

HFMD MISSION
To meet the needs
and to enhance the
quality of life for
persons living with
hemophilia, related
inherited bleeding
disorders and their
complications.

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Blood Brothers Cooking Class

On Saturday, November 5th, HFMD Blood Brothers joined together at HyVee in Oakdale for the Blood Brotherhood cooking class. The class began with a very informative nutrition presentation and question & answer session with Registered Dietitian, Mary Brunner, MS, RD, LD. Mary discussed the benefits of maintaining a healthy lifestyle of eating right and explained how nutrition can affect overall health, especially for an individual living with a bleeding disorder. After the presentation, the Blood Brothers put on their aprons and prepared three delicious courses with dietitian instruction.

First, the group marinated the chicken and prepared the vegetables for a sweet and spicy stir fry. The guys then prepared the arugula and strawberry salad with homemade balsamic vinaigrette dressing. Next, the group took a little break from prepping food and taste tested a green smoothie with spinach, grapes, avocado, peaches, bananas, yogurt, honey and vanilla. For many of the Blood Brothers, it was their first experience trying a green smoothie and it was a hit! After the smoothie break, the guys finalized their salad and sautéed the chicken and veggies for the stir fry. Once the stir fry was done, it was added to a bed of prepared quinoa and served with the arugula salad. The meal was delicious and very flavorful and the Blood Brothers enjoyed the fruits (and vegetables) of their labor. The guys also enjoyed time catching up with one another while they ate lunch. The cooking class was a unique experience for our Blood Brotherhood crew!



The Blood Brotherhood is a program of the Hemophilia Federation of America. The next Blood Brotherhood event will be held in the spring – check the HFMD website soon for more information!

By Brianna Hager

Women's Educational Event Held October 15th

The Annual Women's Educational Event was held at the Airport Hilton in Bloomington this fall on Saturday October 15th.

Our day started off with a lively educational game of Jeopardy led by the team of Sue Curoe, RN, Skye Peltier, PA and Kim Baumann, PT at the Center for Bleeding & Clotting Disorders at the University of Minnesota. Jim Paist then gave a brief talk on the services of HFMD, and Tiffany Beste shared her personal story and her gratitude toward HFMD for their financial help to cover her medical bills around her surgery. We finished our morning with a session called Investing Basics: What Everyone Should Know About Investment Strategies which was led by Phill Curoe from US Bank.

During lunch, Dr. Ariela Marshall, a new doctor from Mayo Hemophilia Center, led an Ask the Provider session which focused on menorrhagia. Since we were so close to the Minnesota Valley National Refuge Center, we were then able to walk over for a brief history and orientation of the center. After lunch, Jenny Helman, a nutritionist and HFA (Hemophilia Federation of America) speaker, led a session called Nutrition on a Budget. We then had fun decorating cakes with Lori Kunkel, and everyone was able to bring a cake home.

Our retreat ended with a relaxing dinner. 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 Dena Ianello-Zimmer, from CSL Behring, for her help and financial support of the event.



By Sue Curoe

*Seats still available!
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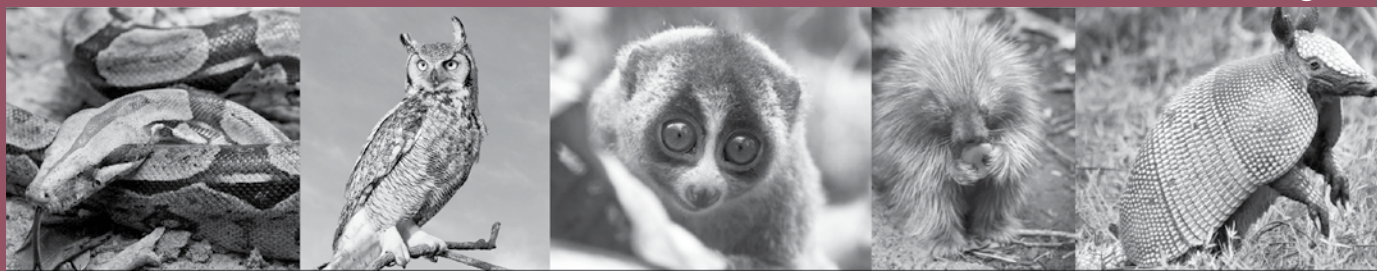
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Education at Tucci Benucch and Fun at Nickelodeon Universe

On October 20, 2016 Pfizer and HFMD teamed up to treat community members to an evening of delicious food and lots of fun at the Mall of America! On a cool fall evening forty-five community members and staff enjoyed a warm dinner of Italian delicacies at Tucci Benucch. While the group enjoyed their meals and beverages, Gladys Murillo of Pfizer talked with them about Exploring Emotional Well-Being in the Hemophilia Community. The presentation focused on causes and solutions to emotional issues for those living with a chronic bleeding disorder.

