ROSE OSTROWSKI'S

Adding Tomorrows

2016/2017 MALL TOUR

BENEFITS THE CYSTIC FIBROSIS FOUNDATION

SEPTEMBER 24	COLUMBIA MALL	2:00PM
OCTOBER 8	LEHIGH VALLEY MALL	3:00PM
NOVEMBER 5	LAUREL MALL	2:00PM
NOVEMBER 19	SOUTH MALL	3:00PM
DECEMBER 3	LEHIGH VALLEY MALL	3:00PM
DECEMBER 17	COLUMBIA MALL	2:00PM
JANUARY 14	LAUREL MALL	2:00PM
TBA	MARKETPLACE AT STEAMTOWN	TBA

WWW.ROSEOSTROWSKI.COM

OTHERS TO BE ANNOUNCED
DATES AND LOCATIONS SUBJECT TO CHANGE
CHECK WEBSITE FOR UPDATES

Who is Rose Ostrowski?

Rose Ostrowski is a twelve year old seventh grader from Berwick, PA. Starting at very early age, Rose loved to sing and surprisingly, back then, it was opera. At eight years old, Rose's parents thought that it would be different and neat for their daughter to record a song. What was originally just for fun grew into an ongoing project for Rose- her willingness to help find a cure for Cystic Fibrosis (CF).

The Reason for Rose's 'Adding Tomorrows' Mall Tour

Rose's first single, a cover of 'Let it Be', was released in 2012. Earlier that year, her cousin, Camillia, who had suffered from CF passed away. Camillia was only 21 and lost her life as a result of having the isease. From day one of Rose's song release, Rose and her family decided to donate all of the sing proceeds to the CF Foundation. The foundation is determined to find a cure and hosts multiple fundraisers across the nation to raise money for CF research.

In an effort to help raise CF awareness and of course sell her music to benefit the CF Foundation, Rose set out to perform. However, being eleven years old, performing at your typical club setting was out of the question- That's when her 'Adding Tomorrows' Mall Tour was born. The tour was successful, with over $600 raised. An additional $850 was added by an anonymous sponsor.

Rose's Mission

Rose's mission is quite simple- Sing to help raise money for CF research and have fun while doing it. If just one of her records (song download cards) are sold at an event and as long as one person walked away having a little more knowledge about CF, her mission has been accomplished. Of course, recording and playing music is one thing, but actually doing it in front of a live audience is another, making her mall tour a great way to gain experience as well.

How Can You Help?

There are several ways for people to help with CF research funding. Of course, you can purchase a copy of one or both of Rose's singles for a minimum donation of one dollar, but there are also other ways to support as well.

One of the most popular fund raisers is the Great Strides Walk. There are many held annually throughout the US, and folks that have of know someone with CF typically participate by having their own fundraising team in the walk. It's not only a great way to raise funds, but also a fantastic way for many people who are familiar with CF to gather together and share their own experience.

There are so many more ways to donate and all of them can be found by visiting www.cff.org.

Rose's Accomplishments

In her short musical career, Rose has had many accomplishments that most musicians and singers dream of. Yes, some is a direct result of her fundraising efforts and others are a direct result of her talent. Here are a few points regarding Rose's accomplishments:

2012: Recorded & released a cover of The Beatles 'Let it Be' (age 8)

Many television and radio shows showcased Rose's talent and fundraising efforts.

Rose performed at several CF benefits and also at Senior Citizens Centers.

2015: Recorded & released a cover of Tesla's 'Life is a River' (age 10)

She was featured in numerous newspapers across Pennsylvania and was also on several television and radio shows.

2016: Performed at numerous CF benefits and festivals. Rose completed her first annual 'Adding Tomorrows Mall Tour' in late February. On July 15, Rose performed 'Heaven' with the band WARRANT at the Sherman Theater's Summer Stage in Mt. Pocono, PA. Five days later her cover of 'Let it Be' hit #1 overall on the iTunes top 200 song charts in Paraguay. It was in the spot for an entire day over Bruno Mars, Robin Thicke, Adele, Coldplay, Taylor Swift and Pitbull, just to name a few.

Many popular artists and bands have helped spread the word about her recordings, including Tesla, WARRANT, FireHouse, Stryper, Bill Levery (FireHouse), Roger Fisher (formerly of Heart), Josette Miles, Abi Ann, Frank Hannon (Tesla), Former members of Bricklin, Melissa Krahnke and many more.

Her past mall tour schedule, music links and a handful of past stories written about Rose can be viewed at www.roseostrowski.com

What is Cystic Fibrosis?

Cystic fibrosis is a life-threatening, genetic disease that causes persistent lung infections and progressively limits the ability to breathe.

