

Fall
2014

Volume 9
Issue 4

A quarterly publication

**Dedicated to
Making a Difference**

by educating, empowering
and enriching the lives
of families living with
hemophilia, vWD
and other
bleeding disorders



Matrix Health News

a publication of

Matrix Health Group

Dedicated to Making a Difference

in the Lives of People with Hemophilia, vWD and other Bleeding Disorders

Highlights in this Issue...

**Scholarship
Announcement!**

Our Best Friends

**Dear Moms
and Dads**

Yoda and More

**Kya, My Stone
Chewer**

Sandy



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Mission and Vision Statement

The **MISSION** of Matrix Health Group is to provide individualized, focused services to people with bleeding disorders nationwide.

Our **VISION** is to enhance the lives of those we are privileged to serve by providing the best pharmacy and support services possible.

Matrix Health News

FALL 2014
Volume 9, Issue 4

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Editor: Susan Moore
Editor: Justin Lindhorst

The purpose of **Matrix Health News** is to provide an opportunity to connect with others by providing information such as current news, upcoming events, educational matters, personal stories, and a variety of opinions and views on topics within the bleeding disorder community.

The information and opinions printed in this newsletter do not necessarily reflect the views and opinions of the partners, employees, others associated with **Matrix Health News** or that of Matrix Health Group.

Health related topics found in **Matrix Health News** are for informational use only and are not intended to take the place of treatment or medical advice provided by your health care professionals or hemophilia treatment center. Please consult with your health care professionals when medical questions arise.

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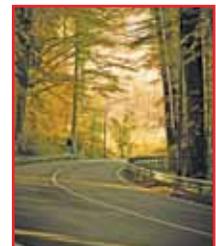
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Like us on Facebook!



Visit us today to learn more about our specialty pharmacy and support services, read popular articles from **Matrix Health News**, view photos, learn about our upcoming events and find information on the bleeding disorders community.

"Like" our page to see how we are **Dedicated to Making a Difference** in the lives of individuals with hemophilia, vWD and other bleeding disorders!

www.facebook.com/pages/Matrix-Health-Group/140849859422348

A Note from the Editor

Dear Readers,

“Until one has loved an animal, a part of one’s soul remains unawakened.”
~ Anatole France

Through the good and the bad, the ups and the downs our pets remain faithfully by our sides. Their love unconditional, their connection to us undeniable; the bond that we form with our pets is one that has, without a doubt, a profound effect on our lives.

Research shows therapeutic and healing properties are associated with positive animal interaction. The benefits of owning a pet are many. Pet owners experience increased activity levels, less anxiety and depression, lower heart rate and blood pressure, increased resistance to allergies and improved socialization skills, just to name a few. Across the country, pets are being used in hospitals, assisted living homes and many other areas as an addition to traditional therapies. The results are proving the connection we have with our furry friends is one that has implications far beyond the “man’s best friend” cliché.

In this issue of **Matrix Health News** you will find a collection of photos and stories from pet owners in our bleeding disorder community. The sentiments echoed are further proof that though their care requires much responsibility and attention, the love, deep connection and devotion we receive from our pets has the ability to uplift, inspire, heal and move us to overcome adversities life presents to us. 🐾

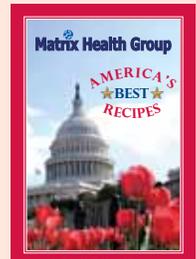
Enjoy our wonderful pet stories in this special issue!

Maria Santucci Vetter
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Now Available!

**America's
Best
Recipes**



Having debuted at
NHF Annual Meeting in
Washington, D.C.,
our cookbook is now
available!

Contact your local Matrix
Health Group representative
(see list on page 2)
to request your
complimentary copy of
America's Best Recipes
before they are all gone!

Cookbooks available only
while supply lasts

Attention TRICARE Patients

Matrix Health Group is a specialty pharmacy devoted to caring for those with bleeding disorders. We are dedicated, determined and committed to personalize your homecare experience with round-the-clock service and a comprehensive line of factor and ancillary supplies. We offer a unique team of compassionate care coordinators with top-notch pharmacy and reimbursement services. At Matrix Health Group, our goal is to make your life easier!

We offer:

- Experienced, compassionate Care Coordination Team with a personal contact assigned to you for your pharmacy, reimbursement and support services
- Specialized, knowledgeable Pharmacy Staff with a comprehensive line of factor products and complementary supplies
- Located in Weston, Florida and Bartlett, Tennessee - our services reach across the nation
- 24-hour delivery with emergency same-day shipments available
- Interactive physician relationships providing you with custom treatment plans
- Specialty team of Reimbursement Facilitators dedicated to assist you with private and government insurance reimbursement needs
- Informative quarterly newsletter, *Matrix Health News*



**For more information regarding our services,
please contact us at 877-337-3002
We look forward to hearing from you!**

Hurry! Deadline is approaching!

Share a Moment in Your Spectacular Life!



Be sure to have your favorite photo included in our
**"A Moment in Your Spectacular Life"
2015 Calendar!**



Our calendar will highlight just how amazing life can be, even with a bleeding disorder! Share with us your wonderful, happy photos by
November 1, 2014.



Please submit your photo, mailing address, phone number as well as the names and ages of everyone in your photo to:

Maria Santucci Vetter at maria.vetter@matrixhealthgroup.com

Please add "Calendar" to the subject line.

Or by mail to Maria Vetter

2202 Brownstone Court; Champaign, IL 61822



By submitting a photograph you: a) give us permission to publish it in the Matrix Health Group Calendar; b) grant us a non-exclusive, royalty-free, license to republish it in any format including without limitation in print and electronic formats; c) give us permission to use your first name and city of residence, d) give us permission to edit or crop; e) understand we are unable to return your original photos - please send copies. *If you are under 18 years old, your parent or guardian must submit the photo for you.*



HEMOPHILIA WALKS Across the USA!

All across our great country the **National Hemophilia Foundation** is helping local chapters reach fundraising goals with their **Hemophilia Walk** initiative. This program not only helps our chapters raise funds, it also engages community members in a way that help foster awareness for our cause in the public eye. Bring everyone together - enlist your friends, co-workers, family members and local businesses. Get involved and join a Walk near you! The remaining 2014 confirmed dates and locations are listed below. For more information, please visit www.hemophilia.org/walk/

October 11, 2014 - North Carolina
Hemophilia of North Carolina
Lake Crabtree County Park; Morrisville
Lakia Poole 919-319-0014

October 18, 2014 - Illinois
Bleeding Disorders Alliance Illinois
Ravinia on the Lakes; Peoria
Marlene LaPorte 312-427-1495



October 11, 2014 - Kentucky
Kentucky Hemophilia Foundation
Wetherby Park; Middletown
Ursula Kamala 502-456-3233

October 18, 2014 - Missouri
Midwest Hemophilia Association
Waterfall Park; Independence
Mark Cox 816-479-5900

October 25, 2014 - Washington D.C.
Hemophilia Assoc. of the Capital Area
Lincoln Memorial Reflecting Pool
Karen Krzmarzick 703-352-7641

October 11, 2014 - Idaho
Idaho Chapter, NHF
Ann Morrison Park; Boise
Taryn Yates 208-344-4476

October 18, 2014 - Missouri
Midwest Hemophilia Association
Botanical Center; Springfield
Angela Brown 314-952-6265

October 25, 2014 - Washington
Bleeding Disorders Foundation of WA
Green Lake Park; Seattle
Danielle Durham 206-533-1660

October 12, 2014 - Kansas
Midwest Hemophilia Association
Exploration Place; Wichita
Aimee Tempera-Parks 316-518-0524

October 18, 2014 - Texas
Lone Star Chapter of NHF
MacGregor Park; Houston
Melissa Compton 713-686-6100

October 25, 2014 - Texas
Lone Star Chapter of NHF
Wilson Sports Complex; Harlingen
Melissa Compton 713-686-6100

October 18, 2014 - California
Hemophilia Found. of Southern CA
Crescent Bay Park; Santa Monica
Linda Corrente 323-525-0440

October 19, 2014 - Missouri
Midwest Hemophilia Association
Stephens Lake Park; Columbia
Kristin Marema 573-529-1636

November 8, 2014 - Texas
Texas Central Hemophilia Assoc.
Lone Star Park; Grand Prairie
Shannon Brush 972-386-3865

22ND ANNUAL FAMOHIO RECAP

HEROS AMONG US!



By Dan Holibaugh

Heroes Among Us! was the theme of the 22nd Annual FAMOHIO event, held at the Columbus Marriot Northwest Hotel in Dublin, Ohio. Kicking the weekend of August 8-10 off to a terrific start was a cookout dinner and an inspirational speech given by Barry Haarde, *Biking Across America*, describing his "man with a mission" attitude and lifestyle. Barry strives to erase the stigma of HIV and motivates others who face the complications, pain and limitations of living with hemophilia. He exercises and eats healthy foods all while thoroughly enjoying his hobby of biking... and we aren't talking a ride around the block. Barry has crossed our country from west coast to east coast three times now to raise awareness of hemophilia and HIV, and has done a magnificent job of raising money for *Save One Life*. He is so enthusiastic about his passion that he held a raffle and gave a brand new bicycle to a lucky winner!

After dinner, women were pampered with their very own "Comfort Room" where refreshments, girl talk, jewelry making and a little time away from spouses and kids were enjoyed. New families were provided a meet-and-greet opportunity and there was open swimming pool time and a fun fitness walk for everyone. All of this was just on Friday!

During the weekend, teens were treated to their own hotel suite where they could just hang, listen to music, play games and have refreshments, while the younger children were entertained in the childcare rooms. The Blood Drop Hero wandered among the exhibits and in each of the rooms, giving everyone awesome photo opportunities.



Barbara T. won many fun prizes, with Dan Holibaugh

Many interesting and educational sessions were offered over the weekend. A few of the topics included, *Understanding the Coagulation Pathway and How it Affects Your Bleeding Disorder*; *Hemophilia Products: Past, Present & Future*; *The Importance of Diagnosis, Treatment and Education of vWD*; *School Supports for Our Community* and many more. There was something for everyone to enjoy while being enriched and entertained!



Susan Moore meets up with our Blood Drop Hero!

