



Hemophilia Saskatchewan

May 2014

Spring Newsletter



2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: hemosask@hemophilia.ca

What's Inside This Spring Issue!

AGM Report

Board Member Changes

Chronic Disease Management Resources

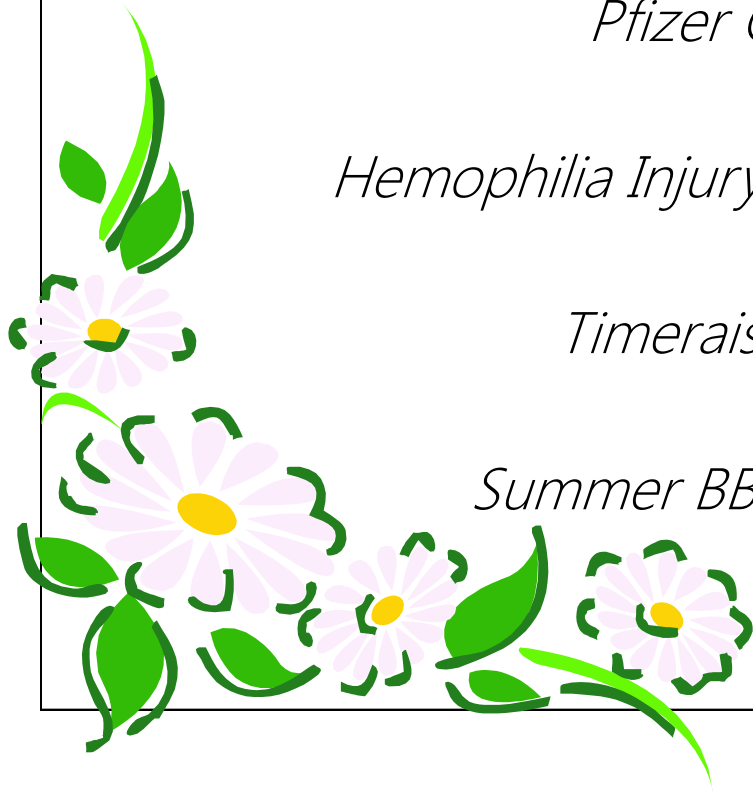
Physiotherapy Mentorship Exchange

Pfizer Contest

Hemophilia Injury Recognition Tool

Timeraiser Night

Summer BBQ Weekend



President's Message

Greetings All!

Well it looks like we survived a really cold winter and the sight of grass and flowing water, even if it is over the pot holes and accumulating on the side of the road, is welcome change to the white stuff! We are continuing to keep our activities going and recently had our AGM that brought a dedicated group together. We were able to hear from Bayer's Hemochamp John Schmitke. This young gentleman is true leader in bleeding disorder care as he teaches by example, and we were privileged to hear his testimonial on how he has managed his bleeding disorder. This is a must hear for all our young people and parents of young people who are not quite sure how life is going to go as they face new challenges of a bleeding disorder head on. John will be joining us at our Family Weekend Camp in September, please do register to attend. Details of the weekend are within this newsletter.

We have exciting programs on the horizon for our membership. The HSK board has approved a new initiative that will give patients, who access health services for their bleeding disorder, some support while they are accessing these services. The support can fall anywhere from parking to a TV in the room while hospitalized. This form has been made available to you in this newsletter along with the policy. In addition to this, look for a fridge magnet with the services on it so that knowledge of what is offered will be at your fingertips! This initiative was put into place so that HSK can help alleviate some of the burden of the health care issue many people with bleeding disorders face, and to relay that there is nothing more important to HSK than the care of those with bleeding disorders.

Reaching our membership is one of our goals this year and we may be giving you a telephone call to touch base with you on how you want to receive information, and to also put you in touch with someone more local to you. We have funding from Bayer to do some local education and we would like to get to know our membership in smaller groups. Look for that to come your way as well. If you don't get a chance to join one of those small groups, see if you can join us for our annual Family Picnic at Pike Lake this June as well.

Hope to see you all and Happy Spring!!!!

Wendy Quinn



Board of Directors

President:	Wendy Quinn	Director:	Vanessa Lockhart
Vice President:	Celena Moody	Director:	Sandra Dionne
Treasurer:	Derek Bissonnette	Director:	Ann Lukian
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		Director:	Jae Won Hur

Thanks for the Help!

