Highlights in this Issue...

Barry Haarde: Fast and Furious

Victory for Women

My Joyful Inspiration

No Longer on the Sideline

Memorial Scholarship Program Announcement!

June 18, 2013 Illinois
16th Annual Driving fore Hemophilia Golf Tournament - Mega Putt
The MISSION of Matrix Health Group is to provide individualized, focused services to people with bleeding disorders nationwide.

Our VISION is to enhance the lives of those we are privileged to serve by providing the best pharmacy and support services possible.

The purpose of Matrix Health News is to provide an opportunity to connect with others in the bleeding disorders community by providing information such as current news within the community, upcoming events, educational matters, personal stories, and a variety of opinions and views on topics within the bleeding disorder community.

The information and opinions printed in this newsletter do not necessarily reflect the views and opinions of the partners, employees, others associated with Matrix Health News or that of Matrix Health Group.

Health related topics found in Matrix Health News are for informational use only and are not intended to take the place of treatment or medical advice provided to you by your health care professionals or hemophilia treatment center. Please consult with your health care professionals when medical questions arise.
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Like us on Facebook!
Visit us today to learn more about our specialty pharmacy and support services, read popular articles from Matrix Health News, view pictures, learn about our upcoming events and find information on the bleeding disorders community.

"Like" our page to see how we are Dedicated to Making a Difference in the lives of individuals with hemophilia, vWD and other bleeding disorders.
https://www.facebook.com/pages/Matrix-Health-Group/140849859422348
Attention TRICARE Patients

Matrix Health Group is a specialty pharmacy devoted to caring for those with bleeding disorders. We are dedicated, determined and committed to personalize your homecare experience with round-the-clock service and a comprehensive line of factor and ancillary supplies. We offer a unique team of compassionate Care Coordinators with top-notch pharmacy and reimbursement services. At Matrix Health Group, our goal is to make your life easier!

We offer:

- Experienced, compassionate Care Coordination Team with a personal contact assigned to you for your pharmacy, reimbursement and support services.
- Specialized, knowledgeable pharmacy with a comprehensive line of factor products and complementary supplies.
- Located in Weston, Florida and Bartlett, Tennessee - our services reach across the nation.
- 24-hour delivery with emergency same-day shipments available.
- Interactive physician relationships providing you with custom treatment plans.
- Specialty team of Reimbursement Facilitators dedicated to assist you with private and government insurance reimbursement needs.

For more information regarding our services, please contact us at 877-337-3002.

We look forward to hearing from you!

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A Note from the Editor

Dear Readers,

Welcome to the fall edition of Matrix Health News. The leaves are turning, football is on television and the long, hazy days of summer are giving way as autumn makes a brisk, cool entrance. Fall marks a yearly tradition in the bleeding disorder community – the National Hemophilia Foundation Annual meeting. This year will be the 65th meeting and the theme will be *United in Progress*.

Indeed there has been much progress in the community in the recent past. One prime example of such progress is the accomplishments made by individuals such as Barry Haarde. The advocate and athlete is featured in this edition of the newsletter as he answers some great questions submitted by our Facebook friends and other community members.

As summer gives way to fall, stop and reflect on the progress you’ve made this year, the progress our community has made, and the progress you’d like to make in the year to come.

Enjoy this fall edition of Matrix Health News!

Sincerely,

*Maria Santucci Vetter*  
Editor-in-Chief, Matrix Health News  
maria.vetter@matrixhealthgroup.com

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Matrix Health Group is pleased to announce

*A Moment in Your Spectacular Life*

2014 Calendar!

Our calendar highlights a fantastic collection of photos depicting the *spectacular* moments in the lives of people with bleeding disorders! It will be available at the Matrix Health Group booth at NHF’s Annual Meeting, October 3-5, 2013 in Anaheim, CA.

For those of you who will not be in Anaheim, we have good news! Our calendars are still available to you! Just contact the Matrix Health Care Coordinator nearest you to receive your free calendar!

Please see page two for a list of Coordinators. Calendars are available only while supply lasts!
Across the country, the National Hemophilia Foundation is helping local chapters reach and exceed fundraising goals with their Hemophilia Walk initiative.

With more than 20,000 walkers and over 2,000 teams last year, chances are you have heard about or even participated in a walk in your area. This program is not only helping our local and national chapters raise funds, it also engages community members in a way that helps foster awareness for our cause in the public eye.

Participants enlist friends, co-workers, family members and local businesses – bringing everyone together for the worthy cause.

Get Involved!
Join a Walk near you!
For more information, visit www.hemophilia.org/walk/

Visit Matrix Health Group at NHF in Anaheim!

We’re looking forward to a great meeting this year! There will be a lot going on at the Matrix Health Group booth and we can’t wait to share it all! You will not want to miss the opportunity to meet an amazing community champion, participate in a fundraiser, enter for a chance to win a brand new bicycle and witness the debut of our 2014 calendar.

Read on for details!

Have Your Photo Taken with Barry Haarde and his Trusty Bicycle!

Don't miss this chance to meet Barry Haarde, an advocate and athlete with severe hemophilia, hepatitis C and HIV. He recently completed a second 3,456 mile trek across the country on bicycle. His extraordinary “Wheels for the World” fundraiser helped foster awareness in regard to his health conditions while also raising money for Save One Life – a nonprofit organization providing life-changing support for individuals with bleeding disorders in third world countries. Matrix Health Group is a proud sponsor of the Wheels for The World fundraiser and we are excited to welcome Barry to our booth. Stop by to have your picture taken with Barry and his bike!

Raise Funds for Save One Life!

We’re making it easy to contribute to Save One Life – for every new Matrix Health News quarterly newsletter sign-up we receive during the conference, we will donate $5 to Save One Life! Spread the news!

Bicycle Raffle Prize!

Stop by our booth and enter to win a brand new bicycle complete with protective gear! Cycling is a great exercise for everyone - especially individuals with a bleeding disorder. Don’t miss this opportunity!

2014 “A Moment in Your Spectacular Life” Calendar Debut!

Once again, members of the bleeding disorder community from across the country have submitted photos demonstrating that there is great beauty in life, even when faced with a chronic bleeding disorder. These heartwarming photos will brighten your day and remind you that life truly is spectacular. Supply is limited so get your copy while they last!

See you there!

www.matrixhealthgroup.com
No Longer on the Sideline

By Chad Brown
Everything happens for a reason. It took many years to figure that out, especially when wondering why my brother Todd and I both had to have hemophilia. Growing up in a small town, Noblesville, Indiana, my parents divorced when I was young. Often kids get a raw deal in a divorce, but my brother and I found the upside to it all. Our summers were spent in Panama City Beach, Florida with our dad, and winters were with mom in Indiana. Some may say that's a little backward, but we got the best of both worlds; being country boys and playing in the snow during the winter while living the beach life in the summer. Of course things were not always peachy in our lives, for as many good times we had, there were as many bad, and that included a lot of hospital visits - I mean a lot - and plenty of time laid up on the couch with a bleed, missing good times with friends.

