



Hemophilia Saskatchewan

November 2014

Fall Newsletter



2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-4366 or 653-4366

Email: hemosask@hemophilia.ca

*Hemophilia Saskatchewan
Invites You To Our*

FAMILY CHRISTMAS PARTY

November 29, 2014

2:00-5:00 Swimming

6:30 Banquet

Cash Bar

Four Points By Sheraton

503 Cope Way, Saskatoon

Rooms Available For The Night

Book Early As Space Is Limited

Remember to bring swimsuits and towels

Please RSVP by Nov 15 to hemosask@hemophilia.ca or leave a message at 866-953-4366.

We will need the ages of all children and number of family members attending the banquet.

Parents To Supervise Their Children At All Times



President's Message

Hello All!

The wonderful season of winter is upon us and while we are dreading the brutal cold, shovelling driveways and frostbite, there is something really cozy about this season that makes it my favourite. With that said the cold doesn't stop the activities that HSK continues to put forth. As you may know from the past, one of our annual fund raisers is coming up in November - our Grey Cup Win the Score Lottery. We have such great success with this fund raiser and often run out of tickets. Be aware of those selling in your area and get in on the action. Hopefully our Roughriders will be in it to win it again this year.

Also on the horizon is our Family Christmas party. This year will be a little more special. We want to give everyone the opportunity to take a break from their everyday busy schedules and let us put you up for the night in Saskatoon where we will have our party and include a dinner and a stay at the Four Points Sheraton Hotel. This will be a time to really connect with you, and what better reason than Christmas. Mark November 29 on your calendar for this event, we look forward to seeing all of you.

This will be our last newsletter for 2014 so allow me on behalf of our board for Hemophilia Saskatchewan to wish you all the best of the season, and we look forward to 2015 and all the possibilities that it will bring.

Wendy Quinn
President Hemophilia



Board of Directors

President: Wendy Quinn
Vice President: Celena Moody
Treasurer: Derek Bissonnette
Secretary: Lorrie Kaglea

Director: Vanessa Lockhart
Director: Sandra Dionne
Director: Ann Lukian
Director: Angie Bedard-Haughn
Director: Jae Won Hur

Thanks for the Help!

Thanks to Bayer Inc. for the grant supporting this newsletter.



Bayer HealthCare



Hemophilia Saskatchewan AGM & Family Weekend

March 28-30, 2015

Elk Ridge Resort (near Waskesui)

Meals and Lodging Provided

**Registration \$50/Family
or \$25/Single**

Register early as space is limited

Contact: Hemosask@hemophilia.ca

JOIN US FOR A FUN FILLED WEEKEND, AND EXPERIENCE THE BEAUTY OF THE NORTH. ACTIVITIES FOR THE WHOLE FAMILY INCLUDING SKATING, CROSS COUNTRY SKIING OR TOBOGGANING, OR JUST COZY UP BY A WARM FIRE AND ENJOY THE SERENITY OF THE NORTH. CHECK IT OUT AT ELKRIDGERESORT.COM

Saskatchewan Bleeding Disorders Program



Mild hemophilia update!

Self-management App will be available and information
will be on the CHS Physiotherapy website

(<http://www.hemophilia.ca/en/care-and-treatment/physiotherapy/introduction/>)

by the beginning of December.

Call JoAnn at 306-655-6628 if you have any questions.



Want to see this in colour?

Sign up to receive the
newsletter electronically.

Also check us out on Facebook!

Saskatchewan Bleeding Disorders Program



Welcome Clinical Nurse Coordinator
Peggy McKee



Hi! My name is Peggy McKee. I am excited to be joining the Sk. Bleeding Disorders Program as a Clinical Nurse Coordinator. I have been nursing for many years in the Saskatoon Health Region. I have worked mainly in cardiology, pediatrics, pediatric intensive care and most recently in the Sk. Transplant Program. I look forward to getting to know the clients of Sk. Bleeding Disorders Program and to working with the staff in the program.



Insurance and Medical Conditions—

Hi everyone- I just want to draw your attention to the useful new link on the Canadian Hemophilia Society website- under Support and Education, the last item in the dropdown menu is **INSURANCE**.

There are guides to **Individual Insurance, Travel Insurance and Provincial Health Plans**.

