



Hemophilia Saskatchewan



February 2018

Winter Newsletter

2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: hemosask@gmail.com

***Hemophilia Saskatchewan
Invites you
to attend our
Annual General Meeting
in Combination with a Family Weekend.***

***We are hosting this event at the Shekinah Retreat Center
March 16-18, 2018.***

***Please join us for a weekend of activities in rustic experience
with fun activities, education session, and entertainment.***

***Visit the Shekinah Retreat Center website for information
about the resort:***

<https://www.shekinahretreatcentre.org/>

***Please email hemosask@gmail.com if you and/or your family
wish to attend.***

We look forward to seeing you and your whole family there!!

President's Message

2018 has come in with a blast of cold, but that doesn't stop us from doing what we do best in Saskatchewan - just living and coping despite the bitter freeze, and with that I would like to wish our membership all the best for this New Year. We are, as always, excited for what we have planned this year and hope you will be with us on many steps along the way. Our first important event of 2018 takes place in March 16-18. This year we are hosting a combination event - our Annual General Meeting along with a Family weekend at the Shekinah Retreat Center north of Saskatoon. Every 2 years we like to combine our AGM with a family retreat as we see more of our members this way and it is important for us to create meaningful events to make important connections happen. Please join us and mark that date on your calendar.

This year will be a year of product change and service change in the area of Care and Treatment for bleeding disorders. Some of our membership will experience a product switch at some point this year based on the new tenders that came out late 2017. SBDP has always been supportive and involved with these switches and we are certain they will continue to do the same. There is also a service change as the on call nurse service has been discontinued. We are currently in contact with the SBDP to see if there are other options to deal with needs in the off hours and how to handle them. We are also working very hard to get proper

pediatric hematology on call for our bleeding disorders members as this is not on par with other provinces. Hemophilia Saskatchewan has some work to do this year in the area of advocacy. Please contact us if you have any stories or issues you would like to share to help make our case.

Thank you as always for taking the time to read this newsletter and we are looking forward to a year filled with meaningful activities and connecting with you.

Wendy Quinn
President



Board of Directors

President:	Wendy Quinn	Director:	Angie Bedard-Haughn
Vice President:	Celena Moody	Director:	Brittany Lee-Acton
Treasurer:	Angela Lucyshyn	Director:	Kimberly Kroll-Goodwin
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		Director:	Vacant

**Want to know more about
Hemophilia Saskatchewan?
Check us out online at**

Internet: www.hemophiliask.ca

Twitter: [@HemophiliaSask](https://twitter.com/HemophiliaSask)

Facebook: [Hemophilia Saskatchewan](https://www.facebook.com/HemophiliaSaskatchewan)

Reminders to Those with a Bleeding Disorder Who Will be Undergoing Surgical or Dental Procedures

Our goal is to always provide our clients with a safe and effective plan of care while also keeping your optimal health and recovery in mind. In order to prevent bleeding complications, we ask that you remind your physician or dentist of your bleeding disorder on each visit. Take ownership and be proud to share with healthcare professionals what you know about your condition! Become familiar with your bleeding disorder and know the name of products you need to prevent a bleeding episode. Show your physician and/or dentist your Factor First / Treat First card on a pre-op visit/assessment. Ensure these professionals are aware to call us directly with any questions that arise.

Always ensure that you let the Saskatchewan Bleeding Disorder Team know well in advance of the procedure: **We need at least 2 weeks' notice of a date booked for surgical or dental procedures.** A phone call discussion with the nurse coordinator ahead of time can provide you with clarity on details for your surgery and hospital stay.

Any clients on home infusion should not have to bring in their product from home if their product is administered in hospital. Preparing yourself and family should be all that is expected of you.

The Nurse Coordinator will:

- Ensure coagulation product orders are prepared and reviewed with the Hematologist familiar with you. Process the orders by mail/fax once the nurse educator and staff nurses have been educated on how to mix and administer the product.
- Alert the transfusion lab staff to arrange for appropriate coagulation product to be ordered in from CBS (Canadian Blood Services), and be available.
- Alert the coagulation lab staff of lab work details to ensure they have adequate staff to process the factor level results requested, and report these to the Hematologist/nurse coordinator.
- Provide ongoing support to ward staff unfamiliar with factor concentrates and/or specific lab work requests.
- Ensure clarification prior to your discharge on the number of follow-up doses of factor to be given at home and/or a local hospital setting. (Also determine who will be administering these doses).

