

HFMD MISSION

We dedicate ourselves to advancing the quality of life of individuals and families affected by hemophilia or other bleeding disorders by providing a broad range of services and programs.

Inside this issue:

Romarheim Family	3
Annual Meeting	4
Save the Date	
Gala Registration	5
HFA Symposium	6
NHF Washington Days	
Choice Making 101	7
Group Fitness	8
Board Update	
Treatment Centers	9
Contributions	10-11
Calendar	12

Women's Educational Event Held October 11th & 12th

The **9th** Annual Women's Educational Event was held at the Oakridge Conference Center in Chaska. The women and girls who attended truly love this opportunity to get educated and socialize with each other.



Saturday began with **Dr. Rajiv Pruthi**, hematologist from Mayo Hemophilia Treatment Center, discussing *Iron Deficiency & Menorrhagia Treatments*. **Lynne Szott, RN, CCM**, who is a CSL-Behring speaker, gave sessions on the *Affordable Care Act* and *Health Care Management*. Then **Ann-Marie Nazzaro, PhD**, from the *Foundation for Women and Girls with Bleeding Disorders*, informed us on how their group is preparing current and future providers. Hands on sessions included Art Therapy which focused on body image and was led by therapist **Sarah Watson, LLPC**, and *Staying Fit with Things from Home*, led by physical therapist **Kim Baumann, MPT** from the Center for Bleeding & Clotting Disorders at University of Minnesota Health.

Besides providing educational content to women with bleeding disorders, the event also provided plenty of fun activities. The gals from **MelisSalon** of Chaska were back offering manicures and wonderful conversation. We also played *Minute to Win It*, which included competitions involving spaghetti, marshmallows, cotton balls and petroleum jelly. We ended the evening with a bonfire, hot chocolate, and tasty s'mores.

continued on page 4....



BAYER HEALTHCARE AND THE HEMOPHILIA COMMUNITY

commitment, leadership & innovation

For information on Bayer's Educational Patient and Community Resources, contact your Hematology Account Executive by calling 1-888-79-BAYER.



©2014 Bayer HealthCare Pharmaceuticals Inc. All rights reserved.
BAYER and the Bayer Cross are registered trademarks of Bayer.
Printed in USA 03/14 KN1000614A



Coburn-Keenan Foundation sponsors Romarheim Family Attendance at NHF's Annual Meeting

HFMD 4th Annual "Step Out for Bleeding Disorders" Minnesota Walk held on Sunday, August 3, 2014 was a HUGE success, with our Walk Teams raising over \$21,000! The first place prize for the team raising the most funds was a trip to the National Hemophilia Foundation's Annual Meeting in Washington, DC donated by the Colburn-Keenan Foundation. Our first place winners were Team Burke-Romarheim who brought in over \$5,000! The Romarheim family enjoyed this educational trip in September. The following is Kari Burke-Romarheim's accounting of their experience.

Our family shares sincere gratitude [to the Coburn Keenan Foundation] for the experience we had at the NHF Annual Meeting in Washington D.C. We would never have considered attending this event without the funding provided by the foundation. Thank you! Our children still talk about it, especially our 6 year old, who actually brought pictures to his 1st grade class for "show and tell" and talked about his time at the conference and time in Washington D.C. His favorite part was going to the top of the Washington Monument!



For me personally, it was a very emotional, powerful, empowering, uplifting and educational experience. I was very excited for the opportunity for our whole family to travel together, and our oldest son was extremely excited and talked about it for weeks in advance!

So many things impacted me. One of the first experiences was going to the "new families" lunch. We sat with a couple who was probably in their 50's. Our oldest son (6-years) got to meet and talk to a hemophiliac who was much older and had a much different life situation than our boys have now. It was powerful to hear Andreas ask him if he had a port, and why he didn't have a port. One of my hopes for the event was that our boys would realize that they are not the only ones with hemophilia or with ports. And, the whole event was nothing but positive for all of us!

I felt supported and I learned so much. I appreciated the parent round tables and being able to talk to other parents to hear their stories that resonated with our life, to getting tips about how to use music and art to help with living with a bleeding disorder.