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



Bayer HealthCare

AGM and Linger Longer Day Report 2014

This year our AGM was held at Sherbrooke Community Center on March 29,



2014 Hemophilia Saskatchewan Annual General Meeting

2014. We had a dedicated group in our attendance and we were able to share our activities of the year and discuss upcoming activities. The AGM was followed by a lunch and then our Linger Longer Day education sessions. Our speakers this year included John Schmitke who is the Hemochamp and sponsored by Bayer. John shared his personal testimony of his bleeding disorder and it was a wonderful presentation to our

members. The SBDP also did two presentations. Michelle Sims (social worker) presented the HERO study which captured the experiences that patients with bleeding disorders have, and this was done through questionnaires. This was a study funded by Baxter.

Dr. Roona Sinha did a brief introduction to a program that is planned to be offered in the Saskatchewan school system - bleeding disorders will be a topic that teachers can choose to explore in health classes once this is finalized. We also had our volunteer appreciation and said hello to our new board member Vanessa Lockhart, and said a sad farewell to Kim Cullen who served our board for 4 years. It was a great day for all!!

Submitted by Wendy Quinn



Kim Cullen—2014 Hemophilia Saskatchewan AGM



Resources from the Saskatoon Health Region's Chronic Disease Management department!



Hi—

The famous World Health Organization (WHO) Definition of Health, from July 1946 is:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

This encourages us to look after our whole selves. Physical, mental, emotional, and spiritual health are all important. So, I want to make you aware of the **following resources**.

The Saskatoon Health Region's Chronic Disease Management department has a number of online resources related to building Positive Coping skills, Anxiety and Depression Management “Tool-Kits”, Work/Life Balance and Workplace Stress information and resources.

There is excellent, **easy to use material** here, that you can find at:

http://www.saskatoonhealthregion.ca/your_health/ps_cdm_self_help_resources_mental.htm

Relaxation is a well-researched skill that you can master with practice.

It's documented positive benefits include:

- | | |
|----------------------------------|--|
| -Improved immune system function | -Improved tissue healing after surgery |
| -Blood pressure reduction | -Chronic pain management |
| -Reduced digestive problems | -Help with insomnia |
| -Anxiety & stress management | |

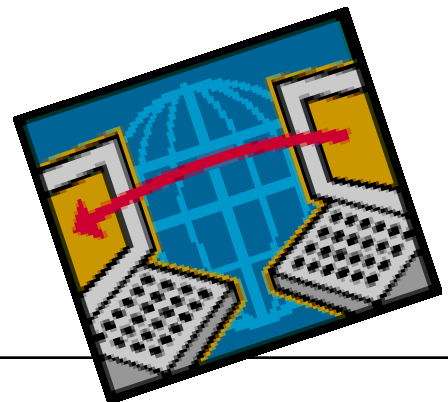
Three relaxation **audio files** are available to download at:

http://www.saskatoonhealthregion.ca/your_health/ps_psychology.htm.

The first is a brief introduction to learning and using relaxation techniques. The next are a 23 minute relaxation with muscle tension, and a 15 minute relaxation with pleasant imagery and without muscle tension.

Check it out!