The Individual Insurance section has some excellent advice for considering a policy and some useful links to the **OmbudServices for Life and Health Insurance** (www.olhi.ca),

There is also information about the Medical Insurance Bureau, a non profit data sharing service where, if you have applied for insurance in the past 7 years, your data may be stored there and shared. You can request to check your information for accuracy. Do so by visiting www.mib.com and completing the request for information or contact the MIB at 416-597-0590.

The Travel Insurance section reviews insurance by province and by the two most common travel insurance policies- Blue Cross and RBC Travel Insurance. There is a link to a helpful Guide to Travel Insurance, which lists questions that you should ask. Please note that information on travel health insurance can be obtained on the Web site of the OmbudService for Life & Health Insurance: www.olhi.ca/downloads/pdf/Brochure_Guide_To_Travel_ENG.pdf

The **Provincial Health Plan** shows a comparison across Canada of provincial coverage for prescription medications. There are also comparisons for coverage for medications for Bleeding disorders (DDAVP for example), Antiretroviral Therapies, and Hepatitis C therapies.

The web addresses are hyperlinked on the **CHS website**.

It's a great resource! Check it out!

Submitted by Michelle Sims Social Worker, SBDP



Hemophilia Saskatchewan “Physical Activity” Bursary Program

The Physical Activity Bursary program is available through Hemophilia Saskatchewan. It is a great program which helps financially assist members of Hemophilia Saskatchewan to stay active in recreational or sporting activities. It is available to children 18 years and younger, but also, youth and adults who are members of Hemophilia Saskatchewan.

This chapter funded program promotes a healthy lifestyle through safe physical activities. It gives you the opportunity to discuss your sports or recreational activity involvement with the Physiotherapist, therefore addressing any questions or concerns you may have in regards to preparation for each type of physical activity. I look forward to assisting anyone interested in applying for this beneficial program.

Give me a call, JoAnn Nilson, Physical Therapist, SBDP, 306-655-6628



Tavis Duncan Foundation

Through the Tavis Duncan Foundation, Hemophilia Saskatchewan is able to offer help for parents seeking to defray a percentage of the costs associated with the maintenance and treatment of children with hemophilia. Application for coverage is to be made in advance, if possible. Applicants must be registered members of Hemophilia Saskatchewan.

The Foundation will reimburse for items and/or expenses such as:

- * the purchase of safety apparel (i.e. head gear, elbow pads)
- * \$50.00 per year per affected child, under the age of 18 years, towards the purchase of adequate footwear
- * assistance with in-hospital costs during an extended visit
- * assistance with out of province medical costs
- * summer camps
- * an educational opportunity for a family member to increase their knowledge of hemophilia

For application forms, please contact the Hemophilia Saskatchewan office by mail, phone or email.

Hemophilia Saskatchewan
2366 Avenue C North,
Saskatoon, SK S7L 5X5 Phone: 1-866-953-4366 or 653-4366
Email: The Duncans at sldaizy@yahoo.com or hemosask@hemophilia.ca



Hemophilia Saskatchewan "200 Club"

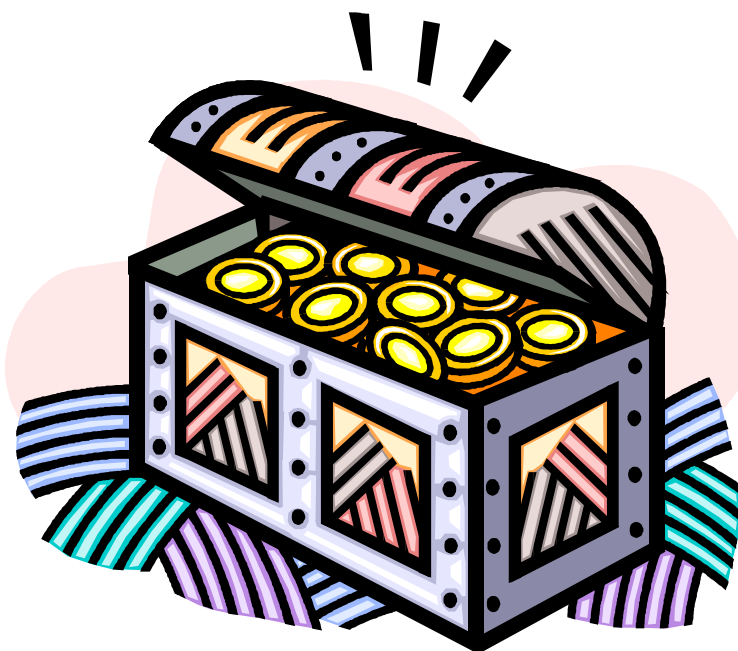
Purpose: To provide a stable, reliable, predictable, ongoing and adequate source for funding. If we can find at least 100 families, groups or individuals who will pledge a minimum of \$200 per year on an ongoing basis for the foreseeable future, Hemophilia Saskatchewan would be assured of a minimum income of \$20,000 per year.

