



LINDSEY MEYER MEMORIAL FOUNDATION

Newsletter

Welcome to Our Premiere Issue!

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It is our sincere pleasure to present you with the first edition of the Lindsey Meyer Memorial Foundation (LMMF) Newsletter! We hope that you enjoy reading about the activities and happenings of the Foundation.

The Lindsey Meyer Memorial Foundation (LMMF) was established in 2001 to honor the memory of Lindsey Rose Meyer. Lindsey passed away in 2001 after a life-long battle with Cystic Fibrosis. Lindsey was a vivacious and motivated young woman who never let her illness interfere with her love and zest for life.

The Foundation has been honored to carry on Lindsey Meyer's messages of hope, courage, laughter, and passion through our programming.

LMMF, a non-profit organization, holds numerous events throughout the year to help raise funds for the NJ Organization of Cystic Fibrosis and scholarships for local high school and grammar schools. LMMF's largest fundraiser is their annual Pumpkin Run, which takes place in Rutherford. LMMF also hosts an Annual Person of the Year Dinner to honor individuals who have made a significant impact upon the success and longevity of the Foundation.

LMMF also sponsors and supports the work of the Lindsey Meyer Teen Institute (LMTI), a leadership training program for high school students that focuses on alcohol, tobacco, and other drug prevention.

This edition of the newsletter will provide you with just a taste of what the Foundation has been up to in the past year. We are looking forward to greatly expanding the contents of this newsletter for upcoming issues. If you have any suggestions for items you would like to see in here, please feel free to contact us at info@lmmf.org. Also, be sure to visit our website at www.lmmf.org. Enjoy!

Online Giving: How You Can Help LMMF Grow

Want to help the Lindsey Meyer Memorial Foundation grow? Making contributions is easier than ever with The Network for Good. Simply visit www.networkforgood.org and search for "LMMF." From there, you can choose to make a tax deductible contribution starting at ten dollars. You can also choose to make a one time, monthly, or annual contribution. Network for Good is the Internet's leading charitable resource, bringing together donors, volunteers and charities online to accomplish good. Every little bit counts and we appreciate all of your support!

Network  **for Good.**

**YOU can make
a difference.**

The mission of the Lindsey Meyer Memorial Foundation is to keep Lindsey's memory, her passion and her spirit alive through fun-loving activities, while generating funds to benefit the organizations that meant so much to her.



Dennis pictured here with his daughter, Danielle, and wife, Peggy.

LMMF Honors Dennis Letsche

In April of 2007, the Lindsey Meyer Memorial Foundation held its 1st Annual Person of the Year Dinner. LMMF was proud to recognize Dennis Letsche at the event.



Dennis Letsche is a committed and passionate community member who is dedicated to making a difference in the lives of others. Dennis approaches all he is involved in with a sense of benevolence, generosity, and humor.

Dennis is a founding member of the Lindsey Meyer Memorial Foundation (LMMF). Dennis has been instrumental in the planning and implementation of the Foundation's annual event, the Pumpkin Run for the past five years. During the months leading up to the Run, Dennis organizes and motivates our volunteers to make certain

that the event is an enjoyable success for everyone who participates. On the day of the run, whether there be rain or shine, Dennis stands as the true embodiment of the mission of LMMF, bringing to life Lindsey's passion and her memory. The Pumpkin Run is about far more than just walking, jogging, or running through the streets of Rutherford- it is about a community, united, that extends far beyond the Rutherford borders. The Pumpkin Run is about Lindsey's spirit, and the driving force behind that phenomenon is Dennis Letsche.

Dennis was also vital in the creation of the Lindsey Meyer Teen Institute. Dennis advocated for the continuation of this important programming under the LMMF and it has thrived ever since.

In addition to his work with LMMF, Dennis is a Board member on the Rutherford Library. He is a trustee to several non-profit foundations and is very active with the New Jersey State Organization of Cystic Fibrosis (NJSOCF), as well as an active member of the Long Island Risk Management Society (RMS). Dennis works as the Managing Director, Property and Casualty Sales for Krauter & Company, and is responsible for developing new business relationships. Dennis is recognized in National Register's Who's Who in Executives & Professionals.

LMMF extends a grateful congratulations to Dennis for all he has done for the Foundation.



The 6th Annual Pumpkin Run

Thanks to everyone who helped to make the 2007 Pumpkin Run a HUGE success. Check out our next edition for highlights and photos!



LMMF

Board of Directors

- Eileen Baker, President
- John Merli, Vice President
- Priscilla Hipkins, Secretary
- Ed DeLorenzo, Treasurer

Board Members:

- Peggy Letsche, Claudia Merli, Wayne Meyer, Stephen Heydel, Sean O'Beirne, and Jamie Sierfeld.

Questions & Answers About CF

What is Cystic Fibrosis?

