



December 2024

THE FAMILY MEETING

Official Newsletter of the Hemophilia Outreach Center



Fitness Reimbursement Program

If you are participating in HOC's Fitness Reimbursement Program, start getting together your monthly check-ins to send to Heather!

As long as you have:

- Gone 4 times a month
- Participate in safe activities (no boxing please!)
- Pay for your own gym membership

You are eligible!

Please have your check-ins to Heather by December 31st. You can either email them to heatherh@hocgb.org or mail them/drop them off at HOC, 2060 Bellevue St, Green Bay.



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Research Corner



As we approach the new year I just wanted to let everyone know about some upcoming changes to the Community Counts program. Community Counts is a research project headed by the CDC which aims to carry on the work of the Universal Data Collection System which ended in 2011. Since then, it has continued to gather health information from people with congenital bleeding disorders who receive care and treatment at hemophilia treatment centers across the United States. Its goal is to monitor bleeding and other complications, treatment patterns, causes of death, and other health indicators.

If you are part of the Registry portion, you have most likely had your blood drawn annually if you have used factor or any plasma derived products. The CDC has offered inhibitor labs, as well as viral screening for Hepatitis C and HIV. In the 13 years of viral screening, the CDC reports that there have been no sero-conversions of Hep C or HIV linked to plasma derived products. Due to these overwhelming results they will be halting viral screening as part of the study. HOC will continue to offer viral screening if it is deemed necessary, or by request of the patient. The CDC is also discontinuing their Covid -19 anti-body screening as the treatment landscape has changed significantly over the past several years. So while we will continue to share information related to viral screening and diagnoses, as well as reported Covid-19 infections, the blood tests will no longer be available. As a result of these changes, everyone who is currently involved in the program will need to be re-consented at their next visit if they choose to continue to participate. If you have any questions, please reach out to me or inquire with your nurse at your next visit. Thank you for participating and I look forward to this new chapter in the Community Counts Registry.

Thank you!

John Mazzariello, Research Coordinator





Holiday Closures

Wednesday, December 25

*Tuesday, December 24 - Closing at noon

Wednesday, January 1

*Tuesday, December 31 - Closing at noon



***Holiday
pricing-
November 28
- January 1***

**SAVE
THE DATE**

**Event:
Sunday, March 2**

Green Bay's Best Bloody

<https://glhf.org/event/green-bays-best-bloody-2/>



Own Your Path



VWD and Hemophilia



PROGRAM BENEFITS

- Free 6-Month App-Based Program
- Health Coaching
- Improve Treatment Skills
- Program Participation Prizes
- Virtual Meetups with Peers
- Go At Your Own Pace
- Gain Skills in Stress Management, Nutrition, Finance, Sleep, etc.

WHO CAN APPLY

- Adults 18+ that are Men, Women, and People who have or had the Potential to Menstruate (WPPM)
- Diagnosed with VWD or Hemophilia A or B
- On Prophylaxis (Prophy)
- U.S. Based



Scan the QR code to fill out the screening survey

<https://www.bleeding.org/educational-programs/education/own-your-path>

Note: Program eligibility is for U.S. based adults 18+ with hemophilia A, B, or von Willebrand disease on prophylaxis.



*Do not
forget*

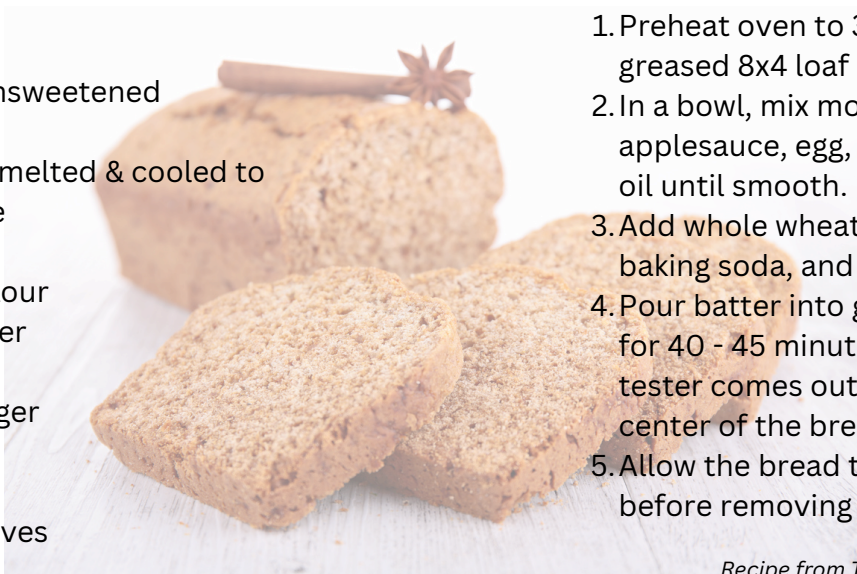
Insurance Reminder

As the new year approaches, please let our Medical Billing Specialists know of any upcoming insurance/plan changes.

If you are participating in a Copay Program and have received a letter to reapply, please be sure to do that! If you need any assistance, contact Tami or Jill at 920-965-0606.

Healthy Gingerbread Loaf

- 1/4 C molasses
- 1/4 C maple syrup
- 1 C applesauce, unsweetened
- 1 egg
- 1/4 C coconut oil, melted & cooled to room temperature
- 1/2 C almond milk
- 2 C whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 Tbsp ground ginger
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves



1. Preheat oven to 350 degrees and prepare a greased 8x4 loaf pan.
2. In a bowl, mix molasses, maple syrup, applesauce, egg, almond milk, and coconut oil until smooth.
3. Add whole wheat flour, baking powder, baking soda, and spices. Mix until combined.
4. Pour batter into greased 8 x 4 loaf pan. Bake for 40 - 45 minutes until a toothpick or cake tester comes out clean when inserted in center of the bread.
5. Allow the bread to cool for 30 minutes before removing from pan.

Recipe from Thecleaneatingcouple.com