Late Saturday afternoon parents collected their youngsters from childcare, had a bit of time to rest up and then headed to the banquet room to have another delicious dinner.

Saturday night wrapped up with musical group *Hard Day's Night*, which entertained everyone with a tribute to the *Beatles*. Their authentic costumes complete with wigs and mustaches, along with the beat and rhythm reminiscent of the original *Fab Four* kept the kids dancing until they dropped and provided a great ending to a wonderful event! 🎸





Announcing the 2014 Recipients of the Joe Holibaugh and Tim Kennedy Memorial Scholarship!

Matrix Health Group is proud to offer the **Joe Holibaugh and Tim Kennedy Memorial Scholarship** program for the second year. Honoring the memory of two remarkable bleeding disorder community members and former Matrix Health Group employees, this program offers two individuals diagnosed with a bleeding disorder a \$1,000 scholarship to an accredited university or college. We received a large amount of fantastic applications, and thank each of you who applied. It is now our distinct pleasure to introduce to you the recipients of the **Joe Holibaugh and Tim Kennedy Memorial Scholarship**, **Perseus Patel** and **Eric Dunton!**



For Perseus growing up with severe hemophilia in India brought many struggles. However, his experience taught him perseverance and granted "a determination to impact the lives of others in ways my parents, medical providers and community leaders influenced mine." That determination has led Perseus to the University of San Francisco School of Medicine where he is studying to receive a doctorate specializing in hematology. His efforts outside the classroom include founding and procuring funding for a self-infusion camping program for hemophiliacs in India, in addition to many volunteer hours here in the states with various health-based organizations including Camp Hemotion. His drive to make a difference for the bleeding disorders community could not be more apparent and is matched by his impressive academic accomplishments.

Eric is a student at the University of South Carolina where he is majoring in Global Supply Chain and Operations Management, with a minor in Leadership Studies. Living with severe hemophilia B, Eric has not let his bleeding disorder dissuade him from his ambitions. He has found great passion not only in pushing himself to achieve, but also in assisting others. From volunteering for children with disabilities at Victory Junction Camp, to fulfilling leadership roles in his fraternity chapter of Delta Sigma Pi, Eric demonstrates the qualities and capabilities of a true leader. We are proud to support Eric as he seeks continued growth for himself and the community around him.



Congratulations Perseus and Eric! All of us at Matrix Health Group wish you the very best in your continued success. Your example is an inspiration to the bleeding disorder community and embodies the values we seek to honor with the **Joe Holibaugh and Tim Kennedy Memorial Scholarship**. We look forward to hearing more of your future success! 🎓

Our Best Friends



By Robin Lawrence

“A house is not a home without a pet.”

~ Anonymous

More than 69 million households across the United States agree! That’s the number claiming to have some form of furry, feathery, scaly or slimy creature they call their pet. According to the latest statistics from the American Veterinary Medical Association (AVMA), approximately 62% of American households own at least one pet. Pet ownership has grown from 51 million in 1987 when AVMA’s tracking began to 64 million in 2002, to today’s 69 million.¹

“Animals are such agreeable friends—they ask no questions, they pass no criticisms.”

~ George Eliot

“Believe it or not, pets can be the best medicine, especially when a person is dealing with chronic pain such as migraines or arthritis,” says Dr. Marty Becker, DVM, veterinary consultant for *Good Morning America*. “Just like Valium, a pet can reduce anxiety. The less anxiety, the less pain,” he says. A Loyola University study found that pet therapy might reduce the use of pain medication as surgery patients recover from their procedure.²

“Overall, studies support that having pets has a positive impact on people’s lives and health,” says Dr. Michael Rader, DVM, WCAH in Franklin, Tennessee. He states, “There is a wide spectrum of health benefits enjoyed by people who own pets. Statistics show those with pets in their lives have lower blood pressure, lower heart rate, lower heart disease rate and less depression. They’re more socially engaged and overall healthier than

those without pets. In children, we see decreased anxiety, increased responsibility, lower asthma rates and far fewer allergies.” Further proof of this claim offered by Dr. Rader is overwhelmingly evidenced: “The old thinking was that if your family had a pet, the children were more likely to become allergic to the pet. And if you came from an allergy-prone family, pets should be avoided,” says researcher James E. Gern, MD, a pediatrician at the University of Wisconsin-Madison, in the *Journal of Allergy and Clinical Immunology*. However, a growing number of studies have suggested that kids growing up in a home with “furred animals” - whether it’s a cat or dog, or on a farm and exposed to large animals - will have less risk of allergies and asthma.³

For those living with a chronic disorder, owning a pet helps to decrease levels of depression. “The benefit is especially pronounced when people are strongly attached to their pets,” says researcher Judith Siegel, PhD.⁴



“There is no psychiatrist in the world like a puppy licking your face.” ~ Ben Williams



Owning a pet encourages us to focus on the future, rather than the past. It's that new, being-in-love feeling, but all the time. Pets never lose the, I-love-you-like-my-life-depends-on-it feeling about their owners. We have seen the expert evidence that pets provide health benefits to improve the lives of people with chronic illness, but what does that look like in the lives of people with a bleeding disorder? It's huge! Stress and pain in any combination is a recipe for alcohol or drug abuse, or depression that never gets diagnosed or dealt with, just endured. It is very debilitating to our mind and body to be in constant pain or distress.

“A pet is a medication without side effects that has so many benefits. I can't always explain it myself, but for years now I've seen how instances of having a pet is like an effective drug. It really does help people,” says Dr. Edward Creagan, Oncologist at Mayo Clinic, Rochester, Minnesota.⁵

Pets will instinctively sense stress within their owners and will place providing comfort at the top of their to-do list. Their happiness depends largely upon yours and they take that job very seriously. People may not realize they have pulled away from friends and family - it just happens over time when one is weary from pain, depression, stress or all three. They may go for days without much needed physical contact in a hug or touch. Having a pet in the home will solve the issue with a flood of kisses or a comforting cuddle, which is especially soothing. Whether your anxiety is isolated to a particular episode or is ongoing, having a pet's unconditional love helps decompress even the most tense of moods.



“The difference between friends and pets is that friends we allow into our company, pets we allow into our solitude.”

~ Robert Brault

Pets don't judge, they simply 'are,' and what they are is uncomplicated and loving. No need to explain yourself or worry about getting advice from them on how you should live your life. Overwhelmingly and often visibly, when asked about their pet, people soften. They drop their guard enough to smile and let you in on the little secret that is their love for their pet. Several of the families I work with have shared story after story of their furry friend's role in easing the symptoms of a bleed, even if only to serve as a distraction until the pain subsides.

No matter how stressed or depressed you are, your pet will require that you stick to a regular schedule of exercise and feeding, so you will always have a positive reason to get out of bed and provide care for your pet. When someone depends upon you for every good thing in their life, your self-esteem and level of pride increases when you know you've done it well. The exchange for this selfless care is a lifetime of what is best described as worship... a pet (especially a dog) is every bit as happy to see you after you have been gone for five minutes as they are after you've been gone for five hours.

Choosing an animal is a big decision and not one to be taken lightly. There are many factors that should be taken into consideration when making this decision such as whether your home environment is conducive to owning the animal, other people and animals living in your home, your time restraints and physical ability to care for

the animal along with your level of commitment - some pets can live many, many years! Pets come in all shapes and sizes, and require various levels of responsibility and expenses. From cats and dogs to rodents and farm animals, the possibilities are many.

“Ferrets leave tiny paw prints on your heart.”
~ Unknown.

Small mammals such as rabbits, mice, ferrets, gerbils, guinea pigs and hamsters can make good pets, although rabbits can become aggressive. If you lack space to keep a larger pet and don't mind diligently cleaning their cage



to keeps odors at bay, a small mammal may be right for you. Some small mammals may need a companion. They may also not be the best choice for a household with small children.

“Behold the turtle. He makes progress only when he sticks his neck out.”

~ James Bryant Conant



Our cold-blooded friends are just that. Snakes, lizards and turtles are great to watch and easy to care for, but are not affectionate. Some may require specific temperature and light control conditions in order to stay healthy.

“Any creature, even one as unassuming as a fish, can become something mighty. When they courageously endure their trials, they meet their destiny.”

~ Colleen Houck.

Much like reptiles, fish are fun to watch and are good for people who don't have tons of time or space to devote to a pet. Aquariums



must be kept clean to ensure the life of the fish, but in general they are low maintenance, quiet and do not require grooming. It can also be very relaxing to observe fish swimming and moving about. Studies have shown that simply watching fish swim reduces stress in people about to undergo a dental procedure, which explains why so many dentists have fish tanks in their waiting rooms.

“A bird does not sing because it has an answer, it sings because it has a song.”

~ Chinese Proverb

If you enjoy the thought of waking up at the break of dawn



to birdsongs each morning, many breeds of exotic birds make great companions. Typically the larger the breed, the longer the life span of the bird will be. Big and small, many birds have been trained to entertain and communicate with their owners, and usually take less time to care for than their furry counterparts. Birds can be messy and noisy though, especially if they are bored and aren't getting enough attention.

“A horse! A horse! My kingdom for a horse!”

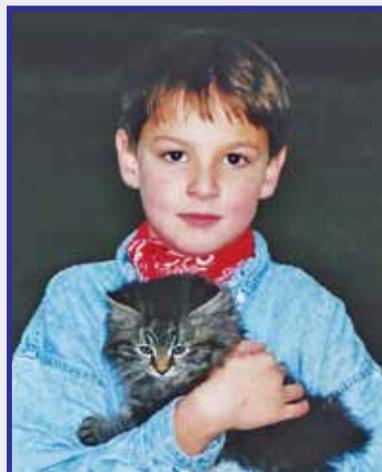
~ Shakespeare

Owning a horse decidedly takes a much larger commitment of time and finances, but when you're a horse person nothing else will do! Other ways for fulfilling your desire to live in an equine world are not so permanent, but every bit as life-changing for someone who truly loves horses. A young bleeding disorder patient I know visits a horse barn near his home each week. He provides food, grooming and exercise time for one of the horses that has been trained to be gentle and patient enough while this little boy fulfills his duties in brushing, saddling, riding and feeding a treat to this beautiful animal. They have developed an amazing bond of trust and love where painful bleeds are forgotten or surrendered for something much more important. Look for a program in your area – owners are usually eager to share their love of horses with others.



“Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this.” *~ Anonymous*

Cats are more serene or dignified than dogs, but don't let them fool you; their world will still revolve around you even if they want you to believe the opposite! Owning a cat can be such a rewarding decision for someone with a bleeding disorder – one patient related a story of how his kitty instinctively knows when he is experiencing pain from a bleed. It is during those times that she will find a balled up



scrap of paper and bring it to him for a distracting game of fetch. There is something naturally soothing about petting a cat on your lap. Their purrs offer such peace and comfort to a heart in need of love. It's a quiet reminder that you are never alone, and that can really make a difference.



“Dogs are not our whole life, but they make our lives whole.” ~ Roger Caras

If the pet you have chosen to bring home happens to be a dog, the real work now begins! Dogs learn through patience, consistency and repetition. They live to serve and are very devoted to their owners. They are the only animals in existence that will love you more than they love themselves. Dogs have the capacity to be as aggressive or as gentle as you encourage and train them to be. They are show-offs and will be happy, happy, happy to demonstrate how smart they are. Give them chores to do just like you would a child, offer a treat for doing it right and reinforce it with a friendly scrub behind the ear. The simple act of petting a dog has been proven to lower your heart rate. You fill your heart with love for an animal and in return, they therapeutically improve the rate at which it beats.

Dogs will help you remember how important it is to exercise your joints and muscles with daily walks and play time. They are good at reminding you to laugh and not just at yourself - they are always willing to make a fool of themselves right along with you! Whether you walk them in your yard, down the street, around the neighborhood or in the dog park, just look into their eyes and you'll see that you are always the smartest person in the world.

“An animal’s eyes have the power to speak a great language.” ~ Martin Bube

Regardless of which animal you think will be the best pet for you, do your homework and keep these suggested guidelines in mind:

No impulse shopping:

Just because it's cute is not a reason to bring a pet into your family. Try not to adopt or purchase a pet on the spur of the moment. Think about it long and hard and make sure you are adding a pet to your family for the right reasons. Buying an animal from a pet shop because it's adorable is not a good way to add a long-term member to your family. Avoid mall pet stores – their main goal is to make a sale and

it is doubtful they will disclose the negative about the particular animal. Don't be impulsive with this decision, especially if you have children in the house.

Research your options:

Take time to learn all about the kind of pet you are considering adopting or buying and learn how much care, time, effort and money will go into owning the pet. Do you like large or small animals? Do you have the proper space/housing to accommodate the animal? What is the animal's lifespan? Is this the right time for you to get a pet? Is the pet an appropriate choice if you have children?

Take a test run:

Offer to pet sit or walk a friend's animal. Visit and volunteer at your local humane society or shelter. Spend time with various animals and learn about the cost and commitment required for their care.

“Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life.” ~ James Cromwell

Whichever animal you choose to bring into your life, family and home, do so with love! 🐾

About the author:

Robin Lawrence, formerly Sgt. Robin Thibodeau served as a Military Working Dog Handler in the United States Air Force from 1988 to 1992. She was stationed at Andrews Air Force Base in Maryland with the 1776th Law Enforcement Squadron.



Sgt. Thibodeau training her military working dog, Bodo

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Dear Moms and Dads

By Lane Henderson



I am 6 years old and have severe hemophilia A with inhibitors. I want to talk to all the moms and dads out there and tell you that you should get a dog if you have a son with hemophilia. There are lots of reasons why your kids need one.

My dog Lily is good at snuggling when I get hurt. She is very fat and warm. She makes me laugh when she snores and that always makes me feel better. When I have a bleed, my dog Bella stays with me on the couch the whole time. She keeps me very comfy and I love that I always have someone to cuddle with when I don't feel well. My dog Lucy is very protective of me so nobody can ever hurt me. You wouldn't want your kids to get hurt, right?

When I'm feeling good and don't have a bleed I get to have fun running and playing with them outside. I have hemophilia so exercise is important. I need to be strong and healthy so I have less bleeds. Mom says I have to learn to be responsible and my dogs are a good way to learn that. I take very good care of my dogs by feeding them, letting them in and out of the house, making sure their water bowl is full, and cleaning their messes in the yard. It's fun taking care of them.

If you have a child with hemophilia, they need at least one dog. They would really have fun times with a dog. A dog will keep them comfortable when they are hurt, happy when they are miserable and will be a friend forever. 🐾

Twice Blessed

By Bryan Moore

For years my wife, Shaun wanted a pet for companionship because of my work schedule, but I resisted. Our in-laws' Shih Tzu dogs had a litter and offered one of the offspring to us. Shaun wanted the pup and I agreed and on July 4th, 2011, Lexie became part of our family. Lexie took to us and we took to her and immediately everything changed. Her strong-willed personality and playfulness never left us with a dull moment. Lexie graduated from training at Pet Smart. We repeatedly were told that Lexie needed a sibling, which would calm some of her wild, rambunctious behavior. Again I was skeptical and hesitant, but Lexie's parents had another litter and we got Gracie in August of 2012.

Lexie quickly assumed the role of "big sister" and calmed down dramatically. She had someone to play with and Gracie was the perfect fit for her and our family. Even though they are the same breed and have the same parents, Lexie and Gracie have their own, distinct personalities. Lexie is like me, picky and finicky. Gracie will eat anything at anytime. Lexie is high-strung and excitable while Gracie is calm and easy-going. They complement each other well.

We had all kinds of thoughts, plans and ideas of caring for dogs, contemplating things we would and wouldn't do - much like prospective parents before having children. Yet many of those thoughts, plans and ideas went straight out the window once they joined our family. For example, we decided our pets would not sleep with us. It was not long before Lexie, and then Gracie, made their beds in our bed.

Lexie and Gracie kept me company while my wife went to care for her parents who were injured in a serious traffic accident. They were also a healing presence for my father-in-law and mother-in-law as they recovered. The best thing about having the two dogs is the greeting we get every time they see us. They jump with joy and excitement as if they haven't seen us in a year and the way they play with one another is hilarious. They have the capacity to brighten our days no matter what's going on. Our lives are much richer and happier because of the gifts God has given to us in Lexie and Gracie. 🐾



Trevor's Buddy

By Heather Messerly

Trevor's favorite in the world is Buddy, and I think the reverse is just as true. Trevor runs down the stairs every morning as his first "good morning" is always for Buddy. Patiently, and sometimes not so patiently, Buddy waits for Trevor to return from school, a friend's house, or even taking a shower. There is a bond between these two that no one else in the family has with the dog.



Does Buddy help Trevor with his hemophilia? I really don't know, but he does brighten my son's mood and keeps him company, so in that aspect, yes he does. I love watching the two of them play this silly game where they run around the couch. I love how Buddy will sit for his daily grooming from Trevor.

Yes, a dog is a boy's best friend and without a doubt, Buddy is Trevor's. 🐾

Mini and George

By Colby Shapiro



My ferrets, Mini and George, love me no matter what. They are funny and adorable and they can jump really high for ferrets. They make me smile and feel happy when I am feeling down or when I have a bad bleed. I have to rest, but I can still play with my ferrets. They are part of my family.

Colby's mom adds, "The ferrets sat with him when he had his last bad bleed - it seemed they could sense something was wrong. As Colby takes care of them, they are also teaching him responsibility."

Yoda and More

By Justin Lindhorst

Without a doubt, I am an animal lover! Pets have always been a part of my life. They were many and varied as a child. From snakes, turtles, salamanders and anything else I could find and fit in my bucket while traipsing the forests around my home to house cats, fish, hamsters, and one unique little mutt we affectionately named "Rags." For as long as I can remember we always had pets. Today I'm a proud owner of two dogs and a cat. Though the responsibility of caring for them can be demanding, the reward of their unconditional love and affection is well worth the efforts.

Living with severe hemophilia, things can get pretty hairy from time to time. Though my pets always have a knack for lifting my spirits when I'm down, I'll never forget the comfort my cat Yoda brought me during one particularly bad elbow bleed as a teenager. I had relocated my room away from the hustle and bustle of the rest of the house to the dark confines of our finished basement - and the cats rarely made the trip all the way down to visit with me.



I went to bed that night exhausted, but unable to sleep a wink from the pulsing in my elbow. I remember thinking to myself in the dark, "I wish Yoda would come down and spend some time with me tonight." I practically jumped from the bed as seconds later Yoda jumped to my side purring and "kneading" the bedding. In that moment I felt such a deep connection to Yoda Cat that I remember it clearly to this day. Recovering from the initial startle he gave me, I settled back into bed and, guided by his gentle purring and the feeling of his warm furry body next to me, I finally drifted off to sleep.

Yoda passed years ago, but I can still remember exactly the sound of his purr, the look in his deep gold and black eyes, and the tremendous feeling of comfort he brought me that night. I've had similar moments with each of the pets I own today. Whether having a bad bleed or just a rough day, there are few greater comforts than those provided by a loyal and loving pet. Though the responsibilities are high, there is nothing better than experiencing the unconditional love and deep bond that is developed between owner and pet. Whether large, small, spotted, smelly or slobbery, I think it's safe to say there will always be a fur ball of some sort involved in my life. 🐾

Kya, My Stone Chewer

By Chad Brown

Pets: Whether it's man's best friend or the kitty cat, pets do so much for the soul of a human being.

They give us comfort, make us laugh, protect us and do the most darned things. With names like Rocky, Peaches, Kya- bear, Ollie, pets have a big impact. I know this all too well. Since I was a young boy, I have had a few dogs, Hot-Shot, Esaw, JB, Maclain, Aspen, Kya and most recently, a cat named Whisky. They have all helped at the right time of my life and with each animal, a unique bond was shared.

My last dog, a Rottweiler named Kya, was one of the most exceptional dogs I've ever had and she came into my life when I needed a pet with her kind of character. When I was going through a rough patch in my life and making extreme life changes, Kya was there every step of the way. I inherited her after my brother's death in a car accident back in 2001. Kya, only 6 months old at the time, was in the vehicle with him. Now I understand why she survived.