Cystic fibrosis is the most common genetic disorder in the United States. In New Jersey alone there are at least 1000 individuals with the disease. CF affects the lungs, clogging them with thick, sticky mucus. This causes severe damage to airways, resulting in chronic coughing and respiratory infection. The disease also adversely affects the digestive system, blocking the release of vital pancreatic enzymes needed for the absorption of food.

How is CF treated?

Although there is no known cure for CF, proper therapy, started in early childhood and maintained through life, can keep the disease under control, minimizing lung damage, maximizing weight gain, and making a productive life possible. CF varies greatly in severity from person to person, so treatment must be tailored to the individual. Therapy is most frequently aimed at reducing bronchial obstruction and lung infection through a regimen of postural drainage, aerosols and antibiotics. Enzyme therapy is used for digestive inefficiency along with nutritional supplements and extra nutritious foods. Additional salt is also usually required to compensate for excessive salt loss in CF patients, especially during warm weather or after exercise.

Where Can I Learn More?

Visit www.njsocf.org, home of the New Jersey State Organization of Cystic Fibrosis to learn more. LMMF is proud to contribute annually to the efforts of this amazing organization that is dedicated to assisting individuals with CF and their families.

LMTI: Three Years Strong!

In 2005, the Lindsey Meyer Memorial Foundation launched its first program, the Lindsey Meyer Teen Institute (LMTI). Each summer, the LMTI Summer Leadership Conference is held at YMCA Camp Ralph Mason in Hardwick, NJ. High school students from throughout

the state come together at one of two five-day conferences to develop their leadership abilities and to make a positive difference in their schools and community. Throughout the conference, students see motivational speakers, participate in experiential workshops, take part in

small group discussions, and develop strategic alcohol, tobacco, and other drug prevention strategies for their schools and communities.

The LMTI experience does not end with the summer. The LMTI staff works closely with students throughout the course of the school year. In addition, follow up events such as a Statewide Reunion at Liberty Science Center, a Statewide Lock In at Ramapo College of NJ, Action Group Representative Meetings, a newsletter, and website keep students connected and motivated during the year. LMTI currently works with forty high school and community groups.



LMTI Staff Members & LMMF Board Members: Back (l to r) Sean O'Beirne, Wayne Meyer, Justin Macfield, Chris Storms. Front (l to r) Jamie Sierfeld, Eileen Baker.

LMTI also receives funding from the New Jersey Department of Health and Senior Services and the New Jersey Prevention Network to coordinate the tobacco prevention programming for high schools and college students.

Lindsey Meyer is the passion behind everything that LMTI does and we are so proud to provide this valuable experience in Lindsey's name.

For more information on LMTI, please visit www.lmteeninstitute.org!



Participants at the 2007 LMTI Summer Leadership Conference (Session 1)

2007 Scholarship Recipients

SCHOOL	RECIPIENT	AMOUNT
Dumont High School	Shannon Maddelin	\$250
	Thessa Mariano	\$250
Garfield High School	Jakub Paluch	\$500
Hasbrouck Heights High School	Tammy Le	\$500
Becton Regional High School	Katherine Ondrof	\$500
Lodi High School	Abraham Hazou	\$500
Lyndhurst High School	Raymond Aronson	\$500
North Arlington High School	Abby Hocking	\$500
	John Zollo	\$500
Rutherford High School	Nicole Thompson	\$500
Wallington High School	Jillyann Suarez	\$500
Wood-Ridge High School	Seth Jambor	\$500

Educational scholarships were also given to Felician College, Lodi and to students at Saint Mary's Grammar School and High School in Rutherford NJ.

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About Us



Lindsey Rose Meyer was a vivacious and spirited young woman. She was a student at St. Mary's High School in Rutherford, NJ. On February 8, 2001, Lindsey lost a long and fiercely fought battle with Cystic Fibrosis. In her life, Lindsey gave tirelessly to others and reminded everyone to look at life as a challenge to be embraced, not feared. Lindsey laughingly taught others to not only take from life, but to also give back as much as possible. It is in Lindsey's honor and memory that the Lindsey Meyer Memorial Foundation was formed in 2001 and the Lindsey Meyer Memorial Foundation was formed in 2005.



The Lindsey Meyer Memorial (LMMF), a non-profit, 501(c)(3) organization, was established in memory of Lindsey Rose Meyer. LMMF holds numerous fundraisers and events throughout the course of the year to raise funds for New Jersey State Organization of Cystic Fibrosis, as well as local educational scholarship funds. In addition, LMMF sponsors and supports the work of the Lindsey Meyer Teen Institute. For more information on LMMF, please visit www.lmmf.org.



The Lindsey Meyer Teen Institute (LMTI) is a statewide leadership training program for high school students that focuses upon alcohol, tobacco, and other drug prevention. LMTI is an proactive, dynamic, and fun way for high school students and adult advisors to become empowered to make positive changes in their schools and communities. LMTI also sponsors programs at the middle school and college level. For more information on LMIT, please visit www.lmteeninstitute.org.