

THE QUARTERLY COUGH

A NEWSLETTER BROUGHT TO YOU BY
THE NATIONAL JEWISH HEALTH
ADULT CYSTIC FIBROSIS TEAM



Strengthening Our Team: New Staff Spotlight



Kayla Watanabe, RD
Clinical Dietitian Supervisor

Kayla brings a strong background in clinical nutrition and team leadership to her role. Originally from Hawaii, she earned a BS in Nutrition Science from the University of Idaho and the University of Hawaii while also competing as a Division I soccer player. After completing her dietitian internship at Viterbo University in Wisconsin, Kayla relocated to South Carolina; she honed her skills as an inpatient dietitian in the ICU as well as with cardiac and pulmonary patients. Kayla is an avid traveler, live music enthusiast, and soccer fan who loves exploring new foods. She's excited to experience Colorado's seasons and is looking forward to hitting the winter slopes to learn how to snowboard.



Lauren Miskovsky, MS, RD
Clinical Dietitian

Lauren is excited to continue her dietitian career at NJH, having joined the CF clinic this past January. Originally from Vermont, she moved to Denver in 2018 after completing her Exercise Science degree at Elon University. Passionate about nutrition, Lauren earned her MS in Human Nutrition and Dietetics from MSU in 2022, officially becoming a registered dietitian in 2024. She brings valuable specialized experience to her role, having previously worked as an inpatient dietitian at Lutheran Medical Center. Lauren also has experience with individuals navigating eating disorders. In her free time, she stays busy coaching Orangetheory Fitness and hanging out with her two beloved dogs.



Isabel Garbayo, LCSW
Social Worker

Isabel has been a valuable member of the NJH community for the past two years and has transitioned into a split role, dividing her expertise between the adult general clinics and the CF team. Originally from Concord, MA, she earned her master's degree from Simmons University in Boston. Isabel began her career journey in a skilled nursing facility and has since gathered extensive experience across various hospital environments. Since relocating to Denver three years ago, she has loved making the most of Colorado by skiing and practicing yoga, as well as scouting out new coffee shops and planning her next travel adventure.



Emily Rousseau, PharmD, BCPS
Pharmacist

Our team happily welcomes its first CF-dedicated pharmacist! Emily has joined the NJH family as a clinical pharmacist for both the CF and GI clinics. She brings specialized experience from an inpatient pharmacy background, having spent the previous two years caring for hospitalized CF patients at Saint Joseph Hospital. Originally from St. Louis, MO, Emily pursued her PharmD degree at Southern Illinois University, moving to Denver to complete her pharmacy residency. She quickly fell in love with the mountains, learned to ski, and now happily calls Colorado home. Whether it's helping navigate complex medication regimens, answering medication questions, or celebrating treatment milestones, Emily enjoys partnering with patients to help them get the most from their therapies – one prescription at a time!



Brenda Duron Ramirez, MA
Patient Navigator

Brenda recently joined our team as a medical assistant for the CF clinic, bringing a deep commitment to personalized patient care. Born and raised in Denver, she pursued her passion for health care by earning her medical assistant certificate at Pickens Technical College. Brenda assists with vital daily clinical operations like spirometry testing and blood draws; she also specifically supports CF endocrinologist Dr. Shauna Runchey. Brenda supports all things endocrine, helping manage patients' CF-related diabetes, thyroid disease, osteoporosis, and hormonal conditions. She loves to stay fit in the gym, spending quality time with family, working on car upgrades, and exploring new places during long drives.



Michele Gaffigan, BS
Clinical Research Coordinator

Michele has rejoined our team as a senior clinical research coordinator, making a welcome return after leaving Colorado seven years ago. Holding a Bachelor of Science in Interdisciplinary Health Services from Western Michigan University, she brings a strong, foundational background in regulatory affairs to her position. Following her initial time with the CF research team, she expanded her clinical expertise by coordinating research studies focused on PTSD and infectious diseases. Having relocated back to Denver in recent years, Michele is thrilled to channel her diverse experiences back into a CF role. Outside of the clinic, she makes it a priority to spend as much time as possible exploring the Colorado mountains.



Natalie Leeder, BS
Clinical Research Coordinator

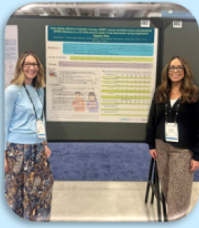
Natalie joins the team as a clinical research coordinator. A Minneapolis native, she graduated from the University of Wisconsin-Madison with a Bachelor of Science in Biology and Global Health. Following graduation, Natalie remained at her alma mater to serve as a research coordinator specializing in pediatric allergy, asthma, and environmental health studies. Through this work, she developed a deep professional passion for utilizing clinical data and research to actively address systemic healthcare inequities and elevate global health outcomes on a broader scale. In her free time, Natalie stays active outdoors with running and hiking; she also enjoys creative activities like knitting and reading.



Katie Stadler, BS
Clinical Research Coordinator

Katie serves as an assistant clinical research coordinator, leveraging a diverse background in therapeutic care and clinical diagnostics. Originally from the Chicago area, she relocated here in 2021 to complete a neurorehabilitation internship at Craig Hospital. Holding a BS in Therapeutic Recreation, Katie spent the early years of her career as a nationally certified recreational therapist across mental health, home and community neurorehab, and geriatric care. Eventually pivoting to NJH in 2024, she currently coordinates TDN clinical trials, executes study visits, performs research-specific diagnostic testing, and manages data collection. Katie is an outdoor enthusiast who hikes and skis across CO; other passions include travel, photography, pickleball, and volleyball.

