

November 2010 **Headline News**

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A Note from the Executive Director

2010 - A Year in Review

Great Lakes Hemophilia Foundation
Headline News - November 2010

Mary Ann Schall



With Thanksgiving and the start of the holiday season only weeks away, it seems appropriate to pause and celebrate the love of family, the warmth of friendships, and the blessings of the past year. It's also time to reflect on 2010 - to celebrate the successes and review the challenges.

For Great Lakes Hemophilia Foundation, 2010 was a year of success and transition. The year closed with GLHF executive director, Sandra Lampman, stepping down. The programs and events of the past year are a testament to the plans she implemented during her tenure.

It is my privilege to report that in 2010 over 300 individuals participated in GLHF's advocacy, education, networking, and exercise programs, over 50 individuals were supported through the Patient Financial Assistance program, 26 youth attended camp through the GLHF campership program, and another 7 individuals received scholarships to advance their education.

In 2010, GLHF launched its first edition of the web-based newsletter. Electronic newsletters now bring current bleeding disorder information and programming updates to over 900 individuals. This coming December will mark the inaugural podcast of the GLHF web-library. The podcasts will allow families across the state to view relevant educational programming from the comfort of their homes.

As we look ahead to 2011, GLHF is committed to finding innovative ways to support the needs of the bleeding disorders community. We've planned an exciting array of services that will include our first-ever Family Camp, an expanded WI Bleeding Disorders Conference, and a return to the capitol in Madison for Blood Disorders Day.

Having served GLHF for almost 20 years, it is a privilege to be stepping in as Interim Director to work with the dedicated GLHF staff and Board of Directors to strengthen services and provide a powerful voice of advocacy to the bleeding disorders community. Thank you for your continued support of GLHF and warm wishes for health and happiness in 2011.

How the New Healthcare Law Can Help You

Coverage expanding for children and young adults

David Linney

Originally Published October 2010

Published on hemaware.org (<http://www.hemaware.org>)

Source URL: <http://www.hemaware.org/story/how-new-healthcare-law-can-help-you>



Much of the federal healthcare reform that passed in March 2010 will not take effect until 2014. However, key parts of the legislation began this fall, offering expanded insurance benefits and protections to members of the bleeding disorders community now and during the next year.

End of Lifetime Limits

Beginning September 23, 2010, as individual and group health plan policies are issued or renewed during the next year, they will no longer have lifetime limits. By September 22, 2011, no health plan will have a lifetime limit.

Annual Limit Minimums

Until January 1, 2014, when annual limits for all insurance plans will be abolished, the law sets a minimum annual limit dollar amount for all group policies and new individual policies. (However, the law does not apply to existing individual policies.) For a plan or policy year beginning between September 23, 2010, and September 22, 2011, the minimum annual limit can be no less than \$750,000. That amount will increase in subsequent years.

Addressing Pre-Existing Condition Exclusions

Individual and group health plan policies issued or renewed on or after September 23, 2010, will no longer be permitted to exclude or restrict coverage for an individual younger than age 19 with a pre-existing condition. By September 22, 2011, no policy will be able to exclude this group.

End of Insurance Plan Cancellations

As of September 23, 2010, individual and group health plans cannot cancel an insurance policy because an individual had high-cost medical claims.

Medicare Drug Benefit Savings

This year, Medicare will provide a one-time \$250 rebate to help pay for prescriptions in the "donut hole," a gap in Medicare Part D coverage that occurs when drug costs exceed the initial coverage limit, but do not reach the catastrophic coverage threshold. In 2011, there will be a 50% discount on covered brand-name prescription drugs for those in the donut hole.

Coverage for Children

All children younger than 19, regardless of medical condition, must be accepted by individual plans for an individual policy (for the child) or as a dependent under an approved family policy.

New Dependent Coverage Limit

The law requires all insurance plans that offer dependent coverage under a parent's policy to provide it until an adult child turns 26, whether single or married. The only exception is if the parent has an employer-based plan and the child is eligible for his or her own employer-based coverage. By September 22, 2011, all eligible adult children should be enrolled.

