



HEMOPHILIA
FOUNDATION
OF MINNESOTA/DAKOTAS

Veinline

Spring

2014

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.

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Diamonds to Denim at the Radisson Blu 2014 Hearts of Hope Gala

The HFMD annual Gala fund raiser was held on February 15th at the exciting and new Radisson Blu in Bloomington, MN next to the Mall of America. Over 200 guests came to support the HFMD to help raise money for our programs and services in 2014.

The event opened with our silent auction on the hotel skywalk. With dozens of great items on display, the bidding was busy as our guests mingled in the long and glassy space. Once the silent auction closed, our group moved into the ballroom where our Master of Ceremonies, Dick Bremer dazzled us with some hilarious stories about pranks that he and his FSN broadcast partner Bert Blyleven have pulled on each other over the years. It was truly an honor to have Dick Bremer return to lead our Gala. After calling Minnesota Twins games for over 30 years, Dick Bremer was inducted into the Minnesota Broadcasters Hall of Fame in 2013.

After loosening up our group with some good humor, Dick shared his personal connection to the hemophilia community. His best friend and first cousin Vance who Dick grew up with, had hemophilia and a wife and young son before Vance, became a victim of the tragic blood supply contamination in the late 1980's. Sadly, he passed away several years after being infected. After sharing this very personal history, Dick asked Vance's son Nathan, now in his early 20s, to stand up to be recognized by our guests. After a heart-felt round of applause for Nathan, Dick introduced our Auctioneer for the evening, Glen Fladeboe to start the live-auction. Dick did the color commentary on each item as Glen led the bidding. There was some competitive bidding on weekend getaways, Night at the Opera, and ½ inning in the FSN Television Broadcast Booth with Dick & Bert during a game this summer along with 4 game tickets.

Then to open our Fund a Need to raise money for our Patient Financial Assistance Program, a wonderful video of our assistance program in action ran highlighting a



member who needed a stair-lift in his home. The video was produced by very talented volunteer Perry Cowen. It was now time to recognize and thank our top level Gala sponsors up on stage with Dick Bremer. Baxter-BioScience and Express Scripts at the \$10,000 Diamond level. Bayer HealthCare, CSL Behring, CVS Caremark, Pfizer, and Novo Nordisk at the \$5,000 Platinum level. At the \$1,200 Silver Level: Accredo, Biogen Idec, Childrens Hospital & Clinics, Grifols, Maguire Agency, Octapharma, U of MN Medical Center-Fairview, & Walgreens. Patron level: Jon & Beth Andersen, Deano's Collision & Mechanical, Randy & Laura Halter. Supporters: Jim & Steph Miller, Jane & Mike Hutchens. Before the event program ended, it was time to draw the winner of our Diamond Drop raffle sponsored by Continental Diamond. Then it was time for music and mingling the rest of the night. The HFMD thanks all of our Gala sponsors and supporters for their generosity. Our Gala Committee did so much to get items donated for the auctions. A special thanks to committee Co Chair Stacie Cowen and to the following committee members: Brenda Adamson, Troy Gleason, Nancy Golden, Kristy Heer, Dena Ianello-Zimmerman, Stacy Luken, Monica Parks, Dan Tinklenberg, and Mark Weiner. HFMD Event Coordinator Carrie Kissoon did an outstanding job in helping to put this event together! We applaud the HFMD Board of Directors, event sponsors, and HTC staff, who did so much to bring guests and help get items donated. Thank you to all who volunteered, donated, and brought guests to the event. As our primary event fund raiser, our 2014 Gala was another success.

By James Paist

More photos on pages 2 & 14

2014 GALA



More GALA photos on page 14.

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HFMD Travel Scholarship 2014 NHF Annual Meeting

September 18 - 20, 2014 Washington DC
We can reimburse one individual for travel & lodging up to \$1,000 or more than one individual up to \$1,500.
One applicant selected each year

Eligibility Requirements

- You or immediate family member must have a bleeding disorder
- Must be a patient at one of our affiliated HTC's
- Priority given to those who have not previously attended NHF
- Write a letter to HFMD stating how you would benefit from attending the NHF Annual Meeting
- Letters must be submitted to HFMD before June 15th, 2013

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What Is XYNTHA?

