

The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders



Hemophilia and Thrombosis Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

THE JOY OF KINDNESS, SERVICE, AND GIVING



Don't be a "scrooge." Find a way to give, volunteer, or share a helping hand this holiday season or all year long. It's good for others and it's good for you!
Photo: Adobe Stock

Since 1843, when "A Christmas Carol" by Charles Dickens was published, the name Scrooge has been synonymous with a miserly, self-absorbed character that faces his own mortality and comes to recognize the need to help others. The story reflects on past mistakes, greed, and selfishness, and drives a change that leads to charitable giving, personal support of others in need, and the importance of spending time with family and friends.

It's easy to feel like a 'scrooge' when the news or events of the world seem dark and isolating. Studies and experience show us that giving to others, sharing our time and experience, volunteering, or donating to help others can bring benefits to our own well-being and mental health. There is no lack of people who may need an extra bit of kindness, support, or a little of our time, and everyone could use less of the rude or 'scrooge'-like behavior. What do we know about giving and how it helps?

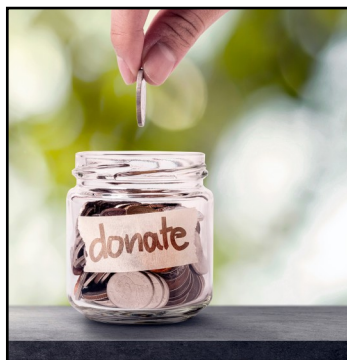
There are [actual scientific studies](#) that repeatedly show that performing acts of kindness benefit the one that is helping. "Giving back has been shown to boost happiness, reduce stress, enhance self-esteem, and strengthen social connections," according to [Megan Hays, Ph.D.](#), a clinical psychologist at the University of Alabama at Birmingham. According to [Mental Health America](#), our brains release 'feel-good' chemicals when we help others. This can help us regardless of how large your giving is, including things like smiling at others, holding the door or elevator, calling a friend, or volunteering at a local shelter.

[Charitable giving](#) is a selfless act that lifts self-esteem, provides a positive outlook, and even extends life expectancy. Donating to charitable causes not only can lift many people in need, but it can help reduce your own stress and can help shift to an altruistic personality that is associated with people who live longer. Charitable giving and volunteerism can also help build stronger social relationships and give you a [sense of community](#). This time of year can be especially stressful, so how can anyone incorporate kindness, volunteerism, giving, or charity without it being overwhelming?

Start Small

There are many things you may already do that you can easily expand to provide help to others. If you celebrate Christmas, Hanukkah, or any other holiday, think about the things you may already be doing and how you can share some kindness with those actions. For example, if you make Christmas cookies or treats for your family, think about a neighbor or someone you know that could be lifted by delivering some to their

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Whether it's giving money, time, or a plate of cookies, sharing with others can help with mental health, relationships, and even life expectancy. Photo: Adobe Stock



Being kind, generous, and helping others can make a difference both individually and at a community and global level. There are many opportunities to reach out and make a difference. Photo: Adobe Stock.

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Find us on Facebook, Twitter, and our website for frequent updates on news and events.



Go to facebook.com/ColoradoHTC



Go to twitter.com/HTCColorado



Website: Go to

medschool.cuanschutz.edu/hemophilia-thrombosis



Email:

HTC.Newsletter@ucdenver.edu

CHILL FACTOR NAMED TOP FUNDRAISING HTC TEAM

At our HTC we try throughout the year to find ways to give back to those in need. This summer our HTC staff participated in a variety of fun ways to raise funds to support the Colorado and Montana chapters of the National Bleeding Disorders Foundation. Our team participates in and raises funds for the Unite for Bleeding Disorders Walks, and this year was no exception.

The Denver walk coincided with the National Bleeding Disorders conference that was held in Aurora, CO on the same weekend, so many of our staff participated in a local walk at the conference. Because we knew not all our staff could attend the walk at Sloan's Lake, we worked diligently before the walk to find ways to raise funds that were outside attendance at the walk. Our HTC Team "Chill Factor" had a popcorn bar, snacks for a cause, special lunches, pizza, and raffle events going on all month before the walk to allow our staff to contribute one snack at a time.