Any questions or concerns that arise please don't hesitate to call the nurse coordinators at (306) 381 - 4185.

We will be happy to assist!

Submitted by: Nancy Hodgson
Clinical Nurse Coordinator
Saskatchewan Bleeding Disorders Program



Saskatchewan Bleeding Disorders Program



Parking Changes you will see in Spring 2018



Change to pay on arrival by license plate system for visitor parking lots/parkades at Saskatoon urban hospitals.

On Tuesday, January 2, 2018, the visitor parking areas of St. Paul's (SPH) and Saskatoon City Hospitals (SCH) will change from an entry ticket/gated system to a pay on arrival by license plate system.

Royal University Hospital (RUH) will also adopt this system by mid-February or March 2018.

This change is the result of two years of consideration into parking systems that would be more efficient for visitors (to reduce queues upon exit) and reduce operational costs. This fall, a contract with Impark to install, monitor and ticket a pay on arrival by license plate system was signed following an open request for proposals.

Commissionaires and Impark Ambassadors will be at all three hospitals for several weeks/months after installation to assist the public.

What is changing at Royal University Hospital?

Visitor - All visitor parking will be pay on arrival by license plate beginning mid-February. Machines will be installed in multiple locations throughout the hospital, including the Dubé Centre and Cancer Centre, for easy access.

Meters - Meter heads in the Old Main Entrance loop and beside Dubé Centre for Mental Health will be removed, and all parking in these areas will be payable at the pay on arrival machines located inside the buildings.



Due to these changes that are beyond our control, we will no longer have the ability to cover parking costs when attending our program's appointments.

Submitted by:

Tara Schlosser

Saskatchewan Bleeding Disorders Program



The Saskatchewan Bleeding Disorders Program would like to update you on our current team as we have had a few changes over this past year.

We welcomed back Dr. Sinha from maternity leave in December.

Adult Hematologists

Dr. Kelsey Brose
Dr. Oksana Prokopchuk-Gauk

Social Work

Jennifer King

Physiotherapist
JoAnn Nilson

Pediatric Hematologists

Dr. Roona Sinha
Dr. Dave Stammer

Clinical Nurse Coordinators

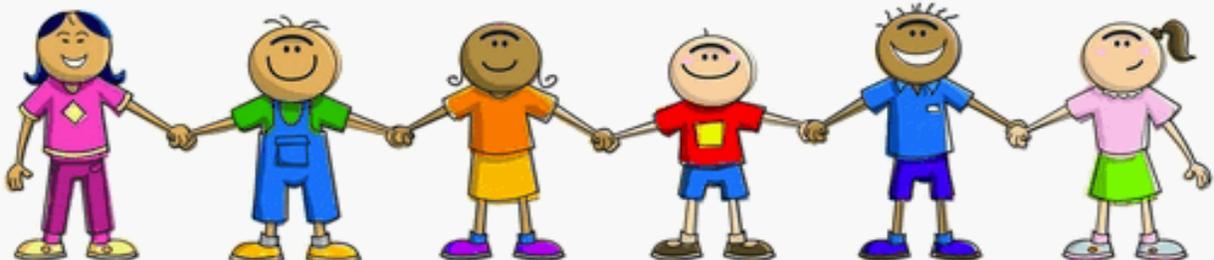
Nancy Hodgson
Tara Schlosser
O'Lynda Lovas

Manager

Dylan Chipperfield

Office Administrative Staff

Glennis Killoran
Shannon Buckingham





Saskatchewan Bleeding Disorders Program



Parenting in Chronic Illness

Often when parents are managing a household, raising a family and keeping up with life, our ability to stay focused on the most important areas of life get missed. Add to the mix a chronic health condition and we can say that there is a lot to manage. When the pressure mounts, are you parenting in an effective way and a way you are proud of?

