

COLORADO CHAPTER NATIONAL HEMOPHILIA FOUNDATION



FEBRUARY 2022 PROGRAMS UPDATE

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ADVOCACY AND YOU



MARCH RECOGNIZED AS BLEEDING DISORDERS AWARENESS MONTH

The Colorado Chapter of the National Hemophilia Foundation alongside numerous chapters across the nation and world celebrate March as Bleeding Disorders Awareness Month (BDAM). In honor of BDAM we invite you to “Start the Conversation” around issues and experiences related to inheritable blood or bleeding disorders during BDAM. As part of this year’s Bleeding Disorders Awareness Month (BDAM) there are multiple outlets for you to be a champion for bleeding disorders within your own comfort levels.



STATE CAPITOL DAY - FRIDAY, MARCH 4

On Friday, March 4th members of the bleeding disorder community will gather to meet with their local legislators to share their stories and concerns. Join us for a morning advocacy training before we are invited onto the Chamber Floor to hear the tributes for Bleeding Disorders Awareness Month to be read. Whether you are interested in sharing your story or sitting back to listen – your presence is crucial to the cause.

BRIEF AGENDA:

- 8:00 – 9:00 AM Advocacy Training, Old Supreme Court Chamber on the Second Floor
- 9:00 – 11:00 AM Legislator Meetings and Tribute Readings on the Chamber floor

We will be advocating for the following issues:

- Support policies that increase affordability and access to care
- Prohibit non-medical switching, accumulator adjuster programs and step therapy
- [HB22-112](#) Pharmacy Benefit Manager Prohibited Practice

In partnership and collaboration we are excited to offer a follow up opportunity to connect with your local legislators *virtually* through Chronic Care Awareness Week. There will be a kick off on March 2nd and invites for virtual legislator meetings scheduled between March 3-18th. You can register for both Chronic Care Awareness Week AND State Capitol Day by clicking on the button below! As we advocate on behalf of bleeding disorders rights we hope you are standing there besides us.

ADVOCATE LOCALLY!



ILLUMINATE IT RED

Each year, our community celebrates BDAM to bring much need attention to the cause of inheritable blood and bleeding disorders. This month lets patients and families with hemophilia, von Willebrand disease, rare factor, or platelet disorders, and more, share their lives, stories, struggles, and successes. This month to raise awareness of bleeding disorders the Colorado Chapter of the National Hemophilia Foundation is partnering with the following organizations to continue to bring awareness in a new light to the Colorado community.

[The City and County of Denver building](#) February 28 - March 4

Throughout the first week of March we invite you to celebrate BDAM by visiting The City and County of Denver Building red throughout the first week of March. This is a great chance to take a picture and show your support online in an easy and fun way. You should tag the City and County of Denver by using @CityandCountyofDenver when sharing. We'd also love to see your pictures if you tag us at @NHFCO and @ColoradoHTC.

[The Fitzsimons Building in the heart of the CU Anschutz Medical Campus](#) March 7-14

To continue awareness for BDAM the Fitzsimons Building will also be lit red throughout the second week of March. Many of you may remember this as the building where the HTC used to be located.

Did you know that sharing your story and starting the conversation can make a huge difference? Here are a few examples that you can help raise awareness during BDAM.

- Present Bleeding Disorders Awareness Information at your school district or place of work
- View the City and County Building located in downtown Denver as it is lit red for BDAM
- Attend the virtual Washington Days on March 1-2
- Participate with Run Red to track your miles and raise awareness for BDAM
- View The Fitzsimons Building or Building 500 on the *Anschutz* Medical Campus
- Participate in-person at the State Advocacy Day on Friday, March 4
- Participate in the 2022 BDAM Photo Scavenger Hunt!

You too can illuminate your home RED by participating in the BDAM Photo Scavenger Hunt!

BDAM PHOTO SCAVENGER HUNT!

Participate who complete the BDAM Photo Scavenger Hunt List and WIN PRIZES! Follow along the 2022 BDAM Photo Scavenger Hunt by documenting each item with a photo and your own caption. Each photo challenge completed and submitted you will receive an entry to win the grand prize! Getting involved is easy! Follow the steps below to get started:

- Download the BDAM Photo Scavenger Hunt card from cohemo.org
- Complete as many photo challenges as you can!
- Submit your BDAM Photo Scavenger Hunt Card by emailing it and your captioned photos to info@cohemo.org

WIN PRIZES!

Participants who complete and submit their captioned photos will receive prizes! Complete 8 (50%) of the challenges to receive a red light bulb. Complete all 16 and get the bulb, tie, and shirt. (one prize per household).

