SUMMER 2014

Volume 9
Issue 3

A quarterly publication
Dedicated to Making a Difference
by educating, empowering and enriching the lives of families living with hemophilia, vWD and other bleeding disorders

Matrix Health News

a publication of

Matrix Health Group

Dedicated to Making a Difference
in the Lives of People with Hemophilia, vWD and other Bleeding Disorders

Highlights in this Issue...

HFA 2014 Recap

Silver Lining

Making a Difference! Ray Dattoli

For the Love of Kayaking

The Incredible Barry Haarde

We are the Authors of Our Own Life Story

Hemophilia Walk 2014!

Team Matrix Health takes third place in the 4th Annual Walk in the Jungle!

Debbi Adamkin, Executive Director of the Florida Hemophilia Association awards the team's trophy to proud recipients Juan Bruno de la Fuente, Business Development, and Joe Ziegler, CFO. Story on page 5

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Mission and Vision Statement

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.

Matrix Health News

SUMMER 2014
Volume 9, Issue 3

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Maria Santucci Vetter

Editor: Susan Moore
Editor: Justin Lindhorst

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.

www.facebook.com/pages/Matrix-Health-Group/140849859422348

A Note from the Editor

Dear Readers,

Summer... a season to relax at the beach, go fishing, play in the pool, enjoy a weekend camping, get out on the golf course, go on vacation or just stay home and do whatever is fun for you. For me, I enjoy the break in regular routines, nurturing my garden and mowing the lawn. I love the chaos of having my kids home from college, hearing their stories and realizing that sometimes as a parent of young men with hemophilia, ignorance is indeed bliss. Even so, I enjoy our time together and all the activities that come with summer.

We at Matrix Health Group hope you will find an activity among the endless array of choices to entertain you and build lasting memories with your friends and family. As your summer rolls by, don't forget to take pictures to remember the fun! When my kids were young, we would paste photos of our summer activities onto a poster board where we could later look back and bring to mind all the adventures we had. We encourage you to do the same! While you are at it, please send us your favorite photos so we can include them in our 2015 "Living a Spectacular Life!" calendar. Details can be found on our website: www.matrixhealthgroup.com.

We look forward to seeing and sharing your adventures and smiling faces! Enjoy your summer!

Maria

Maria Santucci Vetter
Editor-in-Chief, Matrix Health News
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It's cookbook time again!

Visit the Matrix Health Group booth at NHF's Annual Meeting in Washington, D.C. this September to receive your complimentary

America's Best Recipes

Cookbook!

We look forward to visiting with you!

Not attending NHF? No worries!

You can still obtain a cookbook by contacting a Matrix Health Group Care Coordinator. (Listing is on Page 2)

Cookbooks available while supply lasts

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!

TRICARE APPROVED!

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

We look forward to hearing from you!

We offer:

- Experienced, compassionate Care Coordination Team with a personal contact assigned to you for your pharmacy, reimbursement and support services
- Specialized, knowledgeable Pharmacy Staff 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
- Informative quarterly newsletter, *Matrix Health News*

Fourth Annual Walk in the Jungle!

The rain held off on Saturday May 3 for the ***Florida Hemophilia Association's (FHA) Fourth Annual Walk in the Jungle***. Located once again at the famous Parrot Jungle in Miami, the walk serves as a major fundraiser for the many programs and services provided by FHA. Walkers from all over the state donned team T-shirts and came to show their support for the chapter while also raising awareness for bleeding disorders. With 27 teams and over 900 in attendance, the event was clearly a success!

Prior to the official start of the walk, attendees had the opportunity to browse the exhibit booths of sponsoring vendors while enjoying a plethora of breakfast snacks. Excitement mounted as more and more walkers poured in and rallied for the cause.

With a brief thanks to all the sponsors and those that came out to walk, Debbie Adamkin, Executive Director set the event in motion as the walkers commenced their stroll through the jungle. Along the way participants enjoyed the opportunity to stop and pose for pictures with the many exotic animal inhabitants of Jungle Island including birds, reptiles, fish, monkeys and rare, large cats such as a white lion, a tabby tiger and even a liger! Along the way were signs providing facts and information about bleeding disorders. At the conclusion of the walk, participants enjoyed ice cream, great music by an energetic deejay and an awards ceremony with parting words from Debbi Adamkin.