The 200 Club is different from a one-time financial campaign, because it is ongoing, every year for the foreseeable future.

The fund would be administered by the treasurer, who would issue receipts for income at year end. Note that the government allows a 43% tax credit for donations over \$200.

A commitment to the 200 Club is made on the understanding that if the contributors' financial situation changes, the yearly commitment could be discontinued at any time.

The 200 Club is not meant to be an elite, exclusive club. It is a group of concerned committed people who want to see Hemophilia Saskatchewan become self-sufficient, not depending on any help from CHS.



CHS Youth Workshop

As a youth* with a bleeding disorder I was able to attend the annual CHS Youth Workshop in Bethany, Ontario. The weekend was sponsored by Bayer, Pfizer and Biogen Idec and was full of great presentations.

The weekend included presentations on

- 1) taking ownership of your bleeding disorder
- 2) a review of topics from World Congress
- 3) communication skills when dealing with different personalities
- 4) physiotherapy and sports, and
- 5) building leadership skills.

Most importantly, it was a great opportunity to network and share stories with other youth in the bleeding disorder community.



If you are a youth with a bleeding disorder and would like to get more involved I highly encourage you to apply next year.

For more information on any of the presentations or the application process please contact hemosask@hemophilia.ca.

Submitted by Derek Bissonnette

*Youth is under 30.

Queen City Marathon 2014



A big thank you to all the volunteers who helped out at the 14th annual Queen City Marathon. Hemophilia Saskatchewan participated again this year by working at a water station. It was a beautiful sunny day and perfect for running. There was over 4,500 participants and the majority of them passed our water station. It was a great event and plenty of awareness for bleeding disorders was raised. We look forward to next year and hope to see you out on the course.

Submitted by Derek Bissonnette

HEMOPHILIA SASKATCHEWAN

2014 Grey Cup Pool



Tickets are now available for purchase. If you are interested in buying or selling tickets please contact us at hemosask@hemophilia.ca

	Correct Score	Reverse Score
End of 1st Quarter	\$200.00	\$100.00
End of 2nd Quarter	\$200.00	\$100.00
End of 3rd Quarter	\$200.00	\$100.00
Final Score	\$1000.00	\$100.00

\$25 will be paid for the correct score every score change

For Just \$5.00/ticket... You could be a Winner too!!!

25% Of All Proceeds Will Go Towards Research
Serving The Bleeding Disorders Community

Seasonal Influenza Vaccine

A few reminders for those Persons with Bleeding Disorders

It's that time of year again to decide if the Seasonal Influenza Vaccine is for you. The following is for your consideration in regards to the Seasonal Influenza Vaccine.



Influenza is a contagious viral disease of the respiratory system. It is spread by coughing, sneezing, or direct contact. Generally influenza may result in you being at home sick for a few days. However it can also result in hospitalization and even death especially in very young children, the elderly, and those with serious underlying health conditions.

Since 2011, the Saskatchewan Ministry of Health has made it possible that every Saskatchewan resident is eligible to receive the Seasonal Influenza vaccine free of charge.

There are special precautions to be aware of for those with bleeding disorders. Individuals with a bleeding disorder are at risk for developing a hematoma with the intramuscularly injection of the Seasonal Influenza Vaccine. To lessen the risk of developing a hematoma it is recommended that.

For those who are receiving regular prophylactic doses of factor concentrates, it is suggested that the vaccination should be scheduled shortly after a factor treatment when ever possible.

For all individuals with a bleeding disorder a 23-gauge or finer needle should be used for the vaccination.