New Pre-Existing Condition Insurance Plans

If you have a pre-existing condition and have been without insurance for six months or more and have no insurance options, the law has created a pre-existing condition insurance plan in each state. Often referred to as temporary high-risk pools, these plans will serve as a bridge until 2014, when all individuals, including those with pre-existing conditions, will be able to purchase qualified individual plan coverage through state-based American Health Benefit Exchanges.

What's New for Girls and Women with Bleeding Disorders

Great Lakes Hemophilia Foundation
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Mary Anne Schall,
Regional Coordinator / Interim Executive Director



Historically, women with bleeding disorders have been an overlooked community, but happily of late, women's issues are garnering the attention and resources they deserve. Several new treatment options for women with bleeding disorders just recently entered the market place, and a brand new women's campaign is being rolled out at the National Hemophilia Foundation (NHF) Conference in New Orleans.

New Drugs

Two new medications that have the potential to improve the quality of life in women with bleeding disorders are now available in the United States. They are Lysteda, used to treat heavy menstrual bleeding common in women with von Willebrand disease (VWD), and Wilate, used to treat bleeds in various types of VWD.

Lysteda is an oral, long-acting formulation of tranexamic acid. Tranexamic acid, which prevents the breakdown of clots by stabilizing the protein fibrin, is widely used in other parts of the world for the treatment of heavy periods. However, prior to the approval of Lysteda, tranexamic acid was available in the US only in injectable form for use in bleeding related to tooth extraction. Happily, Lysteda is now available in a convenient tablet form for treatment of heavy menstrual bleeding.

Wilate is a new von Willebrand factor/factor VIII concentrate for the treatment of bleeding episodes in people with type 3 VWD or in individuals with types 1 and 2 VWD for whom desmopressin is not effective. Wilate joins Humate P and Alphanate as an option for individuals with VWD who need to infuse.

Victory for Women with Blood Disorders

NHF recently announced its new women's health and bleeding disorder initiative – Victory for Women with Blood Disorders. Victory for Women will provide education, advocacy, and support for women with bleeding disorders and seek to raise awareness among women yet to be diagnosed. Based on the needs assessment conducted earlier in the year, the strategic agenda for this new program will focus on:

Women ages 18-25,
Mothers of 13-18 year old daughters, and
Professionals working in health and education.

Stay tuned and check the NHF website www.hemophilia.org for details about future Victory for Women resources and programming. Applications for educational scholarships for women with bleeding disorders will be available on the NHF website in February, 2011.

Get Fit Indoors with Exercise Machines

Improve joints and get your heart pumping

Great Lakes Hemophilia Foundation
Headline News - November 2010

Matt McMillen

Published on hemaware.org (<http://www.hemaware.org>)

Source URL: <http://www.hemaware.org/story/get-fit-indoors-exercise-machines>



When it's cold outside, it's hard to get motivated to exercise. Luckily, staying indoors and getting fit go hand-in-hand. Myriad exercise machines will have you working up a sweat on even the coldest days. But figuring out which machine is best for you can be tough, especially with the extra caution needed when you have a bleeding disorder.

"The most advantageous equipment is also the simplest and easiest to use, like the treadmill or the exercise bike," says Steve Houghton, PT, a physical therapist at The Therapy Institute in Haslett, Michigan. "If you are really going to use it, spend the money. Buy what you can afford and get started."

Stationary Bikes

Both Houghton and Alice Anderson, PT, MS, PCS, at Children's Medical Center of Dallas, advocate using stationary bikes. They can provide a great cardiovascular workout and have virtually no impact on joints, making them the ideal choice for anyone with knee or ankle problems. Some models even offer an upper body workout, with dual action handlebars that riders push and pull as they pedal. In "Playing It Safe: Bleeding Disorders, Sports and Exercise," the [National Hemophilia Foundation](#) (NHF) gives exercise bikes a 1, its safest rating.

Treadmills

Treadmills, another low-impact option, are also favorites of Houghton and Anderson. NHF rates treadmills at 1.5 on its 5-point safety scale, just below exercise bikes, which means that they are considered safe to moderate-risk equipment. Houghton cautions that anyone who has trouble walking because of bad ankles should be cautious about working out on a treadmill.

Rowing Machines

Rowing machines work your arm, leg and shoulder muscles as well as your abdominals and lower back. They also provide an excellent aerobic workout. Like treadmills, rowers receive a 1.5 on NHF's safety scale.

