

# The Clotting Connection

*A Newsletter for Families with Bleeding and Clotting Disorders*



Hemophilia and Thrombosis Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

## MILE HIGH SUMMER CAMP!

Mile High Summer Camp was held on July 13-17, 2025, at Easterseals Rocky Mountain Village in Empire, Colorado. It was a great experience, with lots of fun and some very positive learning experiences for our campers! With nearly fifty campers this year, we had a great group of kids ages 7-17 who enjoyed a fun filled week of adventure.

This year all our campers started together at the main camp, and the older teen group left mid-week for their Teen Leadership retreat that included kayaking and rock climbing. New this year, our HTC staff along with NBDF Colorado created an Education Fair on the first evening of camp. Our nurses, physical therapists, genetic counselor, social workers, and pharmacists each created booths with games and education for the campers to rotate through to learn and get fun prizes. This turned out to be a very fun experience, and something our staff enjoyed and plan on finding new ways to improve in years to come!

Our staff shared that we had several amazing successes during infusion education, and of course the fantastic opportunity for fun, friendship, and enjoying the mountains. Our nurses teach and administer infusions during camp, and many campers learn to infuse while there. Older campers often act as mentors to provide support through the process. Our Social Work team created several activities around being kind this year; challenging kids to do acts of kindness and of course, winning prizes.




Kayaking was a part of this year's BOAC adventure for our older teen campers. Photo: Katie Lawrence

While the older campers and some of our staff went kayaking and rock climbing with Breckenridge Outdoor Adventure Center, the main camp was filled with fun activities. Campers enjoyed crafts, fishing, hiking, swimming, laughs, learning, rock wall climbing, skits, music, games, dancing, and even a glimpse of a few mile-high wild critters! While there was a rumor about a nearby bear, squirrels, ponies, goats, and a couple cute cats and dogs were far more common.

Camp is a lot of fun, and a great opportunity for kids with bleeding disorders (or their siblings/family members) to get away in a safe environment. We thank all who participated this year to make Mile High Summer Camp a remarkable success!

We encourage all to attend the Unite for Bleeding Disorders Walks: [NBDF Colorado- Aug 23<sup>rd</sup> at Sloan's Lake Park in Denver, CO](#), and [RMHBDA Montana-Sept 6<sup>th</sup> at Zoo Montana in Billings, MT](#), which help fund programs like camp.

We will soon have all our camp photos at our website for families to enjoy. These can be found at our camp web page or by using this QR code: 



Teen campers on their Teen Leadership camping adventure. Photo: Julie Sweeney



Nothing goes together like camp and s'mores! Mile High Summer Camp this July was great fun! Photo: NBDF Colorado

### INSIDE THIS ISSUE

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# CAMP PICTURES 2025





# NURSE NANCY SPOMER TO RETIRE IN AUGUST



Nancy loved to attend many events to connect with patients and families, including the Unite for Bleeding Disorders Walks. Photo: Merilee Ashton

After sixteen years here at the HTC and 30 years as a nurse, Nancy Spomer, RN, BSN, is retiring beginning in August. Most of our patients have likely interacted with “Nurse Nancy” over the years, and she brought vast experience and exemplary care to our nursing team.

Nancy loved working with patients both inside and outside our HTC clinic. She attended many Education Days events, fundraisers, infusion learning sessions, Family Camps, and was on staff at Mile High Summer Camp 15 times! She particularly loved providing support to patients learning to self-infuse, sharing **“Self-empowerment to care for yourself with a bleeding disorder (infusion), and meeting others with bleeding disorders to grow connections (decreasing isolation of having a bleeding disorder) are two very significant goals for camp attendees. And of course, having fun together with staff, patients, and families!”**

Nancy grew up in the suburbs of Philadelphia, PA, Richmond, VA, and Pittsburgh, PA. She attended Michigan State University and earned a Bachelor of Music there. She worked as a music teacher and taught both elementary and middle school music, as well as teaching as a private piano teacher. She went on to earn her nursing degree at the University of Colorado, and shifted gears to care for many patients over the past thirty years!

Nancy is known for her wry sense of humor, professionalism, and thoughtful insights during her time here at the HTC. She was fantastic at working in partnership with a wide variety of providers to get the best outcomes for her patients. She focused on excellent comprehensive care, attending as a nurse at many of our Outreach Clinics in other parts of Colorado, Wyoming, and Montana. These Outreach Clinics benefited greatly from Nancy’s experience to make a clinical visit the best it can be, no matter the location and despite the challenges faced by bleeding disorder patients.

She is looking forward to a little less time waking up to an early alarm, and more time enjoying grandchildren and family, playing, listening and attending music performances, and of course, learning pickleball! She also has a new 20-month-old golden retriever, Koda, who has taken over the Spomer household, and she is excited for future travels to spend with family and friends and enjoying the great outdoors. She loves to visit beaches, lakes, and mountain streams, and is looking forward to some future vacations in those locales.

Nancy shared **“It has been a privilege to be a nurse coordinator at the HTC and collaborate with different disciplines and professionals. I am particularly excited for the future of nursing at the HTC! We have an experienced and dedicated nursing group with unique strengths, backgrounds, and interests. It is a group that excels in teamwork. I will look forward to hearing about the HTC journey in the years to come!”**

We congratulate Nancy Spomer on her much-deserved retirement and will greatly miss her at the HTC! We know our nursing team, our entire clinic, and hundreds of patients were directly impacted by her many years of dedicated care. We are so grateful to have been able to work with Nancy, and we wish her the best!



If you would like to send a note to Nancy to wish her well, you can share your thoughts at our Drops of Love site. This is a program we have set up to send positive notes to our HTC staff for going above and beyond to assist our patients and families.

← You just need to go to this QR code and share your thoughts, and we will make sure Nancy (or any of our staff you’d like to celebrate) will receive them.



Nancy attended 15 Mile High Summer Camps, including above with Dr. Marilyn Manco-Johnson in 2015. Nancy’s cute pup Koda brings much delight to their family. Photos: NHF CO, Nancy Spomer

## RECENT HEADLINES

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

**Study Indicates Immune Markers May Predict ITI Response in Hemophilia A**

**Trial Shows Hympavzi Lowers Bleeding Rates for Hemophilia Patients w/Inhibitors**

**Study Shows Gene Therapy Benefits for Hemophilia B Last More than a Decade**

**FDA Approves Jivi for use in Children with Hemophilia A as Young as 7 years-old**

**Study Finds Little Genetic Testing Done for Girls at Risk of Being a Hemophilia Carrier**

**Study Finds Blood Group O is Not Tied to Inhibitor Risk in Kids with Severe Hem 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](https://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](https://eepurl.com/bnszoz) or scan the QR code and fill out the form!



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## UPCOMING EVENTS

### Mark Your Calendars:

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

**July 29-31:** HTC Outreach Clinic—Billings, MT

**Aug 21-23:** NBDF Bleeding Disorders Conference—Aurora, CO

**Aug 23:** NBDF Colorado Unite for Bleeding Disorders Walk—Sloan's Lake, CO

**Aug 26-28:** HTC Outreach Clinic—Billings, MT

**Aug 30:** RMHBDA Montana 2nd Annual Pickleball Fundraiser—Jackson, WY

**Sept 1:** Clinic, Pharmacy, and Admin offices closed for Labor Day

**Sept 5:** RMHBDA Montana Golf Clinic and Dinner—Billings, MT

**Sept 6:** RMHBDA Montana Unite for Bleeding Disorders Walk—Billings, MT

**See more at our Events Page on our website:**

[medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar](https://medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar)

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