Team Matrix was very well represented with 89 registered walkers who showed up in force to participate. Wearing blue tie-dye colors, Team Matrix was among the largest groups of walkers attending the event this year! Additionally, Team Matrix was quite successful in recruiting participants from outside the hemophilia community, raising greater awareness about bleeding disorders and the services provided by the Florida Hemophilia Association.

Representatives from our local staff and their family members came to show their support for the chapter and the bleeding disorders community. Among those in attendance were Joe Ziegler, CFO; Dave Burgeson, Region Manager; Justin Lindhorst, Public Relations Specialist; Pamela Sossi, Executive Office Coordinator; Alain Gonzalez, Accounting Manager; Amanda Ramos, Accounts Payable Clerk; and of course our team captain, Juan Bruno de la Fuente, Business Development East Coast.

We are very pleased to note that Team Matrix placed third among the 27 teams raising funds for the chapter and received a wonderful trophy commemorating this success. Special thanks to Debbie Adamkin and her staff for their tireless effort in supporting the Florida bleeding disorders community. We all eagerly look forward to next year's walk!

Way to Go Team Matrix!

Hemophilia Walks Across the USA!

All across our great country the **National Hemophilia Foundation** is helping local chapters reach fundraising goals with their **Hemophilia Walk** initiative. This program not only helps our chapters raise funds, it also engages community members in a way that help foster awareness for our cause in the public eye. Bring everyone together for the worthy cause - enlist your friends, co-workers, family members and local businesses. Get involved and join a Walk near you! The remaining 2014 confirmed walk locations are listed below. For more information, please visit www.hemophilia.org/walk/

August 16, 2014 – Ohio
Northern Ohio Hemophilia Foundation
Sunny Lake Park; Aurora
Tanya Ricchi 216-834-0051

August 16, 2014– Colorado
Colorado Chapter of NHF
Sloans Lake Park; Denver
Victoria Hartman 720-626-1263

August 23, 2014 – Nebraska
Nebraska Chapter of NHF
Chalco Hills Recreation Area; Omaha
Jolene Manion, 402-499-8025

September 6, 2014 – Montana
Rocky Mountain H & BD Association
Zoo Montana; Billings
Brad Benne, 406-586-4050

September 6, 2014 – Alaska
Alaska Hemophilia Association
Anchorage Park Strip; Anchorage
John Palmatier 907-212-6711

September 13, 2014 – Indiana
Hemophilia of Indiana
Ft. Harrison State Park; Indianapolis
Bri Vieke 317-570-0039

September 13, 2014 – Wisconsin
Great Lakes Hemophilia Foundation
Schlidt Park; Neenah
Jessica Kveen 414-937-6780

September 13, 2014 – Illinois
Bleeding Disorders Alliance Illinois
North Avenue Beach; Chicago
Marlene LaPorte 312-427-1495

September 13, 2014 - Pennsylvania
Western PA Chapter of NHF
Harmar Grove Shelter; Allison Park
Brittani Reed 724-741-6160

September 27, 2014 – Hawaii
Hawaii Hemophilia Foundation
Univ of Hawaii, Windward, Kane'ohe
Event Manager 808-782-5506

September 27, 2014 - Nevada
Nevada Chapter, NHF
Floyd Lamb Park Tule Springs; Las Vegas
Anne McGuire 702-564-4368

September 27, 2014 – Nevada
Nevada Chapter, NHF
Virginia Lake Park; Reno
Anne McGuire 702-564-4368

September 27, 2014 – Wisconsin
Great Lakes Hemophilia Foundation
Milwaukee County Zoo; Milwaukee
Jessica Kveen 414-937-6780

September 28, 2014 - Ohio
Central Ohio Chapter
Westerville Sports Complex; Westerville
Amanda Turner 614-985-3752

October 4, 2014 – California
Hemophilia Assoc. of San Diego Cnty
NTC Park Liberty Station; San Diego
Lisa Heffernan 619-325-3570

October 4, 2014 – Texas
Lone Star Chapter of NHF
Stagecoach Park; Buda
Melissa Compton 713-686-6100

October 11, 2014 - North Carolina
Hemophilia of North Carolina
Lake Crabtree County Park; Morrisville
Lakia Poole 919-319-0014