Elliptical Trainers

Elliptical trainers combine some of the best elements of treadmills and exercise bikes. They offer a heart-quickenng cardiovascular workout on par with brisk walking or running while being as gentle on the joints as a ride on a stationary bike. All elliptical trainers work the lower body, and many models also strengthen the upper body. And, Anderson says, they put no undue stress on your joints. Like exercise bikes, ellipticals get an NHF safety rating of 1.

Form and Function

No matter what exercise machine you choose, the first order of business should be learning to use it properly, say Houghton and Anderson. That means, for example, knowing how to set the seat of the exercise bike at the proper height in order to avoid undue strain on your knees. Both Anderson and Houghton recommend working with the physical therapist at your hemophilia treatment center. He or she will help you develop an appropriate workout and make sure that, whatever equipment you choose, you are using it safely and effectively.

“Exercise without resistance until you are sure you have the proper form,” Anderson recommends. In other words, program your machine on its lowest setting and practice before pushing yourself.

Allan Kucab, BSN, GN, a nurse at University of Michigan Hospital in Ann Arbor, has learned this exercise lesson the hard way.

“If I overdo it or do something wrong, I’ll be out for a few days because I gave myself a bleed,” says Kucab, 27. “It’s so easy to strain yourself if you’re not exercising properly.” As a precaution, Kucab, who has severe hemophilia A, uses prophylactic treatments before each trip to the gym, especially if he is anticipating a strenuous workout.

Finally, pay attention to what your body tells you. Houghton says, “Ask yourself at the end of your workout, ‘Do I feel fatigued?’ You want to feel the effort, but you don’t want to exhaust yourself and you don’t want any pain.”

Home or Away

It’s not just a question of which machine to use. You also have to decide where to work out—at home or at the gym. Both have pros and cons.

Most gyms have exercise machines of all descriptions. If you don’t feel like hitting the treadmill, vary your workout by hopping on the exercise bike instead or trying out the elliptical trainer. Cross-training does more than keep your workout interesting. By focusing on different muscle groups on different days, you lower the risk of injury due to strain.

“Variety is important,” says Houghton. “It allows you to modify your workout to take problem areas into account.”

The downside is that gyms often have steep monthly membership fees. Houghton cautions that getting to the gym can be a challenging commitment for some people. If that describes you, then you might be better off getting your exercise at home, where you can park your exercise bike or your treadmill in front of the television and hop on at a moment's notice. The tradeoff is that you sacrifice variety for convenience.

"Ask yourself, 'What am I realistically going to do? What will work for me?'" says Houghton. "Just keep it simple. The point is to be able to do it. Take satisfaction in the fact that you are doing something."

GLHF Programs & Services Survey

Great Lakes Hemophilia Foundation
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Please take a few moments to complete the 2010 GLHF Programs & Services Survey. The results will allow GLHF to better evaluate its programs and services currently offered to the Wisconsin Bleeding Disorders Community.

A follow up survey will be administered one year from now. Your feedback is greatly appreciated! Follow this link, http://www.surveymonkey.com/s/glhf_survey to complete survey.

Decorate for a Cause!

Great Lakes Hemophilia Foundation
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Your poinsettia, wreath and coffee purchase benefits Great Lakes Hemophilia Foundation & the Wisconsin bleeding disorders community.

Remember orders are due Monday, November 15th!



8 Easy ways you can help!

1. Purchase a plant for your home
2. E-mail your friends about the Holiday sale, then don't forget to follow up with a phone call. (Check out [Facebook](#) for a sample e-mail you can use)
3. Instead of spoiling your friends with fruitcake, give them a poinsettia (less calories).
4. Bring an order form to work.
5. Post friendly reminders to order on your Facebook status.
6. Ask your place of work to decorate the office for a good cause.
7. Ask a business you frequent if you can post a brochure. While your there don't forget to ask if they are interested in purchasing plants too.
8. Also, new this year GLHF is selling Stone Creek Coffee! A poinsettia and coffee- the perfect Holiday gift for anyone.



Programs & Services Updates

Stay up to date with the latest programs and services happenings at GLHF.