Following the injection, firm pressure should be applied to the site for **at least 5 minutes.**

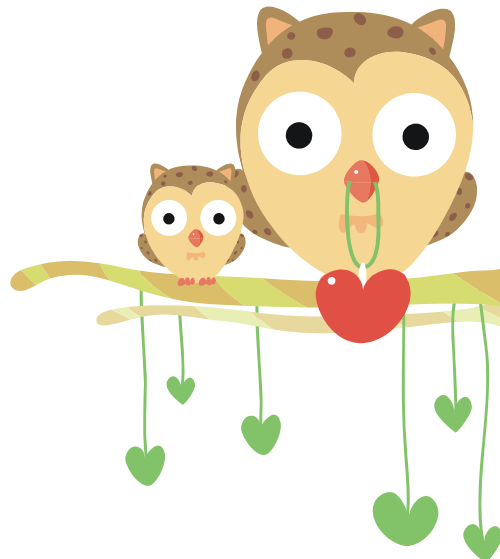
The site **should not be** rubbed or massaged.

If these instructions are followed, a muscle bleed at the site of injection is very uncommon. However, if you notice swelling at the injection site, you should have it checked by the Hematologist or Nurse Coordinator from your Saskatchewan Bleeding Disorders Team.

Antibody protection usually begins within 2 weeks after the immunization in the majority of healthy individuals and can prevent illness in about 70% of these healthy people. (Information obtained from the Saskatchewan Ministry of Health 2011-2012 Seasonal Influenza Vaccine Fact Sheet and All about Hemophilia: A Guide for Families)

Submitted by Nancy Hodgson RN BSN, nurse Coordinator with the Saskatchewan Bleeding Disorders Program (SBDP)

You may not have saved a lot of money in your life, but if you have saved a lot of heartache, for other folk, you are a pretty rich man.



Hemophilia Saskatchewan thanks all our volunteers for their ongoing support!

Louise Paisley Memorial Bursary Application

\$500.00 to be awarded to student with a bleeding disorder or family of a person with bleeding disorder enrolled in a post secondary education program.

Eligibility Criteria

Student enrolled in a post secondary education program

Student could be:

Diagnosed with a bleeding disorder

Family of a person diagnosed with a bleeding disorder

Family is defined as siblings, children, parents or grandparents of a person diagnosed with a bleeding disorder

Student must be a member of Hemophilia Saskatchewan

Bursary Application must include:

Current resume

Transcript of high school marks if applicable

Acceptance letter to post secondary institute

2 letters of reference

Personal Information:

Surname: _____ First Name: _____

Permanent Address: _____

Email: _____ Telephone: _____ Cell: _____

Bleeding disorder diagnosed: _____

Name of Family Member with diagnosed bleeding disorder: _____

Check one: _____ Sibling _____ Parent _____ Grandparent

Bleeding disorder diagnosed: _____

Education Information:

Name of Program: _____

Length of Program: _____

Year of Study: _____ Date Program Complete: _____

Bursary will be reviewed annually, this year the **application deadline is November 30, 2014**. Successful applicants will be notified within 4 weeks of review.

Declaration:

I certify that all the above statements made by me are true. If it is found that I have given false information in this application, such falsification will constitute full and sufficient grounds for rejection of this application.

Student's Signature: _____ Date: _____

Please submit application and supportive documentation to:
Hemophilia Saskatchewan
2366 Ave. C North
Saskatoon, Saskatchewan
S7L 5X5



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society

Help Stop the Bleeding

Membership Form

Benefits of membership in Hemophilia Saskatchewan include:

- Opportunity to learn more about bleeding disorders;
- Networking by meeting others facing the challenges you face;
- Opportunity for children and youth, with bleeding disorders, to meet others with the same challenges they have;
- Notification and right to attend all chapter meetings of members;
- Entitlement to vote on any matter voted on by members;
- A free subscription to the *Hemophilia Saskatchewan's Newsletter*;
- Notification of and opportunity to attend HSK events;

Benefits of membership in the Canadian Hemophilia Society include:

- Notification and right to attend all national meetings of members;
- Entitlement to vote on any vote taken of members;
- A free subscription to *Hemophilia Today*, the CHS national newsmagazine serving the bleeding disorders community.

Name: _____

Address: _____

Town/City: _____ Province: _____ Postal code: _____

Telephone number: _____ E-mail: _____

Signature: _____

Family Members (*please list immediate family members including yourself*)

Name	Spouse/ partner/or child	DOB dd/mm/yy	M/F	Type of Bleeding Disorder



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society

Help Stop the Bleeding

Membership Form

- _____ Please check here if you would prefer to receive an electronic copy of our newsletter.
- _____ Please check here if you do not want HSK to send you its chapter newsletter.
- _____ Please check here if we can contact you regarding volunteer opportunities with our chapter.

