



# *Hemophilia Saskatchewan*



February 2017

Winter Newsletter

2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: [hemosask@gmail.com](mailto:hemosask@gmail.com)

## **Hemophilia Saskatchewan Annual General Meeting & Linger Longer Day**

**March 11, 2017**

11:00—12:00 & 12:45—2:15

*Mayfair United Church*

*902 33rd Street West*

*Saskatoon, SK*



We are accepting nominations for board positions at the AGM.

Message [hemosask@gmail.com](mailto:hemosask@gmail.com) if you are interested in a board position  
or would like to nominate someone.

Lunch to follow AGM 12:00– 12:45

Kenni the Clown will be entertaining the kids from 1:00— 2:00 pm

Child care is provided free of charge

## President's Message

Happy New Year to all our members and readers. Here is hoping you all had a wonderful Christmas and the new year has brought promise and hope for good things to come. We had a wonderful beginning to our Christmas season 2016 with the Family Christmas party at the Radisson Hotel. It is the best feeling to know that so many of our members came that there was just enough room for all. Your participation and involvement means so much to us and we would love to see all our events attended this way. We have our AGM just around the corner (March 11, 2017) and this is a great opportunity to know what activities we have done for 2016 and what is coming for 2017.

We are so excited to bring a new activity to you this year and it is just around the corner. The SBDP in conjunction with Hemophilia Saskatchewan is hosting a Play'n'Stay evening activity on January 30th. Please see the details of this event within the newsletter. We are hoping to engage our toddlers to young school age members along with their parents in an evening of pottery and sharing of stories and challenges. If you have a toddler or young child make sure you take advantage of this activity.

So as always, stay in touch with us, join us when you can and there is so much more to come in 2017, I can barely stay contained!! See you all at the AGM and stay warm.

Wendy Quinn - President  
Hemophilia Saskatchewan



### Board of Directors

<b>President:</b>	Wendy Quinn	<b>Director:</b>	Vacant
<b>Vice President:</b>	Celena Moody	<b>Director:</b>	Micaella Fiacco
<b>Treasurer:</b>	Angie Bedard-Haughn	<b>Director:</b>	Brittany Lee-Acton
		<b>Director:</b>	Jae Won Hur
<b>Secretary:</b>	Vanessa Lockhart	<b>Director:</b>	Angie Lucyshyn

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

Internet: [www.hemophiliask.ca](http://www.hemophiliask.ca)

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

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





**Calling all Guys,**  
Once again Churchill  
River Canoe Outfitters,  
Missinippe, SK  
will be hosting our

**Guys Getaway**  
July 21-23 with the  
option to stay until  
Monday 24th.

These are some of our  
past photos from this  
spectacular event. Join  
us for this fun filled  
weekend of canoeing,  
fishing, kayaking and  
swimming.



Please contact us at  
[hemosask@gmail.com](mailto:hemosask@gmail.com)  
for more details or visit our website  
to register for this event.

Recommended for ages 7 and up but  
will be based on individual families.  
Open to all guys with bleeding  
disorders and male family members  
involved with their care.

Registration is \$50/household or  
\$25/individual guest. All food and  
lodging will be covered by  
Hemophilia SK for this event.

## Saskatchewan Bleeding Disorders Program



**Welcomes**

**Dr. David Stammers Pediatric Hematologist**  
**Oksana Prokopchuk-Gauk Hematologist**



*The Saskatchewan Bleeding Disorders team would like to welcome to the program,*

Dr. David Stammers, our new Pediatric Hematologist.



Hello! My name is Dr. David Stammers. I am the new pediatric hematologist joining the Saskatchewan Bleeding Disorders Program. I completed my training in Pediatrics in Winnipeg and most recently finished my Pediatric Hematology/Oncology Fellowship at the Hospital for Sick Children in June 2016. I'm excited to start a new adventure as a Pediatric Hematologist/Oncologist in Saskatoon and look forward to working with you all!

Oksana Prokopchuk-Gauk, MD, FRCPC  
 (Hematology)



I am delighted to have returned to the Saskatoon Health Region in May 2016, and am very pleased to have joined the Saskatchewan Bleeding Disorders Program this past October. I have a very interesting job as both a transfusion medicine physician (blood bank doctor) for Northern Saskatchewan, and an adult clinical hematologist. I completed my Doctor of Medicine and core internal medicine residency in Saskatoon at the University of Saskatchewan, followed by a residency in hematology in Calgary and a fellowship in transfusion medicine in Edmonton. I sincerely look forward to meeting everyone and working together with you in the future!





## Saskatchewan Bleeding Disorders Program



### Changes to **on call** Services



The Saskatchewan Bleeding Disorders Program had made some changes for the nurse on call service provided.