Submitted by Michelle Sims Social Worker for SBDP





Saskatchewan Bleeding Disorders Program

**Physiotherapy Mentorship Saskatoon-Edmonton,
March 20-21, 2014**

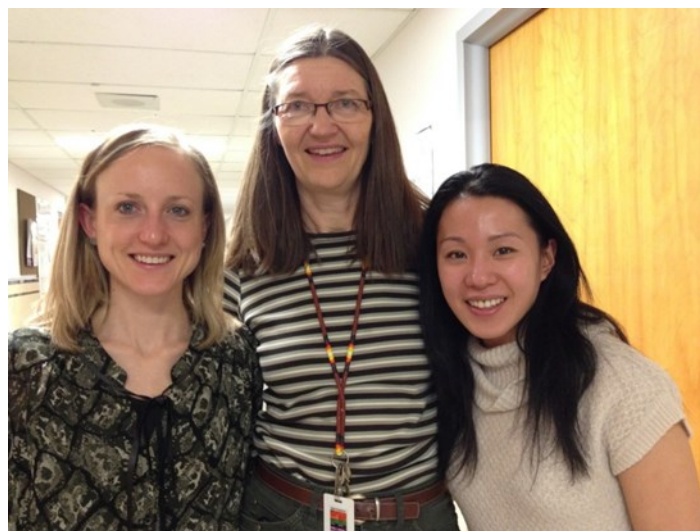


Erin McCabe and Elia Fong, both physiotherapists from Edmonton Hemophilia Treatment Center visited JoAnn Nilson, in Saskatoon with the Saskatchewan Bleeding Disorders Program on March 20th and 21st. This was a mentorship program arranged through the Canadian Physiotherapists in Hemophilia Care with sponsorship from Bayer Healthcare pharmaceuticals.

The 2 day event provided ample time to learn how another clinic functions and learn all aspects of a comprehensive care team. Assessment and treatment opportunities occurred for both the pediatric and adult populations. Question and answer consultations occurred with the whole comprehensive team including nurses, Nancy and Tara, social worker, Michelle, genetic councillor, Lacey, CHARMS data entry, Heather and Radiologist, Dr. Babyn as well as interactions with our manager Rick and office administration Shannon and Laurie. They were also able to attend a “Lunch and learn” group for our men in pain project featuring a pharmacist, Loren Regier, as well as a special talk given on the history of hemophilia by Dr. Robert Card.

A direct quote from Erin *“This mentorship experience was way beyond my expectations. The confidence, skills and clinical practice knowledge, as well as resource materials that I acquired will go a long way towards improving my practice as a physio within an HTC. It would have taken me years of experience to gain what I feel I did in just 2 days with JoAnn and the HTC in Saskatoon.”*

The days went by quickly, as well as being fun they were very beneficial in discussing many aspects of physiotherapy in hemophilia care.



Erin, JoAnn and Elia

Report submitted by JoAnn Nilson, Physiotherapist for SBDP

There's an app for that injury, young man

JoAnn Nilson first became concerned about young men with mild hemophilia when a patient arrived in her care unable to bend his knee.

“He had been injured at work a week earlier,” explains Nilson, a physiotherapist (PT) at Royal University Hospital, working with the Saskatchewan Bleeding Disorders Program. “He had brushed off the injury and tried to carry on but it had gotten so bad that his knee was immobilized. The result was he couldn’t work for a year.” Now, there’s an app for that. And Nilson helped develop it with her colleague Kathy Mulder, a PT at Health Sciences Centre in Winnipeg, Manitoba and her research team, Dr. Kristy Wittmeier of the University of Manitoba and Dr. Candice Schachter from the University of Saskatchewan.

Nilson identified a gap in care among young men in her research on mild hemophilia, a bleeding disorder. “Young men with mild hemophilia often delay treatment because they can’t tell the difference between a minor injury and an injury which could result in a major bleed,” she explains. “However, with mild hemophilia neglected injuries can become severe. The smart phone app will help identify and monitor the injury to manage it appropriately early on.”



JoAnn Nilson is one of the researchers who developed HIRT?

The app is called “HIRT?” – hemophilia injury recognition tool. It was developed in conjunction with young men with hemophilia, hemophilia health-care professionals and the Computer Science department at the University of Saskatchewan. “Richard Lomotey, a PhD candidate, and his advisor, Dr. Ralph Deters, helped us partner with MITACS, a company supporting national innovation by coordinating collaborative industry-university research projects. It’s designed to allow a “wait and see” approach as many of these young men can get away with minor muscle or joint injuries which do not require medical attention,” adds Nilson. The app describes symptoms of bleeding and encourages first aid management. If the situation worsens, the app directs the individual to look at pain, swelling, decreased mobility and other symptoms. It takes the person to a first aid section and then it sets alarms on the smart phone to direct the person to re-check for worsening conditions in the first hour, the next day and in two days. If the situation gets bad enough, the app gives them contact information for the hemophilia treatment centre.



Screen shots of the app.

The app will be available for download in May through the Canadian Hemophilia Society website and in the Apple Store. It will also be translated to French. Nilson and Mulder have already been recognized with an award by the Bayer Hemophilia Awards Program (BHAP) which involves a trip to the World Federation of Hemophilia Conference in Melbourne, Australia this spring. They will present their project at the conference. BHAP also gave them a research award which funded their research project.