One of greatest experiences for me, was our night at the National Zoo where we got to eat next to the lions and tigers and our final night spent at the Smithsonian National Air and Space Museum. Our boys liked having dessert there and seeing the planes and rocket ships, and seeing the movie in the Omni theater. All of that was wonderful. Yet, for me, the most powerful was that I knew and experienced people who actually care enough and want to support families like ours...families that live with a chronic disorder every day and that for us (and all the other families that were there), to even have one evening where we feel special and cared for....that is priceless...

Thank you. Beyond words. Thank you.
-Kari Burke-Romarheim

....Women's Educational Event continued from cover

On Sunday, **Sue Curoe, RN, MS** from University of Minnesota Health led a morning walk around the lake. The women look forward to this walk all year, and the fall colors were vibrant. The group warmly welcomed back **Dr. Margaret Heisel-Kurth**, hematologist from Children's Minneapolis Hemophilia Center. She led an *Ask the Provider* session and discussed pain issues. The group loved her words of wisdom.

The retreat ended with a brunch and the women and teens revitalized. Thanks to all the speakers, HTC staff, and the women's outreach group from HFMD who helped make this event possible. A special thanks to **Mark Wiener & Dena Ianello-Zimmer**, from CSL Behring, for all their help and financial support with the event.

By Sue Curoe



HEMOPHILIA
FOUNDATION
OF MINNESOTA/DAKOTAS

2015

SAVE THE DATE

HFMD ANNUAL MEETING

APRIL 10TH & 11TH



CROWNE PLAZA, BLOOMINGTON, MOA

3 APPLETREE SQUARE, BLOOMINGTON, MN 55425



FRIDAY NIGHT - DINNER @
CROWNE PLAZA THEN
NICKELODEON UNIVERSE FOR ALL
MEMBERS!

SATURDAY - KEYNOTE
SPEAKERS, EDUCATION, AND
NETWORKING!



HEMOPHILIA
FOUNDATION
OF MINNESOTA/DAKOTAS

Nickelodeon
UNIVERSE
MALL OF AMERICA®



Register for this year's Gala by completing the registration form below and mailing it to us;
or by calling our offices at 651-406-8655.

Hearts of Hope Gala
February 21, 2015

Name _____
Address _____
City/State/Zip _____
Telephone (home) _____ (cell/work) _____
E-mail address _____

Individual Seat:

☐ \$ 75 x number of guests _____ = \$ _____ OR
Sponsorship Levels: (Event Sponsors are recognized in the program)

- ☐ \$ 500 (includes 4 individual seats)
☐ \$ 1,200 (includes 6 individual seats)
☐ \$ 3,000 (includes 1 table of 8 seats)
☐ \$ 5,000 (includes 2 tables of 8 seats)
☐ \$10,000 (includes 3 tables of 8 seats)

As an Event Sponsor we wish to be listed in the program as:

☐ We are unable to attend but wish to make a tax deductible donation
of \$ _____

Visa/MasterCard/Am Exp _____ Exp. Date ____/____
Name as it appears on card: _____

Your cleared check or credit card payment confirms your reservation

Seating Information

If you are attending the event with other guests, please complete the
following to facilitate seating at the same table.*

Seating will be in tables of eight (Please print)

Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____
Name _____	Address _____	City _____	Zip _____

☐ We do not have a preference, please arrange seating for us.

**Every effort will be made to seat guests according to their preference,
however, we are unable to guarantee seating at the same table.*



HFA Symposium 2015 is coming to St. Louis!

In 2015, we want to recognize the unique perspectives that every patient, family, and caregiver brings as we celebrate a *Gateway to a Stronger Community*! We are excited for the first time to team up with one of our member organizations, Gateway Hemophilia Association, to bring you the most dynamic and largest Symposium to date!

Symposium is an annual community-centered educational event that draws hundreds of members from the bleeding disorders community together to share information, learn new advancements, and build a network of support! Each year, we offer travel scholarships to first time attendees who need financial assistance.

We hope you will join us for this special celebration to reconnect and meet new community members in St. Louis! Visit HFA's website to learn more and register: <http://www.hemophiliafed.org/programs/meetings-events/educational-symposium>.