To ensure sustainability of the service the hours have been changes to extend to 9 pm for **urgent calls** instead of 10:30 pm.

This will be effective January 1<sup>st</sup>, 2017. Remember you always can access care at your local emergency department.

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You may contact the Clinical Nurse Coordinator on duty @ 306-381-4185  
For any concerns or questions

Available Monday-Friday 8:00am – 9:00 pm

**After-hours on call for urgent matters**

**Daily 4:30pm - 9:00 pm**

**&**

**Weekends 8:00 am - 9:00 pm**

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#### **A Reminder...**

The CHS Scholarship Program deadline is **April 30, 2017**. For award categories, criteria and application go to: <http://www.hemophilia.ca/en/support-and-education/james-kreppner-scholarship-program/>

Please let us know as soon as possible if you need the Proof of Eligibility Form.

Jennifer King BSW, RSW

SBDP Social Work  
306-655-6503





## **CBDR and MyCBDR**

The integrated Canadian Bleeding Disorders Registry (CBDR) and MyCBDR online reporting system has started to be implemented gradually in bleeding disorder treatment centres (HTCs) throughout Canada. MyCBDR has been available since spring for most of our patients and we are hoping that the Saskatchewan Bleeding Disorders Program (SBDP) will be fully operational with CBDR before Christmas.

### **What is CBDR?**

The Canadian Bleeding Disorders Registry (CBDR) is a clinical database for patients in Canada with bleeding disorders. CBDR is designed to be used on a daily basis by clinicians in all Canadian HTCs to assist in managing the treatment of people with bleeding disorders and to gain a better understanding of the incidence and prevalence of bleeding disorders. This information will also be used to understand demand for, and to facilitate ordering of, clotting factor products.

### **What is MyCBDR?**

MyCBDR is an Internet-based tool available as a computer program and mobile application (Android, iOS). This system is used by patients, or their caregivers, on home infusion. MyCBDR is directly linked to the CBDR via the patient's HTC. MyCBDR is a fast, secure and a confidential way to record your bleeds and home infusions, in order to share this information with your health care team, manage your stock and inventory of factor concentrates at home, and keep a readily accessible record of your own health care.

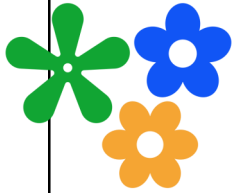
MyCBDR offers several benefits such as:

- the end of keeping paper records of your bleeds
- fast and easy transmission of information on your bleeds and infusions using a computer or mobile device (it takes less than a minute to fill in and send most infusion reports)
- the ability to easily consult and print out information on your use of factor concentrates and areas of your body affected by your bleeds (so that you will be better able to manage your own care)
- to be able to send current and accurate information on your bleeds to your health care team (so that they will be better able to guide you through your home care)
- more complete information on the health outcomes for patients receiving home treatment (which will help clinicians and researchers improve treatment and care for all patients).

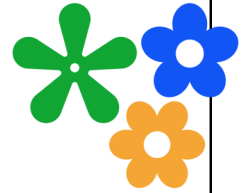
The Saskatchewan Bleeding Disorders Program (SBDP) is excited to starting using this wonderful registry and we can't wait to have a look at all the information that has already been submitted by you through MyCBDR.

(This information was gathered from the CBDR information page and from the article written by François Laroche in Hemophilia today, August 2016 edition)

Submitted by Nancy Hodgson, Clinical Coordinator, SBDP on Oct 28/16.



Social Work Week is March 19-25, 2017  
and the focus for this year is  
“Social Workers—The Power to Empower”.



According to a web search, to empower is when you give (someone) the authority or power to do something, or make (someone) stronger and more confident, especially in controlling their life and claiming their rights.

There are times in health care where people feel the health care team is in control of the decisions and outcomes, and at times this might be true, especially in emergency situations. Our hope as social workers is that we can give you all of the information to “empower” you to make the decision that fits you and your family in the best way possible. As a health care team we know the disease and treatment from a very medical point of view, you however know it from a very practical point of view. You know what is possible to do in your life and we want to help you do the very best in that. What we need for this to happen is communication—and this goes both ways. Hearing and understanding keep the doors to empowerment open.

If you **ever** have concerns that you are not being heard or that you are not able to make decisions about treatment that work for you, please let me know so that we can work through these difficulties and support you.

Jennifer King BSW, RSW

306-655-6503

[jennifer.king@saskatoonhealthregion.ca](mailto:jennifer.king@saskatoonhealthregion.ca)

## 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](mailto:hemosask@gmail.com) or go online to [www.hemophiliask.ca](http://www.hemophiliask.ca) for details. Forms can also be accessed at your next SBDP clinic visit.



