



SPRING IS FINALLY HERE!

As the rains subside and the sun brightens, we look forward to days filled with family and friends and outdoor fun! But winter has been good to The Rose Foundation- bringing us together to raise over \$24,700 to support research for a cure and other services for those with CF! [Want to double your donations?](#) Please check out your employer's CHARITABLE MATCHING PROGRAM! Email me at caullinda@hotmail.com and I will send you a receipt so you can turn it in to your company to be matched! THANK YOU for taking the time to double your donation!!

Congrats to our vacation raffle winner Nancy Becker! Thanks to all who took a chance! Many thanks to all of our amazing sponsors: McKElvey Homes, Foundation Care, Powerhaus Realty- John, Jim & Pat Rocchio, Ambassador Floor Company, Finch Plumbing Co., Paramount Bank, Vertex, State Farm-Dan Drissell and Wilke Window & Door, Inc. and to our special donors, including Beck Allen Cabinetry, Great Central Lumber, River City Drywall & Painting, Inc., Wholesale Building Materials, The Sound Room, Chic Lumber, Civil Life Brewing Co., The Blue Owl Restaurant & Bakery and so many more. We also deeply appreciate our trivia players, volunteers and all supporters of The Rose Foundation! You made our Run for Roses Trivia Night / Silent Auction a huge success!

Check out the excitement in this issue:

* *Run for Roses Paints It Forward*, Thursday, July 11

* Gentle Yoga for Well-Being: 6-week series for parents of children with CF or Cancer, July 9 - August 13, Led by Colleen Caul

* And lots MORE!

We will not stop until CF stands for Cure Found.



Paint ~ Sip ~ Have Fun



Let's Do It Again!

Run for Roses **Paints It Forward**

Thursday, July 11th ~ 7 to 9 p.m.

Arrive at 6:40 to pick your spot
have some food and wine
and prepare for a GREAT night of FUN

\$40 includes the following:

Wine, beer, food, fun and all painting supplies

Pinot's Palette ~ 20 Allen Ave.. Suite 150 ~ Webster Groves 63119

Limited Space... Reserve your spot TODAY!

TO REGISTER ~ make checks payable to

THE ROSE FOUNDATION ~ 2702 Bloomfield Dr. ~ St. Louis MO, 63129

For more information:

Contact Linda Caul ~ 314-952-7944

All proceeds go directly to the Cystic Fibrosis Foundation



Call Linda at 314-952-7944 for reservations today!

Paint a lot? Love the event but don't know what to do with all of your paintings? No worries ... Paint It Forward and you can donate any of your paintings to us and we will take them to a nursing home so that our dear older ladies and gentlemen can enjoy them hanging in their rooms!



GENTLE YOGA for WELL-BEING Six-Week Series

for Parents of Children with CF or Cancer

TUESDAYS, 7PM-8:30PM

JULY 9 - AUGUST 13, 2019



Led by **Colleen Caul**

Founder, InspireMovement, LLC

200 HR Registered Yoga Teacher

Specialization in Trauma-Informed Yoga:

13 Hours of Training - Zabie Yamasaki

20 Hours of Training - Center for Trauma and Embodiment

14 Hours of Training - Prison Yoga Project

AFAA, NASM CPT

Hosted at
**7602 BIG BEND BLVD.
St. Louis, MO 63119**



Colleen strives to create a supportive & inclusive environment for all participants to safely practice yoga in the manner that will most nourish their minds, bodies, & spirits through empowering language, invitation of choices, and no physical assists. She weaves themes, storytelling & affirmations throughout the movement & breath practice. Through the healing power of gentle & restorative movement, Colleen hopes to empower individuals to tune into their breath, reclaim choice, (the first thing that trauma strips away), & discover what expression strengthens & supports them in any particular moment. This series will also utilize meditation, journaling & art to support participants in tuning inward & deepening their connection to self. No previous yoga experience necessary. Please note: This is not yoga therapy.

To reserve your space in this closed group (Limited to 14 participants):

*email Colleen & *send Venmo payment of \$150 (per person) to Colleen-Caul-InspireMovement OR

*mail \$150 check, payable to InspireMovement, LLC, to Empowered Spaces

Limited need based scholarships available; Contact Kelly at kkeaul@yahoo.com

Empowered Spaces is located on the ground floor. There is a 10 car parking lot adjacent to the studio & additional free parking on neighborhood streets.
Restroom is wheelchair accessible & ramp accessible in the main building. Empowered Spaces strives to be accessible & inclusive of all abilities.