Shortly after inheriting Kya, I moved to Orlando, Florida to pursue a dream in wakeboarding, which was inspired by my brother's death. Working long hours, I did not want her spending most of the day in the house waiting for a tired, worn out owner to show up and not play or spend time with her. To my surprise, she loved the water as much as my brother and I did. Kya had the life; for all of her 10 years on Earth, she was within a quick sprint of the water. Her days were spent swimming while either playing with me or other wakeboarders who were waiting for their turn to ride. Sometimes due to the lack of toys or balls, she would turn to rocks and chew them up so much that it became a problem wearing down her teeth. Kya had become an expert in diving for rocks in lakes; she would dive head first down to a max of 5 feet and pull up rocks she was proud to have found.

Once while out riding, we decided to pull up to a shoreline and hang out for a few. Kya took full advantage of the break to play and jumped in the water. After about 20 minutes of goofing off, she would

not come back on shore and was making a big raucous diving down in the same spot. After four or five dives, she was not coming up; two buddies and I jumped in immediately only to find her underwater with her mouth on a rock that was 10 times her size. She was not going to give up until I grabbed her and started swimming to the top.



The best moment though was once when we were at one of her favorite swimming spots. My mom was in town and we were about to leave the lake. I did a check to make sure Kya had no rocks in her mouth that she was trying to take home. As

we were walking away, I was surprised she wasn't barking over having to leave the lake. I looked back just in time to see her spit out a rock the size of her mouth.



As she got older, she developed bone cancer and her golden years were spent more on the dock than in the water. What was once a quick sprint so fast I couldn't grab her in time before she jumped in the lake was now a long and slow

walk of pain. Seeing Kya's unhappiness and feeling so badly for her, my wife bought a kiddie pool we could keep up at the house. We filled it up and let her soak and play; you could see how happy she was. Months later it was her time to leave.

A year after Kya passed we still could not even think of getting another dog. We decided to get a cat instead. I've never been a cat person and was not hip to the idea at first, but I have to say it has been interesting - nothing like a dog, but funny and unique in his own way. Ollie is a little terror. Thank God we were the ones to adopt him and not a family with kids - he would have been out on the streets in a month. Ollie jumps and sticks to my legs, and bites the heck out of my ankles, but has helped with the passing of Kya, entertained us with presents of lizards at the door and like clockwork every morning at 6 am, paws and meows at the door for food. Now that my wife and I have a baby, poor Ollie is met with love, but sometimes a firm leg sweep depending on whether he woke the baby. Gotta love our furry friends! 🐾

Moonie and Me

By: Wayne Shadwick



Throughout my 39 years of living with hemophilia A, I have learned there are many ways to alleviate pain and be more comfortable while having a bleed. I have learned that my dog, Moonie, can help me feel better and comfort me when I am in pain or feeling down.

On one occasion that I will never forget, I was in extreme pain and discomfort. Sometimes I hide just how much pain I am in while having a bleed from my wife and daughter because I don't want to worry them. On this

particular night, I was having a very bad bleed in my right knee and was in so much pain that no matter what I did, I could not get comfortable.

My wife and daughter left to go the grocery store and as soon as they walked out, I broke down, crying and screaming in pain. My dog heard me, jumped up on my bed and started licking the tears from my face. She knew that I was in distress. I sat up and started petting and hugging her, and before I realized it, I had somehow gotten myself in a comfortable position and was able to relax with my loving dog by my side.

Moonie laid with me for the rest of the night and I felt so much better knowing she would always be there to lift my spirits when I feel down and comfort me when I am in pain. I hope she lives a long, healthy life by my side and be my comforter. She will always be part of my family. 🐾

Our Mia

By Sebastian Heer



For a long time we wanted to have a pet, but our family always thought about the responsibility of having one. A pet is a member of the family and has to be treated with love and respect. Finally, our family adopted a dog and we named her Mia. She's really cute and when we leave and come back home, she makes us feel like we were gone for a long time. Mia helps me with my hemophilia by sitting right next to me when I get an infusion. She helps me feel more secure when she is around me.

She makes my whole family feel loved and now that we have her, we can't imagine our lives without her. We love our dog Mia and I don't think we will ever have another pet like her. 🐾

Grayce's Healing Power

By Dave Colvin

Does our cat have "healing" powers when it comes to my hemophilia? I don't know about that, however our Grayce does seem to know when I'm not feeling well. When suffering through a particularly arthritic day she will jump up in my lap insisting on a "pet-pet." She also likes to play "paper" – a game she initiated not long after we adopted her. It involves her fetching a wadded up piece of paper we have thrown and returning it to us. Often, I will be sitting quietly, my mind totally focused on my pain. I am frequently interrupted by the sound of one of those wadded up pieces of paper being dropped at my feet followed by a weak, but insistent, "Meow." She wants to play! It does seem that while giving her attention, the severity of any pain appears to decrease!

Gracie possesses a healing power that helps me break the cycle of pain by distracting me. The sooner the cycle of pain is broken, the sooner my body relaxes allowing the needed healing to occur. Some might view her actions as being selfish, but I think she knows exactly what she is doing! 🐾



Smart, Fast and Strong

By Jonathan Fish



Here's a picture of my dog with my mom and me. We're a happy bunch, aren't we? I chose this picture because it shows what we're like most of the time. He's a Chihuahua mix that we rescued and I got as a present for Christmas in 2013. I happened to be hurt when I first got him and he never left me until I felt better.

He's really smart, fast, and strong even though he is so little! He is also a lot of fun! Oh, and his name is *Valadin* - just because I have a passion for all things war (thanks Hemophilia Federation of America for explaining what "passion" for something is), and his name sounds like something from a different era. We call him Val. Hope you like him! 🐾

Cocoa and the Coop

By Audrea Smith

Jonathan, Michael and I have always loved animals. Our dog, Cocoa has been a part of our family for 4 years. Cocoa helps all of us with his calming effect and affection. He loves to play with Jonathan more than anything and is always there to greet him when he returns home from school or activities. Cocoa seems very aware when Jonathan has a bleed and stays close to him. I feel he helps keep Jonathan physically active and is good for his epilepsy as well.

In addition to Cocoa our family has a few other pets. My husband, Michael always wanted chickens and ducks, but I was a little hesitant. However when I saw the baby ducklings, it brought back memories of when I had ducks as a child, so we decided to get 4 ducklings and 17 baby chicks. Now I love chickens too!

Michael feeds and waters the ducks and chickens in the morning; in the evening, Jonathan and I give them treats, clean their feeders and make



sure they have water for the night. Jonathan really enjoys playing with and taking care of all the animals, and when we let the chickens and ducks out of their pen, Cocoa is always right there in the middle of them.

Cocoa as well as the addition of chickens and ducks have brought us closer together as a family. We all share the responsibility of caring for them and we all reap the benefits of their company. Michael feels having the animals to tend to help takes our minds off our problems. We all live with pain in our household, but playing and taking care of our animals helps us focus on their needs rather than our pain. I especially like that the animals motivate Jonathan to go outside, play and interact with them. I think it gives him self-confidence, responsibility and an additional sense of purpose.

Our animals are the best kind of therapy for our family. To love and be loved are what all of us long for, and our animals provide that. 🐾

Sandy

By Dorcas Annette Walker

With dismay, I stared at the huge paws on the six-month-old chocolate lab standing in front of me. Soft brown eyes stared hopefully awaiting my verdict. Then I saw the excitement on my thirteen-year-old son's face as he leaned painfully on his crutches and grinned. It had been weeks since I had seen a spark of life in Dwight's hazel eyes. As if sensing my hesitation, the chocolate lab gave me a doggy grin, wagged her tail, and walked over to my son nuzzling his hand as he stooped down to pet her fur. I swallowed a huge lump in my throat. Sandy had just become part of our family.

Dwight was born with severe hemophilia averaging two to three joint and muscle bleeds a week. Every time my son asked for a dog, I always had ten reasons why we didn't need one. When Dwight had a bleed, our cats kept him company purring beside him in bed or lying on his lap when he had to spend time in the recliner. Who needed a dog?

Then due to repeated bleeds in his left knee, Dwight had to have a synovectomy. The surgery was a success, but every time Dwight's clotting level was lowered, his knee started bleeding again. A second surgery left Dwight's knee bent and rigid. Our frustrated surgeon insisted that Dwight needed another knee surgery, although he couldn't guarantee that it would be any more successful. At this point I wanted to have my fun-loving son back, instead of the drug-induced robot that he had become, more than I wanted him to walk.

It was at this point in desperation I gave in and Sandy entered our lives. Every morning Sandy waited at the front door for Dwight to appear. My son would painfully drag himself outside with crutches and lie on the ground using Sandy for a pillow. To my surprise the lab seemed to sense when Dwight was hurting and would lie quietly under him while he slept. Secretly I feared that the clumsy pup might accidentally hurt Dwight as they roughhoused together. Only one time did Sandy knock Dwight over. She instantly began whining and nosing Dwight as he lay helpless on the ground until

I came running to help him back up on his feet. On days when Dwight's pain level was up, I'd surround him with pillows on the porch swing and he'd spend the day outside with Sandy never leaving his side.



As the days passed, I noticed color coming back into my son's cheeks and he started sleeping better at night after being out in the fresh air all day. In a couple of weeks, Dwight started slowly limping down our gravel road to give Sandy some exercise. I'd watch as the lab would run in circles around Dwight always checking to make sure that he was okay. Then came the day Dwight tried to ride his bike again. His knee wouldn't bend enough for his foot to fit on the pedal so my husband raised the seat as high as it would go. I hid inside the house watching with tears running down my face as my son awkwardly maneuvered his bike down the driveway for

a trial run with Sandy by his side.

Six weeks later we were back in the orthopedic surgeon's office. The surgeon shook his head in disbelief as he watched my grinning son bend his knee back and forth. Dwight's knee will never have a normal range of motion due to extensive damage done from internal bleeding, but seeing my son walk today with barely a limp is reward enough for adjusting to a fast growing lab pup in our household. I came to realize that Sandy's heart was as big as her body.