Hemophilia is a genetic disorder affecting males. Young men with mild hemophilia, aged 18 to 35, who are either newly independent or tend not to deal with illness and injury, are most likely to suffer the long-term effects of not attending to injuries. The recovery time from those injuries can be significant and can have detrimental effects on their lives.



The app can be used on a smart phone.

Nilson has received support for her research through the Saskatchewan Bleeding Disorder Program, which is part of Chronic Disease Management in Saskatoon Health Region. Nilson plans to evaluate the effectiveness of this app as a Master’s project at the University of Saskatchewan, under her advisor, Dr. Sarah Oosman.



TIMERAISER

“**TIMERAISER** is part volunteer fair, part silent art auction, part night on the town! The event connects nonprofits with a talent pool of skilled volunteers and encourages them to bid hours, instead of dollars, on work purchased from Canadian artists. Art winners have 12 months to complete your pledge before bringing the artwork home as a reminder of your goodwill.

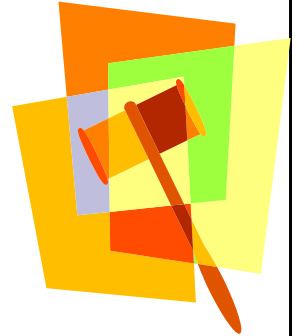
Come visit us at the Hemophilia Saskatchewan booth! Event details are as follows:

When: May 8th, Doors open at 6:30 PM

Where: Conexus Art Centre, Regina, SK.

Entertainment: Indigo Joseph and appetizers

Tickets can be purchased through the Timeraiser website - <http://www.timeraiser.ca/regina.html>



Submitted by **Derek Bissonnette**



Those who can, do. Those who can do more, volunteer.

Pfizer “Take a Break” contest returns

What makes you happy?

This spring, enter your happiest photos for your chance to be one of two winners of the *Take a Happy Break* contest from Pfizer. For the first time ever, a second place prize will also be awarded to the runner-up, so you have even **more** chances to win.

Here's how it works: Enter the contest by uploading up to five photos showing what a happy break means to you. Whether it's spending time with family, enjoying a fresh cup of coffee or even the first golf game of the season, show us what puts a smile on your face. Then, share it with your friends and family on Facebook and get them to vote for you daily. The contest will run for one month, after which the grand and runner up prizes will be awarded to the winners along with matched prize funds to the winners' provincial chapters.

ENGLISH CHS FACEBOOK PAGE: [HTTPS://WWW.FACEBOOK.COM/CANADIANHEMOPHILIASOCIETY](https://www.facebook.com/canadianhemophiliasociety)

Retour du concours *Faites une pause* de Pfizer

Qu'est-ce qui vous rend heureux?

Ce printemps, envoyez des photos représentant vos moments les plus heureux pour courir la chance d'être l'un des deux gagnants du concours *Faites une pause bonheur* de Pfizer. Pour la toute première fois, un deuxième prix sera également décerné au lauréat qui obtiendra la deuxième place; vous avez donc encore **plus de chances de gagner**.

Voici comment cela fonctionne : pour participer au concours, téléchargez jusqu'à cinq photos représentant ce qu'est pour vous un moment heureux. Qu'il s'agisse de passer du temps avec votre famille, de déguster une bonne tasse de café ou même de disputer votre première partie de golf de la saison, montrez-nous ce qui illumine votre visage. Ensuite, partagez ces moments avec vos amis et votre famille sur Facebook et invitez-les à voter pour vous tous les jours. Le concours se déroulera sur une période d'un mois, après laquelle le premier et le deuxième prix seront décernés aux gagnants et des montants égaux seront versés aux sections provinciales des gagnants.

PAGE DE LA SCH EN FRANÇAIS: [HTTPS://WWW.FACEBOOK.COM/SOCIETECANADIENNEDELHEMOPHILIE](https://www.facebook.com/societecanadiennehelhemophilie)

New to Hemophilia Saskatchewan is the Client Service Policy.

Please take time to read it as it is meant to support our members who have a bleeding disorder by offsetting some of the financial burden associated with a clinic/hospital visit that is linked to their bleeding disorder.