Xyntha[®] Antihemophilic Factor (Recombinant), Plasma/Albumin-Free is indicated for the control and prevention of bleeding episodes in patients with hemophilia A (congenital factor VIII deficiency or classic hemophilia) and for surgical prophylaxis in patients with hemophilia A.

XYNTHA does not contain von Willebrand factor and, therefore, is not indicated in von Willebrand's disease.

Important Safety Information for XYNTHA

- Call your healthcare provider or go to the emergency department right away if you have any of the following symptoms because these may be signs of a serious allergic reaction: wheezing, trouble breathing, chest tightness, turning blue (look at lips and gums), fast heartbeat, swelling of the face, faintness, rash, or hives. XYNTHA contains trace amounts of hamster protein. You may develop an allergic reaction to these proteins. Tell your healthcare provider if you have had an allergic reaction to hamster protein.

- Call your healthcare provider right away if bleeding is not controlled after using XYNTHA; this may be a sign of an inhibitor, an antibody that may stop XYNTHA from working properly. Your healthcare provider may need to take blood tests to monitor for inhibitors.
- The most common adverse reaction in the safety and efficacy study is headache (24% of subjects) and in the surgery study is fever (43% of subjects). Other common side effects of XYNTHA include nausea, vomiting, diarrhea, or weakness.
- XYNTHA is an injectable medicine administered by intravenous (IV) infusion. You may experience local irritation when infusing XYNTHA after reconstitution in XYNTHA[®] SOLOFUSE[®].

Please see brief summary of full Prescribing Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Wyeth[®]

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**Antihemophilic Factor (Recombinant),
Plasma/Albumin-Free**



**Antihemophilic Factor (Recombinant),
Plasma/Albumin-Free**

R_x only

Brief Summary

See package insert for full Prescribing Information, including patient labeling. For further product information and current patient labeling, please visit XYNTHA.com or call Wyeth Pharmaceuticals toll-free at 1-800-934-5556.

Please read this Patient Information carefully before using XYNTHA and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your medical problems or your treatment.

What is XYNTHA?

XYNTHA is an injectable medicine that is used to help control and prevent bleeding in people with hemophilia A. Hemophilia A is also called classic hemophilia.

XYNTHA is not used to treat von Willebrand's disease.

What should I tell my healthcare provider before using XYNTHA?

Tell your healthcare provider about all your medical conditions, including if you:

- are pregnant or planning to become pregnant. It is not known if XYNTHA may harm your unborn baby.
- are breastfeeding. It is not known if XYNTHA passes into your milk and if it can harm your baby.

Tell your healthcare provider and pharmacist about all of the medicines you take, including all prescription and non-prescription medicines, such as over-the-counter medicines, supplements, or herbal remedies.

XYNTHA contains trace amounts of hamster proteins. You should not use XYNTHA if you are allergic to hamster protein.

How should I infuse XYNTHA?

Step-by-step instructions for infusing with XYNTHA are provided at the end of the complete Patient Information leaflet. The steps listed below are general guidelines for using XYNTHA. Always follow any specific instructions from your healthcare provider. If you are unsure of the procedures, please call your healthcare provider before using.

Call your healthcare provider right away if bleeding is not controlled after using XYNTHA. Your body can also make antibodies against XYNTHA (called "inhibitors") that may stop XYNTHA from working properly. Your healthcare provider may need to take blood tests from time to time to monitor for inhibitors.

Call your healthcare provider right away if you take more than the dose you should take.

Talk to your healthcare provider before traveling. Plan to bring enough XYNTHA for your treatment during this time.

What are the possible or reasonably likely side effects of XYNTHA?

