

THE ROSE FOUNDATION



SUN SALUTATIONS!

Dear Friends,

We are filled with *gratitude!*

It has been a difficult year at best for all of us in so many ways. We want to take this time especially to thank all of you for being in our lives, supporting each other and meeting the challenges we all face. We also want to hold space for all of the sadness that so many of us have felt and remind ourselves that we are not alone. We have each other to lean on and be there for us and help us to be empowered and strong.

As we come to the end of 2020 let us all gather in spirit and be strong together! Be grateful for the progress the CFF has made in research and treatments during this past year and continue to move forward each day with hope that one day soon, we will reach the end - a cure for cystic fibrosis!

Colleen is offering a time for all of us to gather remotely and show our gratitude. We hope you will be able to join us in these *Sun Salutations* all across the country!

YOU ARE STRONG and WE ARE STRONGER TOGETHER!



65 Sun Salutations for Cystic Fibrosis

Sunday, November 29, 2020, 10:30 AM – 12 PM

Led by [Colleen](#), 200 HR RYT

In partnership with [Empowered Spaces](#)

Virtual - via Zoom and Facebook Live

Sun salutations are a way to find center, express gratitude and send energy out into the world. In October 2019, Trikafta was approved by FDA, a ground-breaking, highly effective drug, which treats the underlying cause of cystic fibrosis (CF). We hope to celebrate and show thanks for this milestone by hosting a Sun Salutations - Gratitude event, in partnership with [Empowered Spaces](#). We will begin with a short meditation and some gentle movement to begin warming up the body, followed by a demonstration of 3 variations of Sun Salute A, with the hope to make this event accessible to all bodies and all levels. Then you will be invited to practice 65 sun salutations (or as many as feels best for you), followed by a cooldown and savasana (resting pose).

There are many ways to get involved with 65 Sun Salutations for Cystic Fibrosis. Click [here](#) to Learn More, Register or Donate. 100% raised will benefit the Cystic Fibrosis Foundation

Questions? Contact Colleen at 314.952.0187 or inspiremovementllc@gmail.com



GIVING TUESDAY

Tuesday, December 1

GivingTuesday is a global day of generosity. Join us in giving back today - whether you donate to The Rose Foundation or another nonprofit or commit to getting more involved in your community - every act of generosity counts! We hope you will participate!

Donate [HERE](#) to The Rose Foundation! Join us in our mission to spread awareness, share stories and raise the essential funds to support the ground-breaking research for cystic fibrosis (CF) until there is a cure. HELP move us along the **PATH TO A CURE** and make CF stand for **CURE FOUND!**

Please share our posts on social media with #GivingTuesday and inspire a wave of GOOD and HOPE!



**REACH FOR A STAR GALA SILENT AUCTION
NOVEMBER 12 - 6 pm CST NOVEMBER 20**

The Cystic Fibrosis Foundation – Gateway Chapter is eager to share we've launched our first ever online auction! Benefiting our Reach for a Star Gala \$65K Challenge, anyone and everyone can self-register today to browse the auction and place bids on your favorite items! From trips to Destin, FL, to private tastings, fitness classes, staycations and more, we've got a little something for everyone! Have fun and thank you for joining our *Path to a Cure!!*

[REGISTER TO BID](#)

[VIEW AUCTION](#)

[DONATE TO OUR CHALLENGE GOAL](#)

THANK YOU THANK YOU THANK YOU
We give our heartfelt thanks to all of you for your participation in

our three virtual online auctions and raffles this past year! We so appreciate all of our amazing sponsors and donors who made these events so successful! And of course we could not have pulled all of it off without our devoted board and volunteers!!

And we can not forget our loyal Team Ride for Roses who brought in \$2,500!! We could not have done this without all of YOU!

Together we have raised over \$24,500 thus far!!

Our gratitude is overflowing!

Even during a pandemic, the likes of what we have never experienced before, we have learned we are STRONGER

TOGETHER!

Thank You!

