

Cystic Fibrosis Center Quarterly Newsletter

MARK YOUR CALENDARS

Breath of Life Gala

Date: Saturday, October 26, 2019

Time: 5:30 p.m.

Location: Venue Chisca

OSF CHOI CF Center Family Education Night

Date: Wednesday, November 20, 2019

Time: Registration 5 p.m. | Dinner 5:30 p.m.

Location: Jump Trading Simulation & Education Center

SUMMER ACTIVITY CHALLENGE RECAP

We offered an eight-week Summer Activity Challenge this year. From June 3 thru July 28, individuals ages 7 to 19 years old were provided an activity tracker donated from our CF Center, given an activity-to-steps conversion chart for activity other than walking and running, and asked to calculate their steps each week and submit them via email to our CF Center. Participants' first-week steps were their baseline steps, and they were challenged to increase their steps by 1,500 each week. Participants received weekly prizes and a raffle ticket toward a grand prize drawing upon submitting their weekly step totals. At the end of the eight weeks, the total steps champion received a prize and the winner of the grand prize raffle received a prize. The participants who completed all eight weeks also received smaller prizes.



Here are some fun facts about the results of the Summer Activity Challenge:

- We had a total of 16 participants with nine participants who completed all eight weeks of the challenge.
- Over the eight weeks, participants' total collective steps were over 6.6 million steps, which is equivalent to walking West Coast to East Coast across the United States.
- There were 246 prizes given, including 21 activity trackers, free Subway cookies, \$100 gift card and many more!
- Many of the 246 prizes were generously donated by Dairy Queen, Don's Bistro, Ice Cream Shack and Emo's Dairy Mart, Peoria Chiefs, RC Outfitters, ShaZam Racing, Subway, Texas Roadhouse, and OSF HealthCare Children's Hospital of Illinois. We would not have been able to complete this Summer Activity Challenge without them.

A big thank you to all of the patients, parents and caregivers who actively participated in the first Summer Activity Challenge. We hope to continue partnering with you to achieve your physical activity goals in the future!



REMINDERS

Flu Shots

It's time for flu shots! Please schedule your flu shot with your primary care physician or visit your local pharmacy.

Yearly Labs

Please make sure to get your yearly labs drawn if you have orders from the clinic. Anyone who had not completed their yearly labs by July of this year has been mailed a reminder letter and scripts. We need these results to know if your current CF care plan is effective.

Family Education Night

Mark your calendar! Family night is Wednesday, November 20, 2019 at 5 pm. We are honored to have Cindy George, RN from the Cystic Fibrosis Foundation (CFF), as our keynote speaker. If you are interested in attending, please register at: www.jumpsimulation.org/cfeducation2019

Due to infection control policies from the CFF, individuals with CF may not attend. There will be a link available after the event to view a recording of the speaker.

NACFC

The 33rd annual North American Cystic Fibrosis Conference will be held October 31-November 2, 2019. The adult and pediatric CF teams will be attending the conference this year. This means we will be out of the office Wednesday, October 30-Friday, November 1. Please make sure to contact the office for any questions or refills before Monday, October 28. As always, you can contact your primary care physician for medical needs while we are gone at conference. For emergent issues, please go to the nearest emergency room.

Scholarships Available

- Sacks for CF: Deadline January 10, 2020

RECIPE: SHEPHERD'S PIE

Prep Time: 20 minutes

Cook Time: 50 minutes

Ingredients - Meat Filling

2 tablespoons olive oil

1 cup chopped yellow onion

1 pound 90% lean ground beef - or ground lamb

2 teaspoons dried parsley leaves

1 teaspoon dried rosemary leaves

1 teaspoon dried thyme leaves

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1 tablespoon Worcestershire sauce

2 garlic cloves minced

2 tablespoons all-purpose flour

2 tablespoons tomato paste

1 cup beef broth

1 cup frozen mixed peas & carrots*

1/2 cup mushrooms

1/2 cup frozen corn kernels

Ingredients - Potato Topping

2 large potatoes peeled and cut into 1 inch cubes

8 tablespoons unsalted butter, 1 stick

1/3 cup heavy cream

1/2 cup dried milk powder

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1/4 cup Gouda cheese

Directions - Make the Meat Filling

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
2. Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until no clumps of tomato paste remain.
5. Add the broth, frozen peas, carrots, corn and mushrooms. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside.
7. Preheat oven to 400 degrees F.

Directions - Make the Potato Topping

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, cream, dried milk powder, garlic powder, salt and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the Gouda cheese (or any cheese of your choice) to the potatoes. Stir until well combined.

Assemble the Casserole

1. Pour the meat mixture into a 9-inch x 9-inch (or 7 x 11) baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. Cool for 15 minutes before serving.



Notes:

- * If you can't find frozen mixed peas and carrots, you could use 1/2 cup frozen peas and 1/2 cup frozen sliced carrots.
- * Optional: Add sour cream!

Nutrition Facts

Serving Size: 1 cup

Servings Per Recipe: 6

Calories: 590 kcal

Total Fat: 34 g

Sodium: 787 mg

Total Carbohydrate: 44 g

Dietary Fiber: 4 g

Protein: 24 g

Recipe adapted from:

The Wholesome Dish

(<https://www.thewholesomedish.com/the-best-classic-shepherds-pie/>)

Recipe handout provided by: Minji Lee, OSF dietetic intern.
July 2019.