Common side effects of XYNTHA are

- headache
- fever
- nausea
- vomiting
- diarrhea
- weakness

Call your healthcare provider or go to the emergency department right away if you have any of the following symptoms because these may be signs of a serious allergic reaction:

- wheezing
- difficulty breathing
- chest tightness
- turning blue (look at lips and gums)
- fast heartbeat
- swelling of the face
- faintness
- rash
- hives

Talk to your healthcare provider about any side effect that bothers you or that does not go away. You may report side effects to FDA at 1-800-FDA-1088.

How should I store XYNTHA?

Do not freeze.

Protect from light.

XYNTHA Vials

Store XYNTHA in the refrigerator at 36° to 46°F (2° to 8°C). Store the diluent syringe at 36° to 77°F (2° to 25°C).

XYNTHA can last at room temperature (below 77°F) for up to 3 months. If you store XYNTHA at room temperature, carefully write down the date you put XYNTHA at room temperature, so you will know when to either put it back in the refrigerator, use it, immediately, or throw it away. There is a space on the carton for you to write the date.

If stored at room temperature, XYNTHA can be returned one time to the refrigerator until the expiration date. Do not store at room temperature and return it to the refrigerator more than once. Throw away any unused XYNTHA after the expiration date.

Infuse XYNTHA within 3 hours of reconstitution. You can keep the reconstituted solution at room temperature before infusion, but if you have not used it in 3 hours, throw it away.

Do not use reconstituted XYNTHA if it is not clear to slightly opalescent and colorless.

Dispose of all materials, whether reconstituted or not, in an appropriate medical waste container.

XYNTHA SOLOFUSE

Store in the refrigerator at 36° to 46°F (2° to 8°C).

XYNTHA SOLOFUSE can last at room temperature (below 77°F) for up to 3 months. If you store XYNTHA SOLOFUSE at room temperature, carefully write down the date you put XYNTHA SOLOFUSE at room temperature, so you will know when to throw it away. There is a space on the carton for you to write the date.

Throw away any unused XYNTHA SOLOFUSE after the expiration date.

Infuse within 3 hours after reconstitution or after removal of the grey rubber tip cap from the prefilled dual-chamber syringe. You can keep the reconstituted solution at room temperature before infusion, but if it is not used in 3 hours, throw it away.

Do not use reconstituted XYNTHA if it is not clear to slightly opalescent and colorless.

Dispose of all materials, whether reconstituted or not, in an appropriate medical waste container.

What else should I know about XYNTHA?

Medicines are sometimes prescribed for purposes other than those listed here. Talk to your healthcare provider if you have any concerns. You can ask your healthcare provider for information about XYNTHA that was written for healthcare professionals.

Do not share XYNTHA with other people, even if they have the same symptoms that you have.

This brief summary is based on the Xyntha® [Antihemophilic Factor (Recombinant), Plasma/Albumin-Free] Prescribing Information LAB-0516-3.0, revised 06/12, and LAB-0500-7.0, revised 06/12.

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Mayo Clinic HTC Family Education Weekend



Chef Tim Cochran makes snacks from "Super Snacks for Super Kids" while chef-in-training, Dominic, assists.



Michelle Rice, NHF Director of Public Policy, walked us through use of the Insurance Toolkit.



Swimming at Chaos Waterpark, playing at Action City and Bingo were among the fun activities



Camp food - hamburgers and hot dogs!!



Margaret Gall - Dietician
Michelle Rice - NHF
Melinda Otto - HTC SW
Dawn Olive - HTC RN
Dr. Pruthi - HTC Director

Many questions were answered by our "Ask the Expert Panel."



Chef Tim & Mayo Clinic Dietician Margaret Gall teach us about healthy food choices.



Our fun and educational weekend ended with a 30 inch Gorilla Pizza delivered by the gorilla himself!!!

Washington Days was a great success: Thank Rep. Ellison and ask Senators Klobuchar and Senator Franken for support

Over 200 families and community members from throughout America came together in Washington DC for the National Hemophilia Foundation's Washington Days. We met with our congressional Representatives and Senators to discuss our HTC funding for programs and surveillance, and to encourage support for HR460.