NATIONAL HEMOPHILIA FOUNDATION

WASHINGTON DAYS



The National Hemophilia Foundation's (NHF's) Washington Days is the premiere advocacy event on Capitol Hill for the bleeding disorders community. Join more than 300 individuals with bleeding disorders and their families as we

educate our elected officials about the unique needs of the bleeding disorders community. Washington Days is a great opportunity to have your voice heard, network with other families from around the country and learn the key issues affecting our community.

NHF will hold Washington Days 2015 on Wednesday, February 25, 2015, through Friday, February 27, 2015, at the Crystal Gateway Marriott in Arlington, Virginia. Registration opened on Tuesday, January 6, 2015. We have secured a group rate of \$189 a night at the hotel. You must register by Friday, January 30, 2015 to secure this discounted rate. For more information and to register, please visit NHF's website at <https://www.hemophilia.org/Events-Meetings/Washington-Days>.

Choice Making 101 – The Course We Never Had

When your alarm clock goes off at 5:00 A.M., you make a choice, even before you're fully awake: do you hit the snooze button or get out of bed? Staying in bed for nine more minutes would be great, but if you snooze too many times, then you'll be late for work or school. This is only the first decision of your day, and one study shows that we each may make hundreds of decisions every day.

Since few schools offer "Choice Making 101", few of us may truly grasp that all choices are a trade. For some choices, the trade stands out like a whale in a swimming pool: you give up some money to get a candy bar, for example. Yet we don't have to be very old at all before our choices get far more complex, and these trades get much harder to see. So getting an "A" in CM-101 means always seeing clearly what you're giving up and always knowing what you're getting.

Those of us wrestling with a bleeding disorder could probably teach CM-101: deciding whether or not to take a risk to our health to get a chance to do something fun is a choice that we face almost every day, especially when we're young.

But earning that "A" or being able to teach the class also means not sugar-coating our trades to make the benefit look much better than it is or the cost seem smaller than it is. Almost all of us have so often been told not to risk our health that we may sometimes justify a risky activity by pumping up how much fun we'll get from it or dismissing how badly we might get hurt doing it.

Worse, we sometimes try to make a benefit do something that it just can't do when we choose an activity that we know won't make us happy: we may choose to do a risky behavior just because someone told us not to, and we don't really consider whether this activity itself is something we would really enjoy. Eventually, we learn to choose activities that we enjoy rather than enjoying the defiance associated with participating in a risky activity.

The "A" in CM-101 means that if we choose to play football or other high-contact sports, then we've carefully weighed the value of playing the sport against the risks that we may pay for even years in the future, and that we've also weighed all of the reasonable precautions, like taking the field only every other play, or becoming the punter, or wearing extra protective padding.

If you get that "A" in CM-101, then you won't pay \$200 for a \$1 candy bar, and you won't risk trading bleeding incidents for things that you don't greatly value. Your older self will thank you for the good choices that you make today.

By Donald Glascock (HFMD Board)

Group Fitness Event at Pinz

On Saturday, November 1st, the HFMD partnered with Children's Hospital & Clinics to host our 2nd annual bowling and lazar tag outing at Pinz in Oakdale. Because it was such a fun event last fall, it was no surprise our guest list quickly filled and we had to start a waiting list.



Physical Therapist, Cheryl Hansen opened the event with a rigorous group stretch to get everyone loose and limber enough to bowl. Once again, we had our own lanes at the 10-Pin Alley within the massive Pinz complex. With over 50 member/families ready to roll, the fun began with strikes, spares, and help from bumpers. Some of our younger bowlers also utilized ball slides at the top of their lane.

The pizza buffet and salad started at noon, and most of our bowlers put a few slices on their plate and took it back to their lane. After lunch, we did two rounds of very competitive lazar tag. It was 3 hours of food, fun, and catching up with each other. HFMD members truly enjoy visiting at our events. They often learn from each other and become friends. Group Fitness at Pinz 2014 was a blast, and we plan to hold it again next fall. Please see our Veinline and website calendars for upcoming HFMD events.

By Jim Paist

HFMD Board Updates



We had our Annual Board Business meeting on Saturday, November 15th at the Embassy Suites in Bloomington. While the Board meets six times per year, this is a mandatory in-person meeting where we spend a full day tackling policy and governance issues. Discussing the new North Dakota NHF chapter (their plan to be effective January 1st, 2015) was one of our many agenda items. We understand there is a desire in North Dakota to have more programs and events, and the HTC plan to facilitate a new chapter to accomplish these goals.

