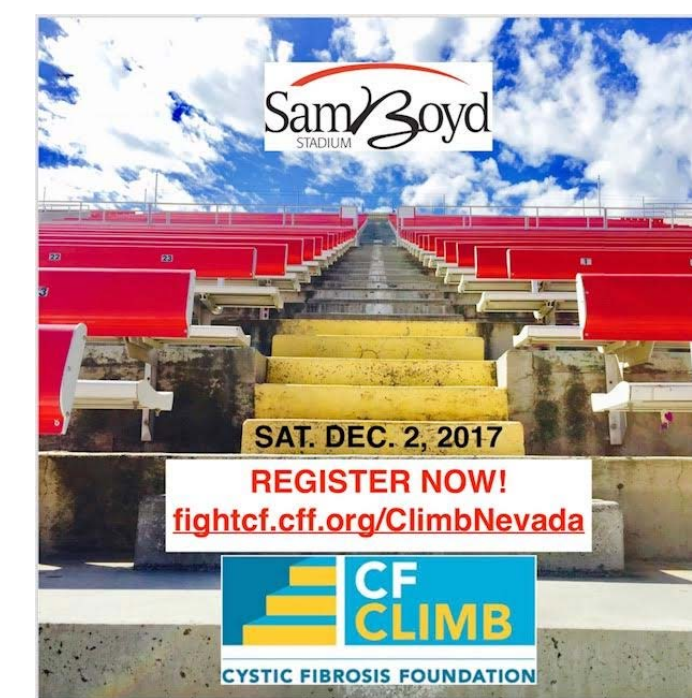
Pros

- **Met great people-** the two staff I worked with, Kathe and Stephanie, are such pleasant people to work with. They truly made me feel at home.
- **Great Cause-** After much research and now volunteer experience with the CFF, it is apparent to me that this is an important cause that needs attention.
- **Close to home-** the office where I did a majority of my volunteering was only a few minute drive from my house. Very convenient!

Cons

- **Variation of location-** I enjoyed the work I did but volunteering at an office got bland. I was itching to get out and participate in hands-on events.
- **Lack of hands on events-** I was only able to help out for one hands-on event for the semester. I missed a majority of the events upon starting the Service Learning project.

Semester Reflection



My experience at the Henderson CFF office was unexpectedly eventful. I initially thought that office work would be very repetitive, boring and meaningless. I could not have been more wrong. In my time at the CFF office I made decorations for their events, I did a tele-marketing campaign for an upcoming event and I am also preparing and volunteering for their last big event of the year, the Nevada CF Climb.

Expectations

I expected to undergo tedious office tasks while not truly gaining much from the community service. Knowing that it was going to be office work that I was going to be enduring, I did not foresee any type of extravagant experience to blossom. Upon entering the later months after getting acclimated at the CFF and taking on more important tasks, my service felt much more redeeming. I feel like I couldn't have received this same experience at any other site. This is a site I will stay in close contact with.

Difference Making and Future

Differences in My Own Views

Volunteering at the CFF office this semester has made a difference in the way I view certain things. Firstly, it has altered my view of service learning, showing that office work could be just as important as on-site events. This is true because the office workers are part of the reason for the bigger turnouts at the CF events. Secondly, Cystic Fibrosis became even more close to my heart after seeing how the community interacts with the CFF. Everyone in the community that has visited the office has a sweet and caring personality and truly care about this organization. Thirdly, the volunteer work I have done has opened my eyes to possibly working for a non-profit organization for a future career. Prior to this semester I did not have the proper exposure. Now after volunteering with CFF, I understand that there are great benefits and great people that work for non-profits. Lastly, my overall perspective of the world has changed in the way that I am more open minded and has given me a better respect for the people that walk this world.

Differences I Made for the Site

I believe the last half of my service, which was used to promote CFF's upcoming event, has made a difference for the site I'm working with. I have alleviated certain tasks that merely two workers must take on year-round. Having a third mind in the building has also created the tele-marketing campaign that I mentioned above. I created my own tasks and made my own goals for the CFF. The two ladies that I have been working with have expressed their gratitude multiple times and makes me feel appreciated.

Personal Learning

What I learned from volunteering in an office this semester is that there is not one most meaningful type of service. Service comes in many forms and they all are greatly appreciated as well as needed. I used to think of community service as only service that directly occurs with the community, but the background/ set up for the service is a huge part as well. Events help the community directly while office help aides the ones who are making this all happen. Both are extremely important to any non-profit.

Future Change, Effort, and Outcomes

I plan to continue working with the CFF and helping them out at their big events. The CFF has had the biggest impact on my life as a non-profit organization and will always have a special place in my heart. Not only will I continue to volunteer but I will advocate for this organization. I will spread awareness of a disease that should be brought to national attention.