In people with CF, a defective gene causes a thick, buildup of mucus in the lungs, pancreas and other organs. In the lungs, the mucus clogs the airways and traps bacteria leading to infections, extensive lung damage and eventually, respiratory failure. In the pancreas, the mucus prevents the release of digestive enzymes that allow the body to break down food and absorb vital nutrients.

SYMPTOMS OF CF

People with CF can have a variety of symptoms, including:

- Very salty-tasting skin
- Persistent coughing, at times with phlegm
- Frequent lung infections including pneumonia or bronchitis
- Wheezing or shortness of breath
- Poor growth or weight gain in spite of a good appetite
- Frequent greasy, bulky stools or difficulty with bowel movements
- Male infertility

Diagnosis and Genetics

Cystic fibrosis is a genetic disease. People with CF have inherited two copies of the defective CF gene -- one copy from each parent. Both parents must have at least one copy of the defective gene.

People with only one copy of the defective CF gene are called carriers, but they do not have the disease. Each time two CF carriers have a child, the chances are:

- 25 percent (1 in 4) the child will have CF
- 50 percent (1 in 2) the child will be a carrier but will not have CF
- 25 percent (1 in 4) the child will not be a carrier and will not have CF

The defective CF gene contains a slight abnormality called a mutation. There are more than 1,800 known mutations of the disease. Most genetic tests only screen for the most common CF mutations.

IN THE UNITED STATES:

- About 30,000 people are living with cystic fibrosis (70,000 worldwide).
- Approximately 1,000 new cases of CF are diagnosed each year.
- More than 75 percent of people with CF are diagnosed by age 2.
- Nearly half of the CF population is age 18 or older.

What to Expect

Cystic fibrosis is a complex disease and the types and severity of symptoms can differ widely from person to person. Many different factors, such as age of diagnosis, can affect an individual's health and the course of the disease.

Watch a video that provides a glimpse into the everyday life of Kaitlyn Broadhurst, a 25-year-old living with cystic fibrosis.

People with cystic fibrosis are at greater risk of getting lung infections because thick, sticky mucus builds up in their lungs, allowing germs to thrive and multiply. Lung infections, caused mostly by bacteria, are a serious and chronic problem for many people living with the disease. Minimizing contact with germs is a top concern for people with CF.
The buildup of mucus in the pancreas can also stop the absorption of food and key nutrients, resulting in malnutrition and poor growth. In the liver, the thick mucus can block the bile duct, causing liver disease. In men, CF can affect their ability to have children.
Breakthrough treatments have added years to the lives of people with cystic fibrosis. Today the median predicted survival age is close to 40. This is a dramatic improvement from the 1950s, when a child with CF rarely lived long enough to attend elementary school.

Because of tremendous advancements in research and care, many people with CF are living long enough to realize their dreams of attending college, pursuing careers, getting married and having kids.
While there has been significant progress in treating this disease, there is still no cure and too many lives are cut far too short.

Treatments

The type and severity of CF symptoms can differ widely from person to person. Therefore, there is not a typical treatment plan. People with CF need to work closely with their medical professionals and families to create individualized treatment plans. The CF Foundation accredits more than 120 care centers that are staffed by dedicated healthcare professionals who provide expert CF care and specialized disease management.

Each day, people with CF complete a combination of the following therapies:

- Airway clearance to help loosen and get rid of the thick mucus that can build up in the lungs. Some airway clearance techniques require help from family members, friends or respiratory therapists. Many people with CF use an inflatable vest that vibrates the chest at a high frequency to help loosen and thin mucus.
- Inhaled medicines to open the airways or thin the mucus. These are liquid medicines that are made into a mist or aerosol and then inhaled through a nebulizer. These medicines include antibiotics to fight lung infections and therapies to help keep the airways clear.
- Pancreatic enzyme supplement capsules to improve the absorption of vital nutrients. These supplements are taken with every meal and most snacks. People with CF also usually take multivitamins.

The CF Foundation supports research to discover and develop new CF treatments and maintains a pipeline of potential therapies that target the disease from every angle.
In 2015, the FDA approved the second drug to treat the root cause of cystic fibrosis, a defective protein known as CFTR. The first drug targeting the basic genetic defect in CF was approved in 2012. The arrival of this group of drugs, called CFTR modulators, signals a historic breakthrough in how CF is treated. It's expected that CFTR modulators could add decades of life for some people with CF.

Today, the Foundation is focused on developing lifesaving new therapies for larger numbers of people with CF and pursuing daring, new opportunities to one day develop a lifelong cure.

Research

When a group of parents started the Cystic Fibrosis Foundation in 1955, they set their sights high -- to advance understanding of this little-known disease, to create new treatments and specialized care for their children, and to find a cure.