Two HFMD Board members have decided to step down due to time and family commitments. We extend our deepest thanks to Dr. Margaret Heisel-Kurth and Mike Neubert who each played such a key role on this Board for the past 6 years. They may not be Board members now, but both plan to remain involved with the HFMD. Casey MacCallum was elected to fill the Board Vice President seat vacated by Mike Neubert. We are in the process of recruiting another HTC Rep to fill the seat vacated by Dr. Heisel-Kurth.

We set our 2015 budget, covered a number of policy items, and listened to an informative presentation from Jenna Berneck, Executive Director of Community Health Charities, MN (pictured below). HFMD is a charter member organization of CHC, which is a federation of chronic illness charities whom employees can donate to, from their workplace. If CHC is not a giving option at your workplace, please contact us, or CHC to see if that employer may consider including CHC in their payroll giving program. *By Jim Paist*

Hemophilia Treatment Centers (Tri-State Area)

Hemophilia and Thrombosis Center Children's Hospital and Clinics of Minnesota (CHCMN)

2525 Chicago Avenue, CSC-175
Minneapolis, MN 55404
612-813-5940
angela.boyd@childrensmn.org

Margaret Heisel Kurth, MD
Susan Kearney, MD
Steve Nelson, MD
Michael Sprehe, MD, MPH
Skye Peltier, PA-C, MPH
Kim Jacobson, RN, CPNP
Jocelyn Gorlin, RN, CPNP
Jane Hennessy, RN, CPNP, MPH
Kristen Appert, RN, CPNP
Linda Litecky, RN
Sue Purdie, RN, BSN
Nicole Leonard, RN, BS
Cheryl Hansen, PT, CLT
Jill Swenson, LICSW
Beau Crabb, Genetics Counselor
Jennifer Lissick, PharmD
Angie Boyd, HTC Program Coordinator
Stephanie Davis, Administrative Assistant

Sanford Health, Sioux Falls, SD Region

1600 West 22nd Street
P. O. Box 5039
Sioux Falls, SD 57117
605-312-1000

Mustafa Barbour, MD, Program Coordinator
Kayelyn Wagner, MD
George Maher, MD
Jerilyn Moore, RN
Grant Boltjes, PT
Wendy Jensen, CCLS
Quinn Stein, Genetics Counselor
Nathan Anderson, MA, LSW
Kay Schroeder, RD
Melissa Kruce, Dietician

Center for Bleeding and Clotting Disorders

University of Minnesota Medical Center, Fairview
420 Delaware Street SE - MMC 713
B549 Mayo Building
Minneapolis, MN 55455
612-626-6455
htc@fairview.org

Mark Reding, MD
Helen McIntyre, MBA Program Manager
Ricky Chan, PA-C
Joni Osip, RN, MS NP-C
Susan Curoe, RN, MS
Vicky Hannemann, RN, BSN
Kerry Hansen, RN, BS
Kim Baumann, MPT
Amy Gilbertson, CPhT, Pharmacy Coordinator
Colleen Wherley, Genetics Counselor
Shannon Maloney, Administrative Secretary,
Data Coordinator

Mayo Comprehensive Hemophilia Center Mayo Clinic

Mayo 10-75E
200 First Street SW
Rochester, MN 55905
507-284-8634 or 1-800-344-7726
Ward.debra1@mayo.edu

Rajiv Pruthi, MBBS
Vilmarie Rodriguez, MD
Amy Eckerman, RN
Aubrey Manahan, RN
Dawn Olive, RN
Melinda Otto, LSW
Lyndsey Vandenberg, PT, DPT
Michelle Kluge, Genetics Counselor
Ivy Akogyeram, Pharm.D