Great Lakes Hemophilia Foundation
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Karin Daniels, Program Services Coordinator



Hispanic Day of Education & Holiday Celebration

A Day of Education and Holiday Celebration will take place for Spanish speaking clients on December 11-12 in Brookfield, WI. The day will include educational sessions on fitness, inhibitors, working with your child's school and will end in the evening with a festive dinner and celebration. All those who speak Spanish and desire educational programming specific to Spanish speaking families are encouraged to attend. Please contact Karin at GLHF for more information or to register at 414-937-6782.

Un Día de Educación y Celebraciones en el los días Festivos

Un día de educación y celebración para los clientes de habla Hispana el 11 -12 de diciembre en Brookfield, WI. El día incluirá sesiones educativas sobre, como mantenernos en un estado físico bueno; Inhibidores; Como colaborar con las escuelas de su hijo(s). El día se finalizará con fertilidades y cena. Todos los que hablan Español y desean mas educación están invitados a asistir. Llamen a Karin en GLHF para obtener más información o para inscribirse al numero 414-937-6782.

PFA Program

In the 2010 fiscal year, GLHF distributed \$30,600 dollars to individuals and families in need of financial assistance with medical bills, insurance premiums and emergency basic living expenses. In total 54 clients received assistance. GLHF also assists with payment of medical alert bracelets and membership renewals. This year GLHF provided 53 clients with this service. Please contact Karin at the Foundation at 414.937.6782 if you would like more information on the GLHF Patient Financial Assistance Program or are in need of assistance.

Scholarship Program

Each year GLHF awards educational scholarships to students with bleeding disorders. Please check <http://www.glfh.org/scholar.htm> in January for an up to date list of both GLHF scholarships and other bleeding disorder specific scholarships offered across the country. Mark your calendar, May 1st, GLHF scholarships are due! Contact Karin at the Foundation for further details at kdaniels@glhf.org or 414.937.6782.

Podcasts

GLHF is proud to introduce our latest method of delivering education right into your own living room, *PODCASTS*. This coming December GLHF will launch its first podcast, *Women and Girls with Bleeding Disorders*. To view the podcast, visit glhf.org in December and check your inbox. GLHF is in the process of developing a web-library of information and will be releasing podcasts throughout 2011. If you have a topic idea, please email kdaniels@glhf.org.

Upcoming Programs:

Hispanic Day of Education & Holiday Celebration, December 11-12, 2010 in Brookfield, WI

Men's Group, February 2011, in Madison, WI, Details to come

Madison Legislative Days, April 2011, Details to come

[GLHF Scholarship](#) Deadline, May 1, 2011

[GLHF Campership](#) Application Deadline, May 20, 2011

Wisconsin Bleeding Disorders Conference, June 11-12, 2011 in Wisconsin Dells

Family Camp, September 30-October 2, 2011 in Campbellsport, WI

If you have an idea for a program or topic please feel free to call Karin at the Foundation at 414.937.6782 to discuss. We appreciate your input!

Teeth Talk

Tips to keep your teeth and gums healthy

Great Lakes Hemophilia Foundation
Headline News - November 2010

Meredith Stanton

Originally Published September 2008

<http://www.hemaware.org/parenting-family/junior/teeth-talk>

Source URL: <http://www.hemaware.org/parenting-family/junior/teeth-talk>



Did you know that by the time you grow up, you'll have 32 teeth in your mouth? You might not realize it now, but taking care of your teeth is one of the most important—and healthy—things you can do for yourself.

Your teeth help you chew foods. They also help you speak clearly. (Try singing your favorite song without using your teeth. It's harder than it sounds.) They even help you look good when you smile. Once your adult teeth come in, you'll have them for life! That's why it's so important to take good care of your teeth now, so they can stay strong and healthy for a long time.

Like your bones, your teeth are very strong. But sugary foods and drinks, like candy and soda, can make them soft. Then plaque, a clear film, can stick to your teeth, and can attract bacteria and other bad germs. Over time, the bacteria can break down the hard outer layer of your tooth, causing holes called cavities. Cavities can be painful, and you'll have to see a dentist to fix them. Sometimes, your gums can get infected, too. This is called gingivitis; it makes your gums red and sore.