Last fall, after sixteen years, we had to put an aged Sandy down. I'm so thankful for the medical technology today that makes life easier coping with severe hemophilia, but one chocolate lab did something for my son that medical science couldn't do. Sandy gave my son back to me and helped healed his knee without surgery. 🐾





My Horse Chiko

By Liselle Easto

As a mom of three sons with severe hemophilia, life can become overwhelming and very stressful. To avoid caregiver burnout, I turn to my horses and when things get to be too much, I throw the saddle on Chiko and go for a ride. It feels good to be able to just turn my weight over to my pet horse who can and does respond without complaint. He patiently listens to my problems and knows that I love him and in return, he loves me, trusts me and soothes my nerves. 🐾

My Pets

By Micah Champagne

I have a dog named Logan and two cats named Cheezel and Graysee. Logan "guards" our house and barks when he hears noises outside. I really love him. We adopted him when he was 6 from elderly owners that didn't like his barking. He is 12 now and has arthritis, but he still loves to play fetch with me and follows me around to protect me when I am home. Cheezel is a sweet and cool cat, even though he runs away from me most of the time. I named him Cheezel because he is orange like cheese. Cheezel is 5 years old. He is also a rescue. He and his sisters were left abandoned under a house when he was a very young kitten.



society, veterinarian offices and Facebook where people posted about lost and found pets. We moved away in June to a different town. My mom had kind of given up on finding her, but we still prayed every night for her safe return.

In August, mom was back in town running errands and stopped in a pet store that was having pet adoptions. She was browsing around and saw Graysee in one of the cages. Mom called her by name and she walked up to her and rubbed against her. Mom looked at her tail, her tongue, her belly and her chest to see her markings and they were identical.



Graysee is my third cat. I like to spell her name like that because she is a unique color of gray... see? We found her in the woods behind my great grandma's house when she was just a few weeks old. We had to bottle-feed her for a while.

When Graysee was a year old, we moved to Mississippi in December. Three days later she escaped our new house and got lost. We looked for her every day, but couldn't find her. In February an F-4 tornado touched down in our neighborhood. It was very scary. We had Logan and Cheezel in the bathroom with us. Right away I thought of Graysee and was afraid for her because the winds were so bad.

There were pieces of metal and houses in the trees behind our house and I kept thinking of how scared Graysee probably was. My mom checked the humane

Graysee had been found two miles from our home and had been at the humane society for almost two months. She had been sick and was very skinny, but it was definitely Graysee. We knew for sure when mom brought her home because she went straight to Cheezel and Logan and didn't even hiss. Then she found her favorite hiding spot in our recliner and slept for a while. That first night she came and slept with me. Now she sleeps on my top bunk every night. I was so happy when mom brought her home and I tell everyone that God answered my prayers.

I think everyone should have pets because they are loving, caring, fun and are good company. My pets can tell when I don't feel well and will lay next to me if I am having a bleed and have to rest. Mom says they can sense it. I love all my pets very much. 🐾

Our Spot

By Janet Patterson

When my son Brett was 6 years old he wanted a dog. Using money he had saved to pay for the adoption fee, Brett adopted a nine-week old puppy from PAWS (Pet Adoption & Welfare Services) and named him Spot. The new addition to our family filled our home with constant love, attention and happiness. Spot can turn a difficult situation around with just a wag of his tail. Especially for Brett who has severe hemophilia, the love and affection Spot so freely gives is an attitude changer. Brett's big brother Brock, also enjoys time with Spot. Both boys spend time playing and caring for him every day.



This business has been an excellent learning opportunity for the brothers. As young entrepreneurs, they have learned more about responsibility, communication skills, teamwork, money management and have learned to provide excellent service to their customers.

As for Spot, he is a well-trained inside dog who alerts us to all the dangers of doorbells and squirrels. He loves to play ball and follows all of us from room to room,

preferring laps to floors. He is a loyal member of our family, has provided the boys a lot of happiness and was the inspiration to form a family business. Spot also has inspired Brett to want to become a veterinarian when he grows up. Most importantly the boys are Spot's brothers, he knows their schedules, whimpers for them when they are away and greets them with great excitement upon their return. It's true love!

"Spot knows our feelings, when we are happy or sad and is always by our side."

~ Brock Patterson

"He's a gentle, kind-mannered loving dog who gives all he can to make you feel better if you're down."

~ Brett Patterson

Now 9 years old, Brett and Brock, 13 years old, realize that owning a pet can sometimes be challenging. Over the past few years whenever we were going to be away from home we had to find someone to care for Spot since we didn't like the thought of having him boarded. The boys began thinking that if this was a problem for us, others may face the same problem as well. Recognizing the opportunity, they began planning Spot's Dog Care Service and soon a family business was created. Under my supervision, the boys took ownership. Brock is in charge of providing the dog care services and Brett is his assistant.

By Julie Williams

Jeremiah's Friends

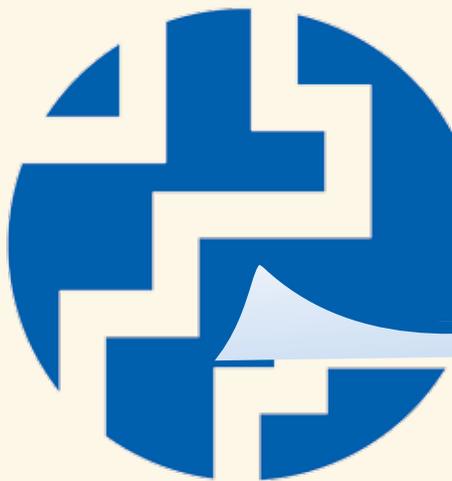


"A dog is the only thing on earth that loves you more than you love yourself."

~Josh Billings, American humorist

Our pets give silent moral support. Whenever Jeremiah is at his best or his worst our dogs Buster, Baby, Nova and Codye are there for him. He can pet them to try and get his mind off of his pain. Support, love and kindness unwavering. ➔





Matrix on the Move!

Tennessee

Stephen Lawrence

Several families gathered to discuss and share personal experiences on the subject of ***Emotional Health in Bleeding Disorders***. Matrix Health Group in conjunction with Pfizer hosted this educational dinner on May 15th at The Firehouse Restaurant in Johnson City, Tennessee.



Pfizer's Tennessee Representative Andre Berkowitz addresses dinner attendees.

Led by Pfizer's Andrew Berkowitz, the sincere and candid nature of the discussion was much appreciated by the attendees. One mother shared, "It's not that we dare to be different, it's that we have the courage to be ourselves." She made this comment in regard to our need to be in a safe enough state of mind to be ourselves and admit when we are depressed. Her comment proved to be one of the most profound of the evening.

Illinois

Eva Kraemer

The Bleeding Disorder Alliance Illinois (BDIAI) and Biogen Idec hosted an educational dinner sharing information on ***Understanding the Value of Genotyping***.

Community members gathered on May 28th at Maggiano's Little Italy in Oak Brook, Illinois to participate in a lively discussion about genotyping. We learned how the genetic code is much

like a fingerprint that can provide useful information regarding one's hemophilia for both a person with hemophilia and his or her doctor. It was a night full of very interesting information!



Eva Kraemer and Kelly Millette

Tennessee

Stephen Lawrence and David Tignor

Claim Jumper Restaurant in Nashville, Tennessee was the venue of an educational dinner hosted by Biogen Idec and Matrix Health Group on May 29th. Nikita Lyons-Murry, Biogen Idec Community Relations Manager, delivered a presentation on ***The Art of Transition***. Nikita discussed the many types of changes people with a bleeding disorder may face as they grow from children to adults, and she shared personal experiences of her own two sons who have hemophilia as examples of life modifications that may occur.

Conversation flowed as parents and children revealed their own individual occurrences of dealing with transitions. Nikita touched upon those personal stories, emphasizing the importance of facilitating evolution in the lives of parents as well as that of their children, and offered some tools to proactively deal with the many stages of transitions that occur in one's life.



Florida

The Foundation Hope & Life held its **1st Annual SAGA Golf Tournament**

on May 30th at the Bonaventure Country Club in Weston, Florida. Following the energetic competition on the links, a lively dinner and awards ceremony took place in the clubhouse. Matrix Health Group's own Hector Heer emceed the ceremony while Ana Calero, Executive Director of The Foundation Hope & Life presented tournament prizes and trophies to the winning players and dedicated volunteers.



Matthew Johnson, Hector Heer, Alex Perez of Octapharma and Sherryl Rojhani.

According to the participants, the event was a hugely successful and everyone was in agreement there should definitely be a 2nd Annual SAGA Golf Tournament. We at Matrix Health Group are looking forward to it!

Florida

Peggy Gay

The Hemophilia Foundation of Greater Florida and CSL Behring hosted a very special women's art program on May 31st at the Renaissance Tampa International Plaza Hotel. Sherri Redfield, a Tampa area artist, led an art therapy program called **Express Yourself in Art.**



Sandra Davy, Fran Haynes and Robin Potter display their artwork.

Upon arrival women enjoyed a lovely brunch and conversation with other mothers of the bleeding disorder community. The art exercise involved each participant writing three positive things they were proud of, and three negative things about themselves to improve upon. The women then wrote these thoughts on the art canvases and while painting over the writing, were guided to relish the thoughts of being awesome caregivers.

When the paintings were complete, each woman shared her artwork with the group and spoke about what they had written. We came away with the realization that we all need to find ways to help release the stress we often feel as mothers of children with a bleeding disorder.

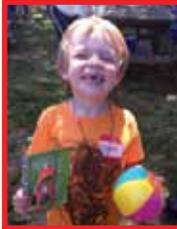
Kentucky

Rania Salem

Friends and families of the Kentucky Hemophilia Foundation in Louisville, Kentucky gathered for **A Day at the Zoo** on May 31st. With over 250 people in attendance, this is one of the



My first bleeding disorder event is awesome!



Nicholas won many fun prizes!



Landen is coming to get you!

chapter's most popular events. Families congregated in the pavilion where homecare companies and manufacturers were on hand to welcome everyone and answer questions they had regarding products and services. Following a delicious lunch, the children gathered for carnival games with fun prizes, followed by a show-and-tell of live animals with the zookeepers! The families were then free to "run wild" in the zoo.

South Carolina

Peggy Gay and Stephen Lawrence

During the weekend of June 6th – 7th, Hemophilia of South Carolina Chapter held its **41st State Annual Meeting and HELLO Conference** "Helping Embrace Life's Learning Opportunities." As families arrived at the Embassy Suites Greenville Golf and Conference Center, they were encouraged to get to know each other by participating in an icebreaker activity, followed by a dinner buffet. Chapter President Sue Martin welcomed the group, introduced new board members and acknowledged those leaving. She announced special awards, shared the chapter's annual report and discussed the year in review and the vision forward, including advocacy awareness and research updates.