Download your BDAM Photo Scavenger Hunt Card by clicking and downloading the image or at www.cohemo.org

BLEEDING DISORDERS AWARENESS MONTH PHOTO SCAVENGER HUNT



<input type="checkbox"/> Illuminate it Red! Take a picture of the City and County building lit red February 28-March 4 (located downtown Denver) <input type="checkbox"/> Yum! Take a photo of your favorite red colored food <input type="checkbox"/> Educate! Take a photo of you sharing BDA Education <input type="checkbox"/> Wear Red! Take a photo of you wearing something red <input type="checkbox"/> HTC Love! Share a picture and story about the professionals that help take care <input type="checkbox"/> Clotting Cascade! Build a domino train to demonstrate the clotting cascade and show what happens when missing one of the clotting factors <input type="checkbox"/> CELEBRATE! Take a photo of you and your family celebrating BDAM <input type="checkbox"/> Unite! Send a screenshot of you registering for the Unite for Bleeding Disorders Walk	<input type="checkbox"/> Get Ready! Take a picture or video of how you prep your infusion or other therapy medication <input type="checkbox"/> Social Media! Tweet/tag local official with BDA <input type="checkbox"/> Dance! Post a video dancing to a clip of a song that mentions one of the following words: red, bleeding, blood, advocate <input type="checkbox"/> BDAM Photo Prompt (found on NHF CO website) <input type="checkbox"/> Teach Me! Post a video or photo showing how you would tie your red tie/bow tie/bandana/etc. <input type="checkbox"/> Events! Share a photo of your favorite Chapter Event <input type="checkbox"/> Illuminate it Red! Photo of Building 500 from March 7-14 (located on Anschutz Medical Campus) <input type="checkbox"/> Camp Memories! Take a picture showing your favorite camp memory
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CONTEST RULES AND GUIDELINES

Participate and complete the BDAM Photo Scavenger Hunt List and WIN PRIZES! Follow along the 2022 BDAM Photo Scavenger Hunt by documenting each item with a photo and your own caption. Getting involved is easy! Follow the steps below to get started:

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WIN PRIZES!
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RUN RED

RUN, WALK, STROLL OR BIKE in celebration of Bleeding Disorders Awareness Month! Grab your friends and family and participate at your own pace, any place you'd like, any time you'd like during the month of March. Family Fun Run, Walk, and bike options available. This fully virtual event is happening March 1st-31st - this is an additional opportunity to become a champion for the bleeding disorders community. **All funds raised will help support the Scholarship Program provided by the Colorado Chapter of the National Hemophilia Foundation (NHF CO).**

Run Red is a run or walk-at-your-leisure kind of event. Track your activity time on the Charity Miles App to participate in the fun.

The steps to participation are easy:

1. **Register for the event at the top of this page, Register/Create Event (Entry Fees- \$25/individuals; \$35/families). Bonus:** Sign up by February 28th to receive \$5 off your registration!
2. **Customize your personal fundraising page** that will be automatically generated for you during registration. Although fundraising is not mandatory, we encourage participants to support the inheritable blood and bleeding disorders community during this very special month. **There is no fundraising minimum for this event**
3. **Track your miles throughout the month of March by downloading the Charity Miles app.** Be sure to select NHF Colorado as your charity of choice and join the "Run Red 2022". By creating a profile in Charity Miles, you can easily track your miles. (Great news: If you use the Strava app during runs, you can link your workouts/miles right into Charity Miles!)

*From the ease of your own treadmill to your local trail, **Run Red** takes place anywhere you'd like, whenever you'd like! Funds raised will help support the Scholarship Program. Save the date to join us for the Unite for Bleeding Disorders Walk at Sloan's Lake on August 13th!*

[RUN RED](#)

BOWLING AND BUDS MONDAY, MARCH 7 6:30 - 8:30 PM

Are you a man directly impacted or live with someone impacted by a bleeding disorder? Interested in connecting with others facing similar obstacles? Then this event is for YOU!

Join us for the second ever MEN'S CONNECTION GROUP event on Monday, March 7th for Bowling and Buds! This event is designed for men ages 18+ who is either directly impacted or lives with someone with a bleeding disorder. Whether you're a seasoned bowler or believe in using the bumper rails – this event is for YOU! There is no time to SPARE, register today!

NOTE: Consistent with NHF COVID Policy, all participants age 12 and older must demonstrate proof of vaccination or a negative PCR test within 72 hours of the event. Contact us directly with questions.