Early Thursday morning I ran to the Rayburn Building to meet with Elizabeth Mandelman, Congressman Keith Ellison's Legislative Assistant, to thank her and Congressman Ellison for the support for HR460. We then headed to HFMD Board Member Carson Oullette new stomping ground at Senator Amy Klobuchar's office in the Hart Building. The two young secretaries think our Carson is the best intern they have. Our meeting with Legislative Assistant Kerry Allen went well but she did not give any indication on Senator Klobuchar's support.

After lunch I joined Lisa Maxwell who lives in a remote area of Montana. Like many families with hemophilia in Minnesota, she has a 4 hour drive to her son's HTC. We met with Hannah Vanhoose, Senator Jon Tester's Legislative Correspondent. Senator Tester has influence over the HTC funding because of his position on the Senate Appropriations Committee. We were late because Lisa got a chance to have a face-to-face meeting with Representative Daines (R-MT) in the Capital chambers.

Lisa and I split up after our meeting with Senator Tester's Legislative Correspondent. I went to meet with Maggie Henderson, Legislative Assistant to Senator Al Franken, while Lisa tackled the freshman Senator John Walsh (D – MT).

Currently HR460 has no counterpart in the Senate. Senator Franken is on the HELP Committee and could originate the Senate complement to House bill HR460. I explained the cost of hemophilia treatment to Maggie. How my 60 kilos, please don't feel the need to do the conversion, needs 3,000 units to bring my severe factor level to somewhat normal clotting amounts, for two days. How the recommended prophylactic treatment plan means that I need to treat three times a week. And that each unit costs \$1.12.

Senator Franken's office is on the 3rd floor at the far end of the Hart building overlooking the atrium. There is a large hallway, well lit, with some tall potted plants. Like every year a group in Military dress is also out in the hallway talking to a staffer of Senator Al Franken. Maggie listened as I choked up a little about how my hemophilia impacts my two young daughters, but she was unmoved. This won't be the only difficult story she will hear today.

More and more health insurance companies are considering hemophilia and similar products a 5th specialty tier, where patient's co-pay is 10% of the cost. "If there were a safe alternative that I could chose, this metric would make sense," I told Maggie.

Last year Congressmen, Keith Ellison pledged his support for HR460, and you should thank him even if he doesn't represent you or even if your insurance is great, because many of our brothers insurance is not. You can write to Liz Mandelman and thank her for her hard work at 2244 Rayburn Building, Washington DC 20515 or send her a message at Elizabeth.mandelman@mail.house.gov. Just say "Please thank Rep. Ellison for his support on HR460".

This is an election year for Senator Franken and in her last election Senator Klobuchar won with 65% of the vote. 1,856,196 Minnesotans voted for Senator Klobuchar. In some areas like Hennepin County and Carlton County south of Duluth and Lake County east of Courage North she got an unheard of 71% of the vote.

It's time our great Senators stepped up and cosponsored a companion bill to HR460, and protect the CDC's programming and surveillance funding for our HTC's.

You can ask Senator Al Franken for support by sending a letter to Maggie Henderson 309 Hart Senate Office Building, Washington DC. 20510, or email maggie_henderson@franken.senate.gov. Senator Amy Klobuchar's mail can be directed to Kerry Allen 302 Hart Senate Office Building, Washington DC. 20510, or email Kerry_allen@klobuchar.senate.gov.

By Casey MacCallum (HFMD Board Member)



Having issues with co-pays or gaps in coverage for your **hemophilia A** treatment ???

We may be able to help.

Bayer offers a range of programs that can help you **navigate insurance questions about your hemophilia A treatment**. If you're having issues with co-pays or gaps in coverage, we may be able to offer assistance. Speak with one of our case specialists to find out more.