CFF UPDATES

The Foundation [granted Calithera Biosciences Inc. up to \\$2.4 million](#) to advance a potential treatment to reduce infections in the lungs of people with cystic fibrosis. Individuals with CF who have chronic infections are at a greater risk for worsening, life-threatening lung disease, making infections a top concern of both patients and clinicians.

The U.S. FDA approved [Bronchitol \(mannitol\)](#), an inhaled mucus clearance drug, for people with cystic fibrosis ages 18 years and older. The drug attracts water into the airways, hydrating mucus and making it easier to clear from the lungs.

North American Cystic Fibrosis Conference takeaways:

[Laying the Foundation for the Path to a Cure: The Fundamentals of Genetic-Based Therapies](#)

[Defining the New CF in the Era of Highly Effective Modulators](#)

[Advancing the GI Frontier for People with CF](#)

VERTEX: The US Food & Drug Administration (FDA) has approved an expanded indication for KALYDECO® (ivacaftor) for patients age 4 to less than 6 months who have at least one mutation in their cystic fibrosis gene that is responsive to KALYDECO. [Prescribing Information](#), [patient information](#)



**OUR DEEPEST GRATITUDE GOES TO
CATHOLIC HEALTH ASSOCIATION!
Employee Michele Oranski nominated
The Rose Foundation for their Employee Charitable Grant Program and
we received their July Grant!!**

**Please consider The Rose Foundation for any charitable funds that your
place of business may offer!
Call Linda - 314-952-7944 and I will be happy to give you any info on our
non-profit that you may need!**

WE NEED YOU!

- *Please SPREAD AWARENESS for CF!
- *Share our newsletter
- **LIKE' us on facebook: [Run for Roses](#)
- *Join our board - call Linda 314-952-7944
- *Volunteer at our events
- [*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/cf>.
- *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

**THANK YOU for supporting The Rose Foundation and cystic fibrosis!
You add more tomorrows for so many with CF!**

We will not stop until there are medications for 100% of those with CF and a Cure Found.

If it is manageable to participate in any way or amount, all of those living with CF and their families will always be grateful to YOU!

We deeply appreciate all of you and are so very grateful for those who are able to continue donating and reaching deep in their pockets to support and fight for a CURE.

We hold you all in our hearts!

Please continue to spread awareness and recruit others to FIGHT with us on our Path to a CURE !

We wish you all the happiness over the upcoming holidays.

We wish you good health.

We wish you the joy of laughter.

We wish you peace in the coming days and year.

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

Sláinte,
The Caul Family

Always Running 'til CF stands for Cure Found!



TRIVIAFUNHOUSE.COM



Foundation CareTM

An **AcariaHealth** Solution

MCKELVEY

H O M E S

Building A Tradition Of Excellence Since 1898

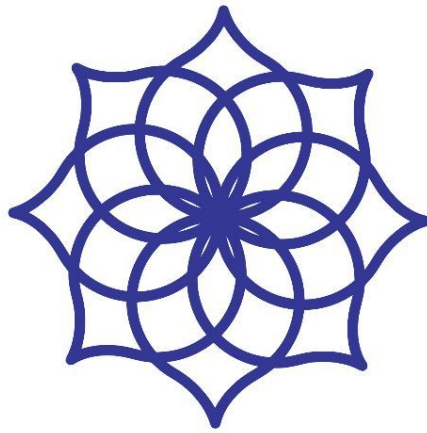
**WELLS
FARGO**

ADVISORS

James R. Moore, CFP*

Managing Director - Investments

314-746-2974



EMPOWERED Spaces

TEAM ROCCHIO
Proudly Supports
THE ROSE FOUNDATION

POWERHAUS
REALTY

Your Personal Real Estate Agents

John Rocchio	Pat Rocchio	Jim Rocchio
314-707-9867	314-712-9045	314-640-4235

VERTEX[®]

THE SCIENCE *of* POSSIBILITY

Finch Plumbing Co., Inc.



13160 Taussig Ave.
Bridgeton, MO 63044
(314) 291-4300
FAX (314) 291-5629





Copyright © 2020 The Rose Foundation, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