Some people with bleeding disorder find themselves taking more chances and pushing the envelope with risky activities; I believe I was born to push that envelope! My bleeding disorder just helped make it more evident. As a kid, I did many dumb things; my poor mom had to deal with so much. For example, when I was around six, I decided to jump off my eight-foot fort in the backyard. My mom could probably recount a never-ending list of such activities. At the time, I really did not understand the consequences of my actions, which resulted in many trips to the hospital and lying immobile on the couch for days.

As I grew older I began to withdraw from everything. Once an active, confident kid, I started feeling embarrassed that I had a medical condition. For many years I did not want anything to do with hemophilia. This was completely unlike my brother who was very involved and always tried to make a difference for those in our community. For years I struggled to define myself, teeter tottering between being a daring risk-taker to a halfhearted stick-in-the-mud. Not exactly the best at maintaining my treatment plan, I had many bleeds leading to deteriorating joints, making me bitter and unhappy with the cards I was dealt.

Unfortunately, a family tragedy finally opened my eyes. My brother was killed in a car accident. Though I grieved, and still do, I knew he would not want me to live life the way I was at the time. Knowing this and realizing that life is too short, I made the conscious choice to change my life; I stopped sitting on the sidelines and began getting physically fit through exercise and following a prophylaxis regimen.

During my high school years in Indiana, my friends and I often went waterskiing. One day a friend introduced us to a new activity called wakeboarding. It took me the entire summer to triumphantly get up on the board, but once I did - wow! I loved it! For the first couple of years, I just carved around on the water and kept things simple. Soon carving around was just not challenging enough and I decided to go to Florida to train with professionals so I could learn how to flip. Earlier in life, I would have just thrown myself into learning the trick with little regard, much as I threw myself from the eight-foot fort, but after Todd's death and with my commitment to living differently, my friends and I packed up for the
week and came to Orlando for some professional instruction.

Surprisingly it did not take long to learn a single flip, and that gave me the urge to master even more. Thankfully, I was offered a job at the training facility for the off-season.

I spoke with my physician, informed him of what was going to be doing, and talked about treatment regimens to help keep me safe. My physician trusted my choices and knew I understood my limits. This opened the door to a domino effect of success that I never saw coming. It started with a flip, developed into more difficult aerial maneuvers, and soon I had the itch to compete against others. I started competing, holding my own against others that did not have a medical condition, and was able to podium in amateur and pro-am competitions.

As I grew stronger and more skilled, I began to push myself harder and harder, which became my downfall. Greed caused me to attempt more difficult maneuvers, causing more intense injuries and bleeding episodes. Though I was improving as a wakeboarder, I was also weakening my joints with repeated bleeds. This was depressing, as I love being on water and challenging myself. After taking some down time and in between injuries, I was introduced to another water sport called wakesurfing. Wakesurfing is much easier on the body and results in far less injuries, but still carries the same challenges that I love out on the water. In time and with practice, I became a two time national champion! Through this adventure, I wanted to share my success with others who faced the same challenges and help them avoid the mistakes and pitfalls I fell into.

Soon I realized another calling, and that was helping others in the hemophilia community. Like my brother before me, I wanted to give back. Through my community involvement and years of working in the industry, I found my way to Matrix Health Group and knew I found my spot. In my role with Matrix, I have the opportunity to share my story and teach others to get physically fit and better manage their bleeding disorder. I am able to positively impact individuals in my area and beyond. Knowing that I can help others avoid the type of mistakes I made when I was young and showing that achieving physical fitness with a bleeding disorder is possible by using the crawl-walk-run model, is deeply rewarding for me.

Everything happens for a reason, and I firmly believe God knows what He’s doing. After much turmoil in my younger years and following the loss of my brother, I learned living with hemophilia tempered my strength and instilled within me a determination to enjoy the life given to me. It pushed me to achieve, to grow and to demonstrate to myself and to my community that with the proper plan in place, there is so much we can experience and achieve. In the past I always wondered what life would be like if I did not have hemophilia; today I cannot even imagine what my life would be like without it. It’s a part of who I am. Hemophilia has taught me strength and determination, and has allowed me to experience a community that I would not trade for the world.
Like many women with a bleeding disorder Lacey Powell learned of her condition the hard way. After becoming very weak and passing out in class due to loss of blood during her menstrual cycle, it became clear there was a problem. After visiting the HTC at the Cincinnati Children’s Medical Center, she was soon diagnosed with type I von Willebrand disease. Rather than sulking or feeling bad, Lacey decided she would work hard to help others facing these challenges.

“I feel that it is part of my responsibility to help make other women and young girls aware of bleeding disorders,” Lacey affirms. She found the perfect opportunity to do just that by becoming involved with the National Hemophilia Foundation's Victory for Women (V4W) with Blood Disorders program.

The Victory for Women program is dedicated to helping make women and young girls more aware of bleeding disorders, their symptoms, and providing support and resources after the diagnosis. After graciously receiving the Victory for Woman college scholarship, Lacey joined the Victory for Women task force and got right to work making a difference in the bleeding disorders community. The V4W task force is composed of women with bleeding disorders in addition to community professionals and experts in the field of medicine, social marketing and health education. Lacey notes, “The task force has helped me to really understand what living with a bleeding disorder is all about. It has also helped me to become very involved in the community.”

Lacey has helped staff information booths at various bleeding disorder community meetings. Armed with literature and facts about the challenges women with these conditions face, she is hard at work to make a lasting difference for women with bleeding disorders. In a community that is largely directed toward men and boys with hemophilia, Lacey and others involved with the V4W program are advocating and providing much needed information for women faced with a bleeding disorder.

“The Victory for Women mission is important because it helps make others aware of the fact that women can have bleeding disorders too,” Lacey states.

When asked what advice she could offer to other women Lacey asserts, “You are not alone! Get involved with the bleeding disorder community in your area. This way you can meet others who understand what you are experiencing. I attended many events and programs like summer camp, NHF conferences and other meetings, which has helped me a lot. In addition to making friends you are able to learn and make connections that are very useful. I would also suggest viewing the V4W page for more resources and information.”

We would like to commend Lacey for her hard work in the community, and give recognition to NHF’s Victory For Women program for all the benefits it offers. 🙌

To learn more about the Victory For Women initiatives please visit online at: www.victoryforwomen.org
On December 17, 2004, my husband, Naji and I welcomed to our lives our third little bundle of joy, Malik. He was a perfect little angel, ten little fingers and ten little toes. We were so excited to welcome home our little baby boy. After two days of being in the hospital, we took him home to meet his 3 year-old sister, Amani, and 4 year-old brother, Khaled. Life was just perfect... so we thought. Shortly after coming home, I received a phone call from a hematologist at Cincinnati Children’s Hospital. He was such a pleasant man with a calm voice; however, he told us he had some unfortunate news, “Malik’s blood work came back and he has severe Hemophilia A.” We were speechless. All we could do was sob. Our seemingly perfect lives were just turned upside down. My father has hemophilia so although I knew I was a carrier, nothing could have prepared us for what was to come next.

Later in the night, mother’s intuition kicked in - something just did not feel right. It seemed Malik was sleeping too much, he wasn’t crying and he wasn’t eating like the others did when they were newborns. I called the hematologist’s office and was told if we wanted to have peace of mind, to bring him to the hospital for evaluation. I’m sure glad we did. I will never forget the words we then heard, “The CAT scan is positive. He is having bleeding in his head and needs to go straight to the NICU.” That was our devastating initiation into the world of hemophilia.