For kids with bleeding disorders, bleeding from the mouth is quite common. Usually these bleeds are minor, but can look much scarier when the blood gets mixed with your saliva. You might need treatment when a baby tooth falls out or a new permanent tooth comes in, or when you get a cut on your gums or tongue or inside your cheek. If you notice any bleeding in your mouth—especially if it doesn't seem to stop, or if it stops but starts up again—tell your parents or check with your hemophilia treatment center right away.

Here are a few ways you can keep your teeth healthy:

Brush at least twice a day

Brush in the morning after breakfast and before bedtime. Brush after eating snacks or desserts. Try to brush all of your teeth, even the ones way in the back. Spend at least three minutes brushing each time. Using a timer or playing a recorded song can help

you track time. Always use a toothbrush with soft bristles. Swallowing toothpaste might make you sick, so rinse and spit after brushing. Your toothbrush can wear out quickly, so ask your parents for a new one every three months.

Don't forget to floss your teeth

Sometimes flossing can cause your gums to bleed slightly. Dental floss is a coated string, or tape, that helps you clean between your teeth. It can take out any food or plaque that may have gotten caught in your teeth during the day, which your toothbrush can't reach.

Make sure you go to the dentist at least twice a year

The dentist may also take X-rays, pictures of the inside of your teeth that show cavities or problems below the surface that they can't see. Dentists can also show you the best way to brush and floss. If you have any questions about your teeth or gums, don't be afraid to ask. Dentists know a lot about teeth!

Follow these suggestions and you, your parents and your dentist will be all smiles!

Interested in finding out more about taking care of your teeth and going to the dentist? Then visit www.kidshealth.org, which has tips on teeth just for kids.

Who Knew?

1. George Washington did not have teeth made out of wood, but out of hippopotamus teeth. He also had teeth made out of ivory, human teeth and cow's and sheep's teeth.
2. A Chinese dentist once built a tower out of 28,000 human teeth.
3. Have you ever wondered how people cleaned their teeth before the toothbrush was invented? In 1400 A.D., toothbrushes in China, using wild boar neck-hairs as bristles, were invented. In 5000 B.C., ancient Egyptians used twig toothbrushes made by smashing one end of a stick. In the 1600s, many people in Europe "mopped" their teeth with rags tied to sticks and dipped in salt. In 1780, William Addis of England made the first modern toothbrush with cow hairs and a bone handle.

Source: Thinkquest Library

Madhatter's Reception

Save the Date

Great Lakes Hemophilia Foundation
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Let the Magic Begin on Friday, March 25th. More details to come!

You can help the gala auction be a success.

It's Fun and Easy!



Gather a group of friends, or maybe everyone in your office wants to chip in and create a splendid basket.



Try an Italian Themed basket- someone can buy pasta pot, another person a romantic Italian movie, and a third can buy a few packages of pasta and sauce.



Or maybe a Family Fun night basket someone brings Monopoly, another Checkers, and someone else the popcorn and snacks



There are endless possibilities use your imagination or check out some ideas below...

Help us put together one of the following basket themes.

Experiences

- Ride on a float in a parade
- Day with the sheriff
- Weather report aired from your home/school/business
- Birthday party in the firehouse
- Event planning company to come set up big screens TV and sound for a personal movie event. Include popcorn, movie candy, soda, etc.

Trips and Getaways

- "Stay-cation" - overnight or weekend at a local hotel or B&B, paired with a restaurant gift certificate and spa services
- One week at a northern Minnesota or Wisconsin cabin (any season)
- Museum/ sightseeing getaway in Chicago
- Auto care kit (Auto Detailing, and membership to Triple AAA (AAA Wisconsin))

Food and Wine

- Progressive dinner at four to five highly reviewed area restaurants (4-6 people), limousine service included
- Private wine or beer tasting (either in-home or at a local wine/beer shop, include appetizers and bottle of wine/case of beer for each guest)
- Food item "a month" for a year, prepared and delivered to winner (for example, hot dish a month, two dozen cookies a month, soup and bread each month)
- Eat at the Chef's table in restaurant
- Martini basket (or other alcoholic drink)
- Chocolate lovers basket

Kids and Family

- Brewers Batting Buddy package (Or Madison's or Fox Valley's minor league team)
- Trip to Chicago to visit the American Girl Store
- Laser tag party for 20 at your home
- Scrapbook in a basket
- A day at the beach basket
- Dog and cat basket
- Girls dress-up basket
- Pitching/ hitting lessons for kids
- Your kid can be the towel kid at Marquette/ Bucks game

Please contact Jessica at the Foundation for more information or other ways to assist.

