



THE OFFICIAL NEWSLETTER OF THE HEMOPHILIA OUTREACH CENTER



September 13, 2026

Packet Pickup: 9:00 AM

Fun Run: 10:00 AM

Green Isle Park

900 Greene Ave
Allouez, WI 54301

The Slow & Pokey Fun Run is a family-friendly 5K walk/run where every pace is welcome. Join us for a day of movement, laughter, and community while supporting the Hemophilia Outreach Center and local families affected by bleeding disorders. After the run/walk, food will be available from the Captain Quesadilla Co. food truck!

Proceeds support HOC and the bleeding disorder community.

An event t-shirt is included with registration. Sweatshirts are available for an additional purchase.

SCAN QR CODE TO REGISTER

Registration ends Sunday, August 30th



Early bird registration is \$30 through August 16 and then increases to \$35.

THIS ISSUE:

Work Anniversaries
Page 02

Meet our Physical Therapists
Page 03

Summer Safety Tips
Page 04

Leadership Beyond Our Walls
Page 04

Spring Community Night Recap
Page 05

Mentorship Program
Page 06

2026 Unite Walk
Page 06

New Webinar By EatLove
Page 07

Conversations That Matter:
Beyond The Bleeds
Page 07



Work Anniversary!

At HOC, our team is at the heart of everything we do, and we're proud to celebrate the milestones of several team members whose dedication and hard work continue to make a meaningful difference. Through their expertise, compassion, and commitment, they help support our patients, families, and mission every day, and we're grateful to have each of them as part of the HOC team.



1

Dayna
April 14



4

Tami
April 15



9

Pam
May 9



10

Erica
May 24



5

Rochelle
May 28



12

Andrea
June 2



14

Sumehda
June 25



5

Chris
June 25



2

Brianna
June 25



16

Terry
June 28



5

Stephenie
June 28



3

Heather
July 25

Thank you for all you do for everyone at HOC!



Meet our Physical Therapists

Our physical therapists, Dr. Brightyn and Dr. Jake, are here to help patients with bleeding disorders move better, recover safely, and stay active. Through personalized care, they work alongside patients of all ages to improve mobility, build strength, and support lifelong joint health.

Learn more about each of them in the bios above, and ask about physical therapy at your next HOC visit!

Dr. Jake, PT, DPT, FDN1

Jake is passionate about helping people move, recover, and perform at their best. A former college basketball player with a Doctorate of Physical Therapy from Bellin College and an undergraduate degree from UW–Green Bay, he combines athletic experience with expert clinical knowledge. With a background in personal training and nutrition coaching, Jake offers a holistic approach to recovery, injury prevention, and performance enhancement. He uses hands-on techniques—including Functional Dry Needling (FDN1), cupping, IASTM, and percussion therapy—to help clients feel and move better. Experienced with athletes of all levels and active adults, he empowers patients to reach their goals safely and sustainably. Outside the clinic, he enjoys family, the outdoors, and challenging himself through running and CrossFit.

Dr. Brightyn, PT, DPT, DN-1

Meet Dr. Brightyn, a doctor of physical therapy graduate from Carroll University. Brightyn, a native of Suamico, WI, is dedicated to elevating individuals of all ages to unlock their full physical potential. With a Bachelor's degree in Exercise Science and an extensive background in gymnastics performance and coaching, Brightyn has a knack for developing unique, quality care and holding individuals accountable to their goals and desires to live a life without limits. Brightyn resides in Green Bay, WI with her husband and puppy. She spends her time outside of the clinic reading, performing home renovations, running, and staying active with family and friends.

SUMMER SAFETY TIPS

Summer is a great time to get outside and stay active. Keep these tips in mind to help you enjoy the season safely:

Stay hydrated. Dehydration can lead to fatigue and muscle cramps. Drink plenty of water throughout the day, especially during outdoor activities.

Be prepared. If you're traveling or spending the day away from home, pack your treatment supplies, emergency contact information, and any medications you may need.

