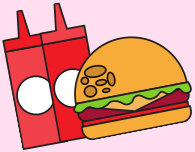


June 2024

THE FAMILY MEETING

Official Newsletter of the Hemophilia Outreach Center

HOC's Summer Picnic!



Registration for HOC's Summer Picnic is open! Grab your family and join us for a fun-filled day of food, games, balloon creations, and more! RSVP to Erica by July 4th at ericab@hocgb.org or 920-965-0606.

We can't wait to see you there!



Saturday
July 20th
11:30 am
Registration



Josten Park
North Open Shelter
2280 Town Hall Rd.
Bellevue

Sponsored by:



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HOC's Mentoring Program

August 23, 2024

10:00 am - 3:30 pm

NEW Zoo

Pines Shelter (Across from NEW Zoo, next to parking lot and playground/ball diamond)

4418 Reforestation Rd.

Suamico

Mentors! Learn some valuable goal-setting skills!

Mentees! Spend the morning doing a scavenger hunt at the zoo!

Come together for lunch and a fun afternoon of bonding at the NEW Zoo Adventure Park!

Mentors and Mentees will be chosen for this program. If you are interested in being a mentor or your child being a mentee, please contact Heather at heatherh@hocgb.org or 920-965-0606

9 Hole Scramble
Shotgun Start

Meal Provided

Hole prizes

Golf Pro Perry
Parker will be
there!

**LAST!
CHANCE!**



Wednesday,
June 19th
3:30 pm
Registration

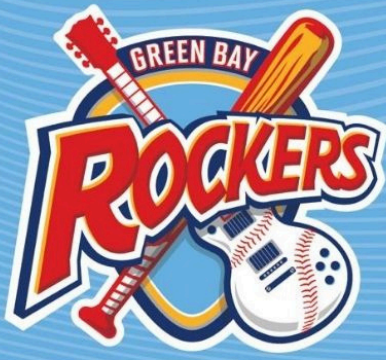
Wander Springs
Golf Course -
Greenleaf

Sponsored by



To register, contact Heather at 920-965-0606 or heatherh@hocgb.org by June 5th!



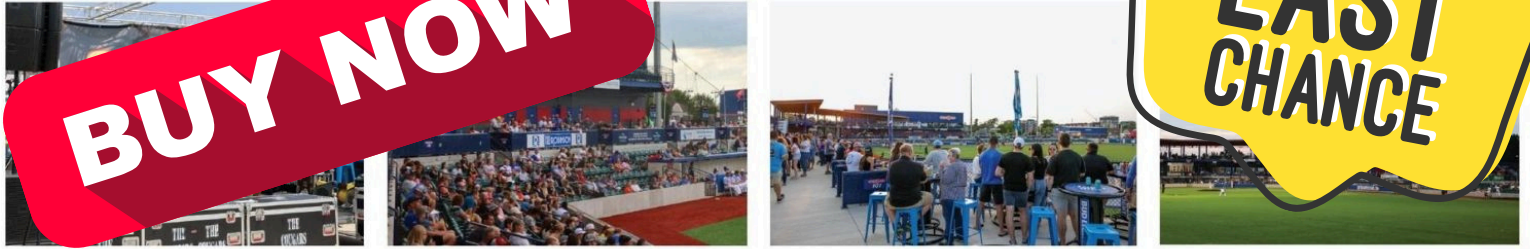


FUNDRAISER

\$15 / TICKET & HAT

BUY NOW

LAST CHANCE



Tuesday, June 11th

Hemophilia Outreach Center

CAPITAL CREDIT UNION PARK
2231 HOLMGREN WAY GREEN BAY, WI 54303

\$4 from each ticket will go back to the Hemophilia Outreach Center!

Gates Open: 5:35pm | Game Start: 6:35pm

Scan the QR Code or visit our website [HERE](#) :

- Select Seats
- View Cart
- Purchase!



920-497-7225 • GREENBAYROCKERS.COM
2231 HOLMGREN WAY GREEN BAY, WI 54304





Bleeding Disorder Medication Provider Survey

WHAT IS THE PURPOSE OF THIS SURVEY? HELP US TO HELP YOU!

HOC is looking to measure patient satisfaction surrounding getting your and/or your child's bleeding disorder medications (i.e. through HOC, a specialty pharmacy {sometimes your insurance company may require you to use a specific pharmacy outside of HOC}, etc.)

We greatly value the information you share with us and are always looking for ways to improve your care!

HOW WOULD THIS HELP ME?

If there is a pattern of:

-Dissatisfaction with HOC's physician dispensing program (where some individuals get their bleeding disorder medication from), the information in this survey will help us to continuously improve the Physician Dispensing Station operations (operates similar to a pharmacy).

-Dissatisfaction with a specialty pharmacy program, the information in this survey will help us to negotiate with payers (insurance companies), with hopes to become a contracted entity with the insurance company/employer group and patients can move forward with obtaining their bleeding disorder medications through HOC (if HOC is their preferred pharmacy).



THE SURVEY WILL TAKE APPROXIMATELY 2-3 MINUTES.



WAUSAU



HOC Wausau nurses Angie and Kristin recently completed the Transformational Leadership program, hosted by the Wausau Chamber of Commerce. For their group project they chose to work with the Neighbors Place and Community Partners Campus to help enhance their Art Cart. They utilize art as a way for their clients to work through trauma and other difficulties. Angie and Kristin's group were able to secure 2 Art Carts, one geared toward kids and one toward adults, and with the supplies donated by multiple organizations in the area, they were able to fill them both! Great job team and congratulations on completing the program!



Easy Ways to Sneak Veggies into Your Meals

Looking to boost your veggie intake without sacrificing taste? Sneaking vegetables into meals is a clever way to add nutrition while keeping flavors vibrant. Here are some simple tricks to incorporate more veggies into your diet:

- **Blend them into smoothies:** Smoothies offer a delicious way to sneak in greens like spinach or kale, along with fruits and yogurt. The sweetness of fruits masks the taste of veggies, making it a perfect option for those who aren't fond of leafy greens.
- **Grate and mix:** Grating vegetables like carrots, zucchini, or cauliflower and mixing them into dishes such as meatballs, pasta sauces, or casseroles adds moisture, texture, and extra nutrients without altering the taste significantly.
- **Hide them in sauces:** Pureeing vegetables and adding them to sauces and soups is an excellent way to enhance their nutritional value. Try blending cooked cauliflower into alfredo sauce or carrots into marinara for a nutritious boost.
- **Swap out carbs:** Replace traditional carb-heavy ingredients with vegetables. For example, use spiralized zucchini or spaghetti squash instead of pasta, or cauliflower rice instead of white rice. It's a sneaky way to cut calories and add more veggies to your plate.

By incorporating these simple tactics into your cooking routine, you can effortlessly increase your vegetable consumption and enjoy the health benefits they offer without sacrificing flavor.



Berry-Banana Cauliflower Smoothie



Picture and recipe from [EatingWell.com](https://www.eatingwell.com)

Ingredients:

- 1 C frozen riced cauliflower
- 1/2 C frozen mixed berries
- 1 C sliced frozen banana
- 2 C unsweetened plain almond milk
- 2 tsp maple syrup

Directions:

Place cauliflower, berries, banana, almond milk, and maple syrup in a blender. Blend until smooth, 3 - 4 minutes.

DELICIOUS