There are so many articles out on the internet (Facebook, Instagram and Pinterest), so how do we sift through the best of the best? In a sense we get caught up in the new phrases of helicopter parenting, free range parenting and the original phrases authoritative, permissive and authoritative. What if it really is much simpler than this?

Understanding how our history and own childhood impacts our own parenting can be important, however sometimes all we need to know is that our kids need connection with us. In fact a research organization called Child Trends says that “science supports the idea that warmth and affection expressed by parents to their children results in life-long positive outcomes for those children” (<https://www.gottman.com/blog/how-a-parents-affection-shapes-a-childs-happiness-for-life/>).

In other words, the best thing you can do for your child is give them affection. Research has shown for decades that children require appropriate physical touch from those they love and trust. It helps them feel safe so they can go into the world and do big things. It helps them feel grounded and develop healthy boundaries for their bodies. It gives them a sense of being understood and the ability to share their day to day lives.

It can be difficult to do this if you grew up in a withdrawn family or with uncontrolled anger. There are also some who struggle with thoughts about not wanting to cuddle children or give them a false sense of the world. If you see the value of changing your family tree start with reading everything you can about healthy relationships and healthy touch between parents and children.

The reason this is so important for our group in bleeding disorders, is that your children are going through many appointments with health professionals and they need to feel safe and grounded. When they are being given treatment and feel pain, loving touch from a parent has a significant impact on how they do because of the good oxytocin and other hormones that are released when kids are loved by their parents. If you find your child is anxious or struggling with other mental health issues, healthy touch could have a significant impact when done with the right motives.

A good starting point is reading well supported articles on the importance of physical touch and connected discipline. I've included several articles to get you started:

<https://www.gottman.com/blog/how-a-parents-affection-shapes-a-childs-happiness-for-life/>

[https://www.parent.com/how-to-end-screen-time-without-a-struggle/?](https://www.parent.com/how-to-end-screen-time-without-a-struggle/?utm_campaign=coschedule&utm_source=facebook_page&utm_medium=Parent.co&utm_content=How+to+End+Screen+Time+Without+A+Struggle)

[utm_campaign=coschedule&utm_source=facebook_page&utm_medium=Parent.co&utm_content=How+to+End+Screen+Time+Without+A+Struggle](https://www.parent.com/how-to-end-screen-time-without-a-struggle/?utm_campaign=coschedule&utm_source=facebook_page&utm_medium=Parent.co&utm_content=How+to+End+Screen+Time+Without+A+Struggle)

<http://mamablog.teach-through-love.com/2016/01/three-ways-you-can-be-more-empathetic.html?m=1>

<http://mamablog.teach-through-love.com/2014/10/how-to-bring-more-love-fun-calm-into-your-family.html?m=1>

<http://www.creativechild.com/articles/view/6-alternatives-to-punishment>

Submitted by: Jennifer King



Saskatchewan Bleeding Disorders Program



Why Psychosocial Pain Management Matters

Over the past two years (and a bit more) our clinic has been working to develop a pain assessment tool. It is currently used in our adult clinics and you have likely been asked to help us with surveys and questionnaires so that it can be validated. The second side of the questionnaire asks for a list of current pain management options. There are four sections to choose from and they include pharmaceutical/medical, psychosocial, prevention and physical.

As our clinic has been reviewing this with patients, I often get people skipping over the psychosocial components. There are many reasons for this and one of them is that as a society we don't know enough about how our brain works especially with pain management. Neuroplasticity is a fairly new term although it is become a bit more main stream. It means that the brain can change, grow and learn new things over the whole lifespan. Knowing that the brain is able to change is good because when we learn new information we can act or behave in a new way. When it comes to pain, we want the brain to have the full ability to learn and change because there is a direct effect on the way the brain thinks and how we perceive and cope with pain.

Knowing that we can calm the brain even when we are experiencing pain can help us try new psychological ways to manage pain. These techniques include distraction, relaxation, hypnosis, mindfulness, or counselling including Cognitive Behavioural Therapy or Acceptance and Commitment Therapy.