October 11, 2014 – Kentucky
Kentucky Hemophilia Foundation
Wetherby Park; Middletown
Ursela Kamala 502-456-3233

October 11, 2014 – Idaho
Idaho Chapter, NHF
Ann Morrison Park; Boise
Taryn Yates 208-344-4476

October 12, 2014 – Kansas
Midwest Hemophilia Association
Exploration Place; Wichita
Aimee Tempera-Parks 316-518-0524

October 18, 2014 – California
Hemophilia Found. of Southern CA
Crescent Bay Park;Santa Monica
Linda Corrente 323-525-0440

October 18, 2014 – Illinois
Bleeding Disorders Alliance Illinois
Ravinia on the Lakes; Peoria
Marlene LaPorte 312-427-1495

October 18, 2014 – Missouri
Midwest Hemophilia Association
Waterfall Park; Independence
Mark Cox, 816-479-5900

October 18, 2014 – Missouri
Midwest Hemophilia Association
Botanical Center; Springfield
Angela Brown 314-952-6265

October 18, 2014 – Texas
Lone Star Chapter of NHF
MacGregor Park; Houston
Melissa Compton 713-686-6100

October 19, 2014 – Missouri
Midwest Hemophilia Association
Stephens Lake Park; Columbia
Kristin Marema 573-529-1636

October 25, 2014 - Washington D.C.
Hemophilia Assoc. of the Capital Area
Lincoln Memorial Reflecting Pool
Karen Krzmarzick 703-352-7641

October 25, 2014 – Washington
Bleeding Disorders Foundation of WA
Green Lake Park; Seattle
Danielle Durham 206-533-1660

October 25, 2014 – Texas
Lone Star Chapter of NHF
Wilson Sports Complex; Harlingen
Melissa Compton 713-686-6100

November 8, 2014 - Texas
Texas Central Hemophilia Assoc.
Lone Star Park; Grand Prairie
Event Manager 972-386-3865

The 2014
Joe Holibaugh and Tim Kennedy Memorial Scholarship Program

At Matrix Health Group, 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.

Joe Holibaugh and Tim Kennedy demonstrated such convictions in their dedication to serve the bleeding disorder community. Both were tenured employees at Matrix Health Group. As part of our company and of the bleeding disorder community, the dedication they exhibited was unwavering. Each brought remarkable qualities and skills together in a way that truly touched the individuals and community they both deeply cared for.

The enthusiasm and positive attitudes Joe and Tim put forth to make a difference in the lives of people with bleeding disorders will not soon be forgotten. In memory of these two remarkable employees and in honoring our Guiding Principle of Enrichment, we are proud to continue offering the **Joe Holibaugh and Tim Kennedy Memorial Scholarship Program.**

This program will award two $1,000 scholarships to students with a bleeding disorder. Applications must be postmarked by **August 1, 2014**. A third party committee will review and determine the award recipients, who will be announced in late September.

To download the application, please visit our website at **www.matrixhealthgroup.com**

Time is limited so don't delay! Send us your application today!

Share a Moment in Your Spectacular Life!

Be sure to have your favorite photo included in our

"A Moment in Your Spectacular Life" 2015 Calendar!

Our calendar will highlight just how amazing life can be, even with a bleeding disorder! Share with us your wonderful, happy photos by November 1, 2014.

Please submit your photo, mailing address, phone number as well as the names and ages of people in your photo to:

Maria Santucci Vetter at maria.vetter@matrixhealthgroup.com
Please add "Calendar" to the subject line.

Or by mail to Maria Vetter
2202 Brownstone Court; Champaign, IL 61822

By submitting a photograph you: a) give us permission to publish it in the Matrix Health Group Calendar; b) grant us a non-exclusive, royalty-free, license to republish it in any format including without limitation in print and electronic formats; c) give us permission to use your first name and city of residence, d) give us permission to edit or crop; e) understand we are unable to return your original photos - please send copies. *If you are under 18 years old, your parent or guardian must submit the photo for you.*

HFA Hemophilia Federation of America™

2014 RECAP

Downtown Tampa, Florida is an attractive setting for a meeting, as a record number of attendees of the Hemophilia Federation of America's Annual Symposium observed. The gathering was held March 27-29 while many parts of the country were still dealing with lingering bad weather.