Choose the right gear. Wear supportive footwear and appropriate protective equipment for activities like biking, skating, or other sports to help reduce the risk of injuries.

Protect your skin. Use sunscreen, insect repellent, and check for cuts, scrapes, or bruises after spending time outdoors. Treat minor injuries promptly and contact your care team if you have concerns about a bleed.

Stay active—safely. Swimming, walking, and other low-impact activities are great ways to stay active during the summer.



Leadership Beyond Our Walls

Last month, HOC's CEO Jamison Buxton and Clinical Director Andrea Buxton, APNP, FNP-C., were invited to serve as panelists at the InitiativeOne Leadership Conference, joining business and community leaders from across the region to discuss leadership, organizational culture, and navigating change.

At HOC, investing in leadership extends beyond our own organization. Opportunities like this allow our team to advocate for the bleeding disorders community, build relationships with other leaders, and bring new ideas back to strengthen the care, programs, and support we provide to our patients and families every day.



SPRING *Community* NIGHT Recap

In April, HOC welcomed patients, families, and staff for our Spring Community Night in recognition of World Hemophilia Day. It was a wonderful evening of connection, conversation, and community as we came together to celebrate, learn, and support one another.

Thank you to everyone who joined us and helped make the event so special. We also extend our sincere appreciation to Genentech for sponsoring the evening and to Olga from Genentech for joining us. Events like these remind us of the strength of our bleeding disorders community and the importance of staying connected throughout the year.



*Supported by a sponsorship from
Genentech, a member of the Roche Group*

Genentech
A Member of the Roche Group





Mentorship 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 by August 13th.

AUGUST 21, 2026
10:00 AM – 3:00 PM

BADGER SPORTS PARK
3600 E EVERGREEN DR, APPLETON, WI 54913

HOC's Mentorship Event is happening on August 21st at Badger Sports Park from 10:00 AM to 3:00 PM!

Mentors and mentees will be selected for this program. If you're interested in becoming a mentor or having your child join as a mentee, reach out to Heather by August 8th at heatherh@hocgb.org or call 920-965-0606.



Unite
for Bleeding Disorders

**GREAT LAKES
HEMOPHILIA
FOUNDATION**

2026 UNITE FOR BLEEDING DISORDERS WALK

MILWAUKEE COUNTY ZOO | MILWAUKEE, WI
SEPTEMBER 26 | 8:30 AM – 11:30 AM

Scan for more event information



Presented By



New Webinar By EatLove

Our newest EatLove webinar, **Rise & Nourish: Breakfast Nutrition & Making the Most of Your Morning**, is now available to watch!

Presented by Alexandria Zozos, MS, RD, LD, Client Success & Nutrition Manager at EatLove, this webinar shares practical tips for building balanced breakfasts that support energy, focus, and lasting healthy habits.

Scan the QR code to watch this webinar, along with our introductory EatLove webinar, and learn how this personalized nutrition platform can help support your health and wellness.

If you would like to learn more about accessing EatLove, contact Jill Larson, HOC's nutritionist and Dietetic Technician, Registered (DTR), at jilll@hocgb.org.

**EatLove is available exclusively to established patients of the Hemophilia Outreach Center.*



**Access the
webinars here!**

VIDEO PODCASTS AVAILABLE ON YOUTUBE!

Conversations That Matter

Beyond the Bleeds is your go-to podcast for navigating life with bleeding disorders like hemophilia, von Willebrand disease, and more. Each episode brings expert insights, inspiring personal stories, and practical advice for managing these conditions. Whether you're living with a bleeding disorder or supporting someone who is, this podcast offers support, education, and a sense of community. Join us as we explore the challenges, triumphs, and innovations in care.

Our video podcasts are now available, giving you a new way to watch, listen, and connect with the stories and conversations shaping our community.

For past and upcoming episodes, visit:
hemophiliaoutreach.org/beyond-the-bleeds