At this point, Malik had fallen into a coma and was immediately taken to surgery to have a central line inserted so factor infusions could be initiated. We soon learned how amazingly wonderful clotting factor is. It saved our child’s life. After spending several weeks in the hospital, we were finally able to take our precious baby home, reuniting as a family again.

After a follow up visit a few weeks later, we learned Malik was doing very well and there was no residual effect from his head bleed. While we had been initially so devastated, we decided from that moment on we were going to pull together, be strong and not let this diagnosis get the best of us or in any way interfere with our son having a fantastic life.

For a couple of weeks we utilized a homecare nursing service for daily doses of factor, but we were eager to learn to infuse him ourselves. It took some effort, but after a few lessons, we were infusing Malik on our own! Being able to administer factor without going to the hospital or relying on a homecare nurse taught us newfound independence. A few months later we decided to attend our very first hemophilia convention, FAMOHIO. What a weekend! We learned so much about our baby boy.

Our kids had a blast in the children’s program, my husband and I loved the educational sessions, and we all enjoyed spending the weekend with others who understood our challenges. While our initial experience with hemophilia was scary, it was actually bringing us closer...
together as a family. During that weekend, we learned to embrace the supportive community that came with our son’s disorder.

Malik is now an 8-year boy who just loves life. He is a straight A student and plays on his school’s basketball team. He excels at everything he does and with his awesome sense of humor, Malik lightens our lives, always keeps us laughing! He has taught all of us to become better people. He has influenced and continues to inspire me in so many ways.

For several years now, I have been employed with Matrix Health Group as a Regional Care Coordinator and have found immense pleasure in assisting other individuals and families manage life with a bleeding disorder. I also made the decision to go back to school and I am now a registered nurse. In addition to my duties with Matrix Health Group, I work part time in my local hospital’s intensive care unit. Still remembering how I felt those first few weeks with Malik in the NICU, I feel gratified in being able to help others during their most difficult times.

Outside of my position as a Care Coordinator, I stay very active in the bleeding disorder community. I have attended numerous National Hemophilia Foundation and Hemophilia Federation of America meetings, and also serve on various chapter committees including my local chapter, the Tri-state Bleeding Disorder Foundation. I love helping with fundraising and giving back to the community. Joining organizations such as the Ohio Bleeding Disorders Council (OBDC) to advocate at the statehouse every spring has helped me learn to become a strong community advocate. Educating our legislators on the concerns facing our community is something I enjoy very much.

Through the work I’ve been involved with at the OBDC, our efforts were instrumental in passing a legislative bill, which keeps funding available for our community. This gives me a great sense of achievement and satisfaction. My little man does not understand this now, but one day I hope he is as proud of me as I am of him.

We’ve come a long way since those first days in the hospital. We learned that no matter how rough we think we have it, we must find the positive in all we do. We have found inspiration in Malik and in the bleeding disorder community that we are proud to be a part of. Though some of the early trials were very challenging, Malik taught us that if he can get through it and be strong, then so can we. “We have our lives with hemophilia, but hemophilia does not have our lives,” is the motto we live by in the Salem household. Through thick and thin, Malik and the bleeding disorder community have taught me strength and resilience, and continues to inspire me to be a better person.

Naji and Rania with their happy crew, Amani, Khaled and Malik

Answers to the Time for Fun puzzles on Page 27

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www.matrixhealthgroup.com
In life, there are individuals who stand above the crowd, those who are able to accomplish feats that captivate us in a way that teaches, inspires and moves us to better ourselves, to contribute to a worthy cause, or to improve our community. Barry Haarde is one of those individuals. Barry has severe hemophilia and contracted hepatitis C and HIV from tainted blood products in the 1980s. During that tumultuous time, he watched helplessly as many of his friends and family in the hemophilia community grew sick and passed away. Even through the pain of losing a brother and brother-in-law, and facing the same illnesses that claimed so many around him, Barry has found the strength to meet his challenges, and turn them into an opportunity to help others.

For the second year in a row, Barry has successfully completed a 3,456 mile trek across the United States by bicycle. The “Wheels for the World” fundraiser helped foster awareness about his health conditions while also raising money for Save One Life – a nonprofit organization providing life-changing support for individuals with bleeding disorders in third world countries. Additionally, the ride served as a memorial for those in the community we’ve lost, with each day dedicated to an individual who lost their life to HIV or hepatitis C. I recently caught up with Barry and had the opportunity to ask him some questions provided by Matrix Health Group Facebook friends and others in the bleeding disorder community.

Where do you get your drive and determination?
That’s an easy one; from my mother Emily; she raised two sons with hemophilia in the era when that meant you spent most of your time driving back and forth to the hospital because there was no factor in those days. She also lost a son and a son-in-law to hepatitis C and AIDS and both my parents had to live with the uncertainty of our diagnoses for decades. She and my dad both raised us to keep going and not give up in the face of some pretty awful stuff in the 80s and 90s, but mom was always more directly involved with our care and she was the one with the unfailingly positive attitude.

Did you always have a desire to ride your bike because it is your passion, or did your health conditions cause you to seek a motivating activity/outlet?
I wasn’t into the sport until my mid-thirties after I had my knee replaced. It was definitely a coping strategy of sorts and I regarded it as something of an act of denial; denial of the limitations falsely handed to me because of hemophilia and HIV. People diagnosed with these conditions simply aren’t supposed to be able to do these kinds of things, but I was doing them nevertheless, hence the motivation to take it as far as I could. The irony was that, for many years, I never informed anyone I was routinely riding with that I had all these often debilitating medical conditions. So many people thought I was this ultra-healthy guy, when, in fact, the reality was actually quite the opposite, given that I was a decades-long survivor of HIV and had also developed extensive liver damage from hep C, which also threatened to take me out a few years ago. I even continued to ride, to a lesser degree, during nearly four years of Interferon treatment for the hepatitis, which is known to cause some pretty severe side effects.

Is there anything you want to do that you feel you are unable to because of your medical conditions?
In my case, most of the fall-out from the “three Hs” was purely psychosocial. After I had my knee replaced in ’99, I was fully functional in a physical sense and had no hemophilia pain or limitations whatsoever. I had never been sick a day in my life from HIV, so the medical limitations were practically nonexistent. I was still living with HIV, however, and I’d been diagnosed in my teens back in the day when there was a huge amount of stigma and fear surrounding the condition. I rarely entertained the thought of dating very seriously or trying to start a family because I had seen so many marriages and families destroyed by the death and devastation wrought by HIV/AIDS, including my brother’s marriage. The upside of not having the family considerations, however, is that I have a lot more time to devote to the cycling and all the
hemophilia-related activities that I’m involved with now, so I guess in all good there is some bad and vice-versa.