The next day families were given a choice of breakout sessions to attend. Available options were *Stomp out Bullying*, *Hemophilia 101*, *vWD 101*, and *Where We Go From Here: Trends in Access and Affordability*. Also back by popular demand was Dr. Christopher Carsten of the Division of Vascular Surgery, Greenville Hospital System who presented a very interesting breakout session on *AV Fistula-An "Alternative" to the Port*. In between the break out sessions, an exhibit hall was open for interested persons to meet with manufacturers





The Graham Family - Dwayne, Connie, Connor and Blake with Stephen Lawrence

and homecare companies to discuss treatment options, products and services.

The 41st meeting wrapped up with dinner, hugs and good-byes until the next Hemophilia of South Carolina event.

Wisconsin

Lisa Miller and Eva Kraemer

40 Years of Progress was the theme for this year's Wisconsin Bleeding Disorder Conference. Danielle Leitner-Baxter, Executive Director, and the staff of The Great Lakes Hemophilia Foundation (GLHF) hosted its annual meeting in Wisconsin Dells at the Kalahari Resort on June 6-8.

With nearly 70 families in attendance the weekend kicked off with a community welcome including an introduction of the manufacturers and homecare companies who sponsored the conference. Participants then joined a round table discussion facilitated by Hemophilia Treatment Center staff. *Positive Assertiveness* was the theme for the rest of the morning, focusing on helping individuals identify, target and improve their ability to be assertive in situations and relationships. Breakout sessions included: Making the *Case for Camp*, *Ask the Doctor about von Willebrand Disease and Hemophilia*, *Being a Good Consumer*, *Healthy Hydration*, *Period Problems with a Bleeding Disorder*, *Letting Kids be Kids* and *Joint Health*. The Spanish-speaking Wisconsin bleeding disorder community participated in a round table



Eva Kraemer, Armando Jr., Armando, Elias, Rosalia and Lisa Miller.

discussion with HTC staff, *Letting Kids be Kids*, *Being a Good Consumer* and *Ask Your Doctor about Hemophilia*.

There was so much to be learned and shared from both old and new faces. From beginning to end, it was a delightful weekend and we were ecstatic to participate!

Florida

Hector Heer

Always a blast, the annual Hemophilia Foundation of Greater Florida (HFGF) **SeaWorld Event** took place on June 7th and was well attended with over 500 bleeding disorder community members! Presenting the educational portion of the event was Danna Merritt, MSW, LMSW Children's Hospital of Michigan, Missy Zippel, RN, BSN Nurse Coordinator at Nemours Jacksonville and Sandra Davy, CSW HFGF who discussed *Parenting a Child with a Bleeding Disorder*.



Group Selfie!

Following the informative meeting community members enjoyed participating in a raffle, which raised funds to support HFGF programs. Soon it was time for everyone to enjoy a day of sun and fun with friends at SeaWorld. Thanks to the volunteers and HFGF staff for all their hard work in putting together this awesome event!

Tennessee

Cyndy Coors and Stephen Lawrence

The Tennessee Hemophilia & Bleeding Disorders Foundation (THBDF) held their **44th Annual Meeting** June 13 - 15 at the beautiful Embassy Suites Hotel located in the quaint college town of Murfreesboro, Tennessee. Everyone enjoyed the weekend together and it was a great turnout

with around 300 people in attendance! Families enjoyed spending time together at the exhibit booths, awards luncheon, dinner, and educational and inspirational breakout sessions. Topics included *The Affordable Care*



Cyndy Coors with Barry Haarde



Helen C., winner of the Matrix prize, a Blackberry tablet with Stephen Lawrence



Stephen Lawrence, Suzanne Harlan Chapter President, Cyndy Coors and Karen Rudzinski, Executive Director.

Act & TennCare, Hepatitis C: New Hope, 504/IEP Overview and Emergencies Happen: Be Prepared for the ER & Travel – interesting sessions for everyone to learn from.

Speaker Barry Haarde presented *Get Off Your Aspirations*, which encourages growth from circumstances. He views his circumstances as a work in progress as he navigates his way through life situations. Barry gave us a memorable quote: "Bruises will heal, but there is not a cure for an amputated soul." He left the audience challenged to live life to the fullest!

Children enjoyed the day together at Discovery Center in Murfreesboro, while the older kids spent the day at Deer Run Retreat at Thompson's Station. By the end of the weekend families bonded, made new lasting friendships and left with the understanding that bleeding disorders connect us - and we are all enriched because of it!

Illinois

Eva Kraemer

The heat was on - not only with scorching temperatures, but for the competitors in each foursome as the Bleeding Disorder Alliance Illinois (BDAl) sponsored its **17th Annual Drive fore Hemophilia Golf Tournament** on June 17th. Ruffled Feathers Golf Course in Lemont, Illinois hosted everyone again this year.

BDAl's Executive Director Bob Robinson, staff and volunteers enjoyed sweating and hydrating during a day of golf, merriment and fundraising for the Illinois bleeding disorder community. Lady and gentleman golfers teed off on the right foot to relish plenty of challenges, contests, games, drinks and snacks along the way. A buffet dinner was served as ArtBeatLive.com provided a talented artist who mesmerized the crowd with his music and unique skill to paint the famous Chicago Blackhawk logo in just 8 minutes.

Sweltering heat could never discourage everyone's good will and sense of camaraderie for this necessary cause benefiting children and adults with inherited bleeding disorders. Matrix Health sponsored a fabled foursome and their contribution



Team Matrix!

only added to the cheerfulness of the day.

Ohio

Rania Salem

On June 20-22nd, family and friends of the Southwestern Ohio Hemophilia Foundation gathered for the **21st Anniversary Family Fest Summer Fun Weekend** at the Higher Ground Conference Retreat Center in West Harrison, Indiana. "Superheroes" were among us as the theme of the weekend was in full swing. Families first checked into the resort and then headed to the main hall to meet with all the vendors that were there to greet them while the little ones had time to make crafts. Everyone gathered for a delicious barbeque dinner that everyone always looks so forward to at this event. It is precious time to meet with old friends and make new ones as the weekend festivities kick off.



Everyone assembled in the main hall for an ice cream social, where guests journeyed to each vendor who awaited their arrival with delicious toppings for their sundaes. Plenty was in store for all the "superheroes" throughout the weekend. This family getaway is ever-popular, and we give our thanks to Board President Dena Shepard, Executive Director John Gale and all the volunteers who work so hard to put this great event together!

Florida

Peggy Gay

Hemophilia Foundation of Greater Florida and Octapharma held a great educational program on June 21st at Sunken Gardens in St. Petersburg, Florida for approximately 145 community members. Presented by Mary Ann Cardenas, RN Hemophilia Nurse Coordinator at All Children's Hospital, the attention-grabbing subject was on **Tattoos, Piercing and Gages... Oh My...** The program content was well received and the audience was full of questions after the presentation!



A flavorful luncheon was enjoyed followed by a leisurely walk through colorful paths of botanical gardens and waterfalls. Tickets to Tropicana Field for an afternoon game with the Tampa Bay Rays versus the Houston Astros rounded out the day. This event was filled with learning, beauty and fun!

Virginia

Terry Stone and Eric Lambing

Under the roof of the Science Museum of Richmond, Virginia one can find many things to enrich the mind and creative spirit. As the museum staff readied to welcome the new day's visitors, the quiet of the pre-opening morning gave way to laughter and hugs and voices so familiar. On this particular morning, June 21, the Virginia Hemophilia Foundation (VHF) hosted their **Annual State Meeting** at the Science Museum and greeted their membership who, much like the visitors of the museum, were eager to learn, laugh and enjoy the day as more than 150 attendees made their way from all corners of the state. Regional Manager Eric Lambing and Regional Care Coordinator Terry Stone were on hand to provide a warm welcome at the Matrix booth and share in the day's activities.

Festivities began the evening before with a lovely dinner at the Omni Hotel Richmond where families could catch up over dinner. The next day was filled with presentations on a variety of topics including *Mental Health in the Hemophilia Community*, with Linda Pollhammer; BSN, RN, Pfizer Nurse Educator Specialist; *Encouraging Healthy Lifestyles*, with Pete Dyson, CSL Getting in the Game Athlete; and the *Role of Genetics in Comprehensive Bleeding Disorder Care*, with Tahnee Causey; MS, CGC, Assistant Director VCU Genetic Counseling Program.

These great keynote presentations were complemented by informative break-out sessions, and included always-important and beneficial topics such as *Emergencies Happen* with Margy Sennett, RN, BS, CPNP, CPON, Coordinator of Pediatric Bleeding/Clotting Disorders Program at UVA Children's Medical Center; *Dad's in Action - I Didn't Sign Up for This!* with Dave Robinson, PhD, Associate Professor and Director MFT Program USA;

and *Fit Factor Women's Fitness Walk* with Athenna Harrison, Project Coordinator HFA.

Meetings like this are made possible by the generous support and sponsorship of the chapter's industry partners. To ensure all members had an opportunity to visit each exhibitor, a Progressive Exhibit, or relay round-robin style of visitation was the way to make learning fun and get your heart rate elevated. Members were divided into small groups and each

group started with a different vendor. Industry representatives had two minutes to share news and updates with each group as they came to their booth. Premiere sponsors were given more time.

In a parallel universe just across the hall, the VHF kids enjoyed a full day of activities with programs at the museum including an Imax viewing of *The Wildest Weather in our Solar System*, time with CSL Behring's athlete Pete Dyson, and the joy of play time

under the dutiful and watchful eyes of some of our community's young adults who volunteered their time to ensure the kid's day was just as delightful as their parent's.

After a full day of great presentations the chapter wrapped up with their annual business meeting to accomplish important items on the docket. Departing Board members Stephanie Grass, Jeffrey Krecek, Dorothy O'Connor, Kevin O'Connor were honored and thanked for all their dedication and service to the chapter. Several new board members, including Sharon Moore and Rhonda Heuple were voted in. Hats off to the Lyman Fisher Scholarship winners Zack Bordone and Therese Ihrig for wowing the scholarship committee and earning funds for their higher education.

