



Hemophilia Saskatchewan



February 2015

Winter Newsletter

2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: hemosask@hemophilia.ca



Hemophilia SK AGM & Family Weekend

March 27-29, 2015 (note date correction)

Elk Ridge Resort (near Waskesiu)

Meals and Lodging provided

Registration \$50/Family

Or \$25/Single

Register Early as Space is Limited

*Roger Boucher Magic is the entertainment for
Saturday night*

Registration Deadline Feb 28, 2015

Contact:

hemosask@hemophilia.ca

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



President's Message Hemophilia Saskatchewan Newsletter

Greetings All!

Another Christmas season has come and gone, and here we are into 2015 already looking forward to the exciting year ahead. Firstly, however, I would like to reflect on the great accomplishments of 2014. In 2014 we finally completed the policy for our Client Services Program. This program serves our bleeding disorder members directly and is an assurance to us that the work that is being done is benefitting the individual who needs care. This is very important to Hemophilia Saskatchewan. The program policy and application is available at the bleeding disorder clinic and will be made available yearly with the newsletter.

We were also so pleased to have the opportunity to talk to some of our membership one to one on the phone through our Contact Campaign in 2014. This campaign helped us organize and qualify our membership list to ensure we are connecting with those who want to be connected with us. We thank our membership for their participation. Lastly, we ended our year beautifully with our annual Christmas party that was well attended. We are so glad that we could have so many members take part in this evening of gift giving, wonderful food and music, building on the friendships that exist and creating new ones. Nothing is more special to Hemophilia Saskatchewan than this.

We are very excited about our next big event which is our AGM. Traditionally our AGM has been a Saturday afternoon meeting at the end of March, but this year we have made a weekend event of it at the Elk Ridge Resort in Waskesiu, SK in lieu of our cancelled Family Weekend in September 2014. Please see all the details in this newsletter.

The next exciting project on the horizon is the development of our own website for easier access to us and all our resources. We are in the process of developing this and will share with you what we can as we go forward. Stay tuned...

As always, Hemophilia Saskatchewan is here for our bleeding disorder community. Don't hesitate to contact us by phone, email, or mail. We want to continue to stay connected, please help us do that.

Wendy Quinn
President Hemophilia Saskatchewan



Board of Directors

President: Wendy Quinn

Vice President: Celena Moody

Treasurer: Derek Bissonnette

Secretary: Lorrie Kagle

Director: Vanessa Lockhart

Director: Sandra Dionne

Director: Ann Lukian

Director: Angie Bedard-Haughn

Director: Jae Won Hur

Thanks for the Help!

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



Bayer HealthCare



Saskatchewan Bleeding Disorders Program

Hemophilia Injury Recognition Tool (HIRT?) is now available for download



HIRT?



HIRT? was officially launched December 4th, 2014 in a joint media event between Winnipeg and Saskatoon. It is now available for download.

This app was developed following research with and feedback from young men age 18-35 with Mild Hemophilia. This research identified that young men with mild hemophilia often delay getting medical treatment because they cannot always determine the difference between ‘mild’ injuries and significant bleeds. The recently released CHS booklet “Identifying common joint & muscle bleeds” is included in the app to further assist with assessment.

This App will assist young men with mild hemophilia in self-management by:

- Helping them to identify signs and symptoms of a bleed Encouraging the use of first aid
- Reminding the young men to re-assess the injury (1 hour, 24 hours and 2 days) until the risk of re-bleed has passed
- Providing Hemophilia treatment center contact information so they can access medical attention if the symptoms worsen

Download information is available on the CHS website- see “Care and Treatment, Physiotherapy” <http://www.hemophilia.ca/en/care-and-treatment/physiotherapy/>.

It is free and available from the Apple Store and Google Play. The app is adaptable to all screens (e.g., smartphones and tablets).

The development team: JoAnn Nilson, Kathy Mulder, Kristy Wittmeier, Candice Schachter, Richard Lomotey and Sarah Oosman

For any questions or if you are interested in participating in the evaluation contact:
joann.nilson@saskatoonhealthregion.ca

..... **Hello and Happy New Year!**

I came across this resource and wanted to make people aware of it. It is a search website that links people to Federal and Provincial benefit programs by province.

It's called the Canada Benefit Finder, and it could be useful in finding services for yourself, family or friends.

<http://www.canadabenefits.gc.ca/f.1.2c.6.3zardq.5esti.4ns@.jsp?lang=eng>

All the best in 2015!