**Where did you get the idea for Wheels for the World?**

The idea of riding across the country was inspired by a documentary film called “Bicycle Dreams” about the Race Across America, in which competitors race across the U.S. in an event that doesn’t stop until the first rider crosses the finish line on the east coast after starting in southern California. I required a more moderate pace in order to have any hope of completing the ride, so I chose a bicycle touring company named America By Bicycle, a company with over 20 years of experience in guiding cyclists across the country to facilitate the ride effort. We simply piggybacked on the tour for our fundraising effort, and Laurie Kelley chose the name *Wheels for the World*. I came up with *Wheels for the World 2 - Fast and Furious* to reflect the much quicker pace of the second tour.

**How did you get involved with Save One Life?**

I was already familiar with Laurie Kelley’s work with the organization and I was aware that she is quite a fitness nut herself, so it just seemed like a good fit when I began searching for a charitable organization to which I could dedicate the ride. She believed in the idea as soon as I suggested it, and together with sponsorship from Baxter and several of the homecare companies, including Matrix Health Group, we were able to raise over $80,000 between the two tours.

**Planning an event like this must be very challenging. How much time and effort goes into it?**

The touring company handled a great deal of the tour’s logistics. They map out the routes, hotel stops, meals, and even bike mechanics,
so the only thing the riders had to do was follow a cue sheet and get ourselves to the next town. Obviously, we had to put some effort into getting donations and sponsorship for the ride and so forth, but the most demanding aspect was in training for the event.

**Do you have any guiding principles or attitudes that you apply to your training? How do they carry over and help you in your daily life?**

The toughest aspect of training for a ride like this is to maintain a consistent schedule of workouts. In the months leading up to the ride, I tried to train to at least 40% of the amount of weekly riding I knew I’d have to complete while on the tour. That meant trying to get in some 300-plus mile weeks while working full time, which is pretty demanding. Adhering to a schedule like that certainly instills a sense of discipline.

**Did you ever feel inhibited during the trek due to your health conditions?**

Not really. I prophy-dosed my way across the country on both tours, which kept me pretty much bleed-free. For the last several years, I’ve had to contend with peripheral neuropathy from the HIV, which causes a lot of pain in my feet, but with some modification to my bike shoes I was able to contend with that and keep on rolling.

**Did you have to change your dose or prophylaxis plan for this activity? Did you use additional dosing due to terrain or temperature during the trip?**

I adhered to a standard three-day per week dosing schedule and experienced only one break-through bleed which was due mostly to the amount of walking we had to do to get to dinner, the laundry mat, and so forth. The cold temperatures caused a little stiffness in my knee, but it didn’t bother me that much.

**What was the craziest or funniest moment during this adventure?**

"Wheels 2" averaged over 110 miles per day and I soon noticed that the riders on this tour were pretty focused on the ride and approached it a bit more seriously than the riders on the first tour, which only required about 80 miles a day. The first tour had a real cast of characters, and the laughter was uninterrupted for the entire length of the trip. I think you have to be a little nuts to want to do something like ride a bike across America, so the event really leaned toward a certain zaniness, which helped to keep everything light and enjoyable.

**During this trek, was there an inspirational moment where you saw the most breathtaking natural beauty or wonder?**

There were some amazing rock formations and scenery on the western-most portions of the ride, while rolling through the desert in California and Arizona. The area around Sedona was particularly impressive and really has to be seen to be believed. Riding a bike is much slower and more open than when travelling by car, so it’s much easier to take it all in and appreciate the natural beauty of our vast country. New England is especially nice to roll through as well, and features a lot of really historic towns founded as early as the 1600s.

**What was the most difficult part of the journey?**

We rode 1,000 miles in the first eight days alone, which also included getting over the southern end of the Rockies, so there was a great deal of climbing and descending and then more climbing during that first week.

We also had to contend with some extreme headwinds and very cold temperatures as we approached and rolled through Kansas. I recall battling 30 to 40 mph headwinds for 95 miles on the road into Dalhart, Texas.
About half the riders on the tour abandoned the ride that day and took the support van in to town. It had to be one of the toughest days I ever put in on two wheels, but I was still glad I stayed out and finished the day.

**After returning home from such a trip, is it difficult getting back to “normal” life?**

Our tour leader, Mike, told me that he’s had past riders tell him that they had to seek treatment for depression after finishing a tour! For me, the easiest way to avoid the inevitable letdown after completing an adventure of this type was to immediately begin planning another one. I was already aiming for the second tour before completing the first one, and I really looked at the initial cross-country tour as a training exercise for the second one, which was far more physically demanding in terms of the daily mileage.

**What message do you want people to take away from your journey?**

The effort was all about breaking down stereotypes associated with hemophilia and HIV, neither of which need to be regarded as “disabilities” that should hold people back and prevent them from achieving their goals in life.

**What’s next?**

The first two rides were dedicated to raising funds for Save One Life as well as honoring the thousands of Americans with hemophilia who lost their lives to HIV/AIDS and hepatitis C contracted through blood and blood products. As long as people with hemophilia in other countries continue to suffer from lack of medications and as long as there is no national memorial to honor the sacrifices of our community, there will always be a need in my mind to continue my efforts. We’re thinking about possibly doing a ride in Europe or maybe Australia, and I’d still like to continue doing cross-countries, at least until I’ve accomplished my goal of riding in every state in America. I also have a few shorter efforts in mind, such as a 24-hour ride and topping my longest ride, which was 200 miles in a day.

I’m fortunate to work for a company that values having their employees dedicate time to charitable enterprises and volunteer work. My managers at Hewlett Packard have been very supportive of my efforts in terms of facilitating the necessary time off, so I’m hoping to continue the work I set out to do a few years back after narrowly defeating hepatitis C and receiving a reprieve of sorts from what was a virtual death sentence. If that hadn’t happened the way it did and had I not lost my brother, I’m quite certain I never would have “gone public” about my medical conditions nor would I have ever ridden a bike across America. Albert Einstein once said that “life is like riding a bicycle; in order to keep your balance, you have to keep moving.” I like to believe he was right.

**Many times out of the bad, good comes about. What hidden blessings came with your bleeding disorder?**

In light of the many difficult experiences I have had, I doubt if many people would want to have lived my particular life, but this far into it, I doubt if I would trade it with anyone. It has been said, “in all evil, there is some good, and in all good, there is some evil.” I would definitely list hemophilia/HIV and hep C in that category. Some of the finest and most inspiring people I’ve ever known have come out of our community and that without hemophilia, I would have never known them. This makes me think that being born with the disorder was in many ways, worth it.

**What one piece of advice would you offer to others living with chronic conditions?**

Never allow other people or their perceptions of a given illness or disorder, define what you do in life. I’ve been told several times in my life that I probably didn’t have much longer to live, and those
predictions turned out to be false. Discouragement and loss of hope are the real enemies in life, not the limitations supposedly imposed by some illness or threat of death. Hope is one of the few things in our lives that no one can take from us, but it is all-too-easily surrendered if we yield to the many voices of discouragement that exist in our world. Hope and perseverance were the very foundations of my ride across America and I think that is why people have responded so positively to it, which is why, no matter what else comes my way, I will never quit. Barry Haarde is one unique individual. His efforts have helped teach others what it’s like to live successfully with a chronic condition, raised funds to provide life-changing support for individuals with bleeding disorders, and paid tribute to those who we’ve lost too soon. Barry’s accomplishments have moved individuals from the bleeding disorders community and beyond. Judging by his current record and his never-ending drive to push the envelope forward – he’ll continue to do so for a long time to come.