Matrix Health Group would like to congratulate the award recipients for jobs well done, board members past and present for their service to this great chapter, and we would like to recognize Kelly Waters, Executive Director and Heather Connor, Director of Development for again hosting a successful annual meeting. A gathering like this is no small feat, and year after year they continue to develop programming that keeps members coming back. They are especially excited to have NHF's Annual Meeting coming to Washington, DC. Many scholarships for families to attend will be granted from the chapter, but only one lucky member won a full ride all the way to DC to attend. Congratulations to Davida Wickline! See you in September!



RCC Terry Stone catches up with the Hayden Family!

California

Heather Messerly and Marina Vera

On June 23 we had the privilege to attend the **Bats and Brushes** event by CJ Wilson Children's Charities at the ESPN Zone Downtown Disney in Anaheim. CJ Wilson is a professional Major League baseball pitcher for the Los Angeles Angels. CJ's charity benefits children who are affected by

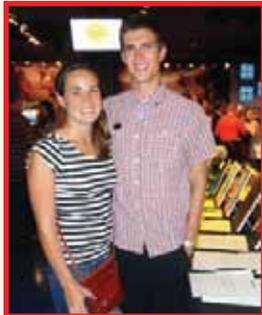


Trevor and CJ Wilson

chronic, life-threatening illnesses, and this particular event was held to benefit the hematology department of Children's Hospital of Orange County (CHOC). CJ brought along a couple of his Angels' teammates - outfielder Colin Cowgill and shortstop John McDonald joined in the evening's activities.

With more than 300 fans present, there was fun for everyone with games, a yummy dinner and ice cream sundaes. The best part was the opportunity to chat with CJ, his family and teammates, and pose for a picture with this great pitcher and humanitarian! A unique aspect of tonight's event involved artwork. CJ's brother, artist Ryan Wilson had previously visited with several of the children who are patients at CHOC and inspired them to paint their masterpieces. As the budding artists watched with pride, they witnessed their amazing pieces of art raise upwards of \$200 in the silent auction!

CJ and his teammates are very impressive, kind, wonderful and down-to-earth guys who truly want to help children. This night was a great success and a great tribute to CJ and the work he does for the community.



Morgan and Brandon take time to view the artwork.



Heather Messerly and Marina Vera staff the Matrix booth.

Ohio

Rania Salem

Family and friends of the Tri-State Bleeding Disorders Foundation headed to Coney Island in Cincinnati, Ohio on June 28th for their annual **Summer Education Program Outing**. While the day started a little on the rainy side, nothing could stop the families



from having some fun in the sun. Before starting a fantastic day, everyone gathered at the pavilion to meet the vendors on hand. Guests had a scrumptious summer barbecue lunch and an ice cream social before moving out to the water and theme parks. A special thanks to Lisa Raterman and Helen Lamping for putting together yet another fantastic event!

Ohio

Dan Holibaugh

Once again the ever-popular **Matteo Memorial Outing** was held, this year at the prestigious Shaker Heights Country Club in Shaker Heights, Ohio. The July 14th event sold out to a full field of 144 golfers, raised \$75,000 and although always fun, it was even more exciting than usual. The weather was perfect, including a 20-minute downpour. I say the weather was perfect because there was a nice breeze, the sun was shining all day except for a brief rain and everyone I spoke with thought the rain added to the flair of the day.



Team Matrix! Mike, Ted, Tod and Greg

Now, how about some more excitement? Around 4 pm on the 9th hole, a 168-yard drive to the pin, six witnesses celebrated as Chris H. made an absolutely awesome hole-in-one! This is a pretty good feat in itself - very rare in the golf world, but adding to that is a much more interesting detail. You see, on this particular tee sat a 2014, \$70,500 Mercedes Benz, which is exactly what this man won for sinking that hole-in-one. You could hear the exhilaration a hundred yards away. Chris will never forget that day nor will those who witnessed it!

One more thing added to the day for us. Our Matrix Health Group team came in first place, shooting a 57 on a par 71. Congratulations to Mike Horak, Todd Leslie, Ted Edmund and Greg Ginther for winning the day!

Wisconsin

Eva Kraemer

40 Years, 40 Floors took about 40 guests to the top of the U.S. Bank Building in downtown Milwaukee, Wisconsin on July 18th to celebrate the future while honoring the past of our community and the Great Lakes Hemophilia Foundation.

As guests made their way around the room to bid on silent auction items as well as take in the magnificent view of Lake Michigan, Board President Bill Finn randomly interviewed members of the Wisconsin bleeding disorder community about the foundation's history with both charm and wit. Mr. Finn took us on a walk down memory lane, discussing some of the milestones of the organization. He recalled how the foundation was incorporated in February of 1974, the Hemophilia AIDS Risk Reduction Experience in October of 1992 (SHARE), and in July 2014, Wisconsin's offered its first summer camp, Camp Clotty Pine. This stirring trip down memory lane put everyone in a generous mood for the rousing live auction that followed.



Eva Kraemer, Shelly M. and Claire Z.

The personal stories shared were powerful and inspiring, showcasing the strength of the community in the past that paved the way for people in the present. I was humbled to share the moment.

Maryland

Terry Stone

What a day, what a group, what a success! Saturday, July 19th was the perfect storm on an otherwise quiet and uneventful day. The Hemophilia Foundation of Maryland (HFM) had the winning blend of location, weather, volunteers, walkers, runners and friends joining their mighty forces of support and love of this great chapter to navigate their way along the same path, the walking path that is, at the scenic Quiet Waters Park in Annapolis, Maryland. More than 200 supporters participated in one of the most important fundraisers of the year. The **HFM 5K to Stop the Bleeding Walk/Run**, raising more than \$25,000, will fund many educational programs, networking and outreach events throughout the state. That's how you do it Maryland!

Volunteers arrived before the roosters crowed to set up and prepare for the participants to arrive. Emma Miller, Executive Director, and her hard working chapter administrator Jamie Edwards, organized the troops of volunteers and within a short time participants were welcomed with a swift registration, breakfast and goodie bags that were winning over the crowd.

"This walk brings out the entire community, our members invite family and friends, and this results in added support for our chapter," said Emma Miller-Clark. Jamie Edwards has served as the walk's Chair since its beginning and there was no doubt that with her drive and enthusiasm everything went just as planned. Each year participation grows, especially among the serious runners with no connection to the community who are hearing about it and participating as it's a chip timed 5k race thanks to the help of Bluepoint timing. It's such a great way to share the HFM story with new neighbors.



Terry Stone finds a friend.

After the runners got their stride on, it was time for the family fun walk. Armed with water bottles, strollers, pets, and their crew, families took their turn and marched onward to do their part! Just when they thought, "Where is the end?" there it was! I remember hearing "are we there yet" questions from a few as I stayed watch at a checkpoint. I told them that waiting just around the bend were hamburgers and hot dogs and goodies (oh my!) - a lunch feast worthy of any weary walker.

After the paths were clear and the grill cooled from a fire no longer needed, a few walkers still lingered... just chatting, sharing a few laughs, and grateful for yet another day to be united in friendship and stewardship for a chapter worthy of its remarkable members. It was a day with a great group and a huge success!

Illinois

Eva Kraemer

The Bleeding Disorder Alliance Illinois (BDIAI) and Pfizer hosted an educational program and dinner entitled **Living a Healthier Lifestyle through Physical Fitness and Nutrition** on July 22nd at Louie's Chophouse in Oak Lawn, Illinois.

Approximately 30 members of the Illinois bleeding disorder community enjoyed dinner while thinking

about a diet that was to start the next day. Pfizer's Maria Perez, RN, CNE described how people living with hemophilia can adopt healthier lifestyles through physical fitness and nutrition. We learned about the benefits of being physically active, especially for joint health and overall well-being, and talked about how to make better food choices. We also examined what types of sports and physical activities are more beneficial for people with a bleeding disorder.



Eva Kraemer, Jerry N., Joi H., Jerry N. Jr., Sue H. and Milagro N.

Thank you to BDAI and Pfizer for sharing this important information!

Florida Chad Brown

August... For some, it's a back-to-school mindset as we prepare for the new school year and new schedules. For many, it's a sign the end of summer is approaching. For people with hemophilia in Florida, it can mean time for a family education meeting. Florida Hemophilia Association (FHA) held its **31st Annual Family Education Symposium** August 7-10. Community members gathered at the Embassy Suites in the beautiful city of West Palm Beach, Florida for the chance to share battle stories of dealing with a bleeding disorder while being provided the most updated educational information.



This year, FHA answered the community's request to extend the two-day event and add a third day. Actions speak louder than words and when your community asks for more and you provide, you know you're doing something right, placing this 3-day event at the top of its class. The symposium began with an opening ceremony that made it easy to mingle with others and feel like family.

The days were filled with educational topics for all. The younger generation was divided into two age groups, 7-12 and 13-18, and throughout the day their time was filled with programs covering self-infusion, bullying, playing it safe, sports and the importance of fitness. Along with education, they also had a chance to burn off some of that youthful energy with other fun-filled FHA activities.

While the kids were learning more about bleeding disorders, their parents and other adults were doing the same. FHA looked at the topics affecting our community and molded break-out sessions to fit. Insurance changes, advocating and treatment options were discussed, just to name a few. One session I found to be particularly interesting and probably more important to the older generation was pain management. Ruth Mulvany, a physical therapist from Tennessee gave a presentation on some of the challenges and options of dealing with pain. Ruth spoke about the breakdown of the duration of bleeds to over-the-counter options and the importance of working with your physician to create a plan that is effective for the individual suffering from detractorion of joints. This was an important topic to cover with people facing the challenges of managing their pain.

We look forward to the 32nd Annual Family Education Symposium in 2015!

California Bobby Wiseman

The Hemophilia Foundation of Northern California (HFNC) hosted its **Annual Golf and Wine Classic** at the historic Sonoma Mission Inn in picturesque northern California. Participants were greeted at both the wine event on August 10th and the golf tournament on August 11th with warm smiles and hugs from an array of volunteers. Many were able to meet the new chapter Executive Director, Patrick Dunlap.

The wine event had well over 120 individuals coming to sample some of the finest wines from the Sonoma and Napa regions. Two microbreweries were on hand for many to try out their respective beverages. There was ample time for everyone to taste the various wines and beers, and to attend a wonderful session on the pairings of wine and artisanal cheeses.