Team Chill Factor raised over \$5800 for the Colorado walk and over \$1100 for the RMHBDA chapter in Montana.

Because of these efforts, Team Chill Factor was recognized as the Top Fundraising HTC Team for the National Bleeding Disorders Foundation's annual Unite for Bleeding Disorders Walk! More importantly, the money raised goes to support our wonderful bleeding disorders families with powerful experiences like Mile High Summer Camp, Education Days and many learning and community events.

We are so grateful for our dedicated staff who rallied together to make a difference for our local bleeding disorder communities.



Some of our walkers at the Bleeding Disorders Conference in Aurora, CO in August. Photo: Merilee Ashton

DROPS OF LOVE: CELEBRATE HTC STAFF MEMBERS

Our HTC has a program called "Drops of Love" to celebrate and thank those who work at our HTC. Any patient, family member, caregiver, or visitor to our HTC can recognize anyone at our center who went above and beyond with a simple scan on your phone! We know that even one great interaction with a clinical team member can make a visit to the HTC a positive experience and help patients improve their health. This is also an easy way to thank the nurses and other providers who make a difference to your care.

Just scan the QR code (below) or scan the code in our office to send a "drop of love" to our staff members and let us know how they made a



difference in their service to you!

Thank you for sharing your feedback with us!

HOLIDAY CLOSURES & SHIPPING DEADLINES

The holidays are upon us, so we ask our patients to be aware that our clinic, pharmacy, and admin offices have some closures that may impact your care or ability to get medications in a timely manner. Please contact us promptly if you are in need of medical support prior to a closure, and see our after-hours information if you need medical attention or medications during any of these extended closures.

Clinic, Pharmacy, and Admin offices are closed on the following dates:

Wed-Fri, Dec 24-26, 2025: Christmas Holiday

Thurs, Jan 1, 2026: New Year's Day

Mon, Jan 19, 2026: Martin Luther King Jr. Day

See our website for more information on how to contact us after-hours or during a holiday closure. <https://bit.ly/3Ir2x2y> Our pharmacy shipping details and deadlines are also available at our website: <https://bit.ly/3MhfSit>

**HTC Pharmacy 2025
Holiday Hours**

Dec 24-26: Closed for Christmas Holiday
Jan 1, 2026: Closed for New Year's Day

Last day to ship prescription orders:
Tues., Dec 23, 2025
Tues., Dec 30, 2025

[Continued from page 1] door. You may already send holiday cards to friends and family and can provide a few extras to a local care facility. Even simple acts like being patient, friendly, or expressing gratitude to those working in retail jobs can make a difference to you and those you interact with. Some family traditions can be built around finding ways to secretly support a family in need, doing random acts of kindness for the 12 days before Christmas, or being involved in a church or community food or blood drive. It doesn't have to be big to be kind.

Look for Ideas that Work for You

Volunteering can be a powerful way to impact others and change your own mindset. Taking time to help in your own way doesn't even have to be outside of your comfort zone. What kinds of things are you good at or interested in? There are many organizations that post ways to help match volunteers to places that need help. Volunteering can also help those who are facing loneliness and provide a new sense of community. Maybe volunteering to help others is on your list of goals for next year. Check these websites out to get started:

[Idealist.org](https://www.idealist.org), [PointsofLight.org](https://www.pointsoflight.org), [JustServe.org](https://www.justserve.org), [DoSomething.org](https://www.dosomething.org), [Volunteer.gov](https://www.volunteer.gov)



Food drives, fundraising walks, even small financial donations can help those who are suffering, and can bring you a sense of joy. Photo: Adobe Stock

You can also look at specific causes and organizations you may be interested in that need volunteers. This can be anything from a local animal shelter, a nearby care facility, or even your local chapter of the [National Bleeding Disorders Foundation](https://www.nationalbleedingdisordersfoundation.org).

[The American Red Cross](https://www.americanredcross.org), [Habitat For Humanity](https://www.habitatforhumanity.org), [Catholic Charities](https://www.catholiccharities.org), [The Salvation Army](https://www.salvationarmy.org), [Big Brothers Big Sisters of America](https://www.bigbrothersbiggirls.org), or your local church or community center nearly all have opportunities to make a difference through volunteering.