Barry’s Fan Club
As Barry trekked across the vast expansion of our great country many of his fans gathered to wish him well and lend their support.
Announcing the 2013 Recipients of the Joe Holibaugh and Tim Kennedy Memorial Scholarship Program!

This year Matrix Health Group proudly announced the Joe Holibaugh and Tim Kennedy Memorial Scholarship program. Honoring the memory of two remarkable bleeding disorder community members and former Matrix Health Group employees, our program offers two individuals diagnosed with a bleeding disorder a $1,000 scholarship to an accredited university or college. We were very pleased with the response we received from the community and would like to thank each and every person who applied. It is now our distinct pleasure to introduce to you the first recipients of the Joe Holibaugh and Tim Kennedy Memorial Scholarship program, **Lynden Prior** and **Calvin Dutcher**!

**Lynden** is a freshman at the University of Vermont Burlington where he is studying Microbiology. Living with severe hemophilia A and vWD, Lynden has been very involved with the bleeding disorder community. Activities with his local chapter include volunteering at family camp where he has helped teach self-infusion. “I love helping younger kids with bleeding disorders learn to manage their care and self-infusion... I believe outreach and empowerment is vital to the youth in this community.” In addition to his studies at the University of Vermont, Lynden is applying to participate in the National Hemophilia Foundation’s Youth Leadership Institute.

**Calvin** is a freshman at Texas Christian University where he will be studying as a biology/pre-medical student. Though he faced challenges throughout his childhood due to his diagnosis of moderate hemophilia A, Calvin persevered. He notes, “My disorder forced me to mature quickly as I had to be responsible for my body, be more aware of my actions and understand the repercussions of various activities.” The medical staff and community members who helped Calvin along the way made a tremendous impact on his life. Calvin affirms, “Because of their influence, I want to make a positive difference in our world through leadership and healthcare.”

It is our hope these funds serve as a stepping-stone to your continued success. All of us at Matrix Health Group wish you the very best on this and future endeavors. We can say with absolute certainty that Joe and Tim would as well.

**Congratulations, Lynden and Calvin!**
Wisconsin
Eva Kraemer
The Wisconsin Bleeding Disorders Community was gifted a truly amazing weekend! Executive Director, Danielle Leitner and the staff of the Great Lakes Hemophilia Foundation (GLHF), along with Baxter’s support hosted its annual Bleeding Disorders Conference in Wisconsin Dells on June 7-9, 2013 at the Kalahari Resort.

Attendees were given a passport and encouraged to explore the vendor booths, and spend time learning about the services within our community. The GLHF staff truly provided relevant information to give the Wisconsin bleeding disorders community the tools necessary to help them be ready for today while preparing for tomorrow.

Florida
Hector Heer
Fran Haynes, Executive Director of the Hemophilia Foundation of Greater Florida welcomed attendees to the chapter’s Annual Meeting at SeaWorld in Orlando on June 8, 2013. Before entering the park for an afternoon of adventures an educational presentation was provided, giving everyone the opportunity to learn about compartment syndrome, a serious condition that involves painful pressure within a muscle compartment caused by bleeding. Information on iliopsoas bleeds and pseudo tumors was shared. This program was very informative for all of us.

Then it was time for Sea World! As you can tell from the pictures, what fun we had! Whenever our community members get together for a bit of information and a bit of fun, we always have such
Tennessee

Stephen Lawrence and Cyndy Coors

*Be the Factor* was the theme at this year’s Tennessee Hemophilia and Bleeding Disorders Foundation (THBDF) *Annual Meeting*. This awesome event was held at the Music Road Hotel and Convention Center in beautiful Pigeon Forge, Tennessee on June 14-16, 2013. Over 300 guests were registered for the educational and fun-filled weekend.

Tennessee

Stephen Lawrence and Cyndy Coors

Be the Factor was the theme at this year’s Tennessee Hemophilia and Bleeding Disorders Foundation (THBDF) *Annual Meeting*. This awesome event was held at the Music Road Hotel and Convention Center in beautiful Pigeon Forge, Tennessee on June 14-16, 2013. Over 300 guests were registered for the educational and fun-filled weekend.

In addition to spending quality time together, the attendees had the chance to learn more about important topics such as *How Health Reform Will Impact Me*, *Management of Women’s Bleeding Disorders Across the Lifespan, Planning Your Future with Hemophilia, Understanding the Psychosocial Issues in Hemophilia, Dental Care, Living Fit! A Joint Effort*, and sessions on *Inhibitors and Camp Freedom*, among others.

While the parents were busy absorbing knowledge, the children headed off to enjoy Pigeon Forge’s Wonderworks attraction. They also participated in CSL Behring’s *Gettin’ in the Game* led by college baseball player, Ivan Sada, who lives with severe hemophilia A. More educational breakout sessions took place following the Novo Nordisk-sponsored awards luncheon. On Sunday morning, we enjoyed a bountiful breakfast and a business meeting was conducted for the THBDF members while the children and teens gathered one last time. We all left with determination to work harder to “Be The Factor” in Tennessee.

We then enjoyed listening to Ivan Sada, a CSL Behring *Gettin’ in the Game* athlete about his experience as a baseball player. Lastly, we heard from Mark Fitzgerald, the CSL’s Manager of Coagulation Products for Tennessee as he spoke regarding our *Need to Give Back to the Community*. Our time together wrapped up after a delicious family-style meal.

We wish to extend a big thank you to CSL Behring and their representatives for partnering with us for this delightful evening’s events.

Illinois

Eva Kraemer

An absolutely gorgeous, 70-degree day brought approximately 100 golfers to the Bleeding Disorder Alliance Illinois’ (BDAI) *16th Annual Driving fore Hemophilia Golf Tournament* on June 18th, 2013. Located about 25 miles west of Chicago, off-the-beaten-path in Lemont, Illinois, the Ruffled Feathers Golf Course hosted the golfers again this year.

BDAI’s Executive Director Bob Robinson, staff and volunteers enjoyed a wonderful day of fun, sun and some crazy fundraising for the Illinois bleeding disorder community. *Mega Putt*, a contest in which
golfers all putt toward the same hole at the same time. Nearest to the hole wins a prize and everyone got off on the right foot to enjoy plenty of challenges, contests, games, drinks and snacks along the way. At the end of the afternoon, an abundant buffet dinner was provided to thank all who attended.

From tee to shining tee, laughter could be heard all along the way. The delightful weather encouraged everyone’s good will and sense of camaraderie for this necessary cause benefiting children and adults with inherited bleeding disorders. Matrix Health sponsored a fabulous foursome and their contribution only enhanced the cheerfulness of the day.

Ohio
Rania Salem
On June 21 to 22, 2013, friends and families of the Southwestern Ohio Hemophilia Foundation gathered for yet another fantastic event – the 20th Anniversary Summer Family Fest Weekend at the Higher Ground Conference and Retreat Center in West Harrison, Indiana. Upon arrival, guests checked into their resort rooms and then headed to the main hall to greet the families and meet with the industry vendors on hand. Guests received a raffle ticket from each vendor and had a chance at winning many great prizes! Everyone soon gathered for a delicious dinner and caught up with community friends.