## ***Tweet for Hope* contest: organized by Pfizer, hosted by the CHS.**

This year, we're switching things up from the annual Pfizer *Take a Break* contest, typically hosted on our Facebook page, to hosting the first annual Pfizer *Tweet for Hope* contest on our Twitter page ([@CHShemophilia](https://twitter.com/CHShemophilia))!

Now is your chance to share your thoughts about what inspires hope in your life. Whether it's a teacher or coach who has encouraged you, volunteering your time in the community, or friends and family, tweet what makes you feel hopeful for your chance to win the *Tweet for Hope* contest from Pfizer. For every day that you tweet, you will be entered to win a weekly prize of \$500 as well as a grand prize of \$1,000, which will be drawn on February 15, 2017. Moreover, the provincial CHS chapter of each prize winner will receive a matching contribution to further benefit the local bleeding disorder community.

*How to participate?* First, you need to follow us on Twitter at [@CHShemophilia](https://twitter.com/CHShemophilia). Then, you can register on the *Tweet for Hope* contest webpage and tweet your message about what or who inspires hope in your life. Make sure to include the hashtag **#Tweet4Hope** and tag [@CHShemophilia](https://twitter.com/CHShemophilia) to be entered in the weekly and grand prize draws. Each week, a \$500 winner will be selected via random draw, with the grand prize (\$1,000) winner randomly selected on **February 15, 2017**.

Please share with the community via e-mail, Facebook and Twitter!



CANADIAN HEMOPHILIA SOCIETY | SOCIÉTÉ CANADIENNE DE L'HÉMOPHILIE

Tél. : 514 848-0503 / 1 800 668-2686

[chs@hemophilia.ca](mailto:chs@hemophilia.ca)

[www.hemophilia.ca](http://www.hemophilia.ca)

## ***Thank You!***

Grey cup raffle- Once again our Grey Cup Raffle has been a huge success. Thanks to everyone that promotes and participates in this awesome Canadian tradition while also supporting Hemophilia SK. Proceeds from this fundraiser go to research and programming to improve the lives of people living with bleeding disorders.



## 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



## 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.

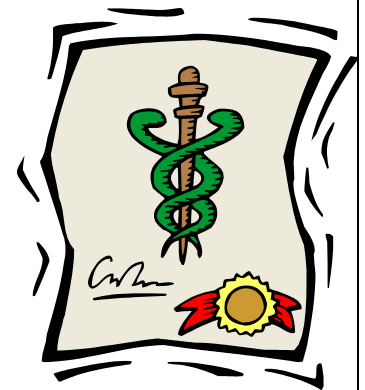
Start at the CHS website <http://www.hemophilia.ca/en/>. On the left menu bar click on Support and Education. From the new menu pick Insurance Coverage.

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](http://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



## 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](mailto:sldaizy@yahoo.com) or [hemosask@gmail.com](mailto:hemosask@gmail.com)



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



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





## Saskatchewan Hemophilia Society Christmas Party 2016

On November 26<sup>th</sup>, 2016 we held our Family Christmas party at the Radisson Hotel, Saskatoon.



It was an a great gathering. In the afternoon there were swimming and snacks, a wonderful evening of cocktails and supper buffet, followed by Christmas caroling, gifts for the kids, and a wine pull for the adults.





Thank-you to Hemophilia  
Saskatchewan for providing  
rooms for those members who  
were from out of town.

To our board members who worked  
tirelessly to put together such a great event,  
it was nice to see the everyone enjoyed  
themselves, so much. The adults had time  
to visit and the kids were able to go  
swimming and/or visit with other kids.



Thank-you to the Radisson Hotel for hosting our group, and  
for the wonderful meal!



## 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, 2017**. 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 "200 Club"

