



May 2021 Edition

In this newsletter, I highlight Cystic Fibrosis Awareness Month. Although there is no cure for cystic fibrosis, treatments can help maximize comfort and lifestyle. Most people receive a cystic fibrosis diagnosis before the age of two and about 1000 cases are diagnosed in the United States each year. May 15th happens to be Chocolate Chip Day so go celebrate with some cookies or other delectable treats.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of the Boomer Esiason Foundation?



The **Boomer Esiason Foundation** is a partnership of leaders in the medical and business communities joining together with volunteers to heighten awareness, education, and quality of life for those affected by cystic fibrosis, while providing financial assistance aimed at finding a cure. Boomer Esiason was an NFL quarterback for my beloved Cincinnati Bengals from 1984 – 1992. His son Gunnar was diagnosed with cystic fibrosis in 1993, and Boomer started the Boomer Esiason foundation shortly after.

Some of The **Boomer Esiason Foundation**'s initiatives:

- Empowering those affected by cystic fibrosis to better understand their disease
- Providing hospital staff and students with education and financial resources
- Funding research studies with the brightest researchers and scientists

Click [here](#) for more information.

May is Cystic Fibrosis Awareness Month!



Did You Know?

- Cystic fibrosis is a genetic disease that causes lung infections and an inability to breathe over time.
- According to the Cystic Fibrosis Foundation, 30,000 people live with cystic fibrosis in the United States.
- Symptoms of cystic fibrosis are frequent coughing, lung infections, wheezing, salty-tasting skin, and poor weight gain or growth.
- Since the symptoms and severity of cystic fibrosis vary so much, treatments are tailored to each individual case.



For more information about Cystic Fibrosis, check out this website for resources and useful information:

<https://www.cff.org/>

Awesome Product Alert!

So here's a great soothing activity for kids. Check out the **MONILON 24-piece water beads**. This ocean water bead set allows children to explore different textures and ocean animals. The set comes with colored beads, ocean creatures, and a water mat. Using different senses through play encourages children to focus and have fun. I think this product looks soothing for adults as well. Let me know if you try it!

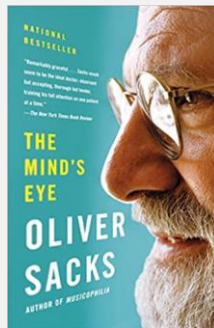
You can find it [here](#)



Book of the Month

The Mind's Eye by Oliver Sack is fabulous! Oliver Sacks was a renowned neurologist, writer, and professor. He presents case studies from his work that demonstrate the mystery of the brain. His case studies include a novelist who forgets how to read, a blind man who uses touch and feel to navigate the world, and even his own journey with an eye tumor. I could have recommended any book to by Oliver Sacks – he is that good!

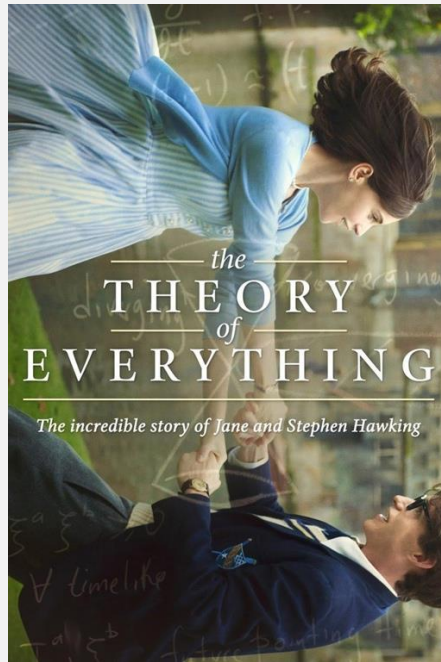
Oliver Sack's Book:



Get it [here](#)

Inspiring Stuff!

Have you seen *The Theory of Everything*? This movie tells the story of Stephen Hawking, a brilliant theoretical physicist who was diagnosed with amyotrophic lateral sclerosis, a degenerative neuromuscular disease. Hawking was only 21 years old when doctors diagnosed him and said he would only live for another few years. Not only did Hawking live for 55 more years, he wrote extensively and worked tirelessly on theories about black holes and quantum physics. Stephen Hawking was determined to live his life to the fullest despite receiving a dire diagnosis.



Check out The Theory of Everything on [Amazon](#):

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,
Jenni Basch