Afterward, everyone - big and small - was able to make their own trail blend by visiting each of the vendors, all having a different variety of yummy snacks to add to the mix. Not only was this a great opportunity to make their own delicious treat bags, but also to learn about new products and programs the vendors have to offer.

Special guest, Advocacy Coordinator Randi Clites of the Ohio Bleeding Disorder Council was the guest speaker for the weekend, teaching fellow community members how to become great advocates for their families.

Thanks to all who put in such hard work to host another successful event for the bleeding disorders community.

Ohio
Rania Salem
Members of the NHF Central Ohio Chapter gathered on June 22, 2013 for the ever-so-popular Day at the Zoo. It was a beautiful hot summer day for families and friends to get together for some fun times at the Columbus Zoo and Aquarium!

To start things off families took time to greet their friends in the community and a delicious picnic-style lunch was offered.

For the educational portion of the day, special guest Ohio Employment Law Attorney, Rayl Stepter spoke on Legal Issues Relevant to People with Bleeding Disorders. Rayl touched upon general legal rights people in the bleeding disorders community have, addressing such issues as federal assistant programs, rights to employment, statue of limitations for filing suits against violators, FMLA-Family Medical Leave Act and 504 Plan recommendations.

Rayl was kind enough to stay afterward for some one-on-one time with families who may have had legal questions pertaining to their bleeding disorders.
Vendors were on hand so the members could visit each one and learn more about what each company has to offer the community. A special drawing for a huge Best Buy gift certificate was held for folks that visited with each of the vendors, and a special congratulation to Janet Rider for being the lucky winner! Everyone was then off for an exciting time to visit their big and little furry friends at the zoo!

Ohio
Eric Lambing
The Tri-State Bleeding Disorder Foundation held their Annual Educational Family Day at Coney Island on June 22, 2013. What a perfect venue with summer starting just a day before and the temperature rising to 88 degrees. Families and friends within the Tri-State bleeding disorder community were able to mix and mingle with each other over lunch, enjoy many exciting rides or cool off in the largest flat-surface swimming pool in North America.

This year over 100 community members joined together for an action-packed time while enjoying a wonderful sunny day, and we are all looking forward to doing this again next year!

Tennessee
Stephen Lawrence and David Tignor
Pfizer and Matrix Health Group hosted an Educational Dinner at Legends Steakhouse in Smyrna, Tennessee on June 29, 2013. Daysi Fardales, Pfizer Nurse Educator Specialist, gave a presentation on Exploring Mental Health in the Hemophilia Community and Andrew Berkowitz, Hemophilia Specialty Manager, presented information about Pfizer resources and products for the hemophilia community.

Daysi discussed several issues children, adolescents, adults, and caregivers can experience mentally when living with a bleeding disorder. She talked about specific things such as anxiety, depression, and ADHD. She also covered how to identify symptoms and different ways to treat the symptoms, which led to a lot of open discussions and personal experiences shared by attendees.

Andrew discussed a variety of resources that Pfizer offers the community, such as the HemMobile application for mobile devices to record infusion data, patient insurance resources and more.

Both presentations were informative and well received by all.

Illinois
Eva Kraemer and Lisa Miller
CJ Wilson Children’s Charity (CJWCC), Cure It Foundation, CSL Behring and Matrix Health Group hosted a Benefit Concert unlike the Illinois bleeding disorder community has ever seen on Tuesday, July 9, 2013. CJ Wilson, well-known pitcher of the Los Angeles Angels used his own CJ Wilson Mazda dealership in Countryside, Illinois as a backdrop. The event provided a place to learn more about not only inherited bleeding disorders, but also childhood cancer. Now remember, this is particularly special because CJ was in Chicago to face-off against the Cubs. Not only did he host a benefit concert, but CJ also made it possible for some extremely fortunate families to attend the evening game at Wrigley Field.

The mastermind behind the scene, pulling the strings to get the party and benefit started, was none other than Robert Champaign, CJWCC’s President and Co-Founder. The staff at CJ’s Mazda dealership opened the doors at 5 pm for children’s activities to ensue, complete with exceptional face painting and amazing animal balloon art. Then, when no one was looking, Southpaw, the mascot from the Chicago White Sox showed up for pictures. But wait - just when everyone thought the activities were winding down, the 2013 Stanley Cup World
Champion’s mascot, Tommy Hawk of the Chicago Blackhawks autographed photos for the kids and took some pretty crazy shots with some of the adults. Two local bands, The Lounge Puppets and Sunfallen were there to take the crowd into a beautiful July evening, with the crescent moon providing special lighting effects.

While the benefit provided entertainment, it did not forget to educate all those who passed through the gate about bleeding disorders and childhood cancer. Dr. Jason Canner, a profoundly dedicated member of the hematology/oncology community contributed his time and his foundation, Cure It. “The Cure It Foundation is dedicated to winning the fight against childhood cancer by funding groundbreaking research and fulfilling unmet needs of fighters, survivors and siblings affected by the illness.” Matrix Health Group was fortunate to have played a part in educating the hematology/oncology community, as well as the public at large alongside Dr. Canner and the Cure It staff.

As if the thrill of CJ Wilson being in Chicago wasn’t enough, one of the most famous faces throughout the bleeding disorder community and the social media circuit, cleverly worked the crowd. Yes, that’s right; it was none other than Patrick James Lynch, internet sensation, creator and executive producer of Stop the Bleeding, a comedic web series geared toward the bleeding disorder community. He greeted all those who attended with a large smile and a warm handshake. Yes, ladies and gentleman, this was an event to top all events! Lisa Miller and Eva Kraemer of Matrix Health Group were overjoyed to have worked together with such a unique and committed group of people for the Illinois bleeding disorder and pediatric cancer communities, and their families.

Illinois
Eva Kraemer
In one of the many beautiful Cook County parks, nestled off the beaten path in La Grange Park, Illinois on Saturday, July 13, 2013, the Bleeding Disorder Alliance Illinois (BDAI) sponsored by Baxter, hosted its Annual Picnic in the Park with the Hispanic Bleeding Disorder Alliance.

Over 40 members from the Latino bleeding disorder community spent a glorious day participating in an interactive session about sports and exercise. Outside was the best place to be as the heat and humidity abated just long enough to provide an excellent atmosphere to learn more about how to keep bodies and joints healthy.

A few martial arts experts were on hand to show the group how to exercise without creating a bleed. All the exercise stirred up quite an appetite. Thanks to the marvelous crew at Angel’s, a local Mexican restaurant, the group dined on empanadas-pastries filled with ground beef or veggies, flautas-corn tortillas filled with mashed potatoes, rolled, succulent pork in a green tomatillo sauce, chicken cutlets, rice, beans, mixed greens salad and a colorful array of melon. It was a meal well deserved after so much exercise. Eva Kraemer of Matrix Health Group was grateful to be a part of this event and learn alongside the Latino bleeding disorder community.

