

September 2024

# THE FAMILY MEETING

Official Newsletter of the Hemophilia Outreach Center

## Construction Update

Construction at HOC is progressing smoothly. The business area is nearing completion, and our staff are eagerly anticipating their move from cubicles to offices. We are now entering Phase 3, which will focus on the lobby and community room. Please follow the directional signs outside to ensure you enter the building through the correct entrance.



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# Wausau Family Outing

## Helene's Hilltop Orchard

Please join us for a fun morning of education, apples, pumpkins, games, and more!

October 5 | 10:30 am - 12:30 pm

N1189 Quarter Rd  
Merrill

RSVP by September 30th to Heather at [heatherh@hocgb.org](mailto:heatherh@hocgb.org) or 920-965-0606

# Save the Date

## HOC WINTER EDUCATION PROGRAM

SATURDAY, DECEMBER 7TH, 2024

11:00AM Registration  
12:00 PM HOC Welcome & Updates  
12:15 PM Lunch  
1:00 Program Starts

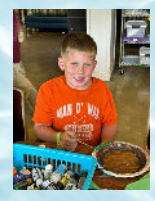
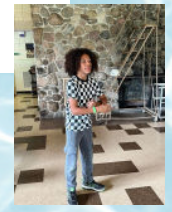
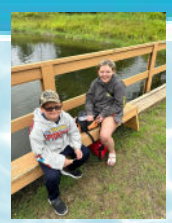
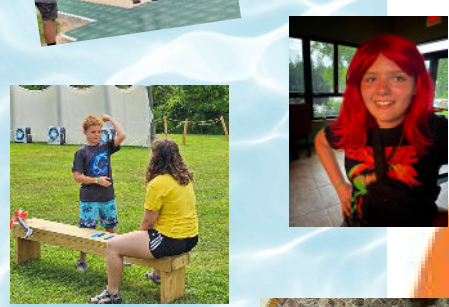
**FUN ACTIVITY FOR KIDS!  
SPECIAL VISIT FROM SANTA &  
MRS. CLAUS**







Another successful year of camp!  
Kids and staff alike had a great  
time at Camp Klotty Pine!







# REMINDER! HOC OFFERS PRIMARY CARE!

## What is a Primary Care Provider?

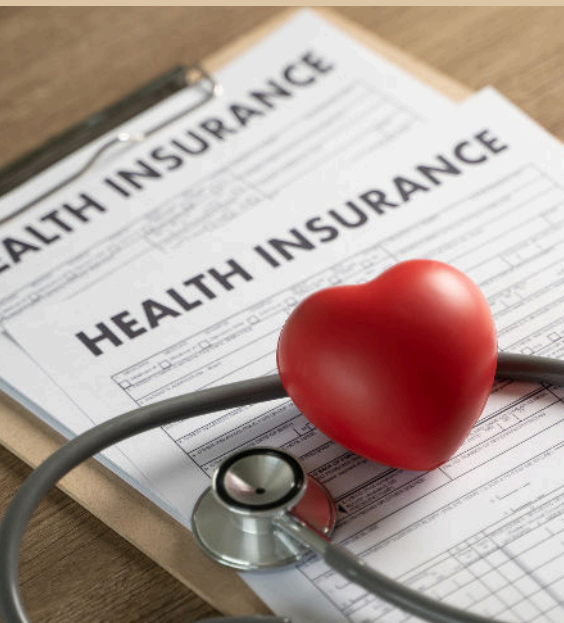
Your primary care provider (PCP) knows your health goals and history and can coordinate your care in one location. Your PCP provides regular screenings, which reduces emergency trips. Your PCP is here to make you feel comfortable with sharing information and asking questions.

## Services Provided

- Routine physicals & labs
- Coordination of all healthcare
- Medical care for non-emergent symptoms
- Referrals to Specialists
- Ordering of diagnostic tests when needed
- Disease management
- Health education
- Lower healthcare costs
- Holistic approach to care

**CALL HOC TODAY TO SCHEDULE A PRIMARY CARE APPOINTMENT!**  
**920-965-0606**

# Open Enrollment



As Open Enrollment for health insurance approaches, be mindful of your family's specific needs. Not all healthcare plans are created equal. Some of the widely advertised "low-cost" plans do not offer benefits you or your loved ones may need, and some may result in high out-of-pocket costs.



As a friendly reminder, it is **VERY IMPORTANT** to let HOC know of any insurance changes.





Join us for our Fall  
 "Cooking with HOC" class!

**Wednesday**  
**October 30th**  
**6:00 - 7:30 pm**

# Cooking with HOC

**First United  
 Presbyterian  
 Church**  
**605 N. Webster Ave**  
**De Pere**

HOC will provide all of the ingredients for participants to make Sweet Potato Chili and a Hearty Green Salad with homemade dressing. There will even be food for you to take home! We look forward to teaching you the skills needed to lead a healthier life!

*To register for Cooking with HOC, contact Heather at [heatherh@hocgb.org](mailto:heatherh@hocgb.org) or 920-965-0606 by October 23rd.*

## Pumpkin Spice Latte Overnight Oats



- 2 1/4 c. milk
- 1 c. pumpkin puree
- 1/3 c. maple syrup
- 3 Tbsp. instant espresso powder
- 2 Tbsp. light brown sugar
- 1 1/2 tsp. vanilla extract
- 1 tsp. pumpkin pie spice, plus more for sprinkling
- 2 c. old-fashioned rolled oats, divided
- 8 tsp. chia seeds, divided
- 3/4 c. vanilla greek yogurt, divided

1. In a large bowl, combine the milk, pumpkin, maple syrup, espresso powder, brown sugar, vanilla, and pie spice. Divide the mixture among 4 (12-ounce) jars or airtight containers.
2. Stir 1/2 cup of the oats and 2 teaspoons of the chia seeds into each container, ensuring the oats are submerged in liquid. Cover and refrigerate for at least 4 hours or up to 3 days.
3. Dollop the yogurt over the oats. Dust with pie spice, if you like, and serve chilled.

*Picture and recipe from [ThePioneerWoman.com](http://ThePioneerWoman.com)*