



# CIRCULATOR

A quarterly publication celebrating life through blood donation

Spring 2018

## Kickapoo Valedictorian Beats Ewing's Sarcoma

Twenty-eight has been a big year for 18-year-old Kelsie Mitchell. She was one of nine valedictorians graduating from Springfield's Kickapoo High School, served on student council's Cabinet leadership group, and was a member of the National Honor Society. And she has made plans to attend Truman State University in the fall. But just eight years ago, her main accomplishment was survival. "That's the biggest memory I have of my childhood," she said.

Kelsie was diagnosed with Ewing's Sarcoma, a bone cancer, after what she and her parents assumed were growing pains led to the discovery of a tumor on her right hip. She was then sent to Children's Mercy Hospital in Kansas City for biopsies.

At the time, she was already familiar with the word "cancer" because her mother, Laurie Mitchell, had volunteered with the American Cancer Society's Relay For Life fundraiser. But in Kelsie's 10-year-old mind, cancer wasn't something that happened to kids.

"When I was first diagnosed, I was like, 'Gosh darn it!' But then I thought, 'Let's fix it.' When I started going through treatment, I started to realize how bad it was. I didn't realize how hard chemo would be until I was going through it," Kelsie said.

"I was diagnosed April of 2010. I received my last chemotherapy treatment Christmas Eve 2010. So it wasn't even a year," Kelsie said. "Then I continued radiation until the end of January 2011, and that's when they said I was in remission."

Treatments took place at Children's Mercy Hospital in Kansas City, where she would stay for a week of chemotherapy, and then return home to Springfield for two weeks. She would then return to Kansas City for another week of chemo, and repeat the process.

Kelsie endured 14 chemotherapy treatments and 35 radiation treatments. She also required several whole

blood and platelet transfusions, receiving blood from CBCO donors.

"We'd have a nurse come and check my bloodwork every so often. It was like clockwork. Almost every time I'd have chemo, about 7 days later I'd need blood in town at Cox, and I got platelets sometimes too," she said. Kelsie needed blood following approximately 10 of her 14 chemotherapy treatments.

"My counts were all so low. I would feel really, really weak before I got blood," she said. "Every time I got blood, I'd go home and end up getting a fever. That's when I would have to go to the ER here in Springfield and then go to Kansas City."

Kelsie has not needed additional blood or platelets since her initial diagnosis, but she has had a few cancer-related setbacks. When she was 15, her thyroid was removed after cancer was discovered there. And in 2016, cancerous lymph nodes were removed. Chemotherapy caused a heart condition that she must watch, and she said she is at an increased risk of developing cancer again in the future.

Surviving cancer, Kelsie said, has given her a different perspective on life. "It's shaped me. I didn't know who I was yet, so it's a big part of who I am in a positive way. I don't think I would (Continued on page 3)



At age 10, Kelsie Mitchell was diagnosed with Ewing's sarcoma, a type of bone cancer.

# CBCO Welcomes 41st Hospital to Service Area

When Arkansas Children's Northwest opened February 27, 2018, in Springdale, Arkansas, the new hospital was stocked with blood from CBCO donors, making it our 41st healthcare provider.

ACNW is a state of the art 233,613-square-foot facility on 37 acres that features multiple pediatric surgery units, an emergency room, and a full range of ancillary and diagnostic services that provide comprehensive pediatric care for children in the region. It serves more than 200,000 children who live in the 11-county northwest Arkansas area.

"CBCO was formed to give local control of the region's blood supply to the people of the Ozarks, and we couldn't be more proud to add Arkansas Children's Northwest to our service region," CBCO Executive Director Anthony Roberts said. "Our blood donors are eager to give their tremendous gift for local patients and we're pleased to be the provider of blood products for the pediatric services offered at the new facility. Our mission has always been centered on quality, cost effectiveness, and community control. The addition of services to this new hospital is another example of our commitment to the fulfillment of that mission."



For more information about Arkansas Children's Northwest, visit their website at [www.archildrens.org](http://www.archildrens.org).

## Celebration of Life honors donors for achievements

Milestones were recently recognized for many CBCO donors at our annual Celebration of Life events. A luncheon was held Thursday, April 19, 2018, at Shewmaker Center for Workforce Technologies on the campus of Northwest Arkansas Community College in Bentonville. CBCO's Hall of Fame welcomed four inductees at this event. A dinner was held Friday, May 4, 2018, at the Morris Conservation Center White River Room on the campus of Bass Pro Shops in Springfield. This event saw 28 donors being inducted into our Hall of Fame.

To qualify for CBCO's Hall of Fame, 20 gallons (or 160 successful donations) must be given of whole blood, platelets, or plasma.

In addition to the Hall of Fame, donor milestones recognized included:

- VIP Donors – Donors who have surpassed 300 lifetime donations
- Bronze Level – Donors who have achieved 50 lifetime donations in 2017
- Silver Level – Donors who achieved 100 lifetime donations in 2017
- Gold Level – Donors who achieved 200 lifetime donations in 2017
- Platinum Level – Donors who achieved 300 lifetime donations in 2017
- Frequent Apheresis Donors – Donors who gave at least 12 times in 2017



Tina Waits was the guest speaker at both events. She has received more than 600 units of blood from CBCO donors following a diagnosis of Pure Red Cell Aplasia. Click [HERE](#) to read her story in the Winter 2018 issue of Circulator.

Photos from these events may be viewed in two photo albums on CBCO's Facebook account. Be sure to tag yourself! The photo albums may be found by clicking below:

[Arkansas 2018 Celebration of Life photo album](#)

[Missouri 2018 Celebration of Life photo album](#)

Curious about your own progress toward reaching these milestones? Log in to your account on CBCO's donor portal by clicking [HERE](#).