On Tuesday over 140 individuals came to the sold-out golf tournament to share information, knowledge and raising funds for hemophilia. Participants had a fantastic day of golf followed by a great dinner and auction to raise much-needed funds for Camp Hemotion - the summer camp program of HFNC.

Many participants remarked what a wonderful time they had at both events and that they were looking forward to the 2015 event. A phenomenal experience was had by all!

Kentucky

Rania Salem

This year the Kentucky Hemophilia Foundation held their **Annual Educational Meeting** at the beautiful



Seelbach Hotel in Louisville, Kentucky on August 16th. It's that time of year when we say goodbye to some board members and welcome new officers who help make our chapter a success. It's a time when families gather to learn about their bleeding disorders and meet others who walk the same paths they do. Breakout sessions throughout the day provide families with tools they need to aid in their struggles of everyday life. Vendors were also on hand to greet participants and offer their services to the community. During lunch the chapter held their official Walk Kick-Off Party. Five new teams were recruited and 11 new walkers registered bringing the total to 31 teams and 95 walkers. This year the walk will be held October 11th and our goal is to raise \$50,000. This is just the beginning...there is plenty of time to join in on all the action!

After the kids left their programming and daytime festivities were over, everyone gathered for some fun in the sun as we headed over to watch a minor league Louisville Sluggers baseball game! This was a day of fun for all, but especially one special little boy, Johnnie, who shared his 7th birthday with a whole stadium of people! Happy birthday, Johnnie!

Tennessee

David Tignor

The **8th Annual Pitchin' for Caleb** was held August 16th at The Bob Hassan Horseshoe Pavilion at Crossville, Tennessee's Centennial Park. Led by Kelley and Shane Wood in honor of their son Caleb, who lives with von Willebrand Disease, this



Caleb's dad, Shane focuses on making a ringer!

unique event raises funds to benefit the programs of the Tennessee Hemophilia and Bleeding Disorders Foundation (THBDF).

With the clanging of horseshoes as they hit the stakes, the tournament kicked off at 10:00 am. Following a short break for lunch provided by community members Ronnie and Scotty Webb, the friendly but formidable competition continued into the afternoon. The entertaining day wrapped up with door prizes and raffles being drawn, and tournament awards going to the winning teams.



Caleb pitchin shoes.

Matrix Health Group is a proud sponsor of this special fundraising tournament and we look forward to participating again next year! To learn more about Pitchin' for Caleb and the THBDF please visit: www.thbdf.org/index.php/events/pitchin-for-caleb

Ohio

Susan Moore and Dan Holibaugh

If you like a festival atmosphere, the **NOHF Walk 2014** on August 16th at Sunny Lake Park in Aurora, Ohio was the place to be! This year proved very successful with 400 participants, six new teams, 100 runners in the 5K and a Superhero Theme complete with costumes! Several superheroes came to visit, play and pose for pictures with everyone. Kids especially loved taking a turn at the dunk tank where University Hospital nurse, Steve Hopewell was not staying very dry! We are proud to report that Colton's Crew came in as the top fundraising team, helping NOHF raise nearly \$50,000. Congratulations to Colton, Randi and Matt!



Colton's Crew!

Michigan

Bonnie Culver

Tuesday, August 19th was an unforgettable day in Lansing, Michigan as the Michigan State University Center for Bleeding and Clotting hosted their **Annual Patient and Family Picnic** at Potter Park Zoo, where attendees were treated to free parking, admission, dinner and fun activities. What made this day unforgettable? It was extremely



hot driving to the zoo, our windows were up and the air conditioner was running full blast. About halfway through enjoying the animals, a huge storm rolled in with a major downpour, cracking thunder, lightening and even tornado warning sirens. Having prepared ahead of time for the possibility of rain and with plastic ponchos on hand, we proceeded to the pavilion early for the activities and dinner. Steven, age 9 and Timmy, age 10 (pictured) loved playing in all the water and were absolutely soaked by the time we made it to cover!



There was not much else to do but take shelter in a somewhat dry area. The activities were altered due to the rain, but the kids still had a great time. We enjoyed a healthy snack prepared by the dietician while the kids played a hemophilia trivia game for prizes. Dinner was served a little earlier than planned because the temperature was dropping, but the food was wonderful and the warmth of the company took away the chill!

What started out as an extremely hot day ended with us driving home with the heater on. It was an unforgettable day in Lansing, Michigan!

Ohio

Rania Salem

Whether it was gathering clues, searching for an address, taking fun action-shot photos or even stopping the mayor and other local celebrities to come visit for "extra bonus points," community members of the Tri-State Bleeding Disorder Foundation gathered to take part in an exciting event! The third annual **Search for the Holy Grail Fundraising Scavenger Hunt** on August 23rd was the place to be!

Scavenger hunt participants scampered through the streets in the heart of downtown Cincinnati looking for items on the list. Once collected, they rushed back to the start of the race at the Holy Grail Restaurant to have their points tallied before the timer ran out. Whether out for blood or just to have an exciting time, the competition was sure fierce!

If participating in a hunt just wasn't on the agenda for the day, many gathered at the restaurant to enjoy all the fundraising and festivities taking place. This year



Kelly Burke and her team, the Hemoglobclotters, came in first place, beating the reigning champions of two years while the Todd fathers took the prize "chalice" for the most creative costumes! A magnificent time was had by all and everyone is already talking about next year's search for the Holy Grail!



Team Todd fathers!



Team Hemoglobclotters!

Illinois

Eva Kraemer

The Board of Directors hosted the 2014 Bleeding Disorders Alliance Illinois (BDAl) **Annual Meeting and Awards Dinner** on August 25th at the Crown Plaza-Metro Downtown in Chicago. Ramona Towner, Board President, gave a report on the state of the organization, touching on upcoming endeavors for 2015 such as a new website, strategic planning and a tele-health project that will make it easier for community members to attend programs without having to leave home.

We bid farewell to two board members and fortunately, two competent and capable people stepped in to take their places; we welcome Daniel Contreras and Marlene La Port! Awards were graciously accepted for the following contributions: The Cibula Award for Outstanding Volunteers was awarded to the Hispanic Bleeding Disorders Alliance. The Outstanding Healthcare Service Contribution award was given to Dr. Michael Tarantino of Peoria. The family of Bradley Krueger presented the Bradley Krueger Scholarship to seven recipients for the 2014/2015 school year.

It was an enjoyable time for all!



Bob J., Andrea A., Dr Margaret Telfer, Bobbie K. and Eva Kraemer

Time for FUN!

Hi Kids! Did you know that some animals we keep as pets can actually have a bleeding disorder? Dogs, cats, cattle, mice, horses as well as many other warm-blooded mammals can have a bleeding disorder. Just like in humans, animals with bleeding disorders are rare; however, some can have various severities of von Willebrand Disease, hemophilia A, or in rare cases, hemophilia B. Did you know that dogs play an extremely important role in finding new treatments for bleeding disorders in humans? At the University of North Carolina at Chapel Hill a special colony of dogs with hemophilia A and B are raised for research. Many of the treatments to control bleeding in humans are first tested on these special and important dogs. See how many of these questions you can answer correctly. Answers can be found on page 30.

1. What year was the 56 acre hemophilia dog colony started at Chapel Hill?¹

- a. 1908 b. 1947 c. 1981 d. 2010

2. What were the names of the first two hemophilia A-carrier dogs at the colony?¹

- a. Nora and Lynne c. Jack and Jill
b. Bert and Ernie d. Joe and Frank

3. Although more breeds have since been added, which dog breed was first in the colony?¹

- a. Beagles
b. Poodles
c. Irish Setters
d. German Shepherds



4. Dogs were chosen as the primary test animals for hemophilia because:²

- a. They bleed into joints and muscles like humans
b. Mice were too quick to catch
c. Horses are too big
d. Dogs eat more than cats



5. What year were dogs with hemophilia B added to the colony?²

- a. 1930 c. 1990
b. 1966 d. 2012

6. Who was the doctor responsible for starting the dog colony research?¹

- a. Dr. Suess
b. Dr. Kenneth Brinkhous
c. Dr. Erik von Willebrand
d. Dr. Pepper



7. Dogs can have inhibitors.² True or False?

8. Some dogs at Chapel Hill have received gene therapy, which is showing promising results.² True or False?

9. German Shepherd dogs with hemophilia A in European countries can all be traced back to one specific dog named Canto von der Wienerau. He had hemophilia and fathered 100 litters in which all the females were hemophilia carriers.³ True or False?



10. MASAC Medical Advisories #137 and #160 recognizes the importance of the dogs in collecting long-term research information research.² True or False?

References: 1. Pemberton, Stephen. "Canine Technologies, Model Patients." *Industrializing Organisms: Introducing Evolutionary History*. New York: Routledge, 2004. 191-213.
2. "Animal Models of Hemophilia." National Center for Biotechnology Information. U.S. National Library of Medicine, 18 Dec. 0000. Web. 07 Sept. 2014.
3. "V1 Canto Von Der Wienerau" N.p., n.d. Web. 07 Sept. 2014.

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SuDoku!
Fill in the grid so that every row, every column, and every 9 by 9 box contains the numbers 1 through 9.

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Matrix Health News



Our **Vision** and **Mission** are realized through the value we place in five guiding principles. These values represent our commitment to our employees, patients, and the community, driving our organization to excellence. These core beliefs define our culture and provide a means for us to measure our success. By using these principles as a standard for excellence, we become the logical choice for consumers with specialty pharmacy needs. These attributes represent the very best of what our company stands for and they remain at the forefront in all we do.

Integrity - Our professionalism, strength and stability come from our resolve to operate honestly, morally and with a higher purpose to meet and exceed the expectations of all.

Dedication - Our dedication is evident in our close attention to detail, personal touch, and resolve to advocate from the heart, giving each relationship a close, family feel.

Compassion - We are sensitive to each individual's unique situation; our ability to listen, empathize and support those we work with distinguishes our business practice.

Enrichment - We understand that in order to perform at our best, we must always seek to learn and grow, while using our knowledge to assist and empower others.

Enthusiasm - Our confidence in the services we provide is illustrated by the energy, drive and passion we exhibit in all we do.

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