[REGISTER TODAY](#)

BACKPACKS + BLEEDERS BLEEDERS ON THE SLOPE SATURDAY, MARCH 26

Whether you are a seasoned skier/snowboarder or trying for the first time, this is a terrific opportunity for you and your family! For just \$15 registered individuals will receive a lift ticket, rentals, and a \$20 lunch voucher. With spring peeking out on us there is still plenty of time to enjoy the snow. March and April historically being the snowiest time of the year offers a fantastic opportunity to learn and/or strengthen a new skill with your bleeding disorder community! This event is for community members ages 4+. *Day of information will be provided closer to the event date.*

NOTE: Consistent with NHF COVID Policy, all participants age 12 and older must demonstrate proof of vaccination or a negative PCR test within 72 hours of the event. Contact us directly with questions.

REGISTRATION CLOSES SOON SO ACT FAST!



LET'S TRAILBLAZE

COMMUNITY COVID-19 SURVEY

In this time of uncertainty it is more important than ever to stay UNITED. NHF Colorado is committed to providing updated resources and tools for the community. At this time we feel confident in moving forward with a mix of in person, virtual, and hybrid events. Though please note that all scheduled events are subject to change with little notice due to the ever-changing COVID situation in Colorado.

In order to continue to plan and meet the communities needs we ask for 2-3 minutes of your time to complete this quick survey. We want to hear your feedback so we can continue to serve you to the best of our abilities during this time. Please fill the survey below and let us know your thoughts (your answers will be anonymous). If you have already completed the survey thank you!

TAKE THE COVID-19 COMMUNITY SURVEY TODAY!



SCHOLARSHIP APPLICATIONS

Your education is an investment in your future and the Colorado Chapter of National Hemophilia Foundation are proud to offer two separate scholarship opportunities. Applications will open on March 1 and close on May 1.

There are three ways that applicants can submit your application:

1. Email the application and supporting documents to info@cohemo.org
2. Submit the application online at www.cohemo.org
3. Mail a hard copy of your application and supporting documents to the NHF Office

Thank you to those who joined us on February 16th for the Scholarship Q&A Session. We are so fortunate to have such a supportive team that is dedicated to providing further opportunities for the bleeding disorder community.

SAVE THE DATE! EDUCATION EMPOWERMENT DAYS SPRING SERIES You are invited to participate in the multi-day Spring Series for Education Empowerment Days. Throughout the week of Sunday, April 24th to April 29th - whether in-person or virtually we are excited to connect with you and your family for a series of virtual and in-person opportunities! Kicking off Sunday, April 24th at the Boathouse in Washington Park we invite the community to a day in the park that involves fun, information sharing, and food trucks together. Throughout the following week there will be a virtual and in-person dinner to allow further connectivity and engagement. To end the Spring Series we invite community members to experience a Rockies VS Cincinnati Baseball Game at Coors Stadium on April 29 at 6:10 PM. To receive a ticket, you must attend one of the 5 (virtual or in person) events throughout April 24-29th. Registration will open soon for the series of fun!

COVID-19 EVENT GUIDELINES

Starting **October 1, 2021**, NHF and national chapter face to face meetings and events (indoors and outdoors) will require that all attendees, including NHF staff and sponsors aged 12 and older, show proof of being fully vaccinated or a negative COVID-19 test within 72 hours of attending the event. Additionally, for indoor events, all attendees must wear masks regardless of vaccination status. NHF strongly recommends that all attendees wear masks at outdoor events as well, but hosts should follow the strictest guidelines – either CDC, local, regional or state guidelines.

SAVE THE DATE FOR THESE UPCOMING EVENTS

FEBRUARY 26: Backpacks + Bleeders on Ice at Evergreen Lake, an in person event

MARCH 4: State Advocacy Day, an in person event

MARCH 7: Bowling and Buds, a Men's Event, an in-person event

MARCH 26: Backpacks + Bleeders, Bleeders On The Slopes at Winter Park, an in person event

APRIL 9: Backpacks + Bleeders, Beyond Boulder Cycling event

APRIL 24-29: Ed Empowerment Days, Spring Series

APRIL 24: Teen Track Outdoors Event

Please note that all scheduled events are subject to change with little notice due to the ever-changing COVID situation in Colorado. Changes may include, but are not limited to, different vaccination or testing requirements, canceling in-person events in favor of virtual events, and limiting attendance to in-person events.



H-Fit

with Dolvett Quince

Regular exercise is important. But moods vary. No two days are exactly the same. So we asked celebrity trainer Dolvett Quince to create a series of exercise videos called H-Fit. Each video features a different **hemophilia-friendly workout**. And each workout is built around a different mood. How are you feeling today? H-Fit has got you covered.

Always talk to your health care provider before starting any new exercise routine.



Sign up with Novo Nordisk and register at [H-Fit.com](https://www.h-fit.com) to get **free access to the H-Fit video library.**

Scan for [H-Fit.com](https://www.h-fit.com)

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