After the group was sufficiently stuffed with great food and useful information it was time to head to Nickelodeon Universe to experience the thrills and chills of the many rides in the park sponsored by the HFMD. Community members and staff are looking forward to many more get-togethers in 2017!

By Kerry Budinger



HFMD Board Update

Our board meets six times per year, and one of those is our annual Board Business meeting which is mandatory for Board members and takes up the better part of a day. We met on November 19th to review the 2017 budget, look back at 2016, and start planning for the new year.

Another item on the agenda was a report on the financial audit of HFMD from Bergan KDV which was conducted in September. HFMD came out clean without any issues of concern to the auditors. The audit did identify some areas in our operating policies that need to be updated. Getting an annual audit is now a requirement for remaining a member organization of Community Health Charities; of which HFMD is a charter member.

A changing of the guard: HFMD 2012 Lifetime Achievement award winner and member of the Board since 2014; Bob Newman announced he is stepping down from the Board after serving a two year term. He and his wife Gayle will continue to support the HFMD and remain regular attendees of HFMD programs and events. Thank you Bob for serving on our Board. As Bob stepped down; the HFMD unanimously nominated longtime volunteer and supporter David Singer to the Board of Directors. David, now retired, has a background in law and is a former President of the HFMD Board. He is a charter member of our Walk committee and has been instrumental in the success of our Walk fundraiser.





A Very Special Thank You

Dear Hemophilia Foundation of Mn/Dakotas,

As the Ditty Family gathered this year to celebrate Christmas, we wanted to help pass down and remember the story of Paul Michael Gilmer. We hope to become more intentional at Christmas to share with the next generation the amazing full life of Paul and others that have traveled the journey of living with hemophilia. As we thought of others, like Paul, who live with the added challenges of inhibitors, right away the blessings of the Hemophilia Foundation of MN and the Dakotas came to mind. We want to thank you for the incredible service you have provided to our family in many different ways as Don Demarais, Paul Gilmer and Mike Ditty have had the opportunity to serve on your board. 30 years seemed so short for Paul's story. But, it was filled with wonderful memories of family, friends with hemophilia and their families ("blood brothers and sisters"), wonderful caregivers, amazing new treatments and hopefully new openness of challenges. Paul had speaking opportunities and travels to conferences that our family (grandparents, parents and siblings) would never have had the opportunity to do without HFMD. Paul's character of amazing love for family, children, hemophilia community and so many others is greatly missed. His faith in Christ to the last breath sustained his HOPE for the future. His nephews Coleton and Fletcher Elgard, who are now living the life of hemophilia with inhibitors, have the blessing of new advancements. We hope to continue to share Paul's story and the story of HFMD with the next generations of our family! We could not have done it without all the supporters. May God bless you and protect you and provide wisdom for the year 2017! To say "Thank You" seems not nearly enough.



The HFMD gratefully acknowledges our donors who have given so generously.
These are donations received from January 1, 2016 through Dec 31, 2016.
If you have made a donation and your name is not listed, please contact HFMD.

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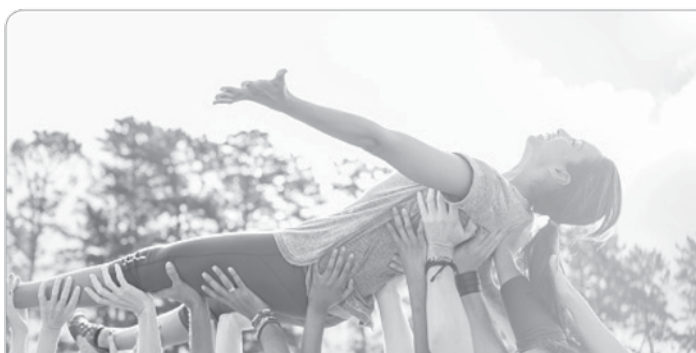


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**NEWSLETTER OF
THE HEMOPHILIA
FOUNDATION OF
MINNESOTA AND
THE DAKOTAS**

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2017 Calendar of Events

January 21-22, 2017.....Children's Hospital Minnesota Family Education Event
Radisson Water Park of America, Bloomington, MN

February 10-11, 2017.....Mayo Clinic Family Education Event
(Mayo Clinic patients only)
Kahler Hotel Apache Plaza, Rochester, MN

February 18, 2017..... 2017 Hearts of Hope Gala
Hyatt Regency, Bloomington, MN

April 21-22, 2017.....SAVE THE DATE for the 2017 Annual Meeting
Hyatt Regency, Bloomington, MN

****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!