Questions? Contact Colleen: 314.952.0187; inspiremovementllc@gmail.com

As a 200 Hour Registered Yoga Teacher with a Specialty in Trauma-Informed Yoga, Colleen is excited to offer a Gentle Yoga for Well-Being 6-week series for parents of children with cystic fibrosis or cancer. It will run at Empowered Spaces, the wellness studio her sister

Kelly opened last summer, on Tuesdays from 7 pm-8:30 pm from July 9-August 13. For more information, click [here](#).

Join Team Run for Roses

Make a \$20 donation to our
Team [Run for Roses Great Strides page](#)
and get a team shirt while supplies
last!

Every dollar you are able to GIVE
counts!

Your DOLLARS help someone
BREATHE easier and
LIVE a healthier LIFE!

PLEASE JOIN US ... JUST
TAKE A DEEP BREATH and click
[HERE](#) to help a CFer BE ABLE TO
TAKE THAT DEEP BREATH TOO!



1860's Saloon
Addi Lu's
Andy's Frozen Custard
Anheuser-Busch
Bartolino's South
Bastard Brothers Brewery ;
Beck Allen Cabinetry
Bill Gianino's
The Blue Owl Restaurant & Bakery
Brighton Collectibles
The Bug Store
Cafe Telegraph
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Mitchell James Salon
Moolah Theatre & Lounge
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Oakville Butcher Block
Olive Garden
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Panera Bread
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Paperdolls Boutique
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Pretzel Boy's
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STL Symphony
The Sound Room
TGI Fridays
Three Kings Public House
Total Wine & More
Uncle Bill's Pancake and Dinner House
Urban Chestnut Brewing Co.
Waffle House
Walmart
Walnut Grill
Wasabi Sushi Bar
The Webster Groves Bookshop
Wholesale Building Materials
YMCA South County
Your Memories Matter-Sandy Wirth
Yucandu, LLC

Coins for a CURE!

Keep adding those coins to your piggy!'

**Every dollar, every penny pushes us closer to
the end!**

**Thanks to all who are saving their pennies,
nickles, dimes and quarters for a CURE!**



WE NEED YOU!

***'LIKE' us on facebook:** [Run for Roses](#)

***Join our board - call Linda 314-952-7944**

***Volunteer at our events, e.g., Trivia or our Rest Stop for Cycle**

***Become a sponsor for Trivia**

***Check your business for matching dollars - Here is a link that you can search by company:** <http://www.matchinggifts.com/cff>.

***Nominate The Rose Foundation for your business' charitable giving program**

***Secure auction and raffle items for events**

Contact Linda at 314-952-7944 or caullinda@hotmail.com

The CF community is so blessed to have you all a part of our fight 'til CF stands for Cure Found!

Please keep spreading awareness, working with our Board, participating in our events and, of course, donating your talents and energy, as well as your dollars!

Please send Linda an email (caullinda@hotmail.com) if you would like to share ideas, join our board and take a more active part in our fight for a cure for CF!

Donations can be made online at [The Rose Foundation](#).

Sláinte,

The Caul Family

Always Running 'til CF stands for Cure Found!

Upcoming Events:

- *Great Strides Walk & BBQ-Sat, May 18-Carondelet Park
- *Gentle Yoga for We Well-being, Tuesdays, July 9-August 13
- **Run for Roses* Paints It Forward-Thur, July 11-
Webster Groves Pinot's Palette
- *CFF 50th Jack Buck Golf Classic-Thur & Fri , Aug 8 & 9
- *CFF Fall Xtreme Hike- Sat. Sept 7
- *CFF Wine Opener-Sat, Sept 21
- *CFF Cycle for Life-Sat, Oct 5-Team [*Ride for Roses*](#)
- *CFF Reach For a Star Gala-Fri, Nov 1-Ritz-Carlton St. Louis

OUR SPONSORS

A Huge THANK YOU to our 2019 sponsors!

65 Roses Level: McKelvey Homes, Jim Brennan
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Dan Drissell

636-532-2272



Important Note on Attendance at Events

To reduce the risk of getting and spreading germs at CF Foundation-sponsored events, we ask that everyone follow basic best practices by regularly cleaning your hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow and maintaining a safe 6-foot distance from anyone with a cold or infection. Medical evidence shows that germs may spread among people with CF through direct and indirect contact as well as through droplets that travel short distances when a person coughs or sneezes. These germs can lead to worsening symptoms and speed decline in lung function. To further help reduce the risk of cross-infection, the Foundation's attendance policy recommends inviting only one person with CF to attend the indoor portion of a Foundation-sponsored event at a specific time. For the outdoor portion, the Foundation recommends that all people with CF maintain a safe 6-foot distance from each other at all times.



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