Hemophilia Foundation of Minnesota/Dakotas Board of Directors 2015

John Schulte, President
Woodbury, MN

Casey MacCallum
Minneapolis, MN

Donald Glascock, Secretary
Rochester, MN

Kris Manns, Treasurer
Hudson, WI

Elizabeth Myers
Mellefte, SD

Vicky Hannemann
Minneapolis, MN

Carson Ouellette
Devils Lake, ND

Ignacio Ramos
Chaska, MN

Aaron Reeves
Rochester, MN

David Moss
Overland Park, KS

Staff:
Jim Paist
Executive Director

Carrie Kissoon
Event Coordinator

Kerry Budinger
Administrative Assistant

Dear HFM Donors,

On behalf of the Hemophilia Foundation of Minnesota and the Dakotas, I want to thank each and every one of you for supporting this organization in 2014. We had a phenomenal year with individual donations received because so many of you chose to support the HFM. It is your generosity that enables us to carry out our programs, events, and services for this bleeding disorders community. Your donations to the HFM are tax deductible, and deeply appreciated!!!

Organizational Contributors:**\$40,000 and Up**

Children's Hospitals and Clinics
Fairview Health
Sanford Health Fargo

\$20,000 - \$39,999

Baxter BioScience

\$14,000-19,999

Novo Nordisk Pharmaceutical
Bayer HealthCare

\$9,000 - \$13,999

CSL Behring
CVS Caremark Corporation
Express Scripts Inc
Mayo Clinic

\$3,000 - \$8,999

Buuck Family Foundation
Community Health Charities MN
Hemophilia Federation of America, Inc.
BioRx
Biogen Idec
Octapharma
Grifols
Pfizer
Kedron Biopharma
Walgreens

\$1,000 - \$2,999

ARJ Infusion Services
Accredo
Bell State Bank & Trust, Fargo
Minnesota Community Foundation
Maguire Agency
Mid-West Cornerstone HC
United Way

\$500 to \$999

Deano's Collision Specialists
The Park Tavern

Up to \$499

Aegis Foundation, Inc & Sanctuary Restaurant
Big Thrill Factory
Breadsmith
Bud's Electric
Carlson Advisors
Chanhassen Dinner Theater
City of SLP
Community Health
CRAVE & Ignite Models, Inc.
Crest Healthcare Supply
Crowne Plaza Plymouth
Dakota Supply Group
First National Bank of Mahanomen
Foss Swim School
Grand Casino Mille Lacs - Hinkley
Guthrie Theater
Haskell's of Minnetonka
Holt Landscapen Construction
Kid Create
Kurt Potach, DDS
Little Feet
MN Swarm
MN Vikings
MSP Hilton
Mars Chocolate
Maynards & Old Log Theater
Miller Motors
Mystic Lake Casino
Nascar Wallhauer, Jeff gordon
No Name Steaks
Ordway Center for the Performing Arts
PedalPub, Inc
Prime Therapeutics
Renaissance Festival
River Pines Dental
Saint Paul Orchestra
Saint Paul Saints
Sheraton Hotel
Stages Theatre Company
Surly Brewing Company
The Gary State Bank
Trader Joe's Minnetonka
US Bank
Walker Art Center
Wells Fargo Community Support Campaign

The HFMD gratefully acknowledges our donors who have given so generously. Below are donations received from January 1, 2014 through December 31, 2014.

If you have made a donation and your name is not listed, please contact HFMD.

\$1,000 and Up

Beth & Jon Anderson
Dick Bremer
Ronald Burke
Barb Henderson
Gary Newhouse
Tim & Patti O'Brien
Mark Weiner

\$500 - \$999

Susan Bickmore
Tim Boonstra
Paul & Jo-Anne Cass
Dusty Diekman
Jed Gorlin
Barbara Griffin
Randy & Laura Halter
Michael Johnson
Susan Kearney & Robert Rothaar
Kai & Carrie Kissoon
Andy Lawrence
Mike & Heidi Neubert
Joni Osip
Jennifer Paist & Tom Tiegan
Skye Peltier
Stacy Pike
Sue Purdie
Scott Rappa
Eli Romarheim
Kari Burke-Romarheim
Jon Schlosser
Judith Wegner
Mike Wheeler & Bridget Hegeman
Jane Zulueta

