

# THE ROSE FOUNDATION



## THE STL BLUES - AN EXAMPLE OF FAITH & COURAGE

What an amazing last month! The St. Louis Blues have shown us how in just a few short months they came from last place to becoming the Stanley Cup Winners for the first time in 52 years!

They never gave up! They persevered and they made great strides and were in it to win it! The CFF Great Strides and our Team Run for Roses / Katie's Klan is In It to Win It as well!

Breaking news on May 30 stated that "*Vertex Pharmaceuticals Inc. announced that it has selected a triple-combination therapy for the treatment of cystic fibrosis. The company plans to submit a new drug application to the FDA for VX-445 (elixacaftor) plus tezacaftor/ivacaftor (Symdeko®) in the third quarter of this year. If approved, the triple combination could eventually expand therapies that treat the underlying cause of CF to more than 90 percent of people with the disease. The selection of a triple-combination therapy is a potentially transformative moment for the CF*

*community and gives further momentum to our efforts to find effective treatments for all people living with cystic fibrosis."*

Please stay with us as

**We will not stop until CF stands for Cure Found.**

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

\* *Wine Tasting*, Friday, Sept 20 - Total Wine & More

\* *Team Ride for Roses Dine to Donate*, Wednesday, Aug 28 - Granite City Food & Brewery

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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 [kkcaul@yahoo.com](mailto:kkcaul@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](mailto: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 Ride for Roses

Register TODAY on our  
Team [Ride for Roses Cycle for Life page!](#)

Ride for those CFers and Help them BREATHE easier and  
LIVE a healthier LIFE!

Saturday, October 5, 2019

**Check-in:** 6:30am-Century, 7:30am-50 Miles, 9:00am-25 Miles

**Start Time:** 7:00am-Century, 8:30am-50 Miles, 10:00am-25 Miles

**Route Mileages:** 25, 50 & 100

**Event Location:** CarShield Field, 900 TR Hughes Blvd,  
O'Fallon, MO

**Fundraising Minimum:** \$175.00

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## Granite City Food & Brewery Dine to Donate Night

Join our Team *Ride for Roses* and help them reach their fundraising goals for their Cycle for Life!

Wednesday, August 28

Granite City Food & Brewery

11411 Olive Blvd.

Creve Couer 63141

ALL DAY LONG

Give our flyer (look for in next newsletter) to your waiter and  
20% of your bill will go to our Team *Ride for Roses*!

No worries if you forget the flyer--just  
mention The Rose Foundation!

*Running 'til CF stands for Cure Found!*



Please Join Us For

A Wine Tasting Event

# California Dreaming



Including  
A Silent Auction  
& Raffle

Friday  
September 20, 2019  
6:30 - 8:30pm  
at Total Wine & More  
13887 Manchester Rd.,  
Town & Country

\$30 per person  
price includes dinner & drinks

For more information contact Linda Caul  
[caullinda@hotmail.com](mailto:caullinda@hotmail.com) Or call 314-952-7944

Limited number of reservations,  
so get your RSVP in early...

**ALL Proceeds Go DIRECTLY to The Cystic Fibrosis Foundation**

SAVE THE DATE! GET YOUR RESERVATIONS IN EARLY!  
SELLS OUT QUICKLY!

1860's Saloon  
Addi Lu's  
Andy's Frozen Custard  
Anheuser-Busch  
Bartolino's South  
Bastard Brothers Brewery ;  
Beck Allen Cabinetry  
Bill Gianino's

Just Landscape Lighting, LLC  
Kayak's Cafe  
Kind Soap Company  
Lass & Laddie  
Lion's Choice  
Looking Glass Designs  
Lucas Park Grille  
Maggie O'Brien's