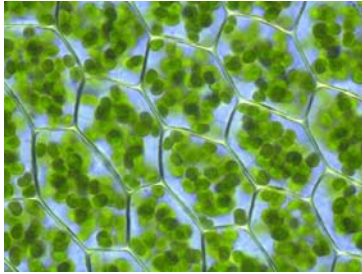
414.937.6780 or jkveen@glhf.org.

Thanks for your help!

Plants Help Prevent Inhibitors and Allergic Reactions

Great Lakes Hemophilia Foundation
Headline News - November 2010

National Hemophilia Foundation E-Notes
Source: e! Science News, March 30, 2010



Using genetically modified plants, researchers from two Florida universities are developing a technique that could help prevent treatment-related complications such as inhibitors, an immune reaction that neutralizes infused factor, and anaphylaxis, severe allergic reactions, in people with hemophilia B. The lead authors of the study were Dheeraj Verma, PhD, Department of Molecular Biology and Microbiology, College of Medicine, at the University of Central Florida (UCF) in Orlando and Babak Moghimi, MD, Department of Pediatrics, College of Medicine, at the University of Florida (UF) in Gainesville.

Inhibitors result in approximately 25% of patients with hemophilia A and up to 4% of patients with hemophilia B. Clinicians often use immune tolerance (IT) induction to eliminate an inhibitor. By administering daily doses of factor over time, the body begins to tolerate the therapy. The process is similar to desensitization therapy used to treat food and environmental allergies. The technique is less effective in individuals with hemophilia B than in those with hemophilia A. In addition, because of the large amounts of factor used, IT becomes very expensive. The approach being developed by Verma, Moghimi and colleagues could be more cost effective.

The researchers used a so-called "gene gun" to insert the genetic material that manufactures factor IX (FIX) into chloroplasts, the energy production centers of plants. They then fed the modified plants to mice with hemophilia B for a prolonged time period. Insulated from digestive acids and enzymes by durable plant cell walls, the FIX protein traveled through the stomach and into the small intestines. Once inside the small intestines, bacteria then broke down the cell walls and released the protein, which induced tolerance by the immune system.

"We have made them develop tolerance, and removed the allergic part of this treatment," said coauthor Henry Daniell, PhD, a Pegasus professor and University Board of Trustees Chair in the College of Medicine at the UCF.

Later the mice were infused with factor product, which triggered little to no inhibitor responses and no anaphylactic events. "I think this is a milestone – nobody has previously achieved such levels of robust immune tolerance by any means using a noninvasive procedure," explained Thierry Vandendriessche, PhD, an associate professor of medicine at the University of Leuven in Belgium,

who was not involved in the study. He is president of the European Society of Gene Cell Therapy.

Investigators will conduct follow-up studies to test the approach in mice with hemophilia A and then carry out trials in humans using lettuce to produce the therapeutic proteins.

"We're hoping that our research will, in the future, result in better and more cost-effective therapies," said study co-author Roland Herzog, PhD, an associate professor of pediatrics, molecular genetics and microbiology in the UF College of Medicine and a member of the UF Genetics Institute. Herzog received the National Hemophilia Foundation's Career Development Award in 2000.

The study, "Oral Delivery of Bioencapsulated Coagulation Factor IX Prevents Inhibitor Formation and Fatal Anaphylaxis in Hemophilia B Mice," was published in the April 2010 issue of the *Proceedings of the National Academy of Sciences*.

Walk Through the Summer

Great Lakes Hemophilia Foundation
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Jessica Kveen, Special Event Coordinator



Wisconsin hosted three *Walks* this summer and raised over \$60,000!

A huge thank you to our walkers, volunteers, committee members, NHF staff, our sponsors and donors. **Way to go!**

Milwaukee's Hemophilia Walk saw over 250 walkers on the Milwaukee Mile. Teaming up with NHF and 13 other chapters across the nation was a great experience. Walkers were able to raise money and awareness for research, education, advocacy, early diagnosis, and blood safety. After the walk everyone was able to enjoy the fun and excitement of Harvest Fair.

