



High Calorie Recipe: Mediterranean Grain Bowl!

Spring time calls for colorful plates of veggies and fruit. You can easily color your plate with various high calorie recipes. One popular entre out on the market is a nutrient packed grain bowl. Below is a quick and easy vegetarian version of a grain bowl that you can make for you or for the entire family. For kid-friendly versions, you can add sliced salami and use mozzarella cheese in place of the feta cheese, if desired. This also tastes delicious with meat or fish of your choice. Have fun coloring your plate and enjoy the freshness as it hits your taste buds!

Ingredients (Yields 2 servings):

- 1 cup cooked quinoa
- 1 tablespoon olive oil
- ¼ cup red onion, diced
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- 12 Kalamata olives
- 1 cup chickpeas, rinsed
- ½ cup full fat feta cheese, crumbled
- ½ cup full fat Greek yogurt, plain
- 1 teaspoon dill weed
- 1 clove minced garlic
- 1 teaspoon fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions

1. Cook quinoa per instructions on package. Once cooked, add 1 tablespoon of the olive oil to cooked quinoa.
2. Layer bottom of a bowl with half of the quinoa.
3. Top quinoa with half of the following ingredients: red onions, cucumbers, cherry tomatoes, Kalamata olives, chickpeas, and feta cheese.
4. Repeat with another bowl and set aside.
5. In a separate small bowl, combine yogurt, minced garlic, dill, and lemon juice.
6. Place a dollop (1 heaping tablespoon) of the yogurt mixture in the middle of each bowl, sprinkle with salt and pepper to taste.
7. Drizzle ½ tablespoon of olive oil on each bowl.
8. Eat and enjoy!

Nutrition Facts:

Serving Size: 1 bowl

Calories: 590

Total Fat: 35 grams

Sodium: 1660 mg

Total Carbohydrate: 49 grams

Protein: 22 grams



Cystic Fibrosis Center Quarterly Newsletter

Mark Your Calendars.

June 2019:

Suzanna Lee Silver Cup
Golf Tournament at Weaver
Ridge Country Club,
Peoria, Illinois

August 2019:

CFF Golf Invitational
(location TBD)

October 2019:

Breath of Life Gala
(location TBD)

November 20, 2019:

OSF/CHOI CF Center
Family Education Night at
Jump Education Trading &
Simulation Center



Spring cleaning

Are you cleaning and taking care of your respiratory equipment correctly?

The CF Foundation recommends using a clean, sanitized nebulizer cup with each aerosol treatment. Due to the sticky mucous produced by CF that traps bacteria, fungus and viruses, it is a must to sanitize nebulizer cups after each use. Cleaning and disinfecting will remove germs from your nebulizer and must be done daily.

Caring for your nebulizer at home

1. Good hand washing -- always use clean hands when setting up, using, or storing your nebulizer
2. Washing in hot water -- use mild dish detergent and hot water to wash all parts of the nebulizer
3. Sterile water -- rinsing in sterile water keeps your nebulizer from becoming contaminated again
 - To make sterile water: Boil tap water for 10 minutes and then cool
4. Air dry -- allow nebulizer parts to dry on paper towel or clean dish towel

Cleaning home equipment using heat:

There are several ways you can use heat to clean equipment.

1. Boiling water -- bring water to full boil, drop in nebulizer parts, and continue to boil for 5 minutes
 - Air dry on clean paper towel or dish towel
 - Do not boil Fish Mask
2. Microwave -- microwave for 5 minutes
3. Electronic steamer -- use baby bottle steamer and follow manufacturer's instructions
4. Dishwater -- use the top level of the dishwater. Part must be kept at 158 degrees Fahrenheit for at least 30 minutes

Cleaning home equipment without heat:

1. Soak in 70 percent isopropyl alcohol for 5 minutes
2. Soak in 3 percent hydrogen peroxide for 30 minutes
3. After soaking, rinse with sterile water
 - To make sterile water: boil tap water for 10 minutes and cool

Please note: These cold methods are for one-time use only and cannot be reused. You must make a new solution every time you clean your equipment.

Happy cleaning!



CF Center After Hours Contact Info

Did you know you have access to a CF physician in evenings and on weekends if needed for unexpected emergencies? If you or your child becomes ill and you need to talk with a doctor, you can call OSF and be connected to the doctor on call.

Phone number: (309) 655-2000

*Ask to speak to the physician on call for CF – please specify adult or pediatric

This number is for emergencies only, if you need help between 8 a.m.-4:30 p.m. Monday-Friday call the clinic at (309) 624-6565.

Clinic Experience Survey

We need your help! The Cystic Fibrosis Foundation surveys families after clinic visits as a way to monitor care at CF centers across the country. This survey is called the “Patient and Family Experience of Care.” The Foundation encourages clinics to use the feedback from patients and families to improve care.

However, in order for us to receive the feedback provided from the surveys, each CF Center has to have a minimum number of survey responses. Unfortunately, it was brought to our attention that we have not had enough responses from our patients and caregivers to get this useful feedback sent to us.

We really do want to hear from you in order to provide the best care to you and your family as possible. Please consider participating in this survey after your next clinic visit.

How do I take the survey?

You will get a phone call from the company that manages the survey. You will have a short conversation with a person.

If you are interested in taking the survey electronically please provide clinic with an email address.

How much time does the survey take?

The survey has been shortened so it takes approximately 10-15 minutes.

What else do I need to know?

Answers are anonymous. Results are sent as a bundle, so we do not know dates, doctors, or any other details about the visits. The clinic does not have any way to trace answers given back to a clinic date or a specific person.



Substance Misuse

The Cystic Fibrosis Foundation recently released information and tools to address substance misuse related to Cystic Fibrosis.

We know people with cystic fibrosis and parent caregivers are 2-3 times more likely to experience depression, anxiety, or both, compared to the general population. Over time, substance misuse can become an unhealthy way to respond to stress and anxiety, particularly when managing a chronic illness like CF.

The Foundation’s website at

www.cff.org/Life-With-CF/Daily-Life/Emotional-Wellness/Substance-Misuse/ has tools and resources for you to review. The new section is intended to help people with CF and their families by aiming to:

- Increase awareness of substance misuse
- Decrease stigma
- Provide information for prevention and treatment
- Encourage people with CF who may struggle with it to discuss it openly with their care teams

The content includes links to substance misuse, prevention, and screening resources. In addition, there are videos featuring patient perspectives from an adult with CF and a mother whose adult daughter passed away from CF after struggling with substance misuse.

Medication Refills

Just a friendly reminder to contact your pharmacy before calling CF Clinic for medication refills. CF Clinic only needs to know you need a refill, if a new prescription is required. If the pharmacy tells you no refills are left, please contact CF Clinic to update your prescription.

Insurance and refills:

It is important to check about refills before you run out of medications. Not refilling your medications on time can cause problems with insurance approving refills. Prior authorizations have been taking more time than expected, and this has been causing periods when people are out of medications. We are having to complete prior authorizations of medications every time a prescription is updated, regardless of how long you have been taking the medication.

Thanks for partnering with us to help you manage your daily CF care.

