

**COLORADO CHAPTER
NATIONAL HEMOPHILIA FOUNDATION**



**APRIL 2022
PROGRAMS UPDATE**

[VIEW WEBSITE](#)

**SPRING SERIES IS JUST A FEW WEEKS AWAY,
REGISTRATION CLOSES THIS THURSDAY SO ACT FAST AND REGISTER TODAY!**

**EDUCATION EMPOWERMENT DAYS: SPRING SERIES
SUNDAY APRIL 24 - FRIDAY APRIL 29**

You are invited to participate in the multi-day Spring Series for Education Empowerment Days where our theme is 'Blooming for Community'. We strive to bring the members of the bleeding disorders community together with a mix of virtual, hybrid and in person activities to promote connectivity, education, and awareness. Throughout Sunday, April 24 to Friday April 29th there will be four separate opportunities – virtually or in person – to connect with the Bleeding Disorders Community. Those who attend 1 or more of the 4 activities will receive a ticket for the Final Night Celebration – a Rockies Baseball ticket for the Friday night game against the Cincinnati Reds!



BLOOMING FOR COMMUNITY
SUNDAY, APRIL 24, 3:00 -7:00 PM
WASHINGTON PARK BOATHOUSE

Blooming for Community is an in-person event for individuals and families alike. Join us at the Washington Park Boathouse on Sunday, April 24th to blossom with your bleeding disorders community. This is an opportunity to come

with your family or yourself to engage, create, and learn with other members in the bleeding disorders community.

Check-in at the registration table located in front of the Boathouse at 3:00 PM to receive your name badge and welcome goodies! The 90-minute Community Program will begin shortly after beginning at 3:30 PM join us inside the Boathouse for a series of brief update, fun activities, and surprises! The updates you can look forward to will be presented by the Chapter and partners - including an update and new vision from Dr. Wang with the HTC. Unable to join us in person? Tune in with us as we go live through Facebook to ensure access to all on the information to be shared.

Afterwards throughout the evening we invite all to enjoy activity areas around much like yard games, arts and crafts, a First Aid Survival with Trails to Healthy Living. At 6:00 PM join us for yoga on the lawn where the first 40 interested will receive a *FREE YOGA MAT* sponsored by InfuCareRX. Community members alike are invited to enjoy Mac Shack Food Truck after the Community Program starting at 5:00 PM. Be sure to follow the Chapter's Facebook page for event updates!

TEEN OUTING

SUNDAY, APRIL 24, 12:00 - 3:00 PM

NOTICE DROP OFF TIME CHANGE! We have extended the Teen Outing to allow for more connectivity and adventure seeking time for the teens to enjoy together.

Inviting teens ages 13 – 17, join Trails to Healthy Living and say YES to adventure! Discuss and identify vital first aid survival techniques by making your own First Aid Kit. Hands on snacks, creativity, and fun is in store for all who attend! Trails to Healthy Living is a wellness programs designed and led by two hemophiliacs that is intended to teach participants crucial lifestyle skills that align them with their own trail towards healthy living.

Off site adventures: 12:00 – 3:00 PM

Drop off/Pick up: Washington Park, Denver, CO

B PREPARED: BACKPACKS + BLEEDERS DINNER PROGRAM

WEDNESDAY, APRIL 27 via ZOOM beginning at 6:00 PM

B+B Prepared – join us for this virtual session as we TRAILBLAZE through the Leave No Trace 7 Principals. All trailblazers need to stay prepared at all costs, join us for this virtual session to learn new wilderness survival tips and tricks! This 60-minute session will include hands on activity turning a t-shirt into a backpack, discussion over the Leave No Trace 7 Principals, and challenges for all to enjoy.

Each registered household will receive a DIY box via mail or distributed on 4/24 that will include a t-shirt, Leave No Trace 7 Principals Front Range Guide, Leave No Trace Sticker, plus a \$50 Grub Hub meal voucher (1 per household, received morning after attending event).



CONNECTIONS, COFFEE, AND CONVERSATIONS

WEDNESDAY, APRIL 27 via ZOOM beginning at 7:00 PM

New parents to the bleeding disorder community? Join us for this virtual event where you will have the opportunity to connect with other parents in the community and share similar experiences. Board and Volunteer lead, Kim Nicks

will kick off this session sharing her experiences as a mother of a son with hemophilia. As a new parent sometimes it is overwhelming and only someone who went through a similar situation can understand. Throughout this session we have invited volunteers throughout different bleeding disorders diagnosis to share positivity. There will be no formal program - instead we invite you to enjoy this safe space to share experiences or gather insight on what you may be going through.

