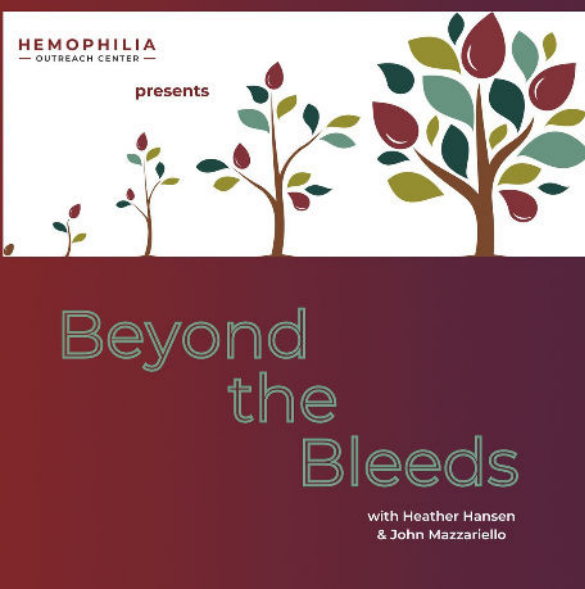




October 2024

# THE FAMILY MEETING

Official Newsletter of the Hemophilia Outreach Center



HOC's podcast, *Beyond the Bleeds*, is officially on all podcast platforms!

Be sure to find us on your favorite podcast platform and hit "follow." You'll be the first to know about new episodes. Join cohosts Heather Hansen and John Mazzariello as they explore the stories, challenges, and triumphs that come with bleeding disorders.



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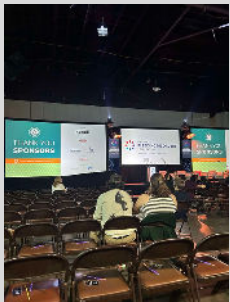
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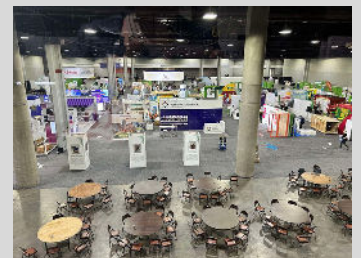
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# NBDF National Conference Recap



“ We are so thankful to the Hemophilia Outreach Center to provide the opportunity to travel to Atlanta to attend the National Bleeding Disorder Foundation’s annual conference. It was a fun few days filled with education and belonging. There were great sessions to choose and learn from and the opportunity to meet new people. The bleeding disorder community is truly a family and we enjoyed our time together in Atlanta. -Kelli B.





*Register Today!*

## 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

ONEIDA HOTEL  
THREE CLANS BALLROOM- BEAR/TURTLE ROOM  
2040 AIRPORT DR  
GREEN BAY

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

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



## Join us for our upcoming Dad-to-Dad



If you are a dad of a child (of any age) with a bleeding disorder, we invite you to join us for HOC's next Dad-to-Dad at Hinterland Brewery!

Tuesday, November 5, 2024

6:00 - 8:00 PM

Hinterland Brewery

1001 Lombardi Ave

Green Bay

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



HEMOPHILIA  
— OUTREACH CENTER —





## 2025 Open Enrollment

Open Enrollment Season is approaching again! There are a few questions you need to ask when choosing an insurance plan if you or a family member have a bleeding disorder diagnosis.

- How do you get your insurance? (Employer sponsored plan, Marketplace, public payer such as Medicare or Medicaid, currently uninsured, etc.)
- Is your preferred pharmacy in network (including your HTC’s Pharmacy)?
- Are your/your family members medications covered?
- Does manufacturer copay assistance count toward your deductible or max out of pocket?
- Ensure you have appropriate coverage (If health insurance is obtained via the marketplace)

If you have concerns about any of the questions listed above, we invite you to contact HOC to speak to the Business Office as everyone’s health insurance circumstances will vary.

### REMEMBER...

While HOC cannot make the decision for you, we are dedicated to providing you with the education and resources you need to choose the best plan for your unique needs. It’s crucial to keep HOC informed about any changes to your insurance so we can ensure there are no gaps in your treatment plan or that of your family members. Your well-being is our top priority, and we’re here to support you every step of the way!

CURIOUS ABOUT OPEN ENROLLMENT? EXPLORE ADDITIONAL INFORMATION AT [HTTPS://HEMOPHILIAOUTREACH.ORG/2025-OPEN-ENROLLMENT/](https://hemophiliaoutreach.org/2025-open-enrollment/)



### Exciting News for HOC’s Annual Voter’s Meeting!

This year, we’re hosting our 2024 Annual Voter’s Meeting via proxy! We know it’s a little different, but it’s all for a good reason—the Community Room is getting a fabulous makeover! 🛠️ While we won’t have our usual space this time, we can’t wait to welcome you back in 2025 for many vibrant Voter’s Meetings and amazing HOC programs in our refreshed community hub.

Keep an eye out for the Annual Voter’s Mailing coming your way in the first week of October! This will include information about how HOC is governed, biographies of Board of Director Candidates, and the voting ballot. If you don’t receive it, no worries—just reach out to [ericab@hocgb.org](mailto:ericab@hocgb.org) or call (920) 965-0606. We’re here to help!

Thanks for being a vital part of our community—we are excited about what’s ahead!





There's still time to register!



# Cooking with HOC

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

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. Must be 12 years old or older to attend.

## Butternut Squash Soup



- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 medium butternut squash (about 3 pounds), peeled and cubed
- 4 cups vegetable broth
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup heavy whipping cream
- Optional: Additional heavy whipping cream and crispy sage leaves

1. In a large saucepan, heat oil over medium heat. Add onion; cook until tender. Add garlic; cook one minute longer.
2. Stir in squash, broth, salt and pepper; bring to a boil. Reduce heat; simmer, covered, 10 - 15 minutes or until squash is tender. Puree soup using an immersion blender, or cool slightly and puree soup in batches in a blender; return to pan. Add cream; cook and stir until heated through. If desired, garnish with additional heavy whipping cream and crispy sage.

Recipe from [TasteofHome.com](http://TasteofHome.com)

