



CF **YEARBOOK** **2020**

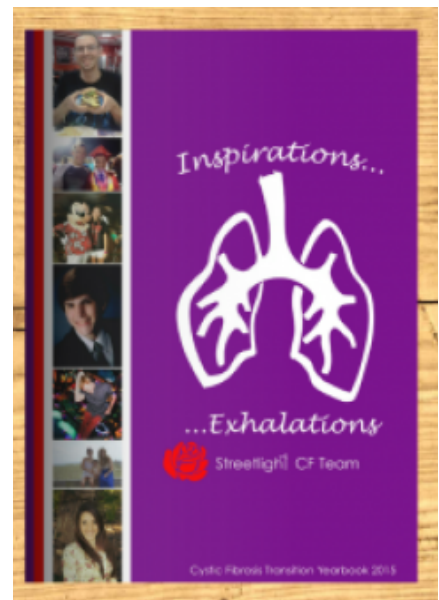
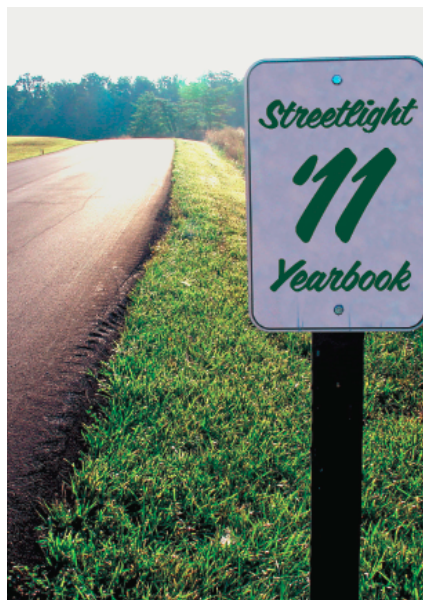
A TIME OF TRANSITION,
GRATITUDE AND
CELEBRATION

Streetlight†

ABOUT THE YEARBOOK

The CF Yearbook is a time-honored tradition in our Streetlight community, sharing the stories of our friends with CF since 2009.

Since its creation in 2006, Streetlight has walked with our CF friends through countless hospitalizations and breathing treatments. We heard how difficult the transition from Pediatric to Adult Care can feel, and with the collaboration of our CF patients and the Pediatric and Adult Care teams, we created the 1st CF Yearbook in 2009 as a celebration of this huge milestone. We produce this yearbook to help make this new chapter of care more comfortable, to celebrate our transitioning patients, and to share the legacies of our CF friends.



In the several installments of the CF Yearbook, we have lifted up the stories of over twenty transitioning patients and over sixty staff members. This yearbook is our largest yet—including stories from eleven graduates and contributions from twenty-seven staff members.

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Dear Transitioning Patients,

We at Streetlight say “Congratulations!” in making the transition from pediatric to adult care. This transition marks a new period in your life, and we are here to help celebrate this milestone and make the process as smooth as possible.

Streetlight is a support program at UF Health for teens and young adults living with cystic fibrosis and other chronic or critical illnesses. Medicine can do a lot, but sometimes, a friend can be a powerful source of support. We build friendships with teens and young adults while they are in the hospital and continue these relationships when patients leave the hospital or move on to the adult floors.

Streetlight team members have heard many concerns about how difficult the transition process is for CF pediatric patients as they approach adulthood. Leaving behind familiar health-care professionals, the increased level of patient responsibility, and general uncertainty regarding adult pulmonary care are but a few of the issues. This yearbook is a result of hearing repeated concerns from CF patients about leaving doctors, nurses, and other health-care professionals they have known almost their entire lives and starting a blank slate with the adult pulmonary team.

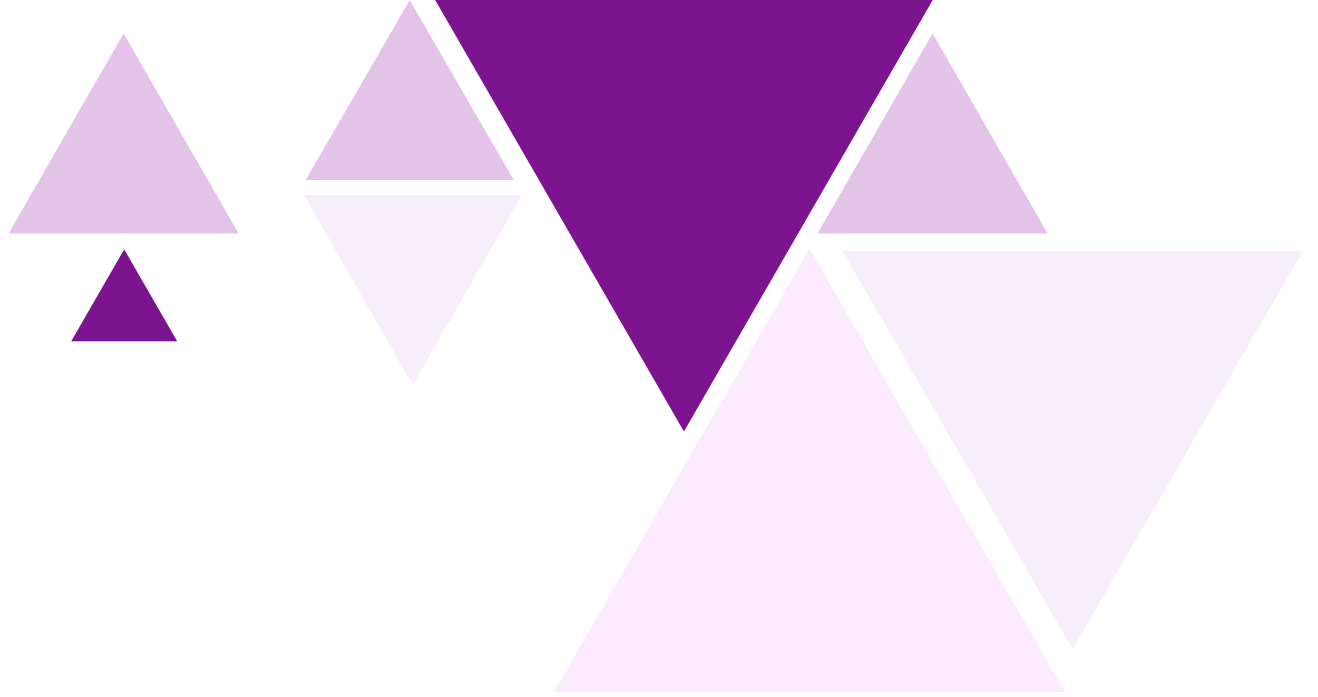
Streetlight hopes this yearbook will provide a chance for the Pediatric CF team to say goodbye to you and kick-start your relationship with the Adult CF team by teaching both the doctors and patients a little about each other.

The Streetlight team welcomes any suggestions you may have to help make this process better for you and the transitioning young adults with CF who will come after you. Yes, there will be change, but we assure you that Streetlight will continue to be there for you during the ups and the downs.

We hope you enjoy this yearbook and that it helps in your transition to adult care!

Sincerely,
The Streetlight Team

The logo for Streetlight, featuring the word "Streetlight" in a blue, sans-serif font. The letter "t" at the end of the word is stylized, with a small, curved line above it that resembles a streetlight pole.



THE GRADUATES





ABBY REAMS



A girl from a small town with hopes of breaking into the restaurant industry without letting her CF get her down; introducing “Culinary Dreams with Abby Reams.”

Abby Reams is an 18-year-old girl from Greenville, Florida—a small, rural town with just two gas stations where her family goes back six generations. Abby graduated from Aucilla Christian Academy in the spring of 2020, where she was able to celebrate this achievement with the other 21 students in her class, many of whom are part of her Christian faith community. She is the youngest of three girls, all of whom went to college in Tallahassee. They are surrounded by Florida State’s culture, but Abby says her heart will always beat for the Gators.

Abby is in her first year at Florida State University, studying hospitality with hopes of working in the restaurant business. She is currently applying for some local waitressing jobs to get her foot in the door, but she has big dreams of working internships in the food capitals of the Southeast: Charleston and Charlotte. She loves to bake and cook Southern food, especially when the ingredients are locally sourced. She loves homegrown, farm-to-table type cuisine, and her absolute dream would be to have her own cooking show!