Call **1-800-288-8374** and press 1 to speak to a trained **insurance specialist!**

Hemophilia Federation of America (HFA) Annual Symposium

The Hemophilia Federation of America (HFA), held their annual Symposium in Tampa Florida March 27 – 29. This year's Symposium was one of the largest with approximately 2,000 participants. It was a special year as HFA celebrated 20 years of service to the bleeding disorders community. The theme of this year's Symposium was "Honoring Our Past, Building Our Future." Throughout the weekend we were encouraged to visit the History Room. The History Room had a collection of archival documents, news stories, and facts about hemophilia and other bleeding disorders over the course of the last 70 years. As we walked through the displays we learned key points in bleeding disorders care and treatment and saw important milestones of the hemophilia community.

A new addition to this year's Symposium was a full inhibitor tract. The tract was held on Thursday. The education tracts featured very talented presenters and medical experts who presented on topics such as:

- Immunology and why it matters in your inhibitor management
- Physical therapy and the differences in treatment among patients with an inhibitor
- The latest research in inhibitors.

On Friday, Kimberly Haugstad, Executive Director of HFA, opened the Symposium and provided an overview of HFA and its programs and services. She also gave a brief overview of the sessions that would be held over the next two days. Other members of the HFA staff also spoke and provided information on HFA programs offered to the community such as Dads in Action, the Moms Connect, Blood Brothers, Blood Sisters, and Partners & Spouses. The afternoon session consisted of a panel of community members who shared personal and heartfelt stories of how hemophilia impacted their lives and families. They also talked about advocacy and how important it is as we move into the future.

The Saturday morning session featured "Dear Addy Live." Dear Addy is a program created by HFA and is geared to answer personal questions raised by individuals in the community. During the session an expert panel provided an update in the federal and state legislation and healthcare reform. After their update they answered personal questions related to insurance coverage, accessibility to doctors and pharmacies, and other questions related to the new healthcare reform. Saturday afternoon was busy as participants bustled between many breakout sessions. The breakout sessions covered topics such as pain management, caregiver burnout, social media, joint health and repair, diagnosis and management of hemophilia carriers, effective communication with your healthcare providers, and nurturing couple relationships.

On Friday and Saturday, while on break from the sessions we were able to visit exhibitor booths and learn valuable information about new products and services. HFA set up a little message station where participants could enjoy a little message while on break. HFA also coordinated an eating healthy station on Saturday. The executive chef of the Marriott Waterside Hotel provided little samples of healthy snacks such as hummus, guacamole, and plantain chips. They were all very tasty and I will definitely be making some of the recipes at home!

The Symposium closed with fantastic nautical themed event, which was geared for the whole family. The kids played with pinwheels while eating dinner. After a wonderful dinner an upbeat band played music as families socialized and participated in games such as a fishing game, throwing rings into a crocodile's mouth, and throwing beads on a ship wheel.

I'm so glad that my family and I were able to attend this year's Symposium. We learned so much about advocacy and how important it is as we move into the future. More importantly we developed friendships and were able to network with other individuals and families in the bleeding disorders community.

By Kris Manns (HFMD Board Treasurer).



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**HEMOPHILIA
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Personal Growth as a Hemophiliac

My name Adam Alver and this is my story. It is one of personal struggles, familial conflicts, successes over my disease, and failures along the way.

Born and diagnosed in St. Paul, I moved to southwest Minnesota at only a few months old. My hemophilia and family hardships shaped my childhood, as I grew up in a rural area with a single mother. I saw little of my extended family as a child, and treatment for my hemophilia was often hours away. When I was three years old I had my first bleed. I still remember it, and it was at this point that I had my first port implanted, and shortly afterwards developed an inhibitor. At five years old I attempted tolerization with daily infusions. Unfortunately, this attempt was unsuccessful, and it would be many years before I tried again. When I turned seven, I had to have a second port implanted as the first one had begun to pop through my skin. I also developed my first target joints, my ankles. My bleeds alternated between them for several months, and I will never forget the excruciating pain they caused me. I was often teased and avoided by my classmates due to their ignorance of how hemophilia functioned. This continued for most of my elementary school education, and in a class of thirteen you can imagine the effect it had on me.