One more thank you to our Hemophilia Walk Sponsors!

National Presenting Sponsor: Baxter Healthcare

Local Presenting Sponsor: Novo Nordisk

National Milestone Sponsor: Bayer Healthcare

National Supporting Sponsor: Pfizer

National Event Sponsor: Talecris

Gold Sponsors: Foresters, Grifols, & The Mosaic Group

Silver Sponsors: Octapharma & vonBriesen

Bronze Sponsors: Accredo Hemophilia Health Services, BloodCenter of Wisconsin, Curtis Ambulance Service, CSL Behring, & HomeTech Therapies, Inc.

Supporting Sponsors: Affinity BioTech, Anderson Laboratories Inc., Milwaukee Deputy Sheriff's Association, Northwestern Mutual

Inkind Sponsors: AirTran Airways, Exciting Events, & HarvestFair



Friendship Walk for Bleeding Disorders was a first time event in Neenah this September! We had a great turnout with over 50 walkers. Walkers enjoyed a walk along the Friendship Trail, then returned to games and a picnic lunch. A huge thank you to ThedaCare our presenting sponsor. Also thank you to Carmen Hass and the entire family, and all the friends they brought into to help organize the event! Nice Job!



Volunteer List

Great Lakes Hemophilia Foundation
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Thank you Volunteers!

GLHF would like to acknowledge the 2010 volunteers. Thank you for supporting GLHF's mission through your hard work and dedication. Your contributions to our special events, committees, and programs are invaluable to us.

We look forward to seeing you again in 2011!

Elaine Alred	Todd Endres	Heather Jackson
Luisa Alvarez	Amanda Falkowski	Kate Jaeger
Debbie Anderson	Cindy Faris	Rosie Jankiewicz
Richard Aster	Angelo Faris	Samir Jankins
Gloria Babcock	Sydney Faris	Ali Jazayeri
Sarah Barse	Susan Farrell	Regine Jeune
Desiree Bartolomey	Roy Felber	Samir Karimi
Abby Bartz	Lori Felber	Julie Kendall
Deby Brey	Bob & Marge Filo	Ryan Kitzinger
Barbara Brown	Bill Finn	Michael Kohler
Emily Bruck	Margaret Fitzpatrick	Jennifer Konop
Pat Burgermeister	Kristin Fleischmann	Mary Krawczyk
James Campbell	Karen Fockel	Charlene Kuhl
Larry Cannestra	J.T. Garrity	Jay Kullmann
Kimberly Cecil	Jan Gibson	Timothy Kveen
Michelle Cecil	Jim Gibson	Ben LaHood
Brianna Cecil	Tom Giese	Sensen Lin
Natalie Cerfus	Dr. Joan Gill	Lisa Malczewski
Santino Cicero	Jospeh Gormon	Shelly Mattson
Katie Cook	Amy Gostisha	Judy Maupin
Debra Costigan	Alice Grable	Timothy McDonald
Megan Costigan	Jean Grow	Jodi McKelvey
Michelle Costigan	Kevin Guillot	Steven McMurtry, Ph. D.
John Curran	Claire Halquist	Jen McTavish
Jackie Dalrympie	Erin Hareng	Larry Mecha
Christina Davis	Carmen Hass	Deborah Melhado
Katy Deardorff	Julia Holzman	Julie Mercer
Dana Derrick	Sanchee Hong	Magdelyn Monahan
Jen Dietlmeier	Barbara Howard	Dr. Robert Montgomery
Joe Dietlmeier	Mark Hunter	Sarah Morris
Larry Duncan	Jonathan Hwee	Linda Muckerheide
Lisa Emery	Rachel Hyslop	

Deena Naretta
Sarah Neel
David Osswald
Eric Peterson
Ruth Peterson
Julia Phillips
Natalie Phillips
Sam Pinter
Dorothy Pinter
Trisha Plank
Dale Plank
Frank Pugliese
Julie Rasmussen
Dominique Reynolds
Beth Rodenhuis
Erin Ruedinger
Julian Ruiz
Tim Ryan
Jodene Schlueter
Suzanne Schmidt
Paul Schmitz
Katherine Schuster
Huma Siddiqi