Michelle Sims
Social Worker SBDP



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, 2015**. 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

Insurance and Medical Conditions—

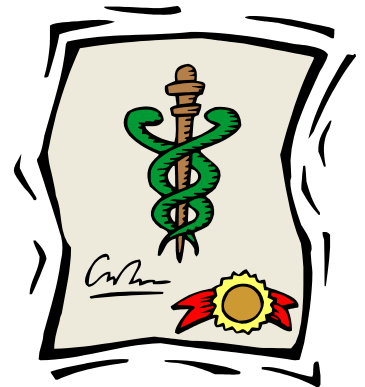
Hi everyone- I just want to draw your attention to the useful new link on the Canadian Hemophilia Society website- under Support and Education, the last item in the dropdown menu is **INSURANCE**.

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

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

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

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



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

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

It's a great resource! Check it out!

Submitted by Michelle Sims Social Worker, SBDP

Hemophilia Saskatchewan “Physical Activity” Bursary Program

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

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

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



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.



April 17, 2015 is World HEMOPHILIA Day

What are you doing?

Post your responses on Facebook:

search

Hemophilia Saskatchewan



Hemophilia Saskatchewan is a supporter of the Hemophilia Research Million Dollar Club. We make a contribution to this fund yearly and would like to share the acknowledgement we received from Canadian Hemophilia Society for our 2014 contribution. For more information on this research fund follow this link: <http://www.hemophilia.ca/en/about-the-chs/to-support-us/hemophilia-research-million-dollar-club/>



Hemophilia
Research
Million
Dollar
Club

Club du million
de dollars
pour la
recherche
sur l'hémophilie

Administrators

Norman Locke, Chairperson
Brad Barbour
Sheri Spady

January 21, 2015

Wendy Quinn, President
Hemophilia Saskatchewan
2366 Avenue C North
Saskatoon, SK S7L 5X5

Dear Mrs. Quinn,

On behalf of the Administrators of the Hemophilia Research Million Dollar Club (HRMDC), I would like to thank Hemophilia Saskatchewan for its very generous donation towards the endowment fund of the HRMDC. Your donation of \$5,000 went to purchase a Voting Class Certificate (#262) in the name of Hemophilia Saskatchewan.

The fund has presently surpassed the \$2,100,000 mark and in 2015 the Club will be providing \$138,000 to fund research into bleeding disorders. It is through the generous support of chapters like yours that we are able to fund research that one day will lead to a cure.

Once again our heart-felt thanks for continued support.

Sincerely,

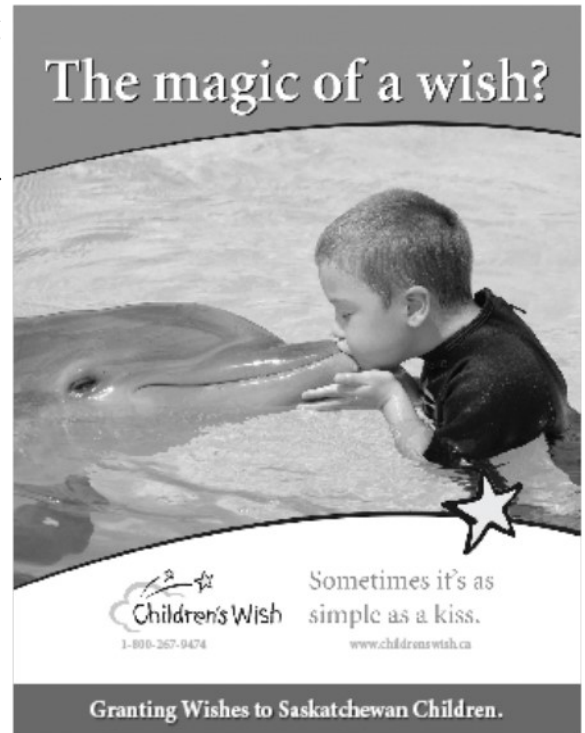
Norman Locke, Chairperson on behalf of
Administrators for the Hemophilia Research Million Dollar Club

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.

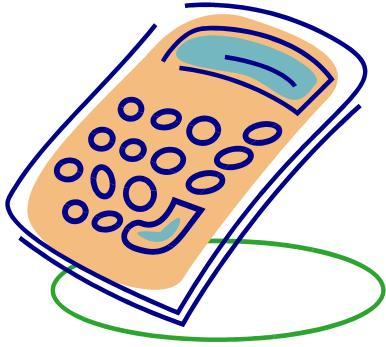
Don't hesitate to contact me if you have questions, or if I can be of any help!

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

Social Worker, Sask. Bleeding Disorders Program

306-655-6503

Well, that time of the year is coming- - Tax Time!