Examples:

Distraction: watching tv, having a conversation with a friend, learning a new hobby, reading a book

Relaxation: breathing techniques, progressive body relaxation

Hypnosis: turning a switch on or off, the Magic Glove Technique often used with younger patients for needle pain

Mindfulness: being in the present moment, letting thoughts and feelings come and go without judgement, understanding how pain impacts your day to day life

Counselling: exploring history of pain, messages you believe about pain and your current situation, defining goals and values, understanding the mind and how to learn new ways of perceiving experiences

Using these techniques as a part of overall pain management (using all 4 P's of Pain Management) can become quite effective. As a part of prevention strategies, social work can also discuss the prevention of needle pain, pacing, avoiding activities and work/career choices. Pain is an internal subjective event – it is different for every one – but it should be assessed and managed well.

Submitted by:

Jennifer King



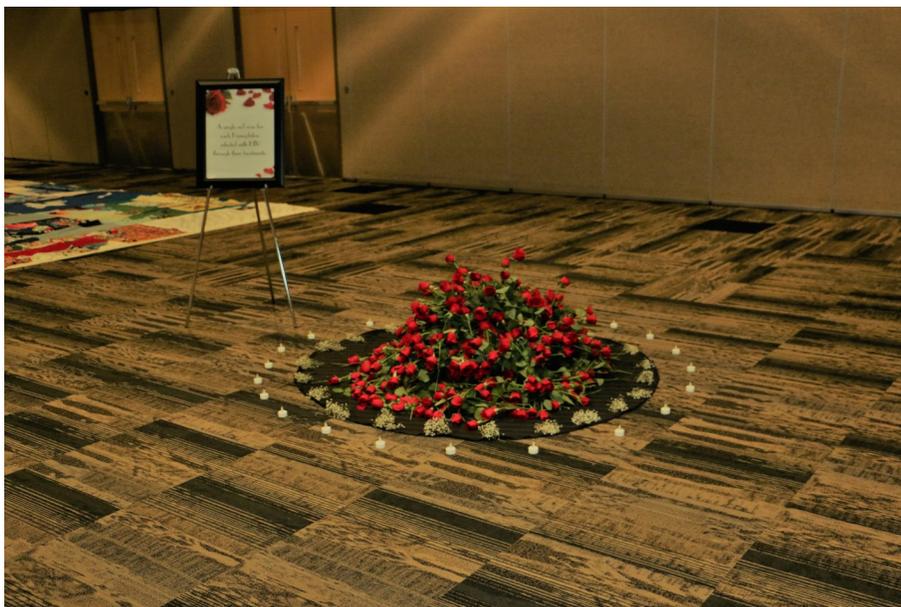


Commemoration Event

On November 18th, members and friends of HSK gathered to recognize the 20th anniversary of the release of the inquiry into the Canadian Tainted Blood Tragedy, nicknamed the Krever Report. Close to 100 people met for dinner at TCU Place in Saskatoon. Following the dinner, we were treated to short speeches by Wendy Quinn (HSK), Helene Bourgaize (CHS), Jason Mecredi (AIDS Saskatoon), and Greg Riehl (Canadian AIDS Society), as well as a moving address by Keynote Speaker Eric Stolte, past president of HSK. Eric spoke of the difficulties and losses faced in the 1980s and 1990s in the bleeding disorders community, as well as the triumphs and growth that came from this great tragedy.



Following the program, our guests had a private viewing of 30 sections of the Canadian AIDS Memorial Quilt, which is a magnificent art installation created by friends and family of those lost to AIDS. We had 700 roses to signify each Hemophiliac lost to tainted blood. Hemophilia Saskatchewan would like to thank Lana Price-Wright for emceeing, TCU Place for hosting, and everyone who made the trip from far and wide to join us for this very special occasion. Special thanks goes to AIDS Saskatoon for providing information and red ribbons, and Canadian AIDS Society for providing us with the Quilt sections.