\$200 - \$499

Brian Benke
Dawn Bina
Gail & Mark Borchard
Don Cherrey
Mark Cherrey
Dan Fremont
Tom & Barb Greenslit
Michelle Halverson
Vicky Hanneman
Charlie Hofstrom
Teresa Hughes
Jane & Mike Hutchens
Dena Ianello-Zimmerman
Paul & Nancy Jaworski
Frank & Dr. Margaret Kurth
Roxanne Makepeace
Bill Metz
Jim & Stephanie Miller
Joe & Nancy MosBrucker
Julietta Naranjo
Bob & Gale Newman
Diane Norlin
James Paist
Mark & Stacy Plencner
Ingaborg Romarheim
Johannes Romarheim
Marit Romarheim
Vidar Romarheim
Whitney Roske
Theresa Schneider
John Schulte
Dan Tinklenberg
Joseph Willging
Steven Younstedt

\$100 - \$199

Joe and Renee Accurso
Patricia Alver
Tiffany Anderson
Janell Badami
Brad & Kim Baumann
Chris Blixt
Judi Bohm
Joan & Nathan Boyer
Diane Bratteli

In Memory of Geordes Holt
Michael Brocker
Lianne Burgess
Lara Caplan
Emily Cass
Joan Cass

Sandy Cass
Jennifer Cosgrove Perry Cowen
Sue Curoe
Lisa Dahl
Dalene (Dee) Dobitz
David Elrod
Dawn Evangelist
Patrick Farkas
Matthew Forgit
Randy Frahm
Ron Frye
Kallile Frykman Sherer
Greg Gilmer
Nancy & John Golden
Paul Gonyea
Jodi Gronberg
Vicky Hanneman
Kristy Heer
Natalie & Courtney Heer
James Herrick
Jennifer Hettterscheidt
Udo Holdorf
Cheryl Hornberg
Blair Huggins
Katie Hughes
David Jordan
Dan Kallberg
Kathy Klein
Kent & Julie Krabbenhoft
Gayle Kvenvold & Chuck Gould
Christian Laland
Cynthia Larson
Jeff Laurie
Mark Lis
Dave & Kathy Lundin
Kris & Joel Manns
JR Martinez
Josh & Beth Maus
Paula McIntyre
James Meehl
Deb Melhado
June Metz
Karen Meyer
Courtenay Misheski
Valerie Mogard
Chris Moquist
David Moss
V. Nordgren
Sean Nugent
Lois Nyman
Terese O'Donnell
Kelly O'Hara
Ben Olson
Monica Parks
Marilynn Pavlich
Kenrea Perell
Joseph Poepping
Shirley Propp
Janelle Pochardt
David & Kris Rauenhorst
Jill Riley
Jill Roden
Jan H Romarheim
Kip Russell
Kirstin Schmidt
J S Schulte
Jean Seely
Mark Simpson
D. Singer
Miranda Solem
Kelsey Thornton
Robert Tinklenberg
Y Valadez
Becky Valdez
Aaron Wahl
Lark Weller
John & Joy Wetzell
Joseph Willging
Cheryl Wistrom
Josh Worisek

\$50 - \$99

Helge Aase
Jerry Anfinson
Shannon Angeles
Julie Antal
E. Allen Armistead

Rebecca Banks
Kelly Beck
Wesley Beilke
Dean Berger
Richard & Judy Bergen
Tim Boonstra
Jeff Boucher
John Boucher
Jon Boucher
Jordan Boucher
Kimberly Boucher
Thomas Boucher
Marlene Broin-Strong
Elysia Buda
Brule and Lisa Buselmeier
Jeff Campbell
Brenda Carlson
Brian Carrington
Ricky Chan
Mary Conderodis
Chris Dahl
Richard Daniels
Sheri Denowski
Krista Dobitz
Paul Dobitz
Jean Doherty-Greenberg
Kathy Dufour
Michael Fahland
Michelle Forstrom
Pauline Fox
Marie Freidt
Barbara Gallagher
Stacy Gleason
Patty Gorter
Linda Grabow
Aimee Grant
Cathy Grant
Gary Grant
Jonathan Grant
Anfie Grossman
Jodee Gruebele
Theresa Grueneich
Ken Gustafson
Kathryn Hachey
Candice Hall
Marie Hallin
Brent Halverson
Doug Halverson
Loree Halverson
Pam Harens
Audun Arve Henriksen
Sara Holmberg
Vicky Honcharenko
Kathy Hughes
Eric Iverson
Mark Iverson
Ellyn Janski
Michael Johnson
Nancy Johnson
Jason Kalenborn
William & Elizabeth Kallberg Family
& Henry & Flora Lano Family
In memory of Mary Lano Dresen
Christine Koscielniak
Denise Kuntz
Mark Kunze
Margaret Kurth
Erin Kvittum
Kristena Lane
Joan Langdon
Rich Lanz
Mike & Karen Lewis
Krista Lindstrom
Drew Litecky
Patricia MacClean
A. Makela
Luke Makowski
Charles Manns
Kim Marrone
Casey McCallum
Greg Miller
Tom Montgomery
Evan Nauman
Dennis Nelson
Kim Neuman
Craig Neville
Rick & Judy Olson