Did you hear about the cannibal Tax accountant?

She charges an arm and a leg!

What do Cannibal tax advisors do after their office
Christmas dinner?

Toast their clients!

Bad jokes aside, just a reminder about income tax information related to health.

Medical Travel Expenses:

If you travel for medical care, there are also deductions to consider:

- * Round trips of over 40k (most direct route) can be claimed.
- * Mileage and parking, fares, cab, gas costs etc are included
- * For trips of over 80k, you can also claim meals and accommodation.

The claim must be reasonable and documented (SBDP post clinic letters would meet this requirement.)

You can claim over 12 months, not by tax year- this can be important in maximizing the claim because it is based on a percentage of a larger number.

The claim can be maximized by using one claimant, or it can be shared.

Submitted by Michelle Sims, Social Worker for the SBDP

Remembering the Tainted Blood Tragedy: Commemoration 2014

submitted by Faye Katzman, FayeKatzman@gmail.com

Background

During the 80's, Canada's blood system was contaminated with HCV and HIV. Twenty thousand - 30,000 Canadians contracted hepatitis C; over 1200 Canadians contracted HIV which **at that time**, inevitably progressed to AIDS. (note: in 2014, with treatment adherence, people living with HIV can live an almost normal life span.) During the tainted blood tragedy, the hemophilia community was decimated. Described as the worst public health disaster in Canadian history, the tragedy was preventable.

Justice Horace Krever was appointed to head the Commission of Inquiry on the Blood System in Canada. The Krever Inquiry began in October 1993 with its Final Report released in November 1997. Justice Krever's number one recommendation was that all blood-injured Canadians receive compensation, and receive the compensation in a timely manner. For many Canadians, the legal sagas continue to this day.

For a greater appreciation of the cascading events (cavalier decisions, non-decisions, delays, destruction of key documents, importing plasma collected in US prisons, using up supply of contaminated product . . .), I recommend two books and a dvd which are available through the Saskatchewan library system:

Andre Picard The Gift of Death: Confronting Canada's Tainted blood Tragedy, 1998

Vic Parsons Bad Blood: the Tragedy of the Canadian Tainted Blood Scandal, 1995

Marilyn Ness (Director) Bad Blood: A Cautionary Tale (82 minutes; 2010)

The Canadian Hemophilia Society encourages each chapter to find its own ways to commemorate the tainted blood tragedy each year. **Are you interested in planning, organizing and/or participating in future commemoration events? e.g. Commemoration 2017 will mark 20 years since the release of Krever's Final Report and there are two more commemorations between now and 2017. If so, speak with a board member; your interest would be warmly welcomed!**

<http://www.hemophilia.ca/en/commemoration-of-the-tainted-blood-tragedy/tree-of-life/commemorations/hemophilia-saskatchewan---commemoration-2014>



**“Those who cannot remember the past are condemned to repeat it.”
George Santayana
Saskatchewan
Remembers,
Commemoration 2014**

Attached is a picture of the commemoration display that was at the Saskatoon perm clinic from November 26-28, 2014
Submitted by Jeff Martel through Faye Katzman

November 6, 2014

Health Minister Duncan introduced Faye Katzman at the Legislative Assembly of Saskatchewan. He welcomed her to the Saskatchewan Legislature and acknowledged she "is here to commemorate the Krever Inquiry (report)) which was released 17 years ago this month, and to remember the many lives that were affected by this tainted blood tragedy."

November 26, 27 & 28, 2014 Regina

A commemoration display was set up for three days at Canadian Blood Services, 2571 Broad Street, Regina, SK. The display featured the Hemophilia Commemoration Plaque that was presented to CBS at the tree dedication service held at Wascana Park, in front of the Legislative Building, 27 October 2009.



Photograph by: Don Healy , Regina Leader-Post. November 28, 2014

"This plaque honours the memory of our loved ones who died because they were infused with tainted blood, and acknowledges the struggle of those who survive. Their courage inspires us to remain committed to the safety of Canada's blood system."

Complementing the plaque was a memorial candle, commemoration cards, and a floral arrangement (red and white flowers) donated by Wascana Flower Shoppe, 333 Victoria Ave E.

November 26, 27 & 28, 2014 Saskatoon

A commemoration display was set up for three days at Canadian Blood Services, 325 Twentieth Street East, Saskatoon, SK. The display featured two memorial candles, a floral arrangement donated by Funky Petals, 212 Third Avenue South, and CHS commemoration cards:

"Honouring the memory of our loved ones who died because they were infused with tainted blood; acknowledging the struggle of those who survive. Their courage inspires us to remain committed to the safety of Canada's blood system."