Hemophilia Saskatchewan (HSK) works closely with the national organization, Canadian Hemophilia Society (CHS). Members of HSK are members of CHS.

Canadian Hemophilia Society will use the information above to:

- build a membership list, as required by the Canada Corporations Act
- send you *Hemophilia Today*

With the exception of CHS, HSK does not sell or give our membership list to others.

2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-HEMO (4366) or 306-653-4366

Email: hemosask@hemophilia.ca

improving the quality of life for all people in Saskatchewan living with inherited bleeding disorders Charitable

Reg. # 119139954 RR0001

Hemophilia Saskatchewan Donation Form

2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-4366 or 653-4366

Email: hemosask@hemophilia.ca

\$200 Club

The objective is to provide HSK with stable, reliable, and ongoing funding that would help us to plan our activities and reduce reliance on outside sources of funds.

Our goal is to find 100 families, groups or individuals who will pledge a minimum of \$200 per year on an ongoing basis.

A commitment to the \$200 Club is made on the understanding that if the contributor's financial situation changes, the yearly commitment could be discontinued at anytime.

Please note, this donation can be paid in installments through monthly giving.

_____ *Yes! I would like to join Hemophilia Saskatchewan's \$200 Club*

_____ I prefer to make a one time donation of \$200

_____ I prefer to make a monthly donation in the amount of \$_____ and authorize Hemophilia Saskatchewan to charge the indicated amount on my credit card

Monthly Giving Program

Your monthly gift helps Hemophilia Saskatchewan meet its commitments to people affected by bleeding disorders by providing a steady stream of income.

_____ I want to make a monthly donation of \$_____

_____ I have enclosed 12 post dated cheques for the amount indicated

_____ I prefer to make my monthly donation by credit card and I authorize Hemophilia Saskatchewan to charge the indicated amount on my credit card

Please Note: You may cancel or change your monthly donation at any time by notifying us.

One Time Donation

_____ *Yes! I would like to support Hemophilia Saskatchewan with a donation in the amount of:*

_____ \$250 _____ \$100 _____ \$50 _____ \$25 Other\$ _____

Please charge my: ____ Visa ____ MasterCard

Card #: _____ Exp. Date: _____

Name on Card: _____ Signature: _____

Address: _____

Telephone: _____ E-mail: _____

Thank you for your generosity. Charitable Reg.# 119139954RR0001

Children's Wish

Children between the ages of 3 and 17, who have moderate to severe Hemophilia (or other severe bleeding disorders) are eligible to apply for consideration of a wish from the Children's Wish Foundation!

Wishes tend to fall under 3 categories- travel, an item, or a celebrity contact (which often involves travel). Examples have been trips to Disneyworld, home entertainment centers or computers, specific home renovation/decoration projects, contact with a sports or entertainment figure. The idea is that it be something meaningful and special for the child.

They have a One Child, One Wish policy, and will not grant a wish to a child who has previously received a wish from another wish granting agency. A child who has received a wish grant in the past, can apply for a subsequent wish in the event of a new high-risk life threatening illness.

The process to apply is as follows:

Contact

Shelley Chalmers

The Children's Wish Foundation

Phone: 306-955-0511

Fax: 306-653-9474

Email: shelley.chalmers@childrenswish.ca

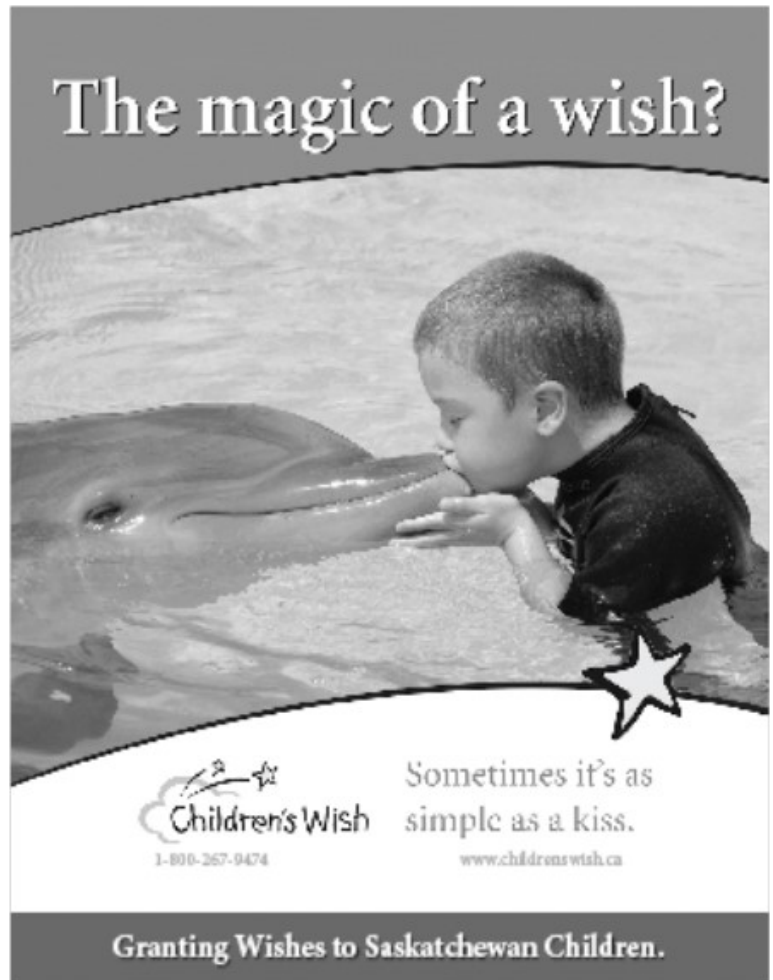
You will need to sign consents for release of information. Your child's doctor or haematologist will be contacted to verify the medical condition. Shelley would then assist you in submitting the wish request, which is then referred to their national office for a decision. If the wish is granted, Shelley would assist you in planning how to fulfill the wish.

Don't hesitate to contact me if you have questions, or if I can be of any help!

Michelle Sims, R.S.W. (SK)

Social Worker, Sask. Bleeding Disorders Program

306-655-6503



The next newsletter deadline is January 20, 2015 Your contributions are always welcome.

Email: hemosask@hemophilia.ca.

Or send to the office,
2366 Avenue C North, Saskatoon,
SK S7L 5X5.

Hemophilia Saskatchewan acknowledges Action Printing, Baxter, Bayer, Biogen Idec, Pfizer, SaskTel Telcare, and SaskTel, for the support given to our programs and printing of the newsletter.

Baxter



Bayer HealthCare



This newsletter has been generously sponsored by a grant from Bayer Pharmaceuticals.

Please Note: Opinions expressed herein are those of the authors, and do not necessarily represent the views of Hemophilia Saskatchewan. We do not guarantee the accuracy of information contained herein, and accept no legal responsibility for information quoted from other sources.

Upcoming Events for 2014/2015

Deadline to purchase HSK Grey Cup Raffle Tickets	Nov 29
HSK Family Christmas Party	Nov 29
Deadline for Louise Paisley Memorial Bursary	Nov 30
Deadline for Winter HSK Newsletter	Jan 20
HSK AGM & Family Weekend	Mar 28-30



Just a friendly reminder!

Just a friendly reminder to contact the Saskatchewan Bleeding Disorders Program (SBDP) at least 2- 4 weeks PRIOR to any scheduled surgeries, medical or dental procedures that may cause bleeding. This would ensure we had adequate time to make the required arrangements to control possible bleeding that may occur, as well as to educate the health care personnel that may be involved with your care/treatment. If enough notice isn't received your scheduled surgery, medical or dental procedure could be postponed or even canceled. The Nurse Coordinators with the Saskatchewan Bleeding Disorders Program (SBDP) can be reached at 306-381-4185.

Saskatchewan's Help Lines

For bleeding problems we all know we can contact the **Saskatchewan Bleeding Disorders Program** by phoning our nurses Nancy and Tara at 306-655-6504.

The **Saskatchewan Health Line**—811, gives you access to a nurse to help you decide, based on your symptoms, if there is a need to see your doctor or a if a visit to the Emergency Room is warranted.

Saskatchewan Consumer Drug Information Service can give you advice on over the counter and prescription drugs as well as herbal remedies. Phone 1-800-665-3784, or in Saskatoon 306-966-6378

What's new?

If you would like to receive an electronic copy of our newsletter instead of a print copy please email hemosask@hemophilia.ca with your name and email information.