Amy Ommen
Janet Patton
Alicia Pavlich
Cheryl Peterson
Leah Peterson
Aaron Reeves
Oyvind Romarheim
Barb Rucks
Jeanine Rundquist
Melissa Schantzen
Amanda Schatz
Vikki Scharmer
M. Kaye Scherer
BJ Schmidt
Virginia Schobinger
Kathy Schultz
Todd Selbitschka
Emily Siegrist
Linda Simon
Diane Sjolander
Linda Smith
Kathleen Snell
Jeremia Sorensen
Kae Stender
Barbara Stephenson
Mindy Stewart
Amy Swanson
Julie Thornton
Kaitlyn Thornton
Amy Thie
Mary Tkach
Kris Van Osnabrugge
Priscilla Veldt
Jack & Louis Warden
Mary Weets
Brenda Weisenberger
Tava Wilson
Brandon Wistrom
Steve Witcraft

Up to \$49

Kelly Ahola
Nathan Anderson
Rebecca Andreason
Paula & Bruce Andrews
Stephanie Anthony
K. Barnes
Jessica Behrens
Brent Beiswenger
Bethany Bennefeld
Wendy Bennefeld
Dean Berger
Allyson Berner
Sara Bertram
Carol Bistodeau
DeLon & Karen Bohrer
Colleen Boucher
Reagan Boucher
Cheryl Boucher-Pfau
Cassandra Bredy
Rich Bruns
Sara Bryan
F. Buda
Nancy Buda
Phyllis Bunker
Betty Cassidy
Tim & Kelly Cassidy
David Christenson
Lois Clark
on behalf of Easton Olson
Chris Collins
Amanda Copeland
David & Mary Crandall
Robert Crep
Melissa Cummins
Thomas Curley
Susan Curoe
Kelsey Dalby
Jean M. Daniels
Chip Davis
Ellen Depp

Adrienne Donze
Amy Eckerman
Tim Eklund
Dave Ellefson
Jaci Ellefson
Christine Emond
Eva Fercho
Amanda Ferguson
Naomi Ferguson
Karla Findley
Wendy Fischer
Teresa Fladager
Thalia Foss
Sharold Friedrich
Lois Fuqua
Louise Gerbig
Matthew & Teresa Germain
Amy Gilbertson
Don Glascock
Andrea Grabow
Alexandra Greenberg
Alex Gustafson
Terri Hamernick
Andy Hamilton
Dayna Hansen
Mike Hartmann
Tessa Hartmann
Beth Haugen
Theresa Hedman
Monica Heltemes
Darlene Highet
Greg Hjelm
Bonnie Hoppe
Krystle Hoppe
Alys Hornberg
Sharbeen Hoskins
Heather Hover
Courtney Howes
Christina Hughes
Richard & Barbara Hughes
Yvonne Hughes

Jessica Huntley
Jess Hutchison
Roger Iverson
J. Jaworski
Dan & Carolyn Janski
Rachel Javes
Brian & Cassandra Jaworski
Erick Johnson
Jill Johnson
Karna Johnson
Vicky Johnson
Joni Jonsgaard
Jean Kandt
Cindi Kilen
Caleb Klersy
Angie Klersy
William Kolpack
Lana Koski
Alyssa Kroshus
Toni Lamb
Stacey Laschen
Terry Lovejoy
Lisa Lustig
Claudette Lyng
Maggie Mackowick
Mary McAdam
Nancy McConachie
James McCormick
Tammy McIver
Brittanie McMahon
Gavin Milks
Annie Miller
Cathy Miller
Jason & Sherri Miller
Leslie Miller
R. Miller
Boots Misheski
Jenny Moldestad
Alicia Molenaar
Dannell Morast
Elizabeth Myers