November 28, 2014 Regina Leader-Post

Heather Polischuk, Reporter (Regina L-P) interviewed F Katzman re: Commemoration 2014

<http://www.leaderpost.com/health/Commemorating+those+impacted+tainted+blood+scandal/10429105/story.html>

December 1, 2014 Regina Leader-Post

The Polischuk interview, including a front-page photo of the CBS Regina Commemoration display, appeared in Regina Leader Post, Monday December 1, 2014 (World AIDS Day).

**Hemophilia Saskatchewan thanks Shelley Scopick, "Funky Petals", 212 Third Avenue South, Saskatoon, and Petra Janssen, "Wascana Flower Shoppe", 333 Victoria Avenue East, Regina.
Your generous donation of a beautiful floral arrangement greatly enhanced Commemoration 2014.**

Seasonal Influenza Vaccine

A few reminders for those Persons with Bleeding Disorders

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

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



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

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

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

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

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

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

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

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

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

It's easy to make a buck. It's a lot tougher to make a difference.



Hemophilia Saskatchewan thanks all our volunteers!

DONATING JUST GOT EASIER

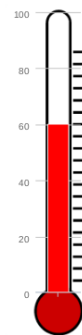
We have taken the memberships suggestion to heart and have made donating easier for everyone. Hemophilia Saskatchewan now offers the ability to donate online. Our organization has registered with CanadaHelps.org. You can make one time donations or setup regularly monthly donations. The benefits of donating online are 1) it's quick and very easy 2) you receive your tax receipt very shortly after. To take advantage of this great new service go to the provincial page of the Canadian Hemophilia Society website (<http://www.hemophilia.ca/en/provincial-chapters/saskatchewan/>) and click on the new image:



Message from our Treasurer!

Hemophilia Saskatchewan's annual Grey Cup Raffle fundraiser was a huge success again this year. Thank you to everyone who bought tickets. We sold every single winning ticket and gave out \$2,225 worth of prizes! It was a joy calling the surprised, and lucky winners. We raised approximately \$2,000 which will be used towards youth programming and various events throughout the 2015 year. We look forward to doing the fundraiser again next year. Hopefully with the Roughriders in the final this time. ☺

Submitted by Derek Bissonnette



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





Christmas 2014!

This years Christmas gathering by members of the bleeding disorders community was once again a success! It was held in Saskatoon on a frosty December afternoon and then into the evening. It is a great feeling to see the community come together and to continue to see new faces every year as we grow.

I remember when we first started going and it was comforting to see "senior" (for lack of a better word) members of the community, and talking with them and taking great comfort in the fact that we were not alone and have a great amount of support from the people around us in similar situations.

The kids had a great time swimming and it was followed by a terrific meal and of course presents! Great seasonal music was provided and the kids sang some Christmas carols to bring in the spirit of the season. It is always fun to see how much the kids grow in a year and catch up on everyone's activities and accomplishments.

Submitted by: Daryn Moody





Calling All Guys!!!



To all "guys", Once again it is time for the "Guys Get Away." This year's version will once again take place at Churchill River Canoe Outfitters, Missinipe, SK. Enjoy a weekend in beautiful northern Saskatchewan. Canoeing, kayaking, fishing, swimming and everything that goes with "roughing it" in northern Saskatchewan. (Well not too rough!!). Come and join your fellow "Guys" July 24 to 26, 2015, at Missinipe Lake. This is open to all guys affected with bleeding disorders and male family members directly affected or involved with family members with a bleeding disorder.



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



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society

Help Stop the Bleeding

Membership Form

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

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

Canadian Hemophilia Society will use the information above to:

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

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

2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: hemosask@hemophilia.ca

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

Reg. # 119139954 RR0001

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

Email: hemosask@hemophilia.ca

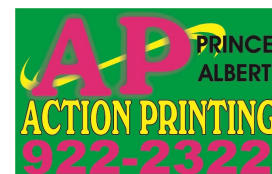
Or send to the office,
2366 Avenue C North,
Saskatoon, SK S7L 5X5.

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




Bayer HealthCare



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

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

Upcoming Events for 2015

Hemophilia Saskatchewan Annual General Meeting	March 27-29
World Hemophilia Day	April 17
Deadline for Spring HSK Newsletter	April 20
Deadline for CHS Scholarship/Bursary	April 30
Guys' Getaway	July 24 to 26



Just a friendly reminder!

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

Saskatchewan's Help Lines

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

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

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

What's new?

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