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The Cystic Fibrosis Foundation

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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 those patients that have a severely 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 D. 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 parents caregivers.” It greatly affects a person when they are feeling their disease is a burden to take care of themselves. Many affected by psychological distress allows this necessity to affect their adherence to their treatment and experienced more frequent exacerbations, which leads to a poor quality of outlook on life.

Service Site Approach to Issue

Stephanie and Kathy work to engage the community through social activities, big fundraising events, donation drives, and trips for awareness 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 annual CF gala, “65 roses Fiesta”, and “CF Climb.” In October, they hosted an event called “CF Fiesta,” a huge themed gala that aimed to raise money for CF Jumper. In December, they are hosting an event called “CF Fiesta,” a huge themed gala that aimed to raise money for CF Jumper. In October, they hosted an event called “65 Roses

Service to Community

By Ben Brikmann

Semester Reflection

Pros

- Met great people-the two staff I worked with, Kate 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 my 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.

• 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.

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.

Differences I Made for the Site

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 many 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.

Differences in My Own Views

Now after volunteering with CFF, I understand that there are great benefits and great people that work 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-profit. Lastly, my overall perspective of the world has changed in the way that I am more open minded and have a greater respect for the people that work this world.

References


Differences and Future

Volunteering at the CFF office this semester has made a difference in the way I view certain things. Firstly, it has allowed me to see another side of the CFF, where work could be just as important as on-site events. Secondly, Cystic Fibrosis became even more close to my heart after seeing how the community interacts with the CFF. Finally, I am now more aware of the CFF mission and all the good they are doing in regards to CF research. 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.

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.

Expectations

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.

Future Change, Effort, and Outcomes

