

## Your assistance is desperately needed!

YES, I want to help adults with cystic fibrosis meet their unique nutritional needs.

Enclosed is my gift of:

\$10    \$25    \$50    \$\_\_\_\_\_

I am willing to make a monetary commitment of \$\_\_\_\_\_ per month.

I am willing to donate my time and skills to help with fundraising activities.

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

**Make checks payable and address to:**

Help One Love One, PO Box 715, Byron, MN 55920

Donations are tax deductible. Thank you for your kindness.

**Eighty-eight percent** of donations were used to purchase food gift cards or supportive means for adults with cystic fibrosis.

The American Institute of Philanthropy states, "highly efficient charities spend 75% or more on programs."

**Help One Love One** was founded by Kelly McLain three years ago when she became aware of a problem affecting adults with cystic fibrosis while her son was receiving treatment at the University of Minnesota Cystic Fibrosis Center. While there, she learned that 20% of the adults receiving treatment at the clinic struggled to purchase enough food to meet their caloric needs. Realizing that there are millions of dollars raised every year to find a cure for cystic fibrosis but that no charities existed to support the day-to-day nutritional and financial needs of those afflicted, she created Help One Love One. Currently focusing its efforts on those struggling financially at the Minneapolis center, Help One Love One hopes to eventually broaden its program to cystic fibrosis centers across the United States.

"I ate half a pizza on Wednesday. Thank you Help One Love One. There's no way I could pay for these extra calories without your help."

**Help One Love One**  
- Assisting Adults with Cystic Fibrosis -

[www.HelpOneLoveOne.org](http://www.HelpOneLoveOne.org)



**Cystic fibrosis** is a genetic disease that causes a thick and sticky mucus to build up in the lungs, digestive tract and other areas of the body. This build up results in life-threatening lung infections and prevents the pancreas from functioning properly, which impairs the body's ability to absorb nutrients and calories. Adult **cystic fibrosis patients often require between 4,000 and 7,000 calories per day, making malnourishment a common problem.**

Until recently, most people with this disease did not survive through childhood. Today, those diagnosed with cystic fibrosis can expect to live into their 30s, 40s and beyond. Therapies - including administration of intravenous antibiotics and inhalation medications - while prolonging and increasing quality of life, can be extremely time consuming and expensive. Medical

**“Thank you** Help One Love One. I just had a clinic appointment today and **I've gained eight pounds since you started sending gift cards to me; I just couldn't gain weight before now.** It's making such an improvement in my health.”

treatment and unplanned sickness often make it difficult for those with cystic fibrosis to maintain full-time employment. Due to the inability to sustain a well-paying job, the costs of medical treatment, combined with transportation, housing and other necessary expenses make it **difficult for many of those suffering from cystic fibrosis to fund their elevated nutritional needs.**

**“Thanks so much** for all that you are doing. Last week, **I saw one of your recipients in clinic and he told me that it was the first month that he did not run out of money and food before the end of the month.”**

*Meg B., Clinical Social Worker, Univ. of Minnesota Cystic Fibrosis Center*

**Help One Love One** is a non-profit organization established to provide funding for adults with cystic fibrosis to primarily aid with their nutritional needs. We provide other assistance when financially possible.

Help One Love One currently offers assistance to qualified adults who receive medical treatment at the University of Minnesota Cystic Fibrosis Center in Minneapolis. **Recipients are provided monthly gift cards to make food purchases** at their local grocery stores. **These food cards give them the extra dollars they need to purchase more and higher quality food than they would otherwise be able to afford.**

**Your donations help with the everyday expenses of cystic fibrosis care.**

**Better nutrition just makes the CF life easier!**