Submitted by Brittany Lee-Acton

Lisle and Elaine Spence Award

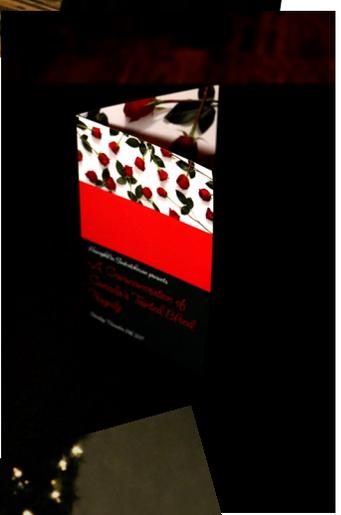
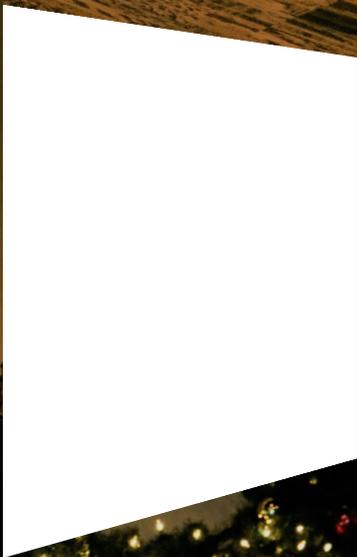
Lisle and Elaine Spence organized the Saskatchewan Chapter of the Canadian Hemophilia Society in 1965. Elaine Spence taught herself to type at her kitchen table at the farm west of Rosetown, which became the home of Saskatchewan's first chapter. The Spence's were involved in many activities that would bring the members together. Their son Tom was the reason for their involvement with Hemophilia Society as he was a "bleeder" as Lisle Spence puts it. Tom remembers his parents hosting summer wiener roasts for families affected by Hemophilia. Dr. Alvin Buckwold at the times was a mentor to the Chapter and through his involvement with the Saskatchewan Council for Crippled Children and Adults, (now The Saskatchewan Abilities Council), arrangements were made for meeting space at their office at 1410 Kilburn ave. Several boy's attended Camp Easter Seal at Manitou Beach during the summer of 1965. Tom Spence has shared that his father Lisle Spence would be very proud to be honoured by having an award named for him. Lisle and Elaine Spence spent countless hours working for better care for people with Bleeding disorders, not only in Saskatchewan, but also through their involvement at the National level. In 2015 the Lisle and Elaine Spence Award was created to honor those who have given exemplary service to Hemophilia Saskatchewan through their dedication, volunteerism, passion for the cause. *This year's recipients are Eric and Marion Stolte.*

Eric Stolte:

Eric Stolte became involved with hemophilia care after his son Lyf was born with hemophilia. He initially became Vice President of Hemophilia Saskatchewan in 1992, then went on to the role of President 1994-2001. Eric was involved with the creation of the comprehensive treatment center which we know as the SBDC today and has risen to many heights. During his time with Hemophilia Saskatchewan he was able to work with a twinning project between Canada and Mongolia, and received a chapter leadership award for his work with Hemophilia Saskatchewan. Eric went on to become the president of Canadian Hemophilia Society and was recognized in many ways for his accomplishments there. Eric went further and became renowned in the international sector as the Chair of the International Projects committee, member of the WFH executive and presently holds many titles with WFH. He has been the recipient of the Frank Schnabel award (the highest honor for CHS) in 2007, and just recently in 2015 received the International Contribution Award from CHS. Hemophilia Saskatchewan has been fortunate to have Eric a part of our history

Marion Stolte:

Marion began volunteering with HSK shortly after the Stolte family moved to Saskatoon in 1987. She volunteered as the HSK liaison at the Bleeding Disorders Clinic for several years, meeting and encouraging new families with hemophilia and other inherited bleeding disorders. Marion took over the responsibility of the HSK newsletter in the 1990s from Peter Felsing. And volunteered in the educational family weekends and other activities. From 2001-2004 Marion was the Regional Coordinator for Hemophilia Saskatchewan and left the position when she moved to Ontario with Eric. During the 1990s Marion took part in various CHS workshops, later becoming chair of the National Volunteer Development Committee from 2006-2012. Once the Stoltes moved to London, Ontario, Marion became involved with the Southwestern Ontario Region (SWOR) of Hemophilia, through volunteering and then on the Board of the SWOR chapter for several years. Currently, Marion just finished chairing the CHS/HSB (Bangladesh) twinning project, and will begin work with Twinning Project with the Philippines.