Client Services Policy

APPROVED BY HEMOPHILIA SASKATCHEWAN BOARD OF DIRECTORS (March 29, 2014)

Please note – the information contained herein is subject to change.

Please email hemosask@hemophilia.ca for details.

PREAMBLE

Client Services are available to registered members of Hemophilia Saskatchewan (HSK) who are cared for by the Saskatchewan Bleeding Disorders Program (SBDP). Please note that some services are available only to members who meet specific criteria. Contact HSK for any clarification.

To be eligible for reimbursement: 1) a Request for Service form must be completed and authorized by the most responsible practitioner (Group A: Client Services) OR the necessary application form must be completed and additional authorization may be required (Group B: Additional Programs), AND 2) a completed HSK membership application form must be on file (Groups A and B). Members who are listed under their family membership form need to fill out an individual application once they reach 18 years of age.

The policy outlined below is designed to help HSK members find the assistance they need, and guide the HSK Board of Directors as they attempt to balance the needs of members and their families with the limited resources that are available. Misuse of Client Services and/or Additional Programs may result in suspension of privileges.

POLICY

Client Services and Additional Programs are intended to help our members to defray expenses related to living with bleeding disorders. Services associated with medical treatment (outpatient or inpatient) must be directly related to treatment of bleeding disorders: either the treatment of a bleeding episode or a surgical procedure that requires extended care due to a bleeding disorder. Provision of Client Services and Additional Programs are subject to approval by the HSK Board of Directors and availability of funds, and may change at any time without notice.

Hemophilia Saskatchewan will cover only those expenses that are authorized through the Request for Service form; payment will be provided after service is received. The member is liable for all other expenses. Hemophilia Saskatchewan will not cover expenses that other agencies or extended health care plans cover. Decisions of the Board of Directors, or its designated committees, are final.

PROCEDURES

All requests for reimbursement must be in writing. Members must complete the Request for Service (or other form for Additional Programs), including any necessary authorizations, and provide the form and original receipts to HSK for reimbursement. The HSK Board of Directors reserves the right to set limits on individual allocations that may be authorized (up to \$750/member/year under Group A; maximums as specified by program under Group B).

All Client Service claims must be made within six months of receiving the service.

GROUP A: CLIENT SERVICES WILL COVER (FULLY OR PARTIALLY):

Please read preamble and policy to ensure you qualify. Request for Service form required.

- TV while member (with bleeding disorder or carrier) is in hospital for treatment of bleeding disorder.
- Parking fees for members and family (not friends) while member is an outpatient or in hospital for treatment of bleeding disorder (one vehicle per day to current daily maximum; NOTE: parking for clinic visits at RUH may be covered through SBDP). Members may remit original receipts for hospital parking within six months of date on receipt for parking not covered through SBDP (i.e., for SBDP clinic days at Regina or Prince Albert).
- Expenses for medical supplies over and above those provided by Saskatchewan Health SAIL program to be considered by the HSK Board on an individual basis.
- Orthopedic splints and boots or orthotic inserts (prescribed by SBDP physiotherapist)
- Expenses (i.e., mileage) associated with travel for out-of-town medical care for treatment of bleeding disorder. This service is for members living >100 km from point of care (typically Saskatoon or Regina).
- Accommodation for members living >100 km from point of care to attend SBDP clinic or for other bleeding disorder related hospital visits – up to a maximum of \$75 per night (for up to five nights per year) for accommodation for medical stays. In Saskatoon, accommodations are available at Laura's Lodge, Netty's Nest, or Ronald McDonald House or members can choose to stay at a hotel of their choice.
- Basic model Medic Alert bracelets or necklaces (limit: one every two years) and the first year enrollment fee; if the bracelet/necklace is lost or broken within the two-year period, HSK will cover half the replacement cost only.
- Ambulance service – one ambulance per year up to 50% of the cost (maximum of \$350) if no other source of funding available.

GROUP B: ADDITIONAL PROGRAMS

For the following services, the Request for Service Form is not required; however, other forms and supporting documentation (such as Physiotherapist approval, etc.) may be necessary.