Abby is a true adventurer; she loves to travel and experience new people and places. However, her CF has sometimes left her feeling like she’s missing out. As she reflected on her experience of leaving home, moving to a new city, and starting school, she stated that she has had to truly rely on herself. She has come to terms with the reality that life with CF is different. She stated, “I can’t do what everybody else does—my life will be different.” Her CF requires a lot of maintenance; she remarked, “I don’t have any off days.” CF has caused her to prioritize her health as her top priority, but despite all of her hard work, she still says humbly, “I’ve been really blessed.”



Though living with CF has its hardships, Abby says that CF matured her and helped her grow to be the person she is today.

She reflected that being told at a young age about life expectancy caused her to really prioritize her quality of life. “I take life seriously,” she remarked. She wants to live her life as abundantly as possible, and she is so thankful for her friends and family that support her. She credits her support system as what sustains her in life’s ups and downs. Her advice to other patients with CF is to “get involved with people who are like you and understand your condition.” She explained that it is important to be in relationship with people who view life similarly and know what it’s like to go through all the symptoms and treatments.



In addition to having great loved ones in her life, Abby draws on her religious faith and in the stability of her relationship with God. She is a deeply faithful person, and her faith has given her hope, stability, and community that helps to center her life. It is this faith that sustains her when her path feels a little less clear, such as now in our socially-distant world. She names she is having a hard time adjusting to moving to a new place because it has been hard to find community. However, she has high hopes for her future, and her adventurous spirit, her diligent work ethic, and her tenacious optimism are sure to lead her to big places.



FUN FACTS

Favorite Place She’s Traveled: New York City

Place She Hopes to Visit: Greece

Celebrity Crush: young Rob Lowe

Favorite Musical Genre: Classic Rock or Southern Rock

Favorite Musical Artist: Leonard Skynyrd

Favorite TV Show: One Tree Hill

Favorite Book: We Are The Lucky Ones

Favorite YouTuber: The Try Guys

Favorite Thing About Herself: She achieves her dreams and goals. When she has a dream, she sticks to it and follows through.



DANIEL MARKEY

Between his days working long hours at the car wash and his nights playing and coaching basketball, Daniel Markey is hard to catch sitting still. Daniel's loved ones would describe him as a "fun, all-around, outgoing guy," and there is no better way to describe Daniel than *active*. He is constantly pursuing the things he loves, and he refuses to let his CF keep him down for long.

Though Daniel has lived in the Jacksonville area for most of his life, he was born in Dayton, Ohio. His family moved to Florida in hopes that the warmer weather would be better for his CF. They originally moved to Miami, but shortly after, they moved to Jacksonville where they found a great home and community. Family is central in his life. He is an only child, and while he might sometimes wish he had siblings, he considers his aunt, Tiffany, to be like an older sister since she is only three years older than him. His extended family, including his grandmother, his aunts, and uncles, surrounded him with love throughout his childhood, and as he reflects on his life, he is so thankful for the support they have given him.

Daniel feels deeply rooted in his community. His next door neighbors have become some of his closest friends, as they get together frequently to play basketball with one another. They arranged a full-court on their street so their casual games could feel all the more competitive. He absolutely loves basketball and has a pretty good record. College recruiters have even come to his games! He loves to play the game, but he has recently moved into coaching. In the past years, he has coached 7th and 8th graders and 2nd and 3rd graders. He loves sharing his love of basketball with younger kids and acting as a mentor to them.



Daniel is a recent graduate of Middleburg High School, graduating in the spring of 2020. Since graduating, he has been working at a car wash, where he loves getting behind the wheel of different cars. It keeps him very busy; the business can sometimes service one thousand cars in a day! He loves cars, and he loves to brag about the cool cars he has been able to “drive” around the car wash. His dream car is a 2020 Dodge Demon or a 2020 Dodge Challenger Hellcat, but he loves learning about all sorts of cars.



While Daniel lives a busy life full of activities and people he loves, he can feel discouraged by his CF. All of the medications, treatments, and appointments can feel overwhelming and unending, and when all of these complexities feel like too much of a burden, he turns to his friends and family. When he talks about this support, Daniel says, “When I’ve been down, they’ve been there to get me through it.” Years ago, he was in a bad place, and it was his loved ones motivating him to be active and continue fighting that got him back on his feet. He depends on his faith life, as well as his mom, his grandma, his aunts, his best friend Kyle, and other friends and family who pour love into him; they give him words of encouragement; they look out for him; and they force him to go outside and do the things he loves. He explains that CF has made him very determined and “hard-headed.” It has made him perseverant and committed to live a happy life: full of love, excitement, and basketball.



Daniel is taking this year to discern his next steps. He would like to go to college, preferably St. John’s for their EMT program, where he would learn how to be a first responder like his Uncle Ron. His Uncle Ron is a personal hero to him, serving as a firefighter, first responder to 911, and an EMT. When you ask Daniel what it would mean to be successful, he says, “I want to die a hero.” He feels called to serving others and making a difference in the world. His dedication to service as well as his passion for people is leading him on a path that is not yet clear, but Daniel walks through the world with a determination to be happy and successful.

FUN FACTS

Favorite Place He’s Traveled:

Washington, D.C. (He watched President Obama enter the White House!)

Place He Hopes to Visit: Los Angeles, CA

Celebrity Crush: Selena Gomez

Favorite Musical Genre: Rap

Favorite Musical Artist: Juice WRLD

Favorite Thing About Himself: His athleticism and determination



He offers these words of wisdom:
“never get discouraged.”

It is these words that center Daniel and allow him to live so abundantly and whole-heartedly.



DYLAN MILLER

“It always gets better. Hope is a really, really powerful thing with CF. Sometimes it feels hopeless, but things are always going up.”



Dylan is a 21-year-old from Live Oak, Florida and is currently a student at Santa Fe College in Gainesville, FL with plans to transfer to UF soon and graduate with a degree in Finance.

As the self-proclaimed biggest fan of the Souls' franchise, it comes as no surprise that Dylan loves video games. What many may not know, however, is how much he loves cooking. He describes the time he spends cooking with his girlfriend, Amy, as fun and relaxing: a way to decompress, chat, and listen to music before eating wonderful food. They tend to cook a lot of Italian food, and as Amy is half-Japanese, Japanese food as well. Lately, Amy has also been teaching Dylan a bit of Japanese, which has been a fun—albeit stressful and difficult—process. However, Dylan's greatest passion lies in music. He plays the guitar and ukulele as a way of expressing himself and his emotions. Listening to music balances his mental state, and in the same way that it helps him, he wishes to help others when he plays his own music.

Living with CF, however, complicates Dylan's otherwise normal life. It adds anxiety, worry, and uncertainty. There have been times where Dylan has found himself thinking that he would never be able to live a completely normal life. The elongated hospital stays and continuous admissions separated him from his goal of that "normal" life. Dylan was only able to break out of this dark mental prison through the social support of his friends and Amy, as well as an entire medical team working to keep him out of the hospital as much as possible. His experiences with CF forced him to mature earlier than his peers, giving him an appreciation for the little things and a comforting optimism in life from the realization that it could always be worse, as he is lucky enough to have people in his life who care about him and are willing to help.

Now, Dylan's positive mindset—along with the kindness of all of the hospital staff and friends—makes each admission so much smoother. Though, in his down time, he will still indulge in music or video games to make things a little easier. He advises others following a similar road transitioning to adult care to not be afraid. "It's not bad, and it's not scary. There are no major lifestyle changes, just a bigger room and an awesome view." Dylan urges transitioning patients to know that they are 100% cared for and matter. When he feels weak, Dylan puts his hope in the idea that things will be better. Progress for CF can only go forward, not backward due to medical advancements, so he moves forward too.



FUN FACTS

Favorite Place He's Traveled: Savannah, GA

Place He Hopes to Visit: Japan

Celebrity Crush: My girlfriend (or Ryan Reynolds)

Favorite Musical Genre: Heavy Metal/Electronics

Favorite TV Show: *Bleach*, *King of the Hill*,
Breaking Bad

Favorite Book: *Hitchhiker's Guide to the Galaxy*,
Lord of the Rings

Favorite YouTuber: Achievement Hunter

Favorite Thing About Himself: "My optimism"

For anyone looking toward CF resources for inspiration, Dylan recommends YouTubers, notably Claire Wineland, the CF subreddit, CF Foundation, and CF Ninja, a bodybuilder on Instagram that he has had the opportunity to chat with a few times.