Each registered household will receive a \$10 Einstein Gift Card after the session as a treat to coffee (*separate event opportunity from B Prepared*).



MAGGIANO'S LITTLE ITALY®

IN-PERSON DINNER PROGRAM, MAGGIANOS DTC
THURSDAY, APRIL 28TH 6:30 – 8:30 PM

GENE THERAPY BASICS

SPONSORED BY: BIO-MARIN presented in **ENGLISH**

Gather together with members of the bleeding disorders community for this in-person dinner presentation at Maggianos DTC. Learn about the basics of Gene Therapy with Bio-Marin through this interactive presentation.

UNDERSTANDING THE IMPORTANCE OF ORAL HEALTH

SPONSORED BY: TAKEDA presented in **SPANISH**

There is a lot more to good oral health than brushing your teeth and it's especially important for people with bleeding disorders. Find out what you've been missing that may help you avoid bleeds. *This presentation will be presented in Spanish.*

FINAL NIGHT CELEBRATION

FRIDAY, APRIL 29 at COORS STADIUM, first pitch at 6:10 PM
ROCKIES vs CINCINNATI REDS

Celebrate with the bleeding disorders community on the final night of the Spring Series at the famous Coors Stadium! Join us at 4:40pm for a pre-game dinner followed by a brief session from HTC physical therapist Nikki Clark over acute and chronic pain in the hemophilia population and ways to use KT tape for pain intervention. Unable to make it to the stadium by 4:40? That's okay! During registration, you will have the opportunity to opt-into the pre-game activity so if you can not make it you can just enjoy a Friday night game against Colorado's beloved Rockies and the Cincinnati Reds! Included with registration is (1) entry ticket. *Parking and game-time snacks are not included. To receive a baseball ticket individuals must attend 1 of the 4 events listed above. Tickets will be distributed virtually and registered attendees will need to download an app on their phone to access the tickets.*



EVENT COVID GUIDELINES: NHF and national chapter face-to-face meetings and events (indoors and outdoors) will require that all attendees, including NHF staff and sponsors age 5 and older (on the first day of any event), show proof of being fully vaccinated or a negative COVID-19 PCR test within 72 hours of attending the event. *If you are not vaccinated you must show a negative PCR test for EACH SEPARATE EVENT during the spring series* (i.e. testing within 72 hours of 4/24 and again for 4/28, and 4/29). If you attend any of the above events without meeting these requirements you may be denied entry and/or restricted from future chapter event participation.

We hope that you can join us for The Education Empowerment Days Spring Series throughout April 24-29, 2022!

BLOOM FOR COMMUNITY and REGISTER TODAY!

We are pleased to announce that we anticipate our 2022 Family Camp and Mile High Summer Camp will be held in-person this spring. NHF Staff and Camp Medical Team came to this decision after carefully reviewing data and guidance from the Centers for Disease Control (CDC), American Camp Association (ACA), and Association of Camp Nursing (ACN). Using guidelines from these organizations and our local partners, we have developed a series of protocols that will allow us to safely host both Family Camp AND Mile High Summer Camp in-person.



**COLORADO CHAPTER
NATIONAL HEMOPHILIA FOUNDATION**

**FAMILY
C•A•M•P**

FAMILY CAMP

MAY 21 - 22

HIGHLANDS PRESBYTERIAN CAMP

1306 Business Highway 7 POB 66, Allenspark, CO 80510

Family Camp is designed to prepare families with a child or individuals living with a bleeding disorder for an independent, overnight summer camp experience, and help them gain comfort in sending their child away to camp. Families spend the weekend together canoeing, hiking, arts and crafts, and sharing alongside campfires. Families will stay together as a unit in comfortable retreat style rooms equipped with your own restroom.

At Family Camp **we focus on two key goals:**

1. Increasing and enhancing self-infusion skills
2. Building connections within our community

Individuals and children develop confidence, independence and build life-long friendships and memories while they canoe, hike, and learn outdoor skills with others who share a similar bleeding disorder diagnosis.

FAMILY CAMP REGISTRATION



SAVE THE DATE - IT IS ALMOST CAMP SEASON!