At seven years old, my mother's deteriorating mental health placed me into foster care for a short time. I was unaware of her mental illnesses until later in life, so the experience was highly confusing and traumatic. From the age of seven to eleven my mother fell deeper into mental instability, subjecting me to ever growing abuse and neglect. Due to the conditions at home and in school, my social maturity stagnated, and for years it remained that of a third grader. This was not fixed until I entered high school. When I was eleven years old, I was again placed into foster care, this time for two years. Two years later my mother's parental rights were terminated, and afterwards I was asked my desires for my future. I could either remain in foster care or be adopted, and I said that I would like adoption. That year my mother's parental rights were terminated, and I moved to the twin cities to live with my godparents. Their adoption of me was finalized at 14, and it was then that I learned how to self-infuse. I was so afraid of needles that I couldn't bring myself to do it at first, but two months later I took one shot and did so perfectly.

Since then I have self-infused with minimal difficulty and had my last port removed. The greatest benefit I have gained from this was immune tolerance, something I continue to advocate for as it has changed my life.

While in foster care I attended my first hemophiliac camp session at Courage North, and I soon fell in love with it. I attended every summer afterwards until it closed, and then volunteered at Courage South as a result. Last summer I worked at Courage North as a cabin leader, and it was one of the most rewarding and fulfilling experiences I have ever had. I was able to encourage kids with their self-infusions, and often gave advice about growing up with the disease. I remain a respite counselor for True Friends camps, and hope to continue work with the organization in the future.

Dealing with my adoption and hemophilia took quite a toll on me, and from seventh to eighth grade I experienced a great deal of depression. Somewhere in myself I found a way to pull through. I discovered that if I wanted to lead a full and happy life, I would need to take charge of it and enable my own success. I chose adoption and to move to the twin cities and I chose to further my education by enrolling at the University of Minnesota. I may not have had that opportunity if not for my previous decisions. It has taken me a year and a half of personal hardships to figure out what I wanted to do but I have grown as a result. I began in Aerospace Engineering, am now a Political Science and German major, and hope to go into politics and law. My ultimate goal is to become a future president, a once forgotten childhood dream.

Be unafraid of the events in your life; it is when we cast off fear and embrace change that we truly live, grow, and experience ourselves.



Parents Empowering Parents

On Feb. 28 - March 2, Jill Swenson (Children's Social Worker), Angie Boyd (HTC coordinator) and guest speaker/trainer Allison Pohl (PEP parent trainer and RN). With support from HFMD and a grant from the national Parents Empowering Parents (PEP) Program, held our first PEP Weekend for a group of 6 parents. The PEP Program has been in existence in the bleeding disorders community for 20 years. It is a series of parenting classes which were specifically designed for a small group of parents of kids with bleeding disorders, taking into account some of the unique challenges that raising kids with bleeding disorders presents.

The PEP Program is designed to affirm positive existing parent/child behaviors while focusing upon the unique problems faced by parents of children with bleeding disorders. PEP is also designed to be flexible and adaptable, incorporating sensitivity to differences in culture and individual family structures.

The jam-packed weekend started on Friday night with dinner and getting to know the other participants, followed by an introduction to the PEP Program and brief session on the Basics of Bleeding Disorders. On Saturday the group went through sessions on child development, parenting styles, and more from 8 am until after 5 pm. Then they took a "field trip" to the Mall of America for a group dinner at the Twin Cities Grill. Sunday was another busy day with sessions from 8:30 am to 3 pm.

The goal of this first PEP Weekend was to start the program in this area and get some parents trained to help with future PEP weekends. If you're interested in the PEP Program, contact Jill Swenson, LICSW - HTC Social Worker at Children's Hospital and Clinics of Minnesota.

THANK YOU to the parents who participated, HFMD, PEP Administrators/trainers Danna Merritt, Karen Brumm and Alison Pohl (who traveled from Texas on one of the coldest weekends of the year!!)



