

April 2024

THE FAMILY MEETING

Official Newsletter of the Hemophilia Outreach Center

April 17, 2024

World Hemophilia Day

“On April 17, 2024, the global bleeding disorders community will come together to celebrate World Hemophilia Day. The theme of the event this year is “Equitable access for all: recognizing all bleeding disorders”. The World Federation of Hemophilia (WFH) vision of Treatment for All is for a world where all people with inherited bleeding disorders have access to care, regardless of their type of bleeding disorder, gender, age, or where they live.”

-World Federation of Hemophilia

Cities throughout Wisconsin will light up city landmarks red in recognition of World Hemophilia Day, April 17th, 2024.

Cities who have committed as of 4/1/24:

- Manitowoc- 8th Street Bridge
- Menasha- Mill Street Veranda Columns
- Appleton- Houdini Plaza
- Waupaca- Main Street



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APPLICATIONS ARE OPEN!

2024 Bleeding Disorders Conference

September 12 - 14



The time has come! HOC is accepting applications for the National Bleeding Disorders Foundation's 2024 Bleeding Disorders Conference. HOC is sponsoring up to 5 families!

As a reminder, the eligibility requirements are:

Have Hemophilia, von Willebrand Disease, or other bleeding disorder or be a parent of a minor with Hemophilia, von Willebrand Disease, or other bleeding disorder.

Reside in one of HOC's service area counties (listed on application and our website)

Have not attended either NBDF, HFA, or NOW conferences in the last 3 years

If you are interested in applying, you must contact Heather at heatherh@hocgb.org to receive the link to apply.

9 Hole Shotgun Scramble Start

Meal Provided

Hole prizes

Golf Pro Perry Parker will be there!



Wednesday, June 19th
3:30 pm
Registration

Wander Springs Golf Course - Greenleaf

To register, contact Heather at 920-965-0606 or heatherh@hocgb.org



Upcoming Events

To register for these events, contact Heather at 920-965-0606 or
heatherh@hocgb.org

Mom-to-Mom

Dinner and Axe-throwing!



Wednesday, May 8th

6:00 - 8:00 pm

Appleton Axe

1400 W. College Ave. Suite B1

Appleton

Dad-to-Dad

Dinner and Connecting!



Wednesday, May 1st

6:00 - 8:00 pm

St. Brendan's Inn

234 S. Washington St

Green Bay

Wausau Family Bowling Night!

Grab the family and join HOC for a fun evening of food, bowling, and connecting with other families in your area!

Dale's Weston Lanes

5902 Schofield Ave

Weston

Tuesday, May 14th

5:30 - 8:00 pm



¡Únirse a nosotros!

Programa de Educación en Español

¡Regístrese hoy para nuestro almuerzo y aprende. Discutiremos los básicos del sangrando, los conceptos erróneos, la genética y más!

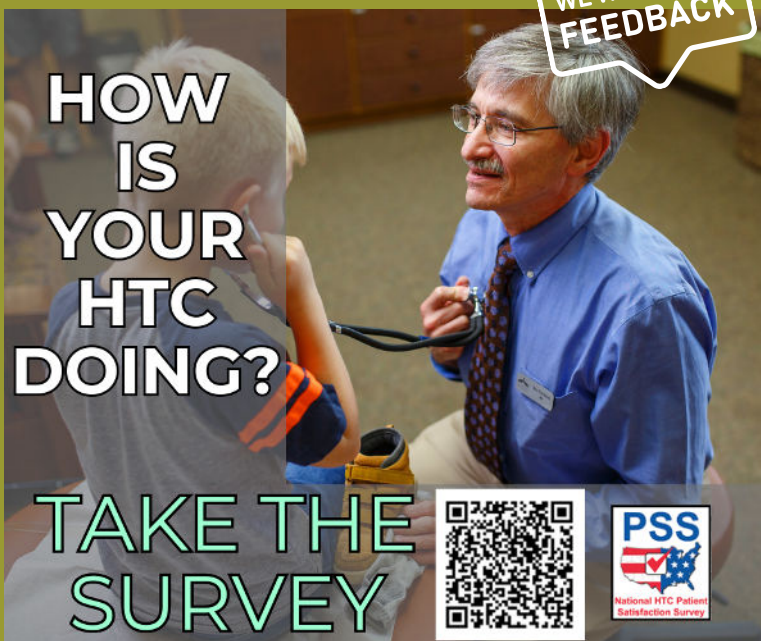
Sábado, 27 de abril de 2024

Jaripeo Mexican Grill
3401 E. Evergreen Dr
Appleton

Agenda



11:00 am- llegue y registrese
11:30 am- almuerzo de barra de tacos
12:00 pm- presentación

Para registrarse en este evento, por favor, envíe un correo electrónico a Heather a heatherh@hocgb.org antes de el miércoles 24 de abril de 2024



HOW IS YOUR HTC DOING?

TAKE THE SURVEY



Our HTC is participating in the Fourth National HTC Patient Satisfaction Survey!

If you, or someone you care for, had contact with our HTC in 2023, we want to hear from you! You can take the survey online at www.htcsurvey.com, or fill out the paper survey you received in the mail. You can even use the QR code and take the survey on your phone!

Your experience at our HTC is important and your feedback is valuable to us! All surveys must be completed by May 31, 2024.



Nutrition
Corner with
Jill L.



Toddler Milk

Toddler Milk products have entered the market recently. They are called “Toddler Milk”, “Follow up Formula”, “Weaning Formula” etc., and are not necessary for a healthy toddler’s diet. They are frequently made from powdered milk, vegetable oils and sweeteners. The ingredients in toddler milks do not have to adhere to infant formula government standards and may be relatively high in added sugar and salt. They are expensive, nutritionally incomplete, and the marketing is questionable.

For your 12–24-month-old child, supplement healthy solid foods with breast milk or formula. Cow milk can be slowly introduced at one year of age. Offer a wide variety of foods, including many fruits and vegetables, while limiting sweet and processed foods. Introduce baby to foods gently and slowly. Foods may have to be introduced several times as your child learns to accept them. Don’t give up.

Contact your clinic for more strategies and support. We are here to help you!

Melon-Berry Salad



Picture and recipe from TasteofHome.com

Ingredients:

- 1 C fat-free vanilla Greek yogurt
- 1/2 C coconut milk
- 1/2 C orange juice
- 4 C cubed cantaloupe (1/2 inch)
- 4 C cubed watermelon (1/2 inch)
- 2 medium navel oranges, sectioned
- 1 C fresh raspberries
- 1 C fresh blueberries
- 1/2 C sweetened shredded coconut, toasted

Yummy!

Directions:

1. For dressing, whisk together yogurt, coconut milk and orange juice. Refrigerate until serving.
2. To serve, place fruit in a large bowl; toss gently with dressing. Sprinkle with coconut.