**The Blue Owl Restaurant & Bakery**  
**Brighton Collectibles**  
**The Bug Store**  
**Cafe Telegraph**  
**Catering by GC**  
**Chevys**  
**Chic Lumber**  
**Chicago Cubs**  
**Civil Life Brewing Co.**  
**Climb So ILL**  
**Concord Bowl**  
**The Concord Grill**  
**Cornucopia**  
**Costco**  
**The Courses at Forest Park-Probstein**  
**Golf Course**  
**Crestwood Bowl**  
**Crusoe's Restaurant & Croc's Sports**  
**Bar**  
**Culver's Fresh Frozen Custard of St.**  
**Louis**  
**Cyrano's Café**  
Dennis Boris Printing  
Dewey's Pizza  
Dirt Cheap  
Disney World  
Drury Hotels, LLC.  
Eleven11 Treasures  
El Maguey  
Embassy Suites by Hilton St. Louis  
Downtown  
Epic Pizza & Subs  
Every Body Massage  
Fabulous Fox Theatre  
Feasting Fox Restaurant  
Firehouse Subs  
Firenza Pizza  
Firstwatch  
The Flower Petaler  
Frankie Gianino's Grill & Bar  
Fuddruckers  
The Gateway Arch and Riverboats  
Gateway Escape Rooms  
The Gateway Grizzlies  
Ginger Bay Salon & Spa  
Granite City Food & Brewery  
Grapevine Wines  
Great Central Lumber  
Great Harvest Bread Co.  
Grey Eagle Distributors  
Happy Joe's Pizza & Ice Cream  
Helium Comedy Club  
Icing Café  
Imo's Pizza  
The Magic House  
Main Street Marketplace  
Massage Envy  
McAlisters Deli  
Mellow Mushroom  
Mike Duffy's Pub & Grill  
Mitchell James Salon  
Moolah Theatre & Lounge  
The Muny  
Myseum  
Nothing Bundt Cakes Chesterfield  
Oakville Butcher Block  
Olive Garden  
Panda Chinese Restaurant  
Panera Bread  
Papa Murphy's Take 'n' Bake Pizza  
Paperdolls Boutique  
Party City  
The Pasta House Co.  
PJ's Tavern & Jefferson Grill  
Polite Society Restaurant and Bar  
Pottery Hollow  
Pretzel Boy's  
PRP Wine International Inc.  
P'sghetti's Pasta & Sandwiches  
Qdoba Mexican Eats  
Red Lobster  
The Repertory Theatre of St. Louis  
Rich's Frozen Custard  
River City Casino & Hotel  
River City Drywall & Painting, Inc.  
Riverside Sweets  
Saint Louis Billikens  
Sam's Club  
Schlafly Beer  
Siostra  
Sisters Tea House & Gift Shop  
Six Flags Friends  
Stages St. Louis  
Stampin' Up-Christine Fracchia  
Starbucks Coffee Company  
Steak 'n Shake  
St. Louis Cardinals  
St. Louis Distillery  
St. Louis Pizza & Wings  
STL Symphony  
The Sound Room  
TGI Fridays  
Three Kings Public House  
Total Wine & More  
Uncle Bill's Pancake and Dinner House

The Initial Design  
Insight Theatre Company  
Irene's Floral Design  
Irish Cupboard  
**Jet's Pizza**  
**Joey' B's Concord**  
**Joey B's On The Hill**

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

## 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](mailto:caullinda@hotmail.com)

**The CF community is deeply appreciative of YOUR SUPPORT!**

**Please keep spreading awareness and consider joining our Team *Ride for Roses* and coming to our Wine Tasting and Wine & Paint Nights!**

**As always, donations can be made online at [The Rose Foundation](#).**

**Sláinte,**

**The Caul Family**

**Always Running 'til CF stands for Cure Found!**

## Upcoming Events:

**\*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**

**\*Run for Roses Dine to Donate-Wed, Aug 28**

**\*CFF Fall Xtreme Hike- Sat. Sept 7**

**\*Run for Roses Wine Tasting-Fri, Sept 20**

**\*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**



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## OUR SPONSORS

A Huge THANK YOU to our 2019 sponsors!

65 Roses Level: McKelvey Homes, Jim Brennan  
Foundation Care!

Rose Level: PowerHaus Realty , John, Jim & Pat Rocchio  
Ambassador Floor

Finch Plumbing Co., Inc.

Gold Level: Paramount Bank, Tyler Frank  
Vertex

Silver Level: State Farm Insurance, Dan Drissell  
Wilke Window & Door, Inc.

[Please consider becoming a sponsor or](#)  
helping us to secure sponsors from businesses you know!

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An **AcariaHealth** Solution

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Bridgeton, MO 63044  
(314) 291-4300  
FAX (314) 291-5629





THE SCIENCE *of* POSSIBILITY



Dan Drissell

636-532-2272



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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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