Ohio
Susan Moore and Dan Holibaugh
The Northern Ohio Hemophilia Foundation (NOHF) Annual Golf Outing to benefit the Matteo Memorial Fund is just such a fun event, even for a non-golfer like me. People ask if I golf, and my response is something close to, “Not if I can watch the grass grow.” However, spending the day at the StoneWater Golf Club in Highland Heights, Ohio for NOHF’s event was a great way to have a blast! My colleague, Dan Holibaugh and I volunteered the entire day, not leaving until there was nothing left to do. We gathered items to take, we helped set up, we helped put away and we bid on auction items – there is nothing we won’t do to help our Executive
Director, Janet Tooley have a successful fundraiser. This year we shopped for the dress-up hole, where a donation buys the golfers the chance to hit from the women’s tee, while putting on wild and crazy hats, funny masks and props and have their picture taken.

This outing had something for everyone – the most dedicated player had the opportunity to show off his or her skill at this very challenging club, and the untrained novice was able to practice without any pressure. Fun and games, and a chance to win a prize or two while helping out a wonderful charity resulted in everyone feeling like winners!

The day started with registration, a box lunch, and then it was tee-off time! 38 teams took off at 11:30 am and returned in time for a delicious buffet that included broiled salmon, a wonderful salad and many other scrum-dilly-ishus offerings. During and after dinner we found out who the best golfers were, and had a live and silent auction that extended past the dinner hour. Auction items included awesome items such as designer watches, a trip to Naples, Florida, an iPad accessory basket, a Little Tykes Coupe, Cleveland Indians tickets, restaurant certificates, and so much more!

This golfing event started in 1990 in memory of Ron and Tim Matteo, brothers born with hemophilia, who passed away due to complications with their bleeding disorder. The Matteo family placed their love and energy into raising money for other families affected by hemophilia, and to date, have raised more than half a million dollars for NOHF. 2013 proved to be a huge success for the chapter, with many thanks to Associate Director Tanya Ricchi, Administrative Manager La’Chandra Oliver and Program Manager Randi Clites. Co-Chair brothers Frank and Dominic Piunno deserve a standing ovation for their expertise in planning such a fun and successful event.

Florida
Hector Heer
Swim with the Dolphins
is an extraordinary therapy for children with bleeding disorder and on August 2, 2013, the Florida Hemophilia Association hosted this amazing opportunity. This therapy allows and encourages participants to interact with dolphins, and helps the children become more confident. The children learned about the different types of species that live in the ocean and had the opportunity to express their artistic talents while painting shirts.

After an enjoyable lunch of grilled hamburgers and hotdogs, the kids finally got what they were after. It was time to swim with the dolphins! Mere words cannot describe how fun and exciting this was for them! Their smiles captured it all! It is an awesome experience to be swimming with these beautiful creatures. This was a very special day and everyone enjoyed the adventure in the beautiful Florida Keys.

Ohio
Rania Salem
Families and friends from all over Ohio gathered on August 2-4, 2013 for the 21st FAMOHIO Annual Meeting at the Crown Plaza North in Columbus, Ohio. It’s the time of year where folks from across the state come together to meet with friends, attend educational sessions to learn more about their bleeding disorders, and to just simply have fun.

This year the convention boasted a wide array of educational sessions including Setting
Educational Expectations, Bleeding Disorders 101, Persistent Pain, and Understanding the Value of Genotyping just to name a few. There was something for everyone. Childcare and activities for the children were provided so that parents had the opportunity to attend the educational sessions throughout the day.

On the agenda for Saturday night was a fantastic trip to Magic Mountain Family Fun Center. Whether attendees chose to play arcade games, laser tag, ride the go-karts or the bumper boats, everyone had a blast.

The weekend concluded on Sunday with breakfast and prize drawings. The 50/50 raffle was dedicated to Les Gutter, who passed on earlier this year. Les was always the one to head the 50/50 raffle. Our very own Matrix Health employee Susan Moore won the 50/50 raffle and graciously donated her winnings back to FAMOHIO.

A big huge thank you to everyone on the board and planning committee who put in countless hours to make this event a huge success. We look forward to seeing everyone next year at FAMOHIO 2014!

California
Bobby Wiseman
On August 11, 2013, which was a sunny picturesque Sunday in Sonoma, California, the Hemophilia Foundation of Northern California (HFNC) hosted its Annual Wine Tasting Event at the Fairmont Sonoma Mission Inn & Spa. This year the event featured a great number of specialty wineries from the surrounding area. The event was filled with live music, a silent auction and a raffle for a great meal from the French Laundry Restaurant in Yountville, California.

Not only were participants treated to a fabulous meal, they also had the opportunity to sample some of the greatest wines outside of Paris! This afternoon function featured a silent auction to tantalize the participants with items ranging from gift baskets to a trip for two. New and old community members were present to help raise a glass of wine and much needed funds for the programs and services of the HFNC. If you are ever in the Northern California area in August you should make plans to attend this wonderful event for a great cause.

Ohio
Susan Moore and Dan Holibaugh
Walk, don’t run, or go ahead and run if you want in the 5k. Over 400 people turned out to do both while participating in this year’s Northern Ohio Hemophilia Foundation Walk and Superhero Run event that raised over $55,000. It was a beautiful sunshiny day at Sunny Lake Park in Aurora, Ohio on August 17, 2013, and everyone, especially the kids had a great time in the carnival-like atmosphere complete with tents, balloons, ice cream, snow cones, popcorn and various caped superheroes all dressed in
their Saturday best superhero costumes. It came as no surprise the amount of energy that was displayed this day and it seemed that everyone caught the spirit of the event, which was to raise funds and have a good time doing it.

Thanks to all who donated their time and money for this event and a very special thank you to Matt and Amanda McCallum and their family who worked hard and managed to raise the phenomenal amount of almost $13,000, bringing their walk team in at 1st place. See you all again next year!

**Kentucky**

**Rania Salem**

The Kentucky Hemophilia Foundation *Strikes Again* at this year’s annual meeting held on August 17th at the Seelbach Hilton Hotel in Louisville, Kentucky. It’s the season when friends and families of the bleeding disorders community gather to hear the latest updates and reports of the chapter, witness the elections of the new officers, and learn something new at the educational breakout sessions offered throughout the day. Hot topics this year included *Express Yourself, When That Time of the Months Seems All the Time, Positive Assertiveness* and *Legislative Advocacy Training*. Vendors were on hand to answer questions and inform about their latest offerings to the community. Following a delicious lunch, families gathered at the oldest bowling lanes in Louisville, Vernon Lanes, where everyone had a great time. A huge Thank You to Executive Director Ursela Lacer for another successful year and all the valuable service she offers to the bleeding disorders community!

**Virginia**

**Terry Stone**

The beautiful weather along with great company made for a FANTastic night as friends from the Virginia Hemophilia Foundation gathered Saturday, August 24th at The Diamond in Richmond, VA to enjoy a great buffet dinner while rooting for the favorite hometown team, the Flying Squirrels. Thanks to a rainout the evening before, everyone was treated to a double header with the Altoona Curves.