Blood Brothers HOWL for the MN Timberwolves



On Sunday, March 9th, our Blood Brotherhood met downtown Minneapolis at Target Center for a night filled with education, food, and the Minnesota Timberwolves. The guys gathered in their own private suite and started off the night with Joni Osip, RN, MS from U of MN Fairview. Joni's nutrition presentation focused on sugars and carbohydrates. It was fun to watch all of the guys participate in Joni's casual group quiz. Questions and ideas were bouncing throughout the room as everyone learned how much sugar is in some of the things we eat and what it does to our body. You don't even WANT to know how much sugar was in

Joni's medical vial, representing a Chipotle tortilla!!! It is not good! We all agreed to skip the wrap and go for the bowl, next time.

As Joni wrapped things up (pun intended), dinner was served, and the Wolves arena started going wild! The "Howl" came out in all of us as Crunch and the dance team welcomed the players! Despite the loss, the Wolves battled it out the majority of the game. It truly felt like Minnesota had a chance...until the very end. The game was tied at the end of the first quarter and we were one point behind at the end of the first half! With 4 minutes left Minnesota was within 96-93, but they just weren't able to keep it going with a 111-104 loss. The guys bonded through the hope of a win and the hope of catching a T-shirt from Crunch's T-shirt rocket. Ideas for the next Blood Brotherhood were tossed out throughout the night. The guys are looking forward to getting together again at the Blood Brotherhood breakout session at this year's Annual Meeting on May 3rd from 2-3:30 pm. Breakout session will be lead by Kim Baumann, MPT from U of MN Fairview followed up by a peer rap session. Email Carrie Kisson, HFMD Event Coordinator for questions and/or to RSVP: carriek@hfmd.org.

2014

SAVE THE DATE

HFMD ANNUAL MEETING

MAY 2ND & 3RD

CROWNE PLAZA, MPLS WEST

3131 CAMPUS DRIVE, PLYMOUTH, MN 55441

FRIDAY NIGHT - CARNIVAL & BINGO

SATURDAY - INSPIRATIONAL SPEAKERS, EDUCATION,
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Dr. Nigel Key



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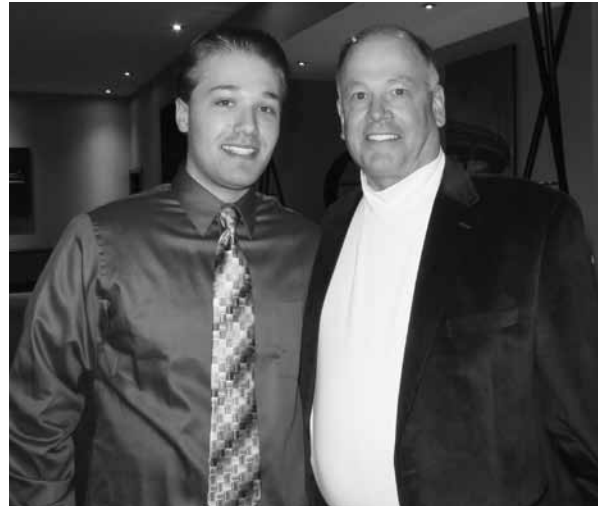
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CALENDAR

- May 2nd & 3rd.....HFMD Annual Meeting
Crowne Plaza West, Plymouth, MN
- July 13-18..... HFMD Summer Camp - Courage North
Lake George, MN July 13 all-day
- August 3rd..... Step Out for Bleeding Disorders Walk
Como Park Picnic Pavilion, St. Paul
- August 16th..... Dakota's Family Education Event
Holiday Inn of Fargo
- August 17th..... Step Out for Bleeding Disorders Walk Fargo
Lindenwood Park, Main Shelter
9:00 am – 1:00 pm
- September 18 - 20..... NHF 66th Annual Meeting

****The HFMD Board of Directors meets quarterly on the fourth Tuesday at 7:00 p.m.****
Visit our web site, www.hfmd.org, for exciting news and updates!