HEATHER BROUSSARD

When first meeting Heather, there is an immediate sense of happiness. She speaks with kindness, always talking about the good outweighing the bad. That kindness is one of her many wonderful traits; from joy to adventure, Heather leads her life fully. She faces each day with gratitude no matter the circumstances and welcomes the challenges of a life with cystic fibrosis.

A native to Fernandina Beach, Florida, Heather was diagnosed with cystic fibrosis shortly after she was born. Her life has consisted of CF treatments and, as Heather says, “it has always been a normal part of my days.” She moved to home-schooling in middle school after other students were being mean about her cystic fibrosis. “They would call me names and I felt left out and pretty sad,” says Heather, “but I was surrounded more by family after that and they’re great.” Family is what shaped Heather into the optimistic person she is. Her mother is her biggest supporter – she taught Heather how to find happiness in the hardships. They open every conversation with a smile and laugh over crazy instances with their many animals at home. Heather and her mom own one cat, several dogs (they have 5 beagles!), and farm animals, plenty to keep life interesting and amusing.

Outside of caring for her animals, Heather found an outlet in video games and books. Heather says that, “they offer a place for imagination, it makes life more enjoyable.” From Manga to comedies, each book takes her mind off of the negative parts of life. Each video game, from Animal Crossing to Pokémon, allows her to also invest time in creativity. Heather developed an identity beyond cystic fibrosis through these outlets—with more time spent reading and playing fascinating video games, Heather found an inner positivity.

FUN FACTS

Favorite Place She’s Traveled: Yellowstone, New York City, Washington, D.C., Alaska, and (especially) The Keys

Place She Hopes to Visit: Paris, France

Favorite Musical Genre: Rap and Rock

Favorite Musical Artist: Maroon 5, ACDC, and Tom Petty (her mom's cousin is related to Tom Petty!)

Favorite Video Game: Pokemon or Animal Crossing

Her Favorite Thing About Herself: “I love that I am open-minded and relaxed.”



Growing up, she had to face the importance of taking her medications and doing the proper treatments. “They help so much,” says Heather, “because the more I didn’t do the treatments, the sicker I became.” That lesson of responsibility gave Heather a better sense of strength. After 24 years with cystic fibrosis, Heather understands her capabilities. “Whatever life throws me, I know I’m going to overcome it,” she says. Heather has undergone over 36 surgeries, forcing her to become more resilient with each one. She is currently undergoing a new therapy, Trikafta, which has been incredibly promising. Heather persists through everything she does, knowing that the best option is to just keep going.



With such strong perseverance, Heather has found adventure in countless areas. She enjoys traveling with her family, visiting places such as Washington D.C., California, the Bahamas and, her favorite, the Keys. She loves to go boating when her family visits the Keys as it brings her closer to the blue waters. Though it can be challenging for people with CF, Heather adores flying in airplanes. She has flown to many places in the world, her next destination hopefully being to Paris, France.

An avid adventurer, Heather pushes herself to know more. “I love that I am open-minded and relaxed,” she says. Rather than dwelling on regret, Heather sees the value in hope. Her involvement with the CF community began with her cousin who passed away after a lung transplant. Rather than being discouraged by her cousin’s passing, Heather became more involved in her own CF community. She finds respite through Facebook support groups where people with CF would share funny pictures and words of encouragement.



Heather believes in advocating for others to learn about cystic fibrosis. “There’s been people who have made scenes in public because they think I’m contagious,” says Heather, “but it doesn’t bother me anymore.” She believes that movies such as *Five Feet Apart* help people to understand the disease more accurately. Her calm and happy mindset helped her push past the misconceptions.

Heather’s inspiring attitude comes from her own selflessness. She wants other CF patients to find their own joy. “I hope that other people with CF know to never give up hope, live life to the fullest, be around family, love others and love yourself,” she says. We are touched by the love that Heather gives to so many and celebrate the positivity she provides. Thank you, Heather!



JADE GREANER

She rescues and restores dogs back to health, writes her own blog, and makes videos of her online Public Speaking course fails; meet the endearing, authentic, and always persevering, Jade Greaner.



Jade was born on August 18, 1999 in “the very small, rinky-dink, country” town of Hollister, Florida. Jade explains her independent personality traits as a result of her upbringing on her farm; “I was always taking care of something, whether they were children or animals.” Jade liked growing up in the seclusion of the woods where she raised chickens, rabbits, pigs, and roosters. At the age of eight, Jade showed her first pig (a 300 lb sweetheart named Cody), winning the Showmanship Award and bringing home a \$600 prize. Most eight-year-olds would have promptly went on a toy shopping rampage but not Jade; she chose to donate it all to the Cystic Fibrosis Foundation.

Farm life was more than 4H competitions though; Jade was never afraid to get her hands dirty in the day to day duties that go with rural living. For example, Jade can tell you where the phrase “running like a chicken with its head cut off” comes from... she knows because she actually has cut a chicken’s head off, de-feathered it, and cooked it. Jade also domesticated wild pigs and helped them deliver their piglets. Jade may not live on the farm anymore, recently moving to Lexington, SC, and working as an office manager at an Ophthalmology clinic, but she is a country girl through and through.

Favorite Place She’s Traveled: Monte Carlo, or maybe Barcelona, or maybe Rome... (Make sure to ask her about that time she accidentally walked on to a nude beach in Spain...)

Place She Hopes to Visit: Australia to scuba dive the Great Barrier Reef

Celebrity crush: Ian Somerhalder from *The Vampire Diaries*

Favorite Musical Genre: Anything. ranging from country to Tupac to Eminem

Favorite Book: Anything by Nicholas Sparks

Favorite YouTuber: Kendall Rae’s unsolved crime videos

Jade’s Blog: <https://jadeslifewithcf.blogspot.com/2019/03/live-your-life.html>

Favorite Thing About Herself: “I’ve become so passionate and determined. Without that, I wouldn’t be where I’m at now.”

FUN FACTS



Jade managed her college coursework and employment while managing her CF. She takes her health seriously, and describes her journey with CF as an evolution. It took a particularly scary admission to the Pediatric ICU in 2017 to renew her perspective. Reflecting on how CF has shaped her, Jade says that through all of the struggles, “it gave me a sense of responsibility, and made me more mature.” Transitioning to the Adult CF Center, she feels it is important for her new care team to know that “I am very independent, hard headed, and strong-willed. I try to fix my problems before coming in. And I am a good patient. :)”

For others who have not yet transferred out of Pediatrics, she encourages them to “make sure you are comfortable with transitioning, know the process, the people, and get to know your doctors well.” Although there is a lot of newness, she also feels it is important to look back and “cherish your Peds relationships.” Ultimately though, Jade feels that one of the most important components to living an adult life with CF comes from outside of the hospital: having a solid support system.

For Jade, life purpose comes down to relationships. Her father, Nana, and boyfriend, Logan, have served as incredible rocks of stability in her life. Three years ago during her challenging period of low lung function, Jade remembers having a “come to Jesus” moment where she motivated herself by saying, “if you are not going to fight for yourself, fight for Logan. Fight for family.” Since then, Jade endures the sacrifices of morning treatments, regularly scheduled doctors’ appointments across specialties, and unplanned hospital stays with a deep rooted endurance, a hope that by fighting each day, she can experience her fullest life possible with the people she loves.

So what’s next for Jade? She looks forward to growing in her new management role at work, adopting another furry companion for her dog Mercy, and buying a house with Logan, hopefully in the countryside where she can breathe fresh air and be among the trees. Jade balances finding promise in the future while giving thanks for the present. Even recognizing all of the hardships, she continues to hold an “appreciation for CF” and for the strong person she has become. As she steps into a new chapter of life, Jade demonstrates that it is possible to live with grit, beauty, and meaning not in spite of CF, but because of it.

A car mechanic, adventurous biker, up-and-coming entrepreneur, music enthusiast, a tattoo artist and piercer, and an excellent cook.

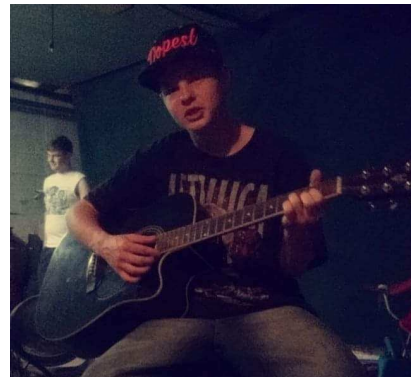
JOHN LUMLEY

**Truly a jack of all trades.
Meet John.**

Within seconds of meeting John, you will be in stitches from laughing so hard at his wild antics. He is an absolute goofball, and it is truly impossible to not smile after spending time with him. He is always joking around, trying to make people laugh, and putting a smile on their faces. He loves the people in his life dearly, so he works hard to make sure his loved ones are happy. He loves abundantly and ferociously, and he prioritizes quality time with those he cares about. Every Friday night, several of his good friends come over to hang out, and he whips them up something on the grill. He is quite the cook, and he loves to share his love of food with those he loves.