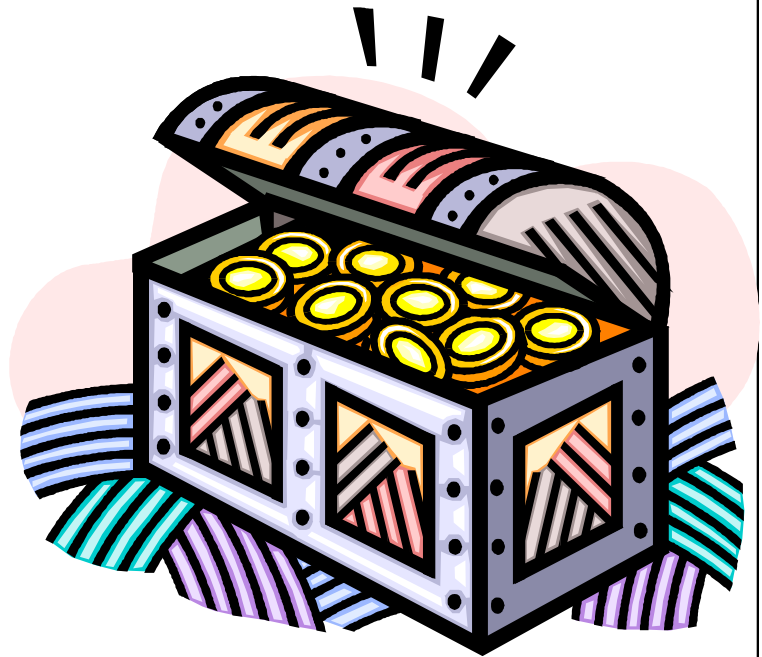
**Purpose:** To provide a stable, reliable, predictable, ongoing and adequate source for funding. If we can find at least 100 families, groups or individuals who will pledge a minimum of \$200 per year on an ongoing basis for the foreseeable future, Hemophilia Saskatchewan would be assured of a minimum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



### HSK is proud to introduce our new PRESCHOOL STAY & PLAY PROGRAM!



This is a special program for families with kids under six who live with a bleeding disorder. We understand that families with young kids who are affected by bleeding disorders have unique needs and struggles, and we want to join together to share our stories, tips, and tricks while you share yours with us!

If your family fits this description, please join us on **January 30th at 6pm** in Saskatoon! We will be reading and painting pottery, along with having snacks and a discussion circle.

Members of the SBDP team will be on hand to offer their expertise on questions that may arise that are unique to this age group. For more information, please email [HSKStayAndPlay@hotmail.com](mailto:HSKStayAndPlay@hotmail.com) and register **no later than January 25th**. We hope to see you there!

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

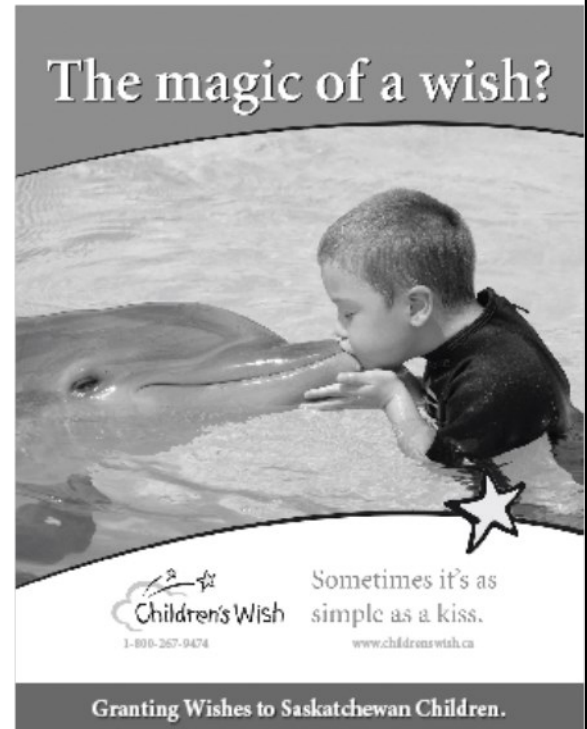
kristen.allen@childrenswish.ca

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



**Save the date!**



***Commemorating Those Lost and Injured From  
Canada's Tainted Blood Tragedy***

**Saturday, November 18th**

2017 marks the 20 year anniversary of the completion into Canada's tainted blood tragedy. To commemorate those lost and injured in our bleeding disorders community, we will be holding an event on Saturday, November 18th. Please mark your calendar so that you can join us in honouring our families and history. More information will follow.



## 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](mailto:hemosask@gmail.com)

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*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](mailto: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 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

The next newsletter deadline is April 14, 2017. Your contributions are always welcome.

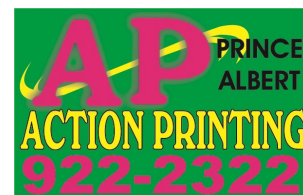
Email: [hemosask@gmail.com](mailto:hemosask@gmail.com).

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

Hemophilia Saskatchewan acknowledges Action Printing, Baxalta, Bayer, Biogen, 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.



SaskTel



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 2017

Preschool Stay & Play Program	January 30
Hemophilia Saskatchewan Annual General Meeting	March 11
Social Workers Week	March 19-25
Deadline for Spring HSK Newsletter	April 14
World Hemophilia Day	April 17
Deadline for CHS Scholarship/Bursary	April 30
Guys Get Away	July 21-23
Commemorating those lost and injured	November 18

**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 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

## 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.