Insurance and Medical Conditions—

Considering Insurance? There can be a lot of information and a lot to consider when looking at medical insurance for you or your family. The Canadian Hemophilia Society has provided a breakdown of what you should consider when looking at insurance.

Start at the CHS website <http://www.hemophilia.ca/en/>. On the left menu bar click on Support and Education. From the new menu pick Insurance Coverage.

Here you will find three categories:

Individual Insurance Coverage – Working with a licensed insurance broker, anticipating needs, knowing your policy, disclosing your health status guaranteed insurability policies, and much more.

Travel Insurance Coverage – Examples of travel insurance and issuers, travel outside your province, studying abroad and away from your province, visitors and new arrivals to Canada and other helpful tips.

Provincial Drug Insurance – Provincial coverage, coverage levels for prescriptions drugs frequently used, anti-retroviral drug plans and provincial drug coverage and chronic Hepatitis C medication.

You can also find information on the OmbudServices for Life and Health Insurance (www.olhi.ca).

I carry copies of this information to all clinics so please ask if you want to review with me.

Jennifer King RSW
SBDP – Social Work



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



This years family xmas party followed an evening of remembrance at the 20th anniversary of the inquiry into the tainted blood tragedy. We gathered at the Radisson for a fun filled afternoon of swimming and water sliding. Followed by dinner and gifts and a game of hide and seek through out the hotel. It is always good to see all the kids as they grow older and welcome all the new faces. Events like these strengthen our community and make me glad to be a part of such a wonderful group.

Submitted by Celena LaVallie

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 (18 and over must have own membership separate from family/parents)

Bursary Application MUST include:

Current resume

Transcript of high school marks if applicable

Current Transcript of post secondary institute

Acceptance letter to post secondary institute

2 letters of reference

NOTE: Missing documentation from above will result in the application not meeting requirements and being turned away.

1. Personal Information:

Surname: _____ First Name: _____ DOB: _____

Permanent Address: _____

Email: _____ Telephone: _____ Cell: _____

2. Applicant's Bleeding disorder diagnosed: (If you are a family member (as defined above) of a person with a bleeding disorder got to #3). _____

3. Name of Family Member with diagnosed bleeding disorder: _____

Check one: _____ Sibling _____ Parent _____ Grandparent

Bleeding disorder diagnosed: _____

4. Education Information:

Name of Program: _____

Length of Program: _____

Year of Study: _____ Date Program Complete: _____

Bursary will be reviewed annually in and this year the application deadline is **November 30** of the current year. 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

Greycup Raffle Winners

Thank you to everyone that participated in our 2017 Greycup Raffle. Without all the volunteers throughout the province we would not be able to run this fundraiser. A special thanks to all our ticket sellers, following are a list of our winners for 2017.

Prizes Awarded:



Grand Prize \$1000.00 Karen Wapple

\$200 Dorothy Bennett

\$100 Delia Newsham, Vivian Eaton, Daryn Moody

\$25 Joy Ogden, D & A Wood, Willy Klassen, Dawn Callaghan, Marla Mayes, Trent McMahon, Kyle Pettyshield and Alisha Rak

No one is more cherished in this world than someone who lightens the burden of another.

“Hemophilia Saskatchewan thanks all our volunteers for their ongoing support”

CLIENT SERVICES

Did you know Client Services are available to registered members of Hemophilia Saskatchewan (HSK) who are cared for by the Saskatchewan Bleeding Disorders Program (SBDP).

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.

To be eligible for reimbursement email hemosask@gmail.com or go online to www.hemophiliask.ca for details. Forms can also be accessed at your next SBDP clinic visit.



Did you know that Children's Wish Foundation has granted over 20, 000 wishes in the last 30 years? And they do it because wishes make a difference.

"Joy is a wonder drug"

"Wishes work wonders"

(Children's Wish Foundation Website)

Children with moderate and severe hemophilia and other severe bleeding disorders between the ages of 3-17 can qualify for a wish. Wishes are to be special and meaningful to the child and the possibilities seem endless (take a look at the Children's Wish webpage and read all the stories). Typically the wishes fall into one of three categories: travel, item or celebrity contact (often involves travel). One wish is granted in a child's lifetime although a child can reapply if there are any subsequent, new, high risk life threatening diagnosis.