As this year's Symposium titled, *Honoring Our Past, Building Our Future*, special attention was given to remembering the history of the bleeding disorder community and educating newer families about the care choices they can face. From the Hemophilia Federation of America website, "It was great to celebrate our 20th anniversary with over 800 moms, dads, caregivers, spouses, siblings and stakeholders from across the country. Our attendees went home with tools, tips and educational materials to use on their journey of becoming strong self-advocates! The Symposium fosters mentoring, sharing, and learning from others in the bleeding disorders community."

Of particular interest was the *Hemophilia History Room*, a special place filled with newspaper articles, photos and other memorabilia regarding our community dating back from 1940 to present day. This special collection reminded many and taught some for the first time about the losses suffered by this community, sharing the strength and resiliency of so many. The exhibit was compiled by a talented committee consisting of community members Donnie Akers, Detrice Berry, Lew Collins, Ray Dattoli , Barry Haarde, Jan Hamilton and Priscilla Oren, along with HFA staff members Sonji Wilkes, Rich Pezzillo, Kimberly Haugstad and Susan Swindle. The committee used the gathering to move forward a project to build a Bleeding Disorders Memorial so those who sacrificed and those who still struggle will never be forgotten. These efforts were widely praised for touching so many hearts and for providing a quiet room for people to reflect and remember.

At the Symposium, Matrix Health Group's own Matthew Compton was honored as the outgoing president, while new board president, Tracy Cleghorn, began her term with a moving personal story and a call to action for all.

On the humorous side, cheers to Patrick Lynch and the *Stop the Bleeding* guys for entertaining everyone. Patrick creates, writes and acts in the hit web series *Stop the Bleeding*, which chronicles the adventures of "Spencer," a man with severe hemophilia who leads a non-profit organization serving the bleeding disorder community. Through comedy, Patrick aims to engage the bleeding disorder community to get involved and play an active role in learning to effectively manage their

Matrix Health Group Booth Team: Dave Burgeson, Justin Lindhorst, Peggy Gay and Hector Heer

condition. Many thanks to Patrick for combining an important message with humor, and doing it so well!

The Matrix Health Group team was kept busy at a very active exhibit hall booth. Justin Lindhorst, Peggy Gay, Hector Heer and Chad Brown offered Matrix Health News subscriptions and information on the Joe Holibaugh and Tim Kennedy Memorial Scholarship.

In the hubbub and excitement of the crowded hall, many conversations were left unfinished! If you didn't get a chance to get the scholarship information or service details you were looking for, please use the contact information on page two of this newsletter to reach your local Matrix Health Group Representative and let us follow up.

Several members of our bleeding disorders community were honored at HFA's 2014 Awards Luncheon. Congratulations and thank you for your hard work and dedication! (from left to right)

Vicki Jacobs Pratt	TEA, Teach Empower and Advocate Award
Barry Haarde	Terry Lamb Health and Wellness Award
Lee Hall	Volunteer of the Year
Ray Dattoli	Volunteer of the Year
Donnie Akers	Charles Stanley Hamilton Legacy Award
Nathan Wilkes	Michael Davon Community Service Award
Glenn Mones	Ron Niederman Humanitarian Award

Silver

I'm a firm believer that everything has a silver lining and everything happens for a reason.

Sometimes the silver lining comes wrapped differently than we would like, but nevertheless, it is ours to keep.

By Sarah Henderson

As a mom of a child with a bleeding disorder I am constantly being told, "I don't know how you do it" or "I couldn't do what you do" or asked, "How do you handle everything?" The thing is, we bleeding disorder parents "do it" not because we chose this or always want to, but because we love our children and want the best for them both now and in the future. I have personally found what others see as negative can be turned into positive with a silver lining. This doesn't mean I would pick the negative if I had a choice, but I do choose to find the positive within each situation I am faced with.

Giving factor every few hours:

I am giving an act of service to my son, Lane. This is a service for him, and something that gratifies me. When he wakes up in the morning with decreased swelling, increased range of motion, lessened pain, that's because of me. I was able to do what needed to be done to make him better and I am the one who helped him.