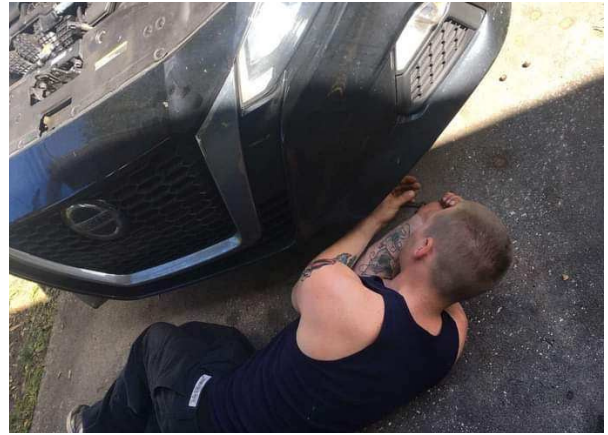
A Jacksonville native, John is immersed in the Jax music scene. He loves local music, and he enjoys attending concerts and taking in all the live music. You should ask him about some of the wild stories from his nights spent at shows. John's brother plays in a local band, and like the family man he is, John is their biggest fan. He goes to most of the shows, and he loves supporting his brother on and off the stage. His love for music has led to many of his most valuable experiences and memories. He has tons of videos and photos on his phone that he is always excited to share with other music lovers, and he will be sure to share some great music recommendations with you!

When John isn't surveying the Jacksonville music scene, he is getting down and dirty with wheels. He loves all things fast and loud, which is what turned him into a true car and dirt bike expert. He loves the adrenaline of revving up the engine and driving full speed ahead. To celebrate his birthday this year, he bought himself a motorcycle, which he has been fixing up to work and look the way he wants.



FUN FACTS

Favorite Place He's Traveled: Stone Mountain, GA
Place He Hopes to Visit: Dubai
Celebrity Crush: Jennifer Tilly
Favorite Musical Genre: Rap or Rock
Favorite Musical Artist: Yelawolf or Alice in Chains
Favorite TV Show: *Trailer Park Boys*
Favorite Thing About Himself: "My ability to make other people laugh."



Though he loves being in the driver's seat, his true passion is mechanics. He has been working as a mechanic since he was fourteen years-old, and he dreams of starting his own business. He and his best friend, his non-blood brother as John calls him, are hoping to start up a mobile mechanic shop within the next year. He has a great business plan and is looking forward to putting it into action.

With all of these exciting passions, it would be safe to say that John does not let his CF stop him from pursuing his favorite activities. However, when asking him about the most difficult part about living with CF, he says that it is the missing out due to being sick. He has missed many important activities, such as football games, his brother's concerts, the local fairs, and other events that are significant to him. To cope with these disappointments and setbacks, John says that the advice he follows is to never give up and to not get down on yourself. This is the advice he would offer to all those living with CF, especially those going through transition. With all of the complications that come with living with CF, he tries to encourage himself and others to keep their head up and keep going. He has now adopted the mantra "live in the moment," and is doing just that as he enjoys every minute of life.

Since he was 15 years old, John has been told he is going to die before 20. He is now 22 years old, and he is very happy and satisfied with the beautiful life he lives. He says that his strength comes from his powerful desire to want to overcome all odds. He is "showing CF who's boss" and is working to proving wrong every person that said he wouldn't be able to do something because of the illness. As John says, we all have to grab life by the horns and live every moment of it with happiness and gratitude.

John has been trying to live into this mantra more so this year. He is currently working at a shipyard for the Navy, which mostly a lot of heavy lifting and maneuvering forklifts. He is hopeful he can get his mechanic business up and rolling soon! When he is not working, he is usually spending time with loved ones, enjoying his Friday night dinner parties. He feels like he is in a great place right now: keeping busy, exploring new possibilities, and prioritizing the people he loves.



“Don’t be afraid to be different,” Jordan says with a smile, “and don’t let CF define you.” These words have centered Jordan as she transitions into her adult life. A once timid young girl, Jordan is now a resilient young woman who has transcended being a victim of her disease to becoming an activist and advocate.



JORDAN DRIGGERS

Growing up, Jordan always felt like her CF was something to hide. “I was so embarrassed of it. I would hide my pills and my meds—I didn’t want to be seen as different from everyone else.” She was born and raised in Tampa, Florida, and she spent many of her early years in and out of doctors’ appointments and hospital admissions, desperately trying to manage her CF and the many complications that arose. She was the first person in her family to be diagnosed with CF, and for much of her life, did not know anyone else that had CF. Because of this sense of isolation, she felt so different from everyone else. She was very introverted and reserved, never feeling comfortable being close to other people.



That all changed in high school when she became involved with her local chapter of the CF Foundation. There she was able to connect with other people with CF, and she finally felt like she had “somebody to relate to.” She realized that there was nothing “wrong” with her, as she had felt like before, and she learned that she didn’t have to let CF define her. The hardest part of her CF journey was accepting her illness, but once she did, she was full of freedom and joy. “It was so hard coming to terms with it.” Jordan explained, “Once I came to terms with my disease, I finally came to terms with myself, and I became more open. I was no longer hiding.” She began getting more involved with the CF Foundation, participating in Great Strides and serving as a CF Ambassador. She also began to open up to people at school and slowly found a steady group of friends that she could trust and depend on.



Jordan graduated from Sickles High School in the spring of 2020, and she is currently a freshman at the University of Florida, studying chemical engineering. She joined Delta Delta Delta sorority this Fall, and she says that being a part of such a welcoming community has made her even more outgoing. She loves being around people and is always looking for more opportunities to get connected. She names that being a first-year student at UF has been difficult because of the pandemic, but she is looking forward to adjusting to life as a student in the coming year. She hopes to join more clubs, participate in intramurals, and become more connected with student life.

When you look at Jordan, you see a friendly, confident young woman, and when you ask her where that strength comes from, she replies, “my mom.” Jordan still hears stories about her mother's stress and fear during those early years, but all Jordan remembers was how calm and strong her mother was for her. When she reflects on those early years, she explains, “My mom was so strong for me then, I want to be strong for her now.” She and her mom share a special connection, one that Jordan attributes to her being the only girl among two younger brothers. Her family and friends are the foundation that centers her and supports her through the ups and downs.

Transforming from a quiet girl ashamed of her illness to an outgoing young woman comfortable with her CF, Jordan now openly shares her experience to help others. She says, “There’s so much good you can do with your story.” Jordan has a passion for serving, whether it be helping people directly or through philanthropy. In the coming year, she hopes to become involved with Dance Marathon and Great Strides, but until then, she will be running, jamming out to pop music, studying her heart out, and hanging out with her loved ones.

Favorite Place She’s Traveled: St. Thomas

Place She Hopes to Visit: Italy

Celebrity Crush: Zac Efron

Favorite Musical Artist: Taylor Swift

Favorite TV Show: *Friends*, *The Office*, *Money Heist*

Favorite Book: *The Hunger Games* Trilogy

Favorite YouTuber: Bailey Sarian's True Crime & Makeup Videos

Favorite Thing About Herself: Her compassion, outgoingness, and her new positivity for life.

FUN FACTS



SKYLAR HYDE

FUN FACTS

Favorite Place She's Traveled: Hawaii or Crater Lake

Place She Hopes to Visit: Canada, Dominican Republic, and Puerto Rico

Celebrity Crush: Rihanna. all day everyday.

Favorite Musical Genre: Just about everything, but especially alt/soft pop rock or hip-hop/rap

Favorite TV Shows: Parks and Rec, House, Bones

Favorite Book: Jurassic Park series, or anything Stephen King

Favorite YouTubers: Binging With Babish, RSlash, DamienLee, Jackie Aina, William Maranci

Favorite Thing About Herself: "I do what I want/what I like without caring about judgements, and I try not to judge other people for what they do or like. And I'm funny, even if those around me don't think I am."