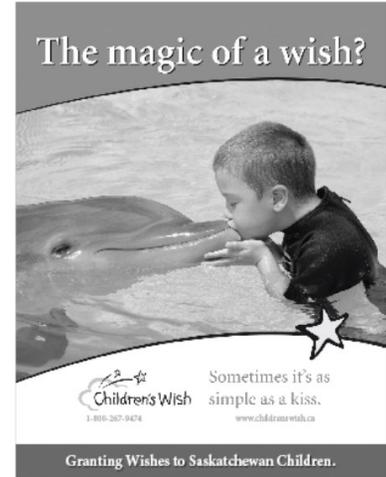
Anyone can make a referral but the parents or guardians must also express interest to the Foundation. Our contact in Saskatoon is:

Kristen Allen

kristen.allen@childrenswish.ca

Phone: 306-955-0511

They do require a doctor to confirm the medical condition which will require the parent/legal guardian to sign a consent form for the health region to provide that information. We can help complete this and assist with any forms in order to start the wish granting process.



Jennifer King RSW

SBDP - Social Work

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

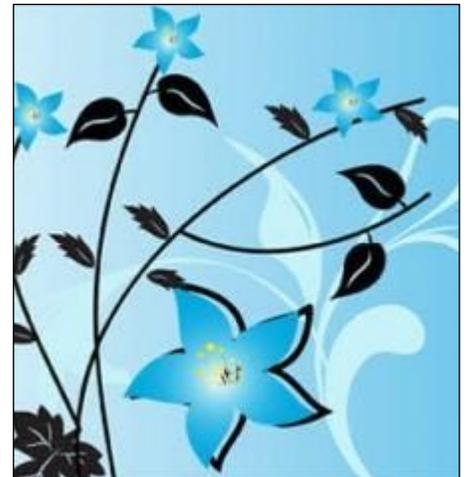
For application forms, please contact the Hemophilia Saskatchewan office by mail, phone or email.

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@gmail.com





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@gmail.com

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@gmail.com

\$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 onetime donation of \$200

I prefer to make a monthly donation in the amount of \$_____ and will pay with credit card by accessing the online option on website hemophiliask.ca and click on the **DONATE NOW** option.

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 cheque

I have enclosed 12 post dated cheques for the amount indicated

I prefer to make my monthly donation by credit card and will pay with credit card by accessing the online option on website hemophiliask.ca and click on the **DONATE NOW** option

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\$_____

I wish to donate by credit card and will submit this online at hemophiliask.ca and will click on the **DONATE NOW** button.

Thank you for your generosity.

Charitable Reg.# 119139954RR0001 is for the amount indicated

The next newsletter deadline is April 13, 2018. Your contributions are always welcome.

Email:
hemosask@gmail.com

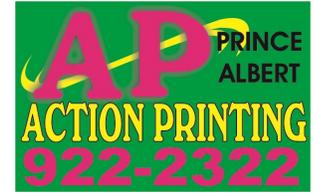
Or send to the office,
2366 Avenue C
North, Saskatoon,
SK S7L 5X5.

Hemophilia Saskatchewan acknowledges Action Printing, Bayer, Bioverativ, Pfizer, SaskTel Telcare, and SaskTel, for the support given to our programs and printing of the newsletter. Thanks to Bayer Inc. for the generous grant supporting this newsletter.



Bioverativ 

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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) 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 nurse coordinators at (306) 381-4185.

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

Updated July 13, 2015



Upcoming Events for 2018

Hemophilia Saskatchewan Annual General Meeting	March 16 -18
Deadline for Spring HSK Newsletter	April 13
World Hemophilia Day	April 17
Deadline for CHS Scholarship/Bursary	April 30
Youth/Preschool Activity Day	September TBD
Louise Paisley Memorial Bursary Application Deadline	November 30

What's new?

If you would like to receive an electronic copy of our newsletter instead of a print copy please email [**hemosask@gmail.com**](mailto:hemosask@gmail.com) with your name and email information.