Kevin Siegel
Omar Sinno
Brian Smallcombe
Sue Smith
Dan Sommerfeldt
Chelsea Stack
Dan Stefanovich
Giovanna Straus
Debbie Straus
Shaan Sudhararan
Rachel Sullivan
Terri Swanson
Jessica Swearingen
Amir Talebi
Fred Tamms
Jordan Teske
John Thorson
Erin Tomlin
James Tracey
Julie Turner
Julie Turner
Katie Valimont
Phil Volrath

Beverly Wade
Carrie Wade
Sheryl Wade
Dick Wade
Jeff Wade
Melinda Wade
Therese Wade
Jeff Wade
Brandon Wade
Louise Wakcher
Andrew Wang
Robert & Barbara Ward
Kasper Warrick
Greg White
Dr. Gil White
Mark Wiener
Hayley Wolf
Patrick Yates
Albert Yen
Sarah Youngbauer
David Zeleznikar
Katie Zganjar

12 Ways of Giving

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Headline News - November 2010

Maripat Monahan, Director of Resource Development



As you begin to contemplate the upcoming holidays and reflect on your year-end charitable giving, please consider the many ways you can support Great Lakes Hemophilia Foundation now and all through the year.

Of course you can write a check or [donate](#) on line to make a cash donation. You can also:

1. Buy Poinsettias and/or coffee for yourself and your holiday gift list (visit glhf.org/Holiday_page.htm for more information and an order form).
2. Sell Poinsettias and/or coffee to friends, neighbors, coworkers.
3. Use Good Search goodsearch.com to browse the web and name Great Lakes Hemophilia Foundation as your designated charity.
4. Name Great Lakes Hemophilia Foundation as your charity of choice while shopping at Pick 'n Save or Copps (GLHF's charity ID # is 293550).
5. Make a gift through United Way Donor Choice or other workplace giving campaign and designate Great Lakes Hemophilia Foundation.
6. Encourage your friends, family and co workers to make a gift through United Way or other workplace giving campaign and designate Great Lakes Hemophilia Foundation.
7. Have a Party with a Purpose (PWAP): Invite some friends over during the holidays - or anytime of year - raise awareness about bleeding disorders and pass the hat for donations to GLHF.
8. Inspire your friends to give generously at your PWAP by offering to match the first \$\$\$ worth of gifts.
9. Ask your friends and family to make a gift to GLHF in lieu of a birthday, holiday, or anniversary gift.
10. Make a donation to GLHF on behalf of a friend or family member as a holiday, birthday, or anniversary gift.
11. Find out if your employer has a matching gifts program that can double or triple your gift to GLHF.
12. Arrange to make a planned gift (through bequest, insurance beneficiary, etc.) to Great Lakes Hemophilia Foundation.

If you have questions or would like to discuss any of these possibilities, you can always contact Maripat Monahan at 414-937-6783 / mmonahan@glhf.org or Jessica Kveen at 414-937-6780 / jkveen@glhf.org. Thank You for your support of Great Lakes Hemophilia Foundation.

Acknowledging new 2010 donors!

Thank you to the following organizations who joined the Great Lakes Hemophilia Foundation family of donors with a first gift in fiscal year 2010 (Oct 1, 2009-Sept 30, 2010)

Affinity BioTech

Anderson Laboratories

Ants Tile

Craig Berns Salon & Spa

Curtis Ambulance Service

Finn Digital, LLC

Gilles Frozen Custard

M3 Insurance Solutions, Inc.

Madison Rotary Foundation

Medical College of Wisconsin

Milwaukee Deputy Sheriff's Association

Octapharma

Grifols Plasma Care Inc.

St. Marks Bazaar

Sun Prairie Rotary Foundation

Support for Special Needs

Thomson Reuters BETA Systems

Whole Foods Market

This list does not include honor/memorial gifts. For a complete list of donors who support the work of Great Lakes Hemophilia Foundation please visit our website, qlhf.org/Donors.htm.

A Huge THANK YOU to those who held third party events in fiscal year 2010 to benefit Great Lakes Hemophilia Foundation:

BioLife Plasma Services

Amy Kant/Bloody Brunch

Chancery of Wauwatosa

Gilles Frozen Custard

Megan & Finnian McCormick