When Skylar Hyde completed her high school education in 2017, she could not have known what the next three years would hold: transitioning her care from the pediatrics to adult center, becoming licensed as an aesthetician, and enduring the journey to not only one, but two lung transplants. Armed with the wisdom and experience gained through the challenges of her adolescence, Skylar now breathes easier at the age of 20 as she views her future with hope and excitement.

On April 1st, 2017, Skylar expected a day of April Fools jokes. So, when the call came in informing her, "Skylar, your lungs have arrived," Skylar chalked it up to cruel sarcasm. She was already admitted, which was not uncommon given the trajectory of her 6-year continuous health decline. Over those years, Skylar's activities increasingly gravitated around hospital admissions followed by time recovering at home in isolation. Grasping at the chance for quality of life improvement, she opened herself up to the idea of lung transplant. Skylar feels that the pediatric team helped her to prepare physically as much as possible, but she said nothing could prepare her mentally for the reality of receiving a lung transplant. Skylar ate her last pre-surgical meal of Piesanos take-out (because, as Skylar says, "Piesanos is amazeballs") and surrendered herself to the able hands of her transplant surgeons.

The day after surgery, Skylar walked on the treadmill. She describes that breathing was initially difficult, but then in time, she could breath as well as she had 6 years ago. "It's honestly a long-haul kind of thing," Skylar says, "I did not reach my goals for PFTs until later on, about 6-7 months afterwards." Life after transplant still required medication, but less pills than before transplant. "You don't realize how much the [antirejection] meds do. They help just about everything: better bodily energy, gut, joints, and heart. It is difficult to do everything on time, but you'll feel it if you go off of them."

Skylar took the opportunity of new-found energy to pursue her love of makeup by becoming licensed as an Aesthetician. Aestheticians are professionals with skills ranging from makeup artistry, skin care treatments, and even manicures. Skylar's creative spirit flourished, practicing everything from glamorous fantasy looks to gory special effects makeup (she is a zombie wound expert).



Skylar continued to live her life and manage her medications to the best of her abilities but after a year post-transplant, she felt her “immune system knew something was off.” Her lung function decreased, and she could no longer climb the stairs needed to reach her room. Skylar was admitted back into the hospital during the Summer of 2019 when she knew, “I was not going to leave the hospital until I got better.”

Faced with the idea of re-transplantation, Skylar said she could only live in the moment, telling herself, “I’ve done this once before, I can do this again.” In an unbelievable turn of events, 12-hours after Skylar was relisted for transplant, she received word that lungs were available and she would go back into surgery. It was a quick and chaotic time, but now one year after her second transplant, Skylar knows that all of the mental turmoil and physical work was worth it.

Reflecting on her life philosophy, Skylar says “the ultimate thing I crave is balance.” Skylar’s balance is evident in her creative and educational pursuits. Artistically, Skylar experienced a major milestone this year by hosting her first art gallery at UF Health’s Arts in Medicine Center. The gallery featured her original acrylic and graphite works, largely consisting of her signature nature scenes. Skylar also hones a deep interest in science, filling her bookshelf with titles like Stephen Hawking’s “A Brief History of Space and Time,” James Watson’s “DNA: The Secret of Life,” as well as an array of psychology textbooks. Skylar plans to attend college next year and pursue a career marrying her aesthetician creativity with medical experience through dermatology.

Driven by the support of her family, her boyfriend, and the unrelenting desire to honor her father’s memory, Skylar has pushed herself through two transplants and the corresponding physical and mental barriers to live a fuller tomorrow. “For the first time, I can think about my life 10-20 years in the future,” she says. Skylar finds passion in her hope for the future, knowing that what lies behind is no comparison to what lies beyond.



TAYA SHUMATE



Described by others as outgoing, bubbly, and caring, Taya Shumate is an 18-year-old woman living in Palatka, Florida who is worth knowing. Living through her adolescence with CF taught Taya many life lessons about how to cope, and as she begins her adult life, she is armed with an arsenal of experiences that have shaped her into the strong and enduring fighter she has become.

Being a teenager is tough for everyone, but anyone with CF knows the draining mental and emotional effects of living with a chronic disease that demands so much. Taya owns these struggles and speaks to how she tries to overcome them. Taya says that making friends was hard, especially as a thirteen-year-old when she could not relate to others who did not have to deal with the responsibilities of managing meds, breathing treatments, and hospitalizations. She advises others with CF that “even if depression gets the best of you, you can keep going. Life does not stop.” She also empowers others that change is possible too, and that everyone has the ability to take their life by the reins. In managing her CF, Taya supports that, “Meds are the most important thing. Before you go down a slope, stop it. Everything could change. Even you.”



In an effort to become her best self, Taya found that the people she surrounded herself with were integral to her wellbeing and growth. Taya's fiancé, Ryan, has played a pivotal role in her life since six years ago when they met through mutual friends. In those early years, Taya says that Ryan helped her to see the importance of social support. Through his friendship, she realized that there was more to life than what she previously knew, and that the previously submissive girl who she used to be could come out of her shell, opening herself up to face challenges in a new light. Taya says that the secret to keeping a long-term, mature relationship comes down to communication, "It is so important to talk about issues and understand differences." Taya says that even though it can be scary to address conflict, she needs to be true to herself in order to grow as an individual and to fully connect in an authentic relationship.



Although life has thrown Taya hardship, she chooses to fill hers with beauty and creativity. Taya is an avid gardener, finding inspiration in growing a variety of foods like fruits, peppers, and garlic. Taya loves the outdoors, especially the beach and springs, calling herself a "nature freak; I am a tree hugger." She is passionate about photographing nature scenes, especially content involving beaches and flowers. Taya's creativity is not limited to the outdoors though; she also enjoys drawing (especially animals) and writing fan fiction. Cultivating her artistic side is a healthy outlet for Taya, as are her cats, Chocolate and Princess Priss Pants. Her fur babies are her unconditional companions who provide the comfort needed to handle each day.

Taya's future plans continue to evolve, but among her goals are to continue her education. Taya feels drawn to a career as an Emergency Medical Technician (EMT). As she works towards her career, she is actively working on herself, striving to take on each day with more wisdom than the one before. Becoming an adult is daunting, but it is also an opportunity to live life on new terms, and Taya Shumate is choosing to do so with courage, spunk, and hope.

FUN FACTS

Favorite Place She's Traveled: Wild Adventures in Valdosta, GA (she LOVES rollercoasters!)

Celebrity Crush: Ian Somerhalder from *The Vampire Diaries*

Favorite Musical Artists: Halsey, Three Days Grace, Hannah Montana... and who does not love "Womanizer" by Britney Spears?

Favorite TV Show: Dexter, Grey's Anatomy

Favorite Book: "Wonder" by R.J. Palacio

Favorite Movie: *The Dark Crystal*

Favorite Thing About Herself: "I've changed a lot in the past year, and I've grown a lot too."



WHITNEY BOBBIT

On Whitney Bobbitt's wedding day, she stood next to her husband, Brandon, before their community of family and friends amidst the background of a beautiful country landscape in Newberry, Florida. As the pastor presiding over her ceremony (who happens to be Whitney's dad), pronounced them man and wife, Whitney expertly pulled out a Wonder Woman cape and fastened it to the back of her dress, while Brandon revealed a superhero emblem beneath his dress shirt. The crowd cheered and hooted in celebration of the power couple as they triumphantly walked down the aisle hand in hand. Whitney Bobbitt, in many ways, is Wonder Woman. Not merely for her ability to live through the challenges of having CF, which require superhuman strength, but for her tenacity, endurance, and willingness to put others' needs before her own. Whitney's journey is nothing short of legendary.

Whitney always dreamed of one day finding a partner who would embrace her, not in spite of her CF, but for the amazing woman she became because of those trials. In addition to marrying, Whitney also held a deep desire to become a mother. Many aspects of CF threatened these goals, but now looking back on her 4.5 year marriage to Brandon and the birth of her two sons, Whitney advises, "Never give in just because the world says you can't." Whitney feels like she "won the lottery" finding Brandon, and then again having her sons.



"You have to be patient with CF. Yes, you *are* the patient a lot of times, but you have to *be patient* in relationships and explain things."



