

SPRING 2019

CREATE YOUR LEGACY

Of Adding Tomorrows



“I want to break the stigma that someone with a life-threatening, genetic disease cannot do great things”

—Nicole

Nicole is a 31-year-old with cystic fibrosis who has a thriving career and a growing family.

Read Nicole’s story on page 3.

ALSO INSIDE

THE MATLOCK FAMILY
LEGACY OF FIGHTING CF

OUR \$100M
COMMITMENT TO
INFECTION CONTROL

AND MORE



LEGACY GIVING
YOUR GIFT ADDS TOMORROWS

A FAMILY LEGACY OF FIGHTING CF

MEET BOB AND SUE MATLOCK



Sue and Bob's commitment to curing CF dates back to 1942 when Bob's youngest sister, Aretha Jean, died of what they later learned was cystic fibrosis.

In addition to supporting the Foundation with annual gifts, Bob and Sue have left a gift to the Foundation in their will.

BECAUSE OF TREMENDOUS
ADVANCEMENTS IN RESEARCH
AND CARE, MANY PEOPLE
WITH CF ARE LIVING LONGER,
HEALTHIER LIVES.

The Matlock's greatest loves in life are clear: family, friends, and the Seattle Seahawks. As unwavering Seahawks fans, Bob and Sue always stick by their team and follow every game. The commitment and dedication they have for the Seahawks carries through much of their lives and holds true in their support of the Cystic Fibrosis Foundation.

Bob's commitment to finding a cure for cystic fibrosis dates back to 1942, when the first of his three sisters died from the disease. "In 1942, the doctors thought my youngest sister, Aretha Jean, died of whooping cough. It wasn't until later when my other two sisters also died, Theresa in 1952 and Venita in 1971, that doctors identified their illnesses as cystic fibrosis," Bob explained. "In memory of my three sisters, I have been a lifelong supporter of the Foundation and am so happy to see the progress that has been made since '42."

Bob's parents were early supporters of the CF Foundation in Seattle, and one of the organization's earliest fundraising events, the Breath of Life Campaign. "My parents always wanted to do more for children and families with cystic fibrosis. In memory of my sisters, Sue and I have chosen to follow in their path."

In addition to supporting the Foundation with annual gifts, Bob and Sue have left a gift to the Foundation in their will. "We want to make a difference and help the CF Foundation continue the good work."

Leaving a gift to the Foundation in your will, trust, or by beneficiary designation is an opportunity to communicate your dreams for future generations and help all those with CF live full, productive lives.

NICOLE'S MOTIVATION TO KEEP FIGHTING

HER SUPPORTIVE FAMILY AND THRIVING CAREER

Diagnosed with cystic fibrosis as a baby, 31-year-old Nicole has never let the disease stop her from accomplishing her dreams. From graduating college as a swim team athlete, to receiving a master's degree and pursuing a full-time career, her resilience and strength inspire many – but it hasn't always been easy.

"Sometimes I come home after work and do my treatments, and before I know it, the day is over," said Nicole. "And there are often difficult days when I don't want to get out of bed, but I always try my best to get through those times. Having my husband, Brian, my puppy, Benny, and the rest of my family around really helps."

Nicole has a hectic schedule but always makes time to be with her loved ones, play outside with Benny, golf, sail, and fundraise for the CF Foundation. Since 2014, she has helped run a softball tournament that has raised over \$164,000 for the Foundation.

Beyond family and friends, Nicole finds strength and motivation in her future. "I would like to have children of my own someday and further my already successful career," she said. "I want to break the stigma that someone with a life-threatening, genetic disease cannot do great things and live a normal life."

Nicole has a hectic schedule but always makes time for her husband, Brian, and the rest of her family.



\$100M COMMITMENT TO INFECTION RESEARCH

THE CF FOUNDATION'S INFECTION RESEARCH INITIATIVE

In October 2018, the Cystic Fibrosis Foundation announced a commitment of at least \$100 million over the next five years for the newly launched Infection Research Initiative. This effort aims to improve outcomes associated with infections through enhanced detection, diagnosis, prevention, and treatment.

The vast majority of people with CF experience infection-related complications. Infections take a significant physical and mental toll on people with CF and put them at a greater risk for worsening lung disease, developing antibiotic-resistant infections, and

suffering from side effects of long-term antibiotic use.

William R. Skach, M.D., senior vice president of research affairs for the CF Foundation, announced the launch of this initiative stating that "a comprehensive approach is needed to make progress against this complex challenge, and we have set out a bold agenda to drive advances that will help enable people with CF to live full and healthy lives." This commitment is more than double the Foundation's previous investment in this area over the last five years.

PAUL DI SANT'AGNESE LEGACY SOCIETY

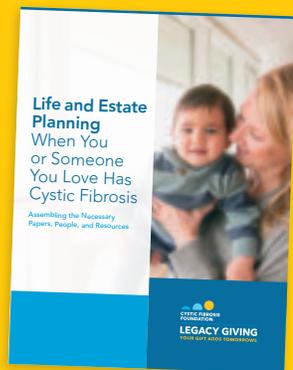
CREATE A LEGACY OF ADDING TOMORROWS

Dr. Paul Di Sant'Agnese was a physician who dedicated his life to conquering cystic fibrosis. Today, his memory lives on through the Paul Di Sant'Agnese Legacy Society – a group of individuals who have made a lasting commitment to helping those with the disease by leaving a gift to the Cystic Fibrosis Foundation in their will, trust, or by beneficiary designation.



Please fill out and return the enclosed form to let us know if you, like many others, have included a gift to the Foundation in your will, trust, or by beneficiary designation.

You can also use the enclosed form to request a complimentary guide to get started. For additional valuable tools, visit our website:
www.cff.org/legacygiving.

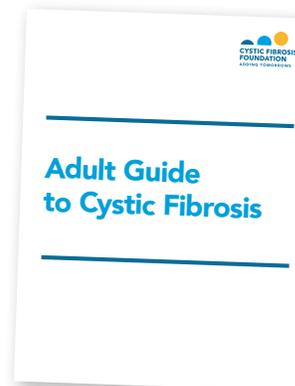


ADULT GUIDE TO CYSTIC FIBROSIS

FACING THE UNIQUE CHALLENGES
OF ADULTHOOD WITH CF

The face of cystic fibrosis is changing as adults with CF now outnumber children with the disease. As more people with CF reach adulthood and live independently, their needs change. Being an adult with cystic fibrosis brings on some distinct challenges. The Adult Guide to Cystic Fibrosis is a resource to help you and your loved ones manage your changing needs. This guide draws on the expertise of clinicians from adult CF programs, the Cystic Fibrosis Foundation, and of course, adults living with CF.

To download this valuable resource, visit the *Life with CF* section of www.cff.org.



Whether you're an adult, a teen preparing to transition to an adult CF program, a parent of a child looking ahead, or a friend or relative of someone with CF, you'll find answers and insights in the Adult Guide.

CONTACT US TO LEARN MORE

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This information is not intended as legal, accounting or other professional advice. For assistance in charitable planning, always engage the services of a qualified professional.