Your Data in Action: The CFF Patient Registry



Behind the Data:
NJH CF Registry Team

Did you know that when you share your health updates at a CFF-accredited care center, you are helping the entire cystic fibrosis community? The CFF Patient Registry brings together health information from individuals just like you to help doctors build better care guidelines and improve treatments at every visit. Researchers also dive into this data to study new therapies and design life-changing clinical trials. Every year, the CFF shares these amazing milestones in an annual report, celebrating how our community's shared journey is shaping the future of CF care!

The latest Annual Data Report is ready for you on [cff.org](https://www.cff.org). You can read the full PDF report or explore the brand-new Interactive Patient Registry Highlights. Check it out by scanning the QR code or visiting <https://www.cff.org/medical-professionals/patient-registry>



2025 CFF Registry Report



Heart, Soul, and Community: How We Support our CF Warriors

The CF Care Team is incredibly proud to look beyond clinic walls and show up for our community by fundraising for and participating in signature CF events. Whether we pound the pavement during the Colfax Relay Marathon, scale stairs at Coors Field at the CF Climb, or eat our hearts out at the Chef's Challenge, we put our hearts into every mile, step and dollar raised.



Rocky Mountain CFF Chef's Challenge June 2026



Team Blood,
Sweat &
Sputum Colfax
Marathon
Relay 2026



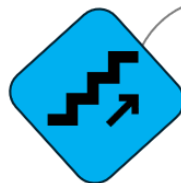
Rocky Mountain CFF Climb July 2025



Rocking Purple for CF Awareness Month May 2026

CFF Rocky Mountain Chapter 2026 Events

For registration information on these events and more:
<https://www.cff.org/chapters/rocky-mountain-chapter>



Denver CF Climb

July 25, 2026
Coors Field



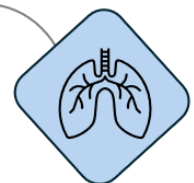
Cycle W/Team CF

September 13, 2026
University of Colorado,
Boulder



Steamboat Xtreme Hike

September 19, 2026
Steamboat Springs, CO



Breathe of Life Gala

November 7, 2026
Denver Center for the
Performing Arts

NACFC: Last Year's Best Moments & What's Next for 2026

The biggest CF medical conference of the year is heading to Atlanta this October 7-10! While clinicians and researchers gather at NACFC to share data, the breakthroughs will directly impact your daily care. Here's what to watch closely:

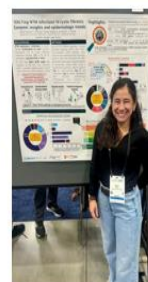
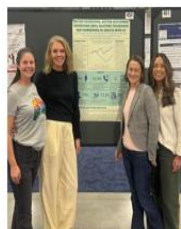
- **Genetic Therapies:** Updates on inhaled mRNA and gene editing for those unable to use current modulators
- **Adult Health & Aging:** New guidelines for CF-related diabetes, colon health, and safe pregnancies
- **Infection research:** Progress on novel treatments to fight drug-resistant lung bacteria



NJH ADULT CF TEAM
2025 NACFC SEATTLE



Point your camera
here for NACFC
2026 information!



Big Cheers for our CF Care Team Stars!

Every May during Annual Nurses Week, NJH celebrates outstanding clinical and nursing excellence by recognizing staff across several categories. We are thrilled to share that five of our CF care team members were nominated and honored this year:

- **Sara Brayshaw**, *Distinguished Excellence in Leadership*
- **Chelsey Heron** and **Brenda Duron Ramirez**, *Distinguished Medical Assistants*
- **Rachel Stonecipher**, *Distinguished Friend of Nursing*
- **Emily Armantrout** (not pictured), *Distinguished Nursing Excellence*

We are proud of their dedication, expertise, and the compassionate care they bring to patients every day – congratulations!



😊 A Friendly Update From Your National Jewish Health Care Team

To keep you safe and ensure uninterrupted medication coverage, National Jewish Health requires an annual in-person visit to process refills. If it has been a while since your last visit, please schedule your appointment today via your MyChart account.

📞 Contacting Your Care Team

Our clinic is quite busy, especially during regular business hours. Please rest assured that we always do our best to respond to your needs as quickly as possible, and we truly appreciate your patience and understanding.

- **Refills & Non-Emergencies:** Please message your care team through the MyChart portal.
- **Insurance Check:** Please confirm your insurance details — including deductibles, co-pays, and pre-authorizations — before arriving for your visit.

🌸 Creating a Safe & Comfortable Environment

We strive to maintain a welcoming, safe space for everyone and request your cooperation with the following clinic guidelines:

- **Be Kind:** We maintain a zero-tolerance policy for harassment, discrimination, or abusive behavior. We expect all visitors and staff to treat each other with mutual respect.
- **Fragrance-Free Zone:** Please refrain from wearing strong perfumes, colognes, or scented lotions. These odors can cause severe breathing difficulties for other patients in our waiting areas.
- **Prohibited Items:** Weapons and illegal substances are strictly prohibited on all campus properties.

📞 Contact & Support

If you have any questions, concerns, or if we are not meeting your expectations, please let us know:

- **CF Clinic Care:** Call 303.270.2333 and select **Option 1** (Scheduling), **Option 2** (CF nurse voicemail), **Option 3** (CF nurse urgent cell phone), or **Option 4** (On-call doctor urgent cell phone).
- **Patient Care Advocates:** To share feedback or file a formal complaint, please call 303.398.1076.

💙 Working Together To Keep Our Community Safe & Breathing Easy



Candid moments:
Smiles from your care team
in 2025 😊