Life as a wife and mother is fulfilling, but it is not easy. Regarding marriage, Whitney says that communication is so important. She has learned many lessons, including the necessity to not rely on her strength alone to carry every burden, “I’ve learned that you cannot keep things to yourself. You have to be open and honest. Ask for help. Having CF is hard. With CF, you get used to doing it all by yourself, but you can ask help from someone you love.” Whitney’s support from Brandon paved the way for her journey to pregnancy. Whitney also heavily relied on the guidance from her medical team. She says, “it is okay to be scared, and it is okay to ask any dumb questions.” Whitney emphasizes that it was integral to be diligent with her treatments and eating enough food so that she could maintain a healthy weight to become pregnant.

After giving birth to her son, Luke, on July 16, 2018, and most recently, Graham, on May 6, 2020, Whitney feels incredibly blessed. She says, “Being a mom with CF is challenging, I’ve learned how to juggle.” Whitney now must focus extra hard on her breathing treatments and nutrition, which she supplements with nightly tube feeds. Whitney says that now that she has her sons, she has even more motivation to be healthy and live a long life so that she can be there for her children alongside Brandon.

Whitney has now undergone many important milestones in both pediatric and adult care, as she transferred to the Adult CF Center from the Pediatric center six years ago. She reflects that the transition was “not as scary as you think,” and that it is helpful to get to know your doctors as people. Regarding Dr. Lascano, she says that he is both “personal and real.” As Whitney takes on the next chapter in her superhuman epic, she feels well supported by her loving husband, two sons, and a medical team cheering her on every step of the way.

Favorite Place She’s Traveled:

Guatemala, Memphis, California

Place She Hopes to Visit: Italy, Alaska, though really almost anywhere!

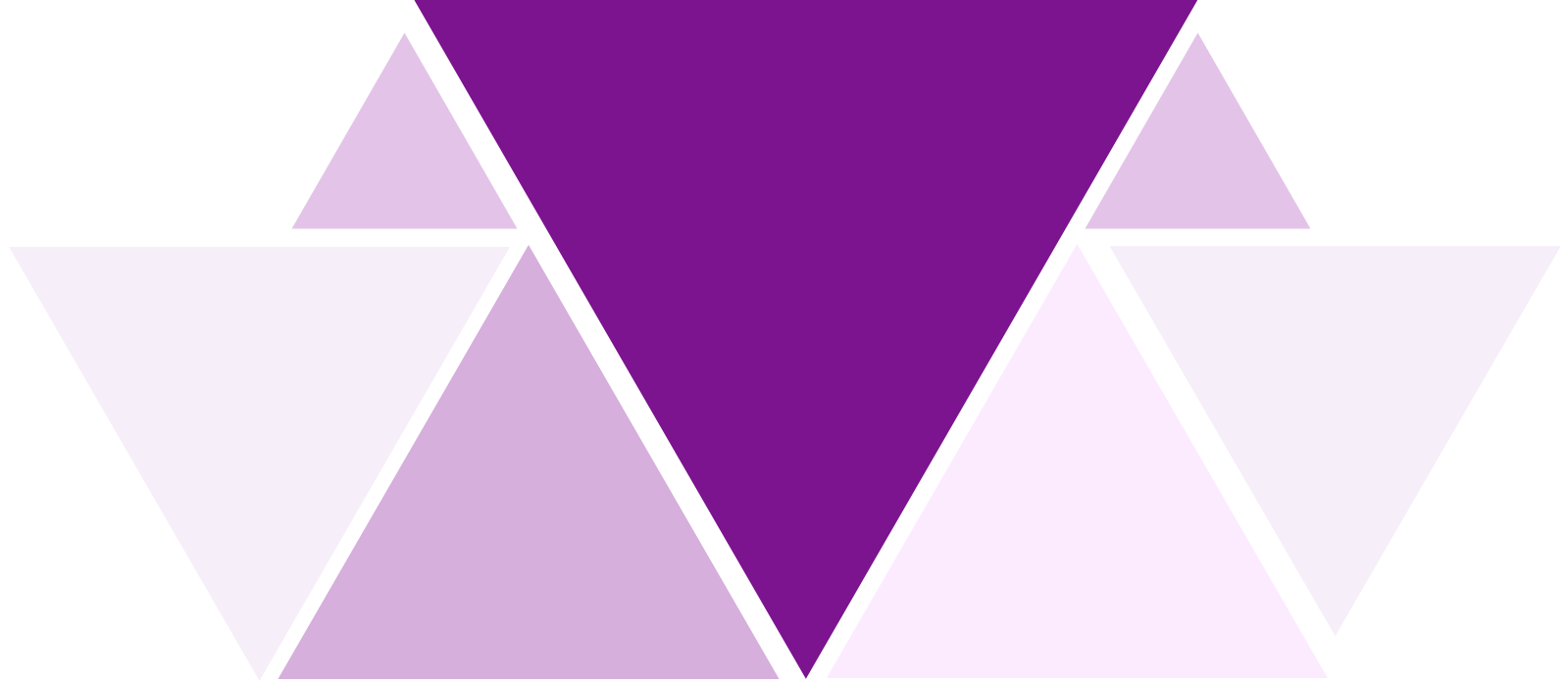
Favorite Musical Genre: “I like a little bit of all music but old country is always a go-to.”

Favorite TV Show: Friends

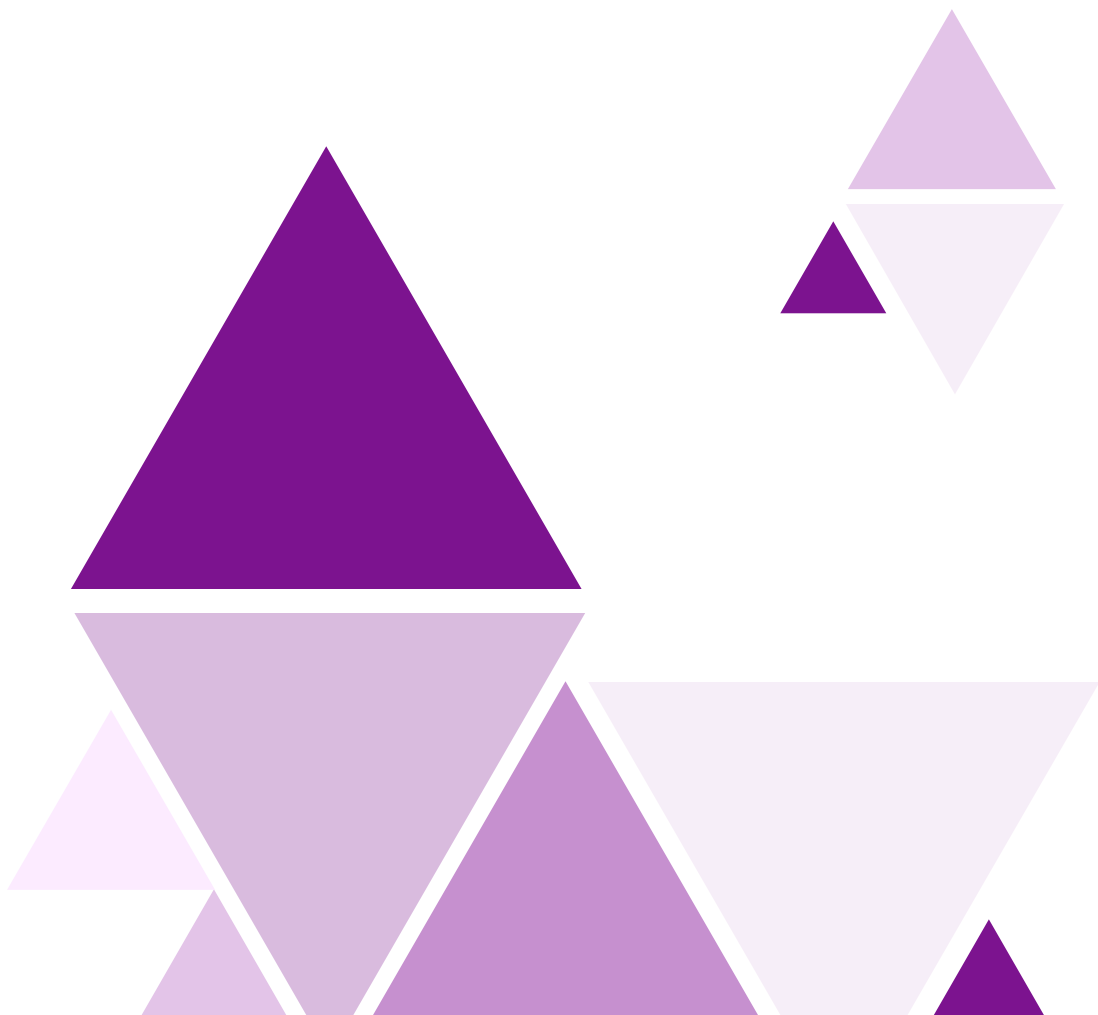
Favorite YouTuber: Rhett and Link

Favorite Thing About Herself: “My drive to try and make things work like being a problem solver.”