- Physical Activity Bursary program: this program provides financial encouragement for families to explore appropriate sport activities for children, youth and adults with bleeding disorders. Families are required to fill out the Physical Activity Bursary application form, which must be approved by the SBDP Physiotherapist. Eligible members may apply for one bursary per year, to a maximum of \$150. Forms are available from the SBDP Physiotherapist or HSK.
- Funds are available through the Tavis Duncan foundation to assist with the following expenses (separate application required; form available from HSK):
 - In-hospital costs during an extended visit
 - Out of province medical costs
 - Quality footwear – \$50/pair per year (for children under 18 only)
 - Safety apparel (helmets, knee and elbow pads)
 - Summer camps
 - Educational opportunity for a family member to increase their knowledge of hemophilia

CLIENT SERVICES WILL NOT COVER:

- Educational expenses/re-training expenses other than those specified above
- Routine living or medical expenses, equally incurred by those with or without a bleeding disorder (e.g., dental claims)
- Commercial health spa memberships
- Winter boots and work-related footwear
- HSK reserves the right to disqualify any request for service which has not been authorized.

ALL ABOVE SERVICES ARE SUBJECT TO AVAILABILITY OF MONETARY RESOURCES.
POLICY MAY CHANGE AT ANY TIME, WITHOUT NOTICE.



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society
 213 - 2366 Avenue C North
 Saskatoon, Saskatchewan
 S7L 5X5
 Tel.: 306-653-4366
 Toll-free: 1-866-953-HEMO (4366)
 E-mail: hemosask@hemophilia.ca

For HEMOPHILIA SASK use only

Date: _____

Approved By: _____

Declined By: _____

Comments: _____

REQUEST FOR SERVICE FORM:

Date of Application: _____ Date Service Received: _____

Name: _____

Address: _____ Postal Code: _____

Phone Number(s): _____

BACKGROUND OF APPLICANT NEEDS, AND PURPOSE OF REQUEST: *(A brief letter may be attached to provide more details)*

REQUEST CHECKLIST:

Amount of funding requested: \$ _____ (Attach original receipts for reimbursement)

Have all other avenues been explored (private health insurance and/or employer benefits, such as Saskatchewan Blue Cross, etc.)? Yes No

If "YES", please provide details:

Are you a member of Hemophilia Saskatchewan* Yes No

*Applicant and/or family must be members of Hemophilia Saskatchewan to access services. If NO, fill out HSK membership form along with this application and submit both together.

Applicant (print): _____ Signature of Applicant _____

Authorized by (print)**: _____ Authorizing Signature _____

**Must be authorized by most responsible practitioner (i.e., attending physician/nurse or member of SBDP team). Signature confirms that treatment is directly related to bleeding disorder, or a surgical procedure that requires extended care due to the presence of a bleeding disorder.

My Scotland Experience

This past year, I was fortunate enough to represent Hemophilia Saskatchewan and the Canadian Hemophilia Society at the “Step Up Reach Out” leadership training program. This program consisted of a group of 18-25 year old Hemophiliacs that are heavily involved within their respective Hemophiliac communities. We met twice throughout the course of the year in Scotland and San Francisco. In this article, I’d like to share my experience and what I’ve learned through this program.



First off, what I found to be an extremely intriguing experience in this program was my trip to Bayer’s manufacturing plant in San Francisco. Bayer opened its door to us and the group got to witness the process in which factor is made. Additionally, we had a Q&A session with one of Bayer’s VPs and we were given a presentation, which outlined in detail Bayer’s research projects and funding allocations. The general understanding of the presentation was that a long-lasting factor was in near grasp and it is in the latter half of research, which is extremely great news for Hemophiliacs at home and around the world.

Secondly, this trip gave me insight on some of the great things other Hemophiliacs are doing around the world. The young men in this program are medical students, marketing majors, engineers, mathematicians and geologists. There was even a bass player for a Dutch rock band! It was extremely fascinating to see that these guys who were all older than me, live a life that is not only normal, but an enriching and amazing life. It was really amazing to sit down with them and talk about our experiences with hemophilia, from medicinal experiences to our experiences socially in school, relationships and work. These conversations inspired me to realize that my Hemophiliac life can be a life that exceeds all expectations- and that I can contribute so greatly to this society.