Gina Raymond-Duncan, Manager for Coagulation Products with CSL Behring along with Getting’ in the Game athlete, Ivan Sada were delighted to welcome everyone to this popular annual event. Also on hand and working hard to make it a great evening was Executive Director Kelly Waters and Chapter Administrative Assistant Heather Conner. It was a Back-to-School celebration and one more opportunity to get together before the time to settle in to the new school year. Special VIP seating allowed a nice location for the families to visit, while the kids who had not seen one another since Camp Youngblood got to eat, reflect on camp fun and watch some baseball. Ivan, who is a baseball player, mingled throughout the group during dinner and spoke one-on-one with the kids about playing sports, staying active and having fun while doing it!

Although the Flying Squirrels lost both games, there wasn’t a sad face in the crowd! There was nothing but smiles, hugs and happiness in our little corner of the stadium. Sorry Squirrels... better luck next time we see you!

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We can’t wait!
**Upcoming Events**

**October 3-5, 2013 California**
National Hemophilia Foundation
212-328-3700, www.hemophilia.org

*65th Annual Meeting*
"United in Progress"
Anaheim Marriott & Hilton Anaheim
Anaheim, CA
Contact: Justin Lindhorst 513-253-8535

**October 6, 2013 Illinois**
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org

*Annual Meeting*
Central Ohio Chapter of the NHF

*Annual Dinner at Der Dutchman*
Der Dutchman Restaurant
Plain City, OH
Contact: Rania Salem 513-470-5500
or Dan Holibaugh 330-904-6294

**October 10, 2013 Illinois**
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org

*Community Education Event in Spanish*
Carmina’s Mexican Restaurant
Elgin, IL
Contact: Eva Kraemer Garcia
608-852-3777 (Habla español)

**October 11-12, 2013 Ohio**
Northern Ohio Hemophilia Foundation
216-834-0051, www.nohf.org

*Annual Meeting*
Embassy Suites; Independence, OH
Contact: Dan Holibaugh 330-904-6294
or Susan Moore 330-472-2289

**October 11-13, 2013 Maryland**
Hemophilia Foundation of Maryland
410-661-2307, www.hfmonline.org

*HFM Family Weekend*
Hyatt Regency Chesapeake Bay
Cambridge, MD
Contact: Terry Stone 703-795-6269

**October 12, 2013 Virginia**
Virginia Hemophilia Foundation
804-740-8643, www.vahemophilia.org

*Fall Festival Event*
Sherando Lake; Lyndhurst, VA
Contact: Terry Stone 703-795-6269

**October 12, 2013 Idaho**
Idaho Chapter of NHF
208-344-4476, www.idahoblood.org

*2nd Annual Hemophilia Walk*
Ann Morrison Park; Boise, ID
Contact: Liselle Easto 208-741-2489

**October 18, 2013 Illinois**
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org

*Holiday Wine Dinner and Auction*
Columbia Yacht Club; Chicago IL
Contact: Eva Kraemer Garcia
608-852-3777 (Habla español)

**October 26, 2013 Illinois**
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org

*Celebrating Hispanic Heritage Month*
National Museum of Mexican Art
Chicago, IL
Contact: Eva Kraemer Garcia
608-852-3777 (Habla español)

**November 6, 2013 Ohio**
Central Ohio Chapter of the NHF

*Annual Dinner at Der Dutchman*
Der Dutchman Restaurant
Plain City, OH
Contact: Rania Salem 513-470-5500
or Dan Holibaugh 330-904-6294

**November 7-9, 2013 Florida**
Florida Association of Pediatric Tumor Programs / University of South Florida,
Department of Pediatrics
813-396-9528

*36th Annual Advances in Pediatric Hematology/Oncology*
Sheraton Sand Key Resort
Clearwater, FL
Contact: Dave Burgesson 239-784-4565

**November 9, 2013 Virginia**
Virginia Hemophilia Foundation
804-740-8643

*Bowling for Bleeding Disorders*
AMF Bowling Centers in Richmond, Charlottesville and Virginia Beach, VA
Contact: Terry Stone 703-795-6269

**December 7, 2013 Texas**
Lone Star Chapter of the NHF
713-686-6100
lonestarhemophilia.org

*Winter Education Event*
Cadillac Bar
Houston, TX
Contact: Tammy Davenport
936-524-4907

**December 14, 2013 South Carolina**
Hemophilia of South Carolina
864-350-9941
www.hemophiliaofsoutherncarolina.net

*"Lights Before Christmas" Holiday Party and Dinner*
Riverbend Zoo and Garden
Columbia, SC
Contact: Peggy Gay 864-275-0246

**December 14, 2013 Virginia**
Virginia Hemophilia Foundation
804-740-8643
www.vahemophilia.org

*Holiday Parties*
Locations in Charlottesville, Richmond and Norfolk, VA
Contact: Terry Stone 703-795-6269

**December 15, 2013 Kentucky**
Kentucky Hemophilia Foundation
502-456-3233
www.kyhemo.org

*Holiday Family Event*
Crowne Plaza
Louisville, KY
Contact: Rania Salem 513-470-5500
or Justin Lindhorst 513-253-8535

**December 14, 2013 Florida**
Florida Association of Pediatric Tumor Programs / University of South Florida,
Department of Pediatrics
813-396-9528

*36th Annual Advances in Pediatric Hematology/Oncology*
Sheraton Sand Key Resort
Clearwater, FL
Contact: Dave Burgesson 239-784-4565

**December 19-20, 2013 Virginia**
Virginia Hemophilia Foundation
804-740-8643
www.vahemophilia.org

*Advocacy Training and Richmond Days*
Richmond, VA
Contact: Terry Stone 703-795-6269

**January 19-20, 2014 Virginia**
Virginia Hemophilia Foundation
804-740-8643
www.vahemophilia.org

*Advocacy Training and Richmond Days*
Richmond, VA
Contact: Terry Stone 703-795-6269
Hi Kids!
Each of the zoomed-in photos below are items usually involved when a person is receiving an infusion of clotting factor. Can you identify the item? Answers are on Page 11.

Write your answers here:
1. ________________________  
2. ________________________  
3. ________________________  
4. ________________________  
5. ________________________  
6. ________________________  
7. ________________________  
8. ________________________

SuDoku!
Fill in the grid so that every row, every column, and every 9 by 9 box contains the numbers 1 through 9.
Our **Vision** and **Mission** are realized through the value we place in five guiding principles. These values represent our commitment to our employees, patients, and the community, driving our organization to excellence. These core beliefs define our culture and provide a means for us to measure our success. By using these principles as a standard for excellence, we become the logical choice for consumers with specialty pharmacy needs. These attributes represent the very best of what our company stands for and they remain at the forefront in all we do.

**Integrity** - Our professionalism, strength and stability come from our resolve to operate honestly, morally and with a higher purpose to meet and exceed the expectations of all.

**Dedication** - Our dedication is evident in our close attention to detail, personal touch, and resolve to advocate from the heart, giving each relationship a close, family feel.

**Compassion** - We are sensitive to each individual’s unique situation; our ability to listen, empathize and support those we work with distinguishes our business practice.

**Enrichment** - We understand that in order to perform at our best, we must always seek to learn and grow, while using our knowledge to assist and empower others.

**Enthusiasm** - Our confidence in the services we provide is illustrated by the energy, drive and passion we exhibit in all we do.

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