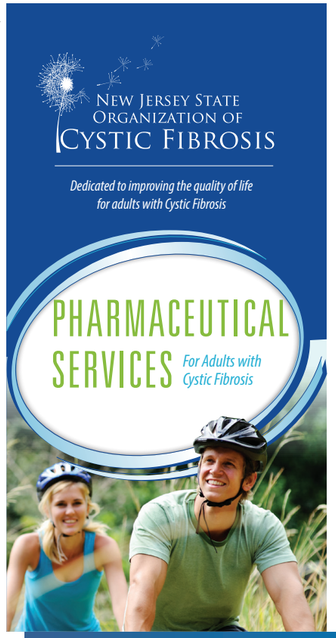


Pharmaceutical Services for Adults with Cystic Fibrosis

Pharmaceutical Services for Adults with Cystic Fibrosis is NJSOCF's special program for Adults 18 years and older with cystic fibrosis.

The Adult Program provides assistance with co-pays for prescription medication, medical equipment and supplies, nutritional supplements and extra nutritious food, doctor visits, lab/diagnostic tests and mental health visits. The program will also pay a health insurance deductible Pharmaceutical Services for Adults with Cystic Fibrosis serves adults from every corner of New Jersey and new patients are welcome to apply.

If you are new to our Organization you can visit our website, www.njsocf.org, to see if you meet our eligibility requirements and then download the required application package. You can also call NJSOCF to receive an application package through the mail.

Our Mission is...

To help ease the heavy financial burden placed on CF patients and their families and to provide needed information. No other cystic fibrosis organization in New Jersey offers the same type of focused financial assistance and emotional support.

Our Motto is...

We help them breathe easier!

How to Donate...

On-Line: Making a donation on line is simple and convenient. Just visit our website—njsocf.org.

Memorial Gifts: A memorial gift to NJSOCF makes a lasting tribute to a departed loved one. A special occasion gift can be used to celebrate birthdays, anniversaries, and even be given in lieu of wedding favors.

Matching Gifts: Many medium-sized and large companies offer a matching gift program.

BREATHE EASY
New Jersey State Organization of Cystic Fibrosis
Established in 1977
"We are the ones who help them breathe easier"

Volume 34, Number 1 Spring 2026

What CF Taught Me About the Power of Community

I grew up with deep uncertainty, feeling isolated and overwhelmed by both my cystic fibrosis and life's circumstances. Through the kindness of others and a commitment to serving my community, I found purpose and built a life beyond CF.

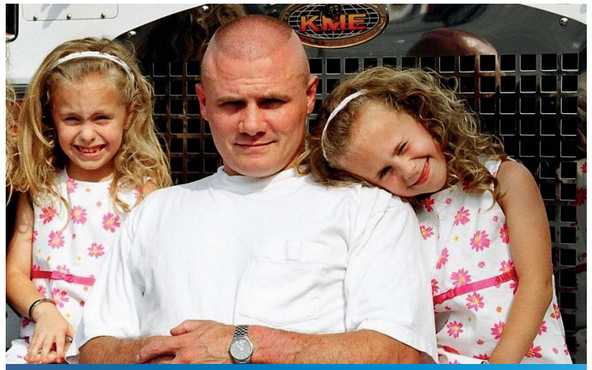
Living with cystic fibrosis can feel overwhelming and isolating. I remember sleeping in a mist tent as a child – which is no longer used for CF—and not understanding why I had to do it. At age 4, my parents split up and I was placed in a foster home. I endured physical therapies, numerous pills, and stares from strangers as my face turned beet red from coughing so hard—all without grasping why I was going through such challenges.

My youth was filled with questions and uncertainty, moving from one foster home to another, hoping to be adopted. While other kids looked through the Sears catalog for Christmas toys, I felt like I was in a catalog of foster children waiting to be chosen. Those experiences stood out in the early stages of my life.

The physical burden of CF often felt like a weight on my chest. I struggled not only with the illness but also with the emotional stress that came with it. There were days I would hit rock bottom and doubt there was any chance that my life would get easier. The anxiety and depression I faced made it difficult for me to function in school and at home with my foster family. I blamed everyone else who was offering me help for the problems I had, even before I met and knew them.

When I was in my late teens, I rebelled so much I wound up homeless—not because I didn't have a home, but because I thought I could do everything myself and didn't need anyone. So, I left my home and lived in the streets, sleeping in an abandoned commercial warehouse—no CF treatments, carrying whatever meds I had in my bag, no clean clothes. I would wash my face in the small bathroom of a pizzeria daily. The owner knew somehow that I needed help and offered me a job. That act of kindness from a stranger was a big turning point in my life.

Continued...



I refused to feel sorry for myself or give up.

I began searching for answers and ways that would enable me to navigate life with CF. That led me to focus on helping others in need by volunteering for the emergency squad in my town. Initially I doubted that I could become an EMT, but my perspective changed as I responded to calls for help, discovering that assisting others took my mind off my struggles.

I remember my first CPR call vividly. Although the outcome wasn't what we hoped for, an older team member reassured me that even in failure, we provided hope to the family involved. This experience ignited a mission within me to help others, leading me to become more involved in my community.

Despite the challenges of CF, I started working as a police dispatcher and continued volunteering for various activities, including church functions and other community events. Each encounter with others who knew about my condition was an opportunity to break the ice and educate them about my CF. Gradually, the questions about my health diminished as more people understood my reality of living with CF.

I continued to volunteer, eventually joining the volunteer fire department and completing my fire training. Unknown to me, many people in my community were invested in my journey, participating in fundraisers for cystic fibrosis awareness. This included a massive softball tournament which gathered teams and support from local organizations, all to support my determination to live without being defined solely by my illness.

The motivation to share my journey stems from advancements in CF research and new treatments that have allowed me to achieve milestones I thought would never be possible. Completing my 28th year at the police department and planning for retirement was a personal victory. I celebrated 35 years with the emergency squad 25 years with the fire department, as well as served in various community organizations, earning recognition for my service. I was even named the 2025 Knight of the Year by the Knights of Columbus in New Jersey.

My hope is that by sharing my struggles and triumphs, I can inspire at least one person with CF or anyone else to find their path and purpose in life. There is so much more to my story, and I look forward to sharing more stories that will encourage and inspire others to make changes that give them an opportunity to live a better life.

By George McDermott
President, New Jersey State
Organization of Cystic Fibrosis

Upcoming Events 2026!

SAVE THE DATE

FRIDAY, JULY 31, 2026

43RD ANNUAL GOLF TOURNAMENT

CRYSTAL SPRINGS COUNTRY CLUB

1 Wild Turkey Way, Hamburg, NJ 07419

FOR MORE INFO CALL:
NJSO of Cystic Fibrosis – 973-595-1232
www.njsocf.org

Wild Turkey

New Jersey State Organization of Cystic Fibrosis

Save the date!! "POCKETBOOK BINGO"

Designer Handbags
Coach
Michael kors
KATE SPADE

Admission: $30.00
November 5, 2026
Pompton Lakes Elks Lodge
15 Perrin Avenue, Pompton Lakes, New Jersey
Doors Open – 6:00 Calling Begins – 7:00
For more info call NJSOCF 973-595-1232
www.njsocf.org

For more information about these events call 973-595-1232 or visit our website www.njsocf.org