MILE HIGH SUMMER CAMP

JULY 17 - 21 at EASTERSEALS ROCKY MOUNTAIN VILLAGE

2644 Alvarado Rd Empire, CO 80438

In its over 40 years of existence, Mile High Summer Camp provides an opportunity to reach the youth in the bleeding disorder community. After two years of virtual camp we are ecstatic to have the opportunity to gather together again in-person at Rocky Mountain Village. During camp we strive to provide independence and leadership skills through various activities including self-infusion training.

This year Mile High Summer Camp will look and function in a different manner than in previous years due to complying with federal and state health guidelines.

- Mile High Summer Camp: For campers 7-14 living with a bleeding disorder, a known carrier, or sibling (priority will go to those living with a bleeding disorder first). Campers must be the minimum age of 7 on the first day of camp.
- Teen Leadership Weekend: Friday, July 15 - Sunday, 17th for teens ages 15 - 17. Campers must be the minimum age of 15 on the first day of camp. Campers turning 18 during the camp time frame will not be permitted to attend camp.
- Camp Week: Sunday, July 17th to Thursday, July 21st at Easterseals Rocky Mountain Village
- **COVID-19 Vaccination Required:** Chapter and Medical Staff are working in every capacity to ensure the utmost safety of our campers which is why a COVID-19 vaccination is required for all campers and

Bleedership Counselors to attend Mile High Summer Camp and the Teen Leadership Weekend. **There are no exceptions to the vaccination requirement for 2022.**

We are so excited to see your camper for the 2022 Mile High Summer Camp! Remember, before you begin the registration process for both the Teen Leadership Weekend and Mile High Summer Camp, please be sure to have the proper documents ready to be uploaded into the registration system. You cannot save your registration and come back to finish at a later date. Mile High Summer Camp provides campers with the tools they need to overcome the challenges presented to them by their diagnosis and lead healthy, vibrant and, importantly, full lives.



TEEN LEADERSHIP WEEKEND

FRIDAY, JULY 15 - SUNDAY, JULY 17

DROP OFF AND PICK UP AT HTC FOR TEENS IN AGE RANGING 15 - 17

The Leadership Program is a stepping stone for all former campers from Colorado or neighboring states between the ages of 15-17 to move into future camp leadership positions. Through partnership with Breckenridge Outdoor Education Center (BOEC) the teens will learn a wide range of outdoor education skills through hands on activities. This weekend will focus on skill building, leadership development and service learning as ways to not only build competent counselors, but ambitious leaders for the future. Part of this education is learning how to self-infuse which is why we are partnering with the HTC to ensure a fun and safe trip for all!

REGISTRATION WILL GO LIVE ON APRIL 19TH!

BLEEDERSHIP COUNSELORS NEEDED If you love summer camp, have experience working with children and want to make a difference in the life of a child, please consider becoming a Bleedership Counselor at Mile High Summer Camp. Individuals ages 19+ have the opportunity attend camp once again – though this time as a leader. The Bleedership Program seeks to further build on the skills taught by Mile High Summer Camp. This will be achieved through offering a variety of leadership opportunities through being an independent co-counselor or counselor. Counselors must possess maturity, flexibility, strong work ethic, and the ability to have fun! Serving as a Bleedership Counselor serves as a great resume builder for colleges and further employers.

Bleedership Counselors will have the opportunity to take part of Family Camp hosted May 21 - 22, Teen Leadership Weekend hosted July 15-17, AND/OR Mile High Summer Camp July 17 - 21. On top of all the fun that you will have at camp, working as a Bleedership Counselor is a really rewarding job. You will learn so much about yourself at camp. You will gain valuable new perspectives from interacting with campers and counselors from different walks of life. Counselors play a big part in shaping the lives of the young people they work with. Not only will you learn from some of the best professionals in the field, you will be like a big brother or big sister to campers. Not to mention business executives often note that **experience as a camp counselor translates into excellent management and personnel skills**. Serving as a Bleedership Counselor will also admit you into an elite group of individuals dedicated to camp and bettering themselves and the world around them.

[APPLY TO BE A COUNSELOR TODAY](#)

BACKPACKS + BLEEDERS

GARDEN OF THE GODS ROCK CLIMBING

Saturday, May 7 11:00 AM - 3:00 PM

Juniper Way Loop Colorado Springs, CO 80919

Backpacks + Bleeders are taking on a new adventure – rock climbing at the Garden of the Gods! Grab your climbing shoes (tennis shoes, chacos, etc) and join us in Colorado Springs for this outdoor climb! Offering climbing for all skill levels, the Garden of the Gods is an exceptional location to rock climb, and there is no better way to experience the wonder of the amazing park than from its towering rock formations.