FUN FACTS



PEDIATRIC TEAM



My Dear and Loved Patients!

Congratulations on your Graduation from Pediatrics!

Time goes by so fast and now you have become young adults ready to live your dreams, reach your personal goals, and leave your mark on this world... and I know you are ready for it now!

During the last years, we have seen you grow, we have been with you through difficult times, times that required your help to go through and we have seen you successfully overcoming many difficult situations...We also have been with you through happy times, times of celebration, times of hope when we learnt about all the new treatments we have and new ones to come, we also share the same hope and dream with you, to find the cure for cystic fibrosis...

The adult CF team are wonderful people, we know them very well and work close with them too. They will be very caring and supportive, they have everything you need to take care of the adult aspects related to cystic fibrosis. Change can be difficult at the beginning, we will miss you as well, but if you give them the opportunity, you can see how amazing they are! They will help you to achieve having a normal life despite having cystic fibrosis. You can talk to them about your personal goals, difficulties you may have regarding your care and your personal life, and they will listen to you and help you. They know how important you are, they know how much we have worked together for you to become the mature adult you are and they are looking forward to continue taking care of you.

WE feel very proud of you and your success!

WE wish you all the best and we are always here for you as part of your cystic fibrosis community family.

Make us proud!

Silvia Delgado, MD
Pediatric CF Center Director

THE PEDIATRIC TEAM

Tatiana Pulcini

Outpatient Pediatric Social Worker

"Don't ever let anyone turn your sky into a ceiling."



Dr. Brittany Knight

**Pediatric CF Coordinator,
Nurse Practitioner**

"Don't let yesterday take up too much of today." – Will Rogers



Angela Miney

Family Partner

**"Goodbyes can be hard,
but hellos are full of
promise."**



Dr. Kalen Manasco

Clinical Pharmacist

**"If you can dream it, you can do it. Always
remember that this whole thing was started
by a mouse." – Walt Disney**



Alicia Hardy

Nurse Coordinator and Certified Asthma Educator

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward."

– Dr. Martin Luther King, Jr.



Dr. David Fedele

Clinical Psychologist

"There's a little bit of pain in every transition, but we can't let that stop us from making it. If we did, we'd never make any progress at all." – Phil Schiller

Dr. Christina Chadwick

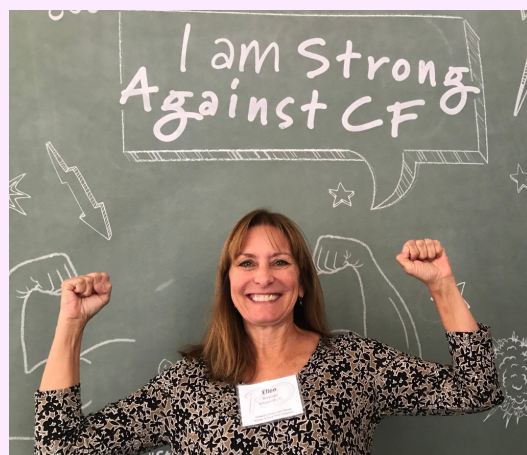
Pediatric Gastroenterologist

"What hurts you today makes you stronger tomorrow. Where there is no struggle there is no strength."

Ellen Bowser

Faculty Nutritionist

"Never give up... never give in..."



Dr. Sreekala Prabhakaran
Interim-Chief Pediatric Pulmonary
“Start thinking wellness, not illness
anymore” New CF medications are here
now!!!



Dr. Carmen Leon Astudillo
Pediatric Pulmonologist
“Fear is a reaction, courage is a
decision.”



THE PULMONOLOGISTS

Dr. Dima Ezmigna
Director of Pediatric
Pulmonary Fellowship
Program,
“The joy that isn’t shared dies
young.”
— Anne Sexton



Dr. Silvia Delgado
Pediatric CF Director
“It’s kind of fun to do the impossible.”
— Walt Disney

CONTINUING SUPPORT



Jen Hillan

Clinical Dietician

"Do what you can, with what you have, where you are."
— Theodore Roosevelt"



Tracy Tanner

Cardiopulmonary Technologist/PFT Therapist

"Outside of work, I enjoy traveling, walking on the beach, swimming, cooking and attending collegiate sporting events."

Tammy Bernard

Integrative Practitioner and Yoga Therapist

"As a yoga therapist, I enjoy playing around with gentle movement and postures that uplift the spirit and make the body smile."



Andrew Hix

Writer-In-Residence and Integrative Practitioner

"I am a real life water bender."



Molly Kempson

Visual Artist-In-Residence, Printmaker

"I make art with a 100 year old printing press."

