

As many of you know, being a caregiver for someone who suffers from pulmonary fibrosis can be challenging in many ways. Receiving this breather award has allowed me to take a trip of a lifetime to Costa Rica for a yoga retreat. While there, I made new friends, got to spend quality time with two of my daughters, and had time to reflect on the new course my life has taken. During the retreat, I also gained a new appreciation for yoga and meditation. It was such an uplifting and enlightening experience... and who would have thought I could eat vegan food for an entire week and actually like it!! :)

All kidding aside, I would like to thank my husband, Peter, for nominating me for this amazing opportunity. It was truly a gift that I will always treasure. I highly recommend anyone who suffers from pulmonary fibrosis to nominate their caregivers for this award. It is a wonderful way to show your love and support for all that they do.

And lastly, I would like to send out a heartfelt thank you to the CPFF community, Intermune (now Roche) and everyone who helped make this possible. I will be forever grateful for your support.

Sincerely,
Sheila Kennedy