Local schools, cities, and counties, including your nearby parks and recreation organization can use your help to better your community. You can look up your local school district, and most have ways to get involved and support kids who need extra help. Volunteers are needed all year long, start now and see how supporting others can change your life.

Charitable Giving

Food banks, local charities, churches, hospitals, medical research organizations, animal shelters, scholarship funds, all are good options if you can donate funds to support their causes. A simple search online can help you find a place in need nearby. One fun way to spread holiday joy and donate is to find a [Giving Machine that may be near you](https://www.givingmachines.com). These make giving as easy as buying a snack from a vending machine, with the ability to choose what you would like to support in small, easy to give options. Each Giving Machine has local and international charities that receive 100% of the funds received with all the overhead costs covered by The Church of Jesus Christ of Latter-day Saints. Since 2017, these machines have become a way for people all over the world to share with those in need and this year they have 120 locations worldwide, [including one in Denver](https://www.givingmachines.com).

Consider donating to the [Colorado National Bleeding Disorders Foundation](https://www.coloradonationalbleedingdisordersfoundation.org), [The Rocky Mountain Hemophilia & Bleeding Disorders Foundation](https://www.rockymountainhemophiliaandbleedingdisordersfoundation.org), the [National Bleeding Disorders Foundation](https://www.nationalbleedingdisordersfoundation.org), the [Hemophilia Federation of America](https://www.hemophiliafederationofamerica.org), [Save One Life](https://www.saveonelife.org), or even our [HTC](https://www.htc.org).

Enjoy the holiday season and don't forget to find ways to lift those around you. It will lift you and with every effort, it will make a difference to others.



Find something you connect with when deciding where to volunteer. This could be a soup kitchen, a school, a food bank, a church, or a charity. Photo: Adobe Stock



A fun and easy way to donate to both local and global charities is finding a Giving Machine, which works like a vending machine but for humanitarian needs. The Denver Giving Machine is located at the Cherry Creek North Holiday Market at 2nd and Filmore Plaza in Denver. Photo: The Church of Jesus Christ of Latter-day Saints.

RECENT HEADLINES

These are a few of the headlines that we've recently featured on our Newsroom page or on Social Media:

Extended Dosing Interval of Emicizumab May Offer Comparable Protection for Hemophilia A Patients

Study Shows Hemlibra Safely Supports Joint Health in Children with Hemophilia A

Biomarin Plans to Sell Rights to Roctavian, FDA Approved Hemophilia A Gene Therapy

Trial Shows Once-Weekly Marstacimab Reduces Bleeding Rates for Hemophilia A and B Patients

Star Therapeutics Gains New Financing to Boost Investigational VWD Therapy

Study Finds Infection is Most Common Cause of Death in Acquired Hemophilia A

We maintain a newsroom page at our website with a list of news articles that may be of interest to our patients and families. Go to medschool.cuanschutz.edu/hemophilia-thrombosis/resources/newsroom to read more. We also share news on our [Facebook](#) and [X/Twitter](#) accounts.

Sign up to get this newsletter delivered directly to your email box each month! Just go to eepurl.com/bnszoz or scan the QR code and fill out the form!



QR Code to Subscribe!

UPCOMING EVENTS

Mark Your Calendars:

Please note. These dates may be tentative and subject to change. Please check appropriate websites for confirmation of events.

Dec 24-26: Clinic, Pharmacy, and Admin offices closed for Christmas Holiday

Jan 1: Clinic, Pharmacy, and Admin offices closed for New Year's Day

Jan 9-11: RMHBDA Education Weekend—Bozeman, MT

Jan 11: Hemophilia Alliance 2026 Medical Providers & Business Admin Meeting—Newport Beach, CA

Jan 19: Clinic, Pharmacy, and Admin offices closed for Martin Luther King Jr. Day

Jan 21: Hemophilia Alliance 2026 Pharmacist CE Conference—Tampa, FL

Jan 24: NBDF Colorado—Rock Climbing Clinic

Jan 28: NBDF Colorado—Education Dinner

See more at our Events Page on our website:
medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar

ME-WE-HTC We create hope.

Hemophilia & Thrombosis Center

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Pharmacy Main: 303-724-0168

or toll free at 888-724-7427

Web page:

medschool.cuanschutz.edu/hemophilia-thrombosis

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