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# O Negative patient required blood transfusions

*(Continued from page 1)* be the person I am today if I hadn't gone through it.

It's made me a stronger person and a happier person because I'm able to enjoy things more. It's really strengthened my faith, which is really substantial and important to me."

Kelsie's parents are both blood donors, but due to the type of cancer she has had Kelsie is unable to donate. This was disappointing news to Kelsie who, like her father, Ben Mitchell, has the O Negative blood type. O Negative is the universal blood type because it can be given to any patient with any blood type. Those with O Negative blood type can receive only O Negative blood. One in 15 people (or 6.6% percent of the population) has type O Negative, making donors like Kelsie's father in demand.

Unable to donate but still wanting to help, Kelsie's position on the KHS Cabinet put her in charge of planning three of the four blood drives held at Kickapoo during the school year.

In addition, Kelsie volunteers each week at the Ronald McDonald House, which is one of CBCO's 10 LifePoints Lift partner agencies. (For more information about LifePoints Lift, click [HERE](#).) "I love it because I stayed at a Ronald McDonald House in Kansas City when I received my treatment, so it's great getting to volunteer at one," she said.

If Kelsie could meet those who donated blood for her, she would be excited to let them know their efforts are appreciated. "I would imagine it's not the most fun thing to do, so it means a lot to me that they would take the time to do that," she said. "Being as I'm O Negative, I can receive only O Negative blood. I didn't realize that. I'm glad that people give and there was a supply of O Negative blood when I needed it."

Kelsie wants people to understand that donating blood makes a difference. "It's not just something you can do and forget about," she said. "It's actually impacting people's lives. Even if it doesn't seem like a substantial thing, it's saving people."



*Kelsie Mitchell was one of nine valedictorians this year at Springfield's Kickapoo High School.*



## Racing To Save Lives

Our annual friendly competition between CoxHealth and Mercy hospitals is going on May 1 - June 30, 2018. Several blood drives are scheduled at Cox and Mercy facilities. If you can't make it to your Racing To Save Lives blood drive to support your hospital, you may donate at CBCO's Thomson Donor Center in Springfield during those dates. Simply let the registrar know that you are part of Racing To Save Lives and add your name to the sign-in book.

## Cabbage Patch Greenhouse Offer

Once again, Cabbage Patch Greenhouse is set up in the parking lot of Thomson Donor Center, 220 W. Plainview Road, in Springfield. Donors will receive a free plant when you present your donor paperwork. Choices for the free plant this year are: a mint start (apple mint, chocolate mint, or spearmint) or a 2-pack of tomato plants. For more details, visit Cabbage Patch after you donate. Thanks, Lifesavers!



## Holiday Hero – 1st Sign-up

May 25, 2018

CBCO donor centers only.

Participants agree to donate blood 3 times during critical periods surrounding holidays and receive gifts each time.



## Movie Mania

July 2, 2018

CBCO donor centers only.

Participants receive a Fandango movie certificate good at participating theaters.



## Bleed Blue Blood Drive

June 5, 2018

Springdale donor center and Four Points at the Sheraton in Bentonville. (CBCO's Bentonville Donor Center will be closed.)

Participants get T-shirts, tickets to an

Arkansas Naturals baseball game, giveaways and prize drawings from Cain's, and ballpark food.



## Bleed Red Blood Drive

July 9-10, 2018

CBCO's Thomson Donor Center in Springfield only.

Participants get T-shirts, tickets

to a Springfield Cardinals baseball game, entry in prize drawings, and ballpark food.

## Holiday Hero – 2nd Sign-up

June 28-29, 2018

CBCO donor centers only.

Participants agree to donate blood 3 times during critical periods surrounding holidays and receive gifts each time.

## Bleed Red Blood Drive - Joplin

July 16-17, 2018

Location TBA.

Participants get T-shirts, tickets to a Springfield Cardinals baseball game, entry in prize drawings, and ballpark food.

*Our mission is to provide a quality blood supply, in a timely manner, at the lowest reasonable fee, while remaining accountable to the local community, blood donors, and health care providers.*

## Ewing's Sarcoma At a Glance

- Ewing's sarcoma is a type of bone or soft tissue cancer that primarily occurs in children and young adults.
- Often found in the long bones in the body.
- Symptoms include pain, swelling and fever.
- Second-most common type of bone cancer affecting children and young adults.
- Accounts for about 1% percent of childhood cancers.
- Annually, about 225 children and adolescents are diagnosed with Ewing sarcoma in the U.S.
- About two-thirds of Ewing's sarcoma patients become long-term survivors of the disease.
- Researchers have found that Ewing's sarcomas are caused by genetic changes that happen after birth. However, it is not known why some people develop the disease. It is not passed down in families.

SOURCE: MD Anderson Cancer Center

## Four convenient CBCO Donor Centers near you!

### Springfield

#### Thomson Center - 220 W. Plainview

(417) 227-5000 or 800-280-5337

Monday through Friday - 7 am to 7 pm

Saturday - 7 am to 1 pm

Sunday - 9 am - 3 pm

### Joplin - Northpark Mall

#### 101 N. Range Line Rd.

(417) 626-8323 or 866-401-5143

Monday through Friday - 11 am to 6 pm

### Springdale - 3503 S. Thompson

(479) 927-1200 or 866-401-5144

Monday through Thursday - 11 am to 6 pm

Friday - 8 am to 2 pm

### Bentonville - 1400 SE Walton Blvd.

(479) 464-2506

Monday through Thursday - 11 am to 6 pm

Friday - 8 am to 2 pm