Isaah Myhre
Anne Naas
Beth Napton
Becca Narverud
Beth Nelson
Grant Nelson
Andrew Norsted
Emily Olson
Carson Ouellette
Michael Percy
Renee Pilbeam
Jessie Poundstone
Lori Procal
Lavonne Propp
In Memory of Ginny North
Catherine Radintz
Julie Ramos
Kim Rasmussen
Derek Ready
Teri Rehmann
Andrea Ries
Cally Jo Roeker
Ervin & Shirley Roeker
Jerry Roeker
Larry Rowlett
Sonia Rucks
Diane Ruud
Jeff Rybacki
Dawn Ryswyk
Tracy Salberg
June Schatz
Barbara Schulte
Keri Sease
Stephen Senger
Amanda Shaw
Michael Shelton
Sharon Slavic
Heather Snesrud
Cathy Sparks
Sarah Starostka
Devon Stauffer

Tina Steffenson
Robert Stone, Jr
Kristie Sundquist
Ryan Swanson
Lisa Tabor
David Taute
Cheri Tetzlaff
Sara Thronson
Kristi Toy
Jennifer Trichie
For Tom Neil
Jennifer VanPelt
Sara Vogt
Paul Wahlstrom
Colleen Wallace
Kelly Wallenfelt
Marie Waller
Gladys Weeks
Heidi Wells
Sue Wenlund
Gloria Wilkie
Heather Young
Laura Young
Charleen Zinda
John Zwakman

Introducing...

myAccess™



Tap into My Access to help manage your condition—
or your loved one's—in a cost-effective manner

designed to help you cover the out-of-pocket costs
associated with your therapy

ACCESSED through the My Source™ program

Available for reenrollment every year

For more information or to enroll, call the My Source Hotline at
1-800-676-4266 to speak with a My Source Care Coordinator.

Brotherphics for Life® CSL Behring

Visit www.MySourceCSL.com.



www.facebook.com/vonWillebrandandU

My Access™ and My Source™ are trademarks of CSL Behring LLC.
©2014 CSL Behring LLC, 1020 First Avenue, PO Box 61501, King of Prussia, PA 19406-0901 USA
www.CSLBehring-us.com www.MySourceCSL.com COA14-03-0013 04/2014

my
Source™
Tap into it!

COAGULATION

Venline

NEWSLETTER OF THE HEMOPHILIA FOUNDATION OF MINNESOTA AND THE DAKOTAS

HFMD
750 South Plaza Drive
Suite 207
Mendota Heights, MN 55120

Phone: 651.406.8655
Fax: 651.406.8656
1-800-994-4363

Email: hemophiliafound@visi.com



Facebook at
facebook.com/theHFMD



Twitter at
twitter.com/hfmd



Donations can be made by sending them to the HFMD office or on our website www.hfmd.org using the PayPal donate button.



HEMOPHILIA
FOUNDATION
OF MINNESOTA/DAKOTAS

Prsrt Std
U S Postage
PAID
Permit #1146
Twin Cities MN

2015 Calendar of Events

- January 10-11, 2015.....Children's Hospital Education Event
Doubletree Hilton, St. Paul
- February 21, 2015.....Hearts of Hope Gala
Radisson Blu, Bloomington
- March 26-28, 2015.....Hemophilia Federation of Americas Symposium
Hyatt Regency, St. Louis, MO
- April 10-11, 2015.....HFMD Annual Meeting
Crowne Plaza, Bloomington
- June 2015.....Group Fitness
Bunker Beach (Date TBA)
- July 12-17, 2015.....Camp Courage North (True Friends)
- August 2, 2015 (Tentative).....Step Out for Bleeding Disorders Walk
Como Park, St. Paul

****The HFMD Board of Directors meets quarterly on the fourth Tuesday at 7:00 p.m.****

Visit our web site at www.hfmd.org for exciting news and updates!