Lastly, this trip humbled me to realize how fortunate I am to live in Canada and to have the great health care system that I am privileged to have access to. As this was a worldwide program, there were guys from less privileged countries such as India and Mexico, where not only factor isn’t always readily available, but Hemophilia is not recognized to be a chronic disorder politically and socially. The guys from Mexico and India fight every day to give more recognition to Hemophilia, from writing letters to governments, protesting or going on the media to talk about the grave conditions of Hemophilia. It brought tears to my eyes that some people are left to fend for themselves with this disorder, where in contrast, I can walk to my fridge to get a factor whenever I want to get a factor. As it came to say good-bye to these warriors from these countries, I hugged them and said, “never stop fighting” and this fighting sentiment that they hold dearly has most definitely made an impact on my life to keep fighting in whatever I do in my life.



This trip was a life-changing experience that I will cherish for the rest of my life. As a result of this program, I am inspired to make a difference in our hemophiliac society here in Saskatchewan. I hope that young Hemophiliacs that will turn my age in the near future take opportunities like these, and step up to the plate in reaching out to our community and painting Saskatchewan as a force within the global community.

Submitted by Jae Won Hur

*Hotdog's, hamburger's and more.
Followed by gooey S'mores!
Join Hemophilia SK for a fun afternoon
or Stay for the Weekend!
Cabins Available!
Pike Lake Provincial Park
June 6-8, 2014
BBQ will take place Sat at 4pm*



RSVP By May 29
Celena 306-237-4261
Email:
hemosask@hemophilia.ca

A scenic landscape photograph of a lake, forest, and mountains. The foreground shows a calm lake reflecting the surrounding greenery. A dense forest of evergreen trees lines the shore. In the background, rugged mountains rise under a soft, hazy sky. The overall tone is peaceful and natural.

Join us for a fun filled weekend
at Camp Kinasao at Christopher
Lake. Come out and meet with
old and new friends and
experience the beauty of the
north. Activities for the whole
family include canoeing, fishing,
archery, and challenge courses.
All meals and lodging provided.

Hemophilia SK Family Weekend

Sept 12-14, 2014

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

Please RSVP by Aug 15, 2014 to

Hemosask@hemophilia.ca

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



Want to see the newsletter in colour?

Send us your email address and start receiving an electronic edition of the Hemophilia Saskatchewan Newsletter.

Contact [**hemosask@hemophilia.ca**](mailto:hemosask@hemophilia.ca) today!

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 (ie. 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



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, 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

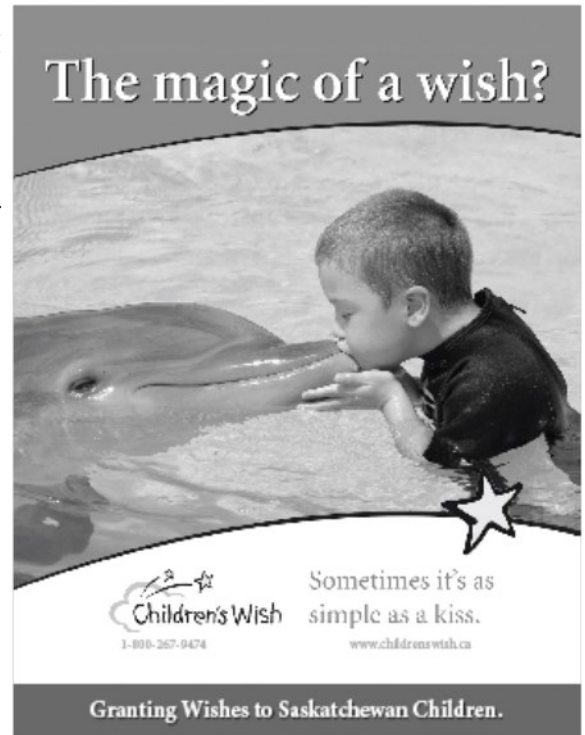
S7L 5X5

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 **July 20, 2014**. 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 Baxter, Bayer, Nova Nordisk, CSL Behring, Sasktel Telcare and Sasktel for the support given to our programs.

Baxter



Bayer HealthCare

CSL Behring
Biotherapies for Life™



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

Timeraiser (Regina)	May 8
HSK Family BBQ Pike Lake, SK	June 6-8
Deadline for August HSK Newsletter	July 20
HSK Family Weekend Camp Kinasao Christopher Lake, SK	Sept 12-14



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) program 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, Colleen, Nancy, and Tara at 306-655-6424.

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 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.

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



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