Climbers age 7+ (with an accompanying adult 18+) are welcome to join us for this event. Did you know Garden of the Gods was designated a National Historic Landmark in 1971? The history of climbing is deeply rooted in the rock walls that soar toward the sky. Join expert Guides from Front Range Climbing Company will join us on this adventure as you learn outdoor rock climbing best practices in the beautiful Garden of the Gods.

THERE ARE 10 CLIMBING SPOTS LEFT SO ACT FAST AND REGISTER TODAY!

LET'S TRAILBLAZE

GET COOKIN!

THURSDAY, MAY 12 AT 6:30 PM MTN

JOIN US FOR A VIRTUAL OPPORTUNITY TO COOK, CONNECT, AND CREATE WITH WOMEN IN THE BLEEDING DISORDER COMMUNITY FROM ACROSS THE UNITED STATES

NEVADA CHAPTER NATIONAL HEMOPHILIA FOUNDATION
www.nhff.org

COLORADO CHAPTER NATIONAL HEMOPHILIA FOUNDATION
www.nhff.org

Rocky Mountain Hemophilia & Bleeding Disorders Association

NEBRASKA CHAPTER NATIONAL HEMOPHILIA FOUNDATION
www.nhff.org

BDAND

HEMOPHILIA OF IOWA, INC.

GET COOKIN! A WOMEN'S EVENT

Thursday, May 12, 2022, 6:00 PM - 8:30 PM MTN

Virtual or Uncorked Kitchen and Wine Bar 8171 South Chester Street, Suite A, Centennial, CO

Virtual or in-person, Get Cookin' with the ladies in the bleeding disorder community! We invite you to join us and multiple women from across the nation for this HYBRID EVENT! Coming to you live from Denver, Colorado – we are

offering an opportunity for women experiencing all walks of life regarding bleeding disorders to connect, learn, and cook with one another.

Virtual attendees will receive a Zoom link the week of the event. A grocery list that will cost up to \$50 will be sent out 2 weeks prior to the event and is the responsibility of the virtual participant to purchase for the event. Virtual participants will receive a grocery gift card *AFTER* attending the event and providing a grocery receipt to the Chapter.

REGISTRATION DEADLINE: APRIL 27, 2022

LET'S GET COOKIN'!

SCHOLARSHIP APPLICATIONS ARE NOW OPEN! DUE BY MAY 1, 2022



"My Hemophilia has taught me many valuable lessons and exposed me to a number of treasures. It gives me community, connection, and strength. Luckily, Hemophilia has also given me many personal skills, including advocacy, grit, and confidence. It also motivates me in my chosen career path. I am blessed to have and know my endless amount of support, coming not only from loving friends and family but also from the Hemophilia community" Samuel Vickers.

The 2021 Jana Marie Lambert Memorial Scholarship was awarded to Samuel Vickers. This scholarship was established in 2016 to honor Jana's life. Jana was the embodiment of optimism and positivity, which is exactly why Samuel is an outstanding candidate for this scholarship.

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 are now open for the 2022 Scholarship Program and will close on May 1st.**

SUBMIT YOUR SCHOLARSHIP APPLICATION

COVID-19 EVENT GUIDELINES

Updated 3/1/2022: NHF and national chapter face-to-face meetings and events (indoors and outdoors) will require that all attendees, including NHF staff and sponsors age 5 and older, show proof of being fully vaccinated or a negative COVID-19 PCR test within 72 hours of attending the event. NHF strongly recommends that all attendees wear masks, regardless of vaccination status. NHF National Chapters, including Colorado, must follow local, state, or CDC masking guidelines, whichever is MORE strict. This means masking guidelines are subject to change per event, based on the event location and event structure. NHFCO will communicate any known guidelines in advance of events.

SAVE THE DATE FOR THESE UPCOMING EVENTS

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

MAY 7: Backpacks + Bleeders, Garden of the Gods Rock Climbing

MAY 12: Women's Hybrid 'Get Cookin!' Event

MAY 18: Western Slopes Outreach Clinic and Chapter Program

MAY 21-22: Family Camp

JUNE 9: Men's Group Breckenridge Brewery Tour

JULY 15-17: Teen Leadership Weekend

JULY 17-21: Mile High Summer Camp

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.

There are ways to help you

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HEMOPHILIA A MEDICINE.**

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