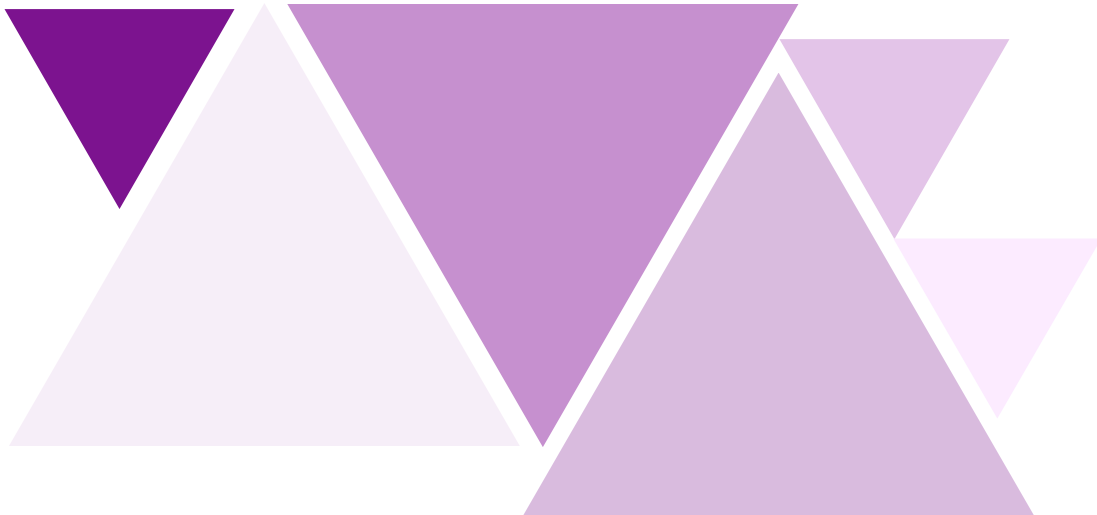


Sarah Hinds

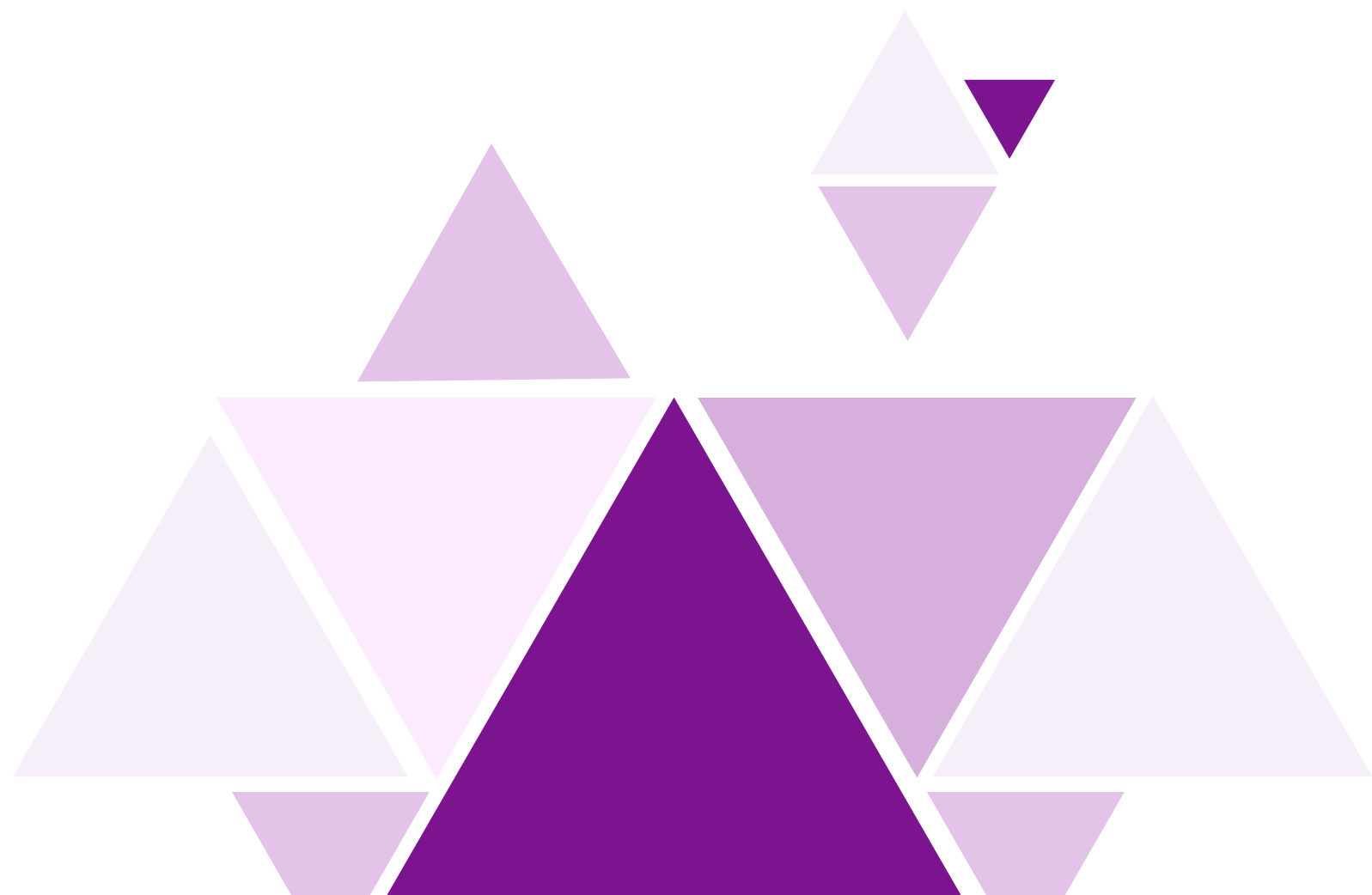
Visual Artist-In-Residence, Glass Artist

"I don't mind messy art projects! I have worked with patients in the hospital to make tie dyes, pour paintings, sculptures and even splatter paintings!"

ARTS IN MEDICINE



ADULT TEAM



Dear Pediatric Pulmonary Graduates,

Welcome to our new transfers from Pediatrics!

We know you have been on a long and challenging journey thus far with your CF, and we congratulate you on becoming young adults. We look forward to getting to know you and plan to do everything we can to help you move smoothly into this new transition in your life. It will be different, but sometimes the same. We will treat you like the adults you are and will also have adult expectations from you. You won't be sharing clinic space with children. Instead you may meet people older than yourselves who are managing their health challenges in a way that may even inspire you!

Growing up and moving into adult care is an accomplishment of which you should be proud. So welcome to the adult clinic's doctors, nurses and staff! It may take a little time for us all to get used to each other, but we want you to know that we are looking forward to partnering with you in successfully managing your health and achieving your goals.

Welcome to Adult Pulmonary Care!

Jorge E. Lascano, MD
Adult CF Center Director

Dr. Jorge Lascano
Adult CF Director, Pulmonologist
"I love hanging out with Olivia and Amelia."



Palma Schmidt
Nurse Practitioner
"I am an avid reader and a big football fan."

Wanda Nichols
Adult CF Coordinator
"I enjoy reading and spending time with family."



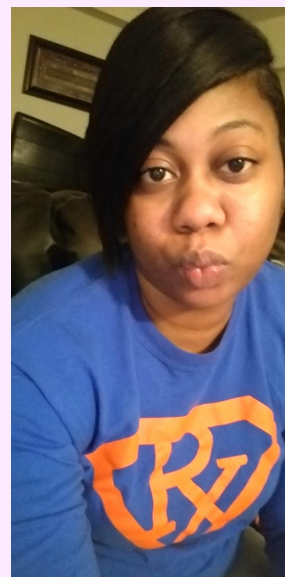
Dr. Lauryn Benninger
Transplant/CF Pulmonology Fellow
"I'm a proud cat mom to a rescue kitty named Leroy."



Dr. Julio Leey
Endocrinologist
“I enjoy learning about history and culture.”



Landayle Jones
Pharmacy Tech
“My faith is what motivates me.”



Elise Rodriguez
Nurse Practitioner,
Lung Transplant
“I’ve seen my favorite movie, Just Friends, at least 20 times and it still makes me laugh just as hard as the first time I saw it.”



Noni Graham
Clinical Research Coordinator
“I live for a day at the beach with great food and great company.”



Dr. Joe Morelli
Gastroenterologist, CF/
Transplant Hepatologist
“My passion is traveling.”

THE ADULT TEAM

A decorative graphic at the top of the page featuring several overlapping triangles in various shades of purple, from deep magenta to light lavender. The triangles are arranged in a symmetrical, abstract pattern.

STREETLIGHT



Breathing treatments four times a day. Taking enzymes with every meal. Two-week hospitalizations. Life with cystic fibrosis is anything but easy. Here at Streetlight, we have a Cystic Fibrosis Team that is educated about and committed to our friends with cystic fibrosis. So what does that support look like?

VOLUNTEER TEAM

The Streetlight team is made up of 60+ college-aged volunteers that focus on building friendships through peer companionship. This is the core of our program – companionship with teens and young adults in the hospital. Volunteers visit patients with an offer to provide movies, play a game of cards, talk, make art, play video games, tell stories, and build relationships. Our hope is that these visits can be a small source of "light" in the midst of a dark time and that our volunteers will be a source of tears of laughter or a shoulder to cry on whenever you need it.

INPATIENT SUPPORT



BJ'S DINING DAYS



Streetlight has partnered with BJ's for over 5 years in providing delicious food to our CF friends during their hospitalizations through our CF Dining Days Program. Once an admission, a Streetlight friend will take your order and deliver you a delicious free meal thanks to our generous community partner, BJ's Restaurant and Brewhouse.

BJ's Restaurant Foundation is a non-profit organization dedicated to supporting charities benefitting children's healthcare and education, with their primary focus being the Cystic Fibrosis Foundation. In addition to our partnership with them through their 'Cookies for Kids' program, they make a donation to the CF Foundation for every Pizookie (an amazing cookie and ice cream desert) purchased.

CELEBRATIONS AND MILESTONES



T-SHIRTS

We have free CF Team T-shirts so you can represent Streetlight both inside and outside the hospital!

Unfortunately, life does not stop during hospitalizations, and occasionally, you might find yourself hospitalized during an important celebration or milestone. We at Streetlight know how disappointing and frustrating that can be, so we try to celebrate with you to commemorate your special occasions! We are here for the big and the small celebrations - whether it be the NBA playoffs, the VMAs, a movie premiere, or your 21st birthday, you have a community to help you have fun and make memories while you are in the hospital.

STREETLIGHT GAMING LEAGUE

Originating as a form of in-patient support to connect those hospitalized through gaming, the Streetlight Gaming League has expanded to become a virtual community for volunteers and patients to connect inside and outside the hospital. While inpatient, we have several XboxOnes and PS4s available to check out and play all of your favorite games.



We also have a private Streetlight Gaming League Discord Server, a chat group that allows us to connect across different gaming platforms. You can download Discord on your iPhone, Android, Tablet, or PC, to stay in touch with the Gaming League community any time, any where, whether you're at the hospital or back at home. But it is not solely limited to gamers! We have channels for arts and creativity, tv and movies, and even a place to share photos of our pets! So if you're not a gamer, don't let the name fool you: all are welcome.

OUTPATIENT SUPPORT

GREAT STRIDES



Our Streetlight CF Team participates in and fundraises for the Cystic Fibrosis Foundation's Great Strides 5K annually. The event includes the walk, games, raffle prizes, and great free food at Albert Ray Massey Westside Park in the month of April. The team also organizes awareness and fundraising events preceding Great Strides.



OUR TEAM



Michael Youssef
Technology Manager



Emily Sullivan
Director



Anna Swygert
Assistant
Director



Danté Haughton
Technology Manager

For more information on Streetlight, visit:

streetlight.UFHealth.org