Up at all night with a child in pain:

My husband taught me a lesson about being up all night with kids whether in sickness, pain, bleeding or in need of an infusion. It is not a problem or an inconvenience; it is a privilege to have that time with them. Of course, I don't always want to get up when I could be snug in my warm bed, but this is a fleeting time in our lives and soon we will wish we could have those

Lining

special moments back with our son. This is cherished one-on-one time with him where memories are made, snuggles can happen and wisdom can be shared. Every little bit of time we spend comforting him in the middle of the night, sitting next to him while he elevates and ices a limb, or infuses every few hours… these are all precious moments we have alone with just him.

Long commutes for treatment:

We have an extremely long commute to our hemophilia treatment center, but I love the interesting conversations I have with my children in the car. I learn so much about them just letting them talk while we make our way to the clinic. Sometimes we have silly conversations or play car games, but the point is that time sitting in the car does not have to be time wasted, but enjoyed and used as a way to bond with my kids.

There are many things that can be painful for us to see our son go through, and many tedious, time consuming and often draining tasks required of us, but not without significant impact. Being in the bleeding disorder world has taught me, my husband, my children and especially my son many things about life and ourselves, things that we are grateful for and will never take for granted. We have all learned about community, banding together and leaning on one other when the going gets tough.

Patience is a quality learned when there are siblings who need to understand if their brother or sister is hurt and needs extra care or time. Siblings can learn compassion and service for others in need. Children with bleeding disorders are learning personal responsibility and diligence in doing what is asked of them - because when they don't do right by themselves the problem will continue to deteriorate. It is huge for lifelong skills whether it is related to bleeding disorders or life in general, to have a child grow into a self-sufficient, responsible, and conscientious adult.

An important thing I have learned on our bleeding disorder journey is to slow down - life is about quality, not quantity, the journey and not the destination. Bleeding disorders have taught us to slow down and appreciate life by savoring each moment as it comes, however that moment may present itself.

Ray Dattoli

Community Advocate

Dedicated to *Making a Difference!*

As a Community Advocate with Matrix Health Group/Medex BioCare since 2008, Ray is responsible for helping educate patients and their representatives with the latest information of importance to the bleeding disorders community. Such issues include product recalls, information on research and development, educational resources on hemophilia, von Willebrand's Disease, HIV, HCV and other blood safety concerns, as well as advocacy and insurance issues.

Ray's involvement in the bleeding disorders community goes way back. As a young child in the late 1960's, he took part in clinical trials for cryoprecipitate and factor VIII concentrates. His involvement did not stop there. After the tumult and chaos that characterized the 1980's in the hemophilia community, Ray doubled down on his commitment to advocacy and support. Dedicated and determined to make an impact for his blood brothers and sisters, Ray became involved wherever he could.

When Men's Advocacy Network of NHF (MANN) was founded in 1993, Ray was right there as one of its founding coordinators, and continued his involvement until 2004 when the group disbanded. The purpose of MANN was to provide a forum to those in the bleeding disorders community who were affected by HIV at a time when it was difficult or taboo to talk about. MANN helped educate men with bleeding disorders on what was going on in HIV/AIDS communities, healthy life style choices, safe sex and new medications.

As a MANN Coordinator, Ray was involved in the writing of the NHF grant as well as providing speakers and education. One of the annual MANN activities was a four-day

fishing trip in the Gulf of Mexico. For nine years, Ray was responsible for most of the components of the trip ranging from fundraising and transportation to securing the venue, food and lodging.

While serving on the Texas Central Hemophilia Association's Board of Directors for six years (1993 to 1999), Ray co-founded the first Texas Hemophilia/ HIV/AIDS men's support group called *B-HIV* (Blood HIV). In addition to providing education, B-HIV assisted those who were struggling financially as a result of their diagnosis and provided much needed help with rent, utility bills and food.

For five years, in addition to his involvement and coordination of various programs, Ray was an integral part of the hemophilia community's strong commitment to lobby members of Congress, such as such as Ted Kennedy and Newt Gingrich in their successful efforts of getting the Ricky Ray Hemophilia Relief Act passed. The Ricky Ray Act, passed in 1998, authorized payment to hemophilia patients who contracted HIV from contaminated clotting factor.

Ray's dedication to the community continued as a board member for the Hemophilia Federation of America from 2000-2007. He remains actively involved with the HFA to this day. Additionally, since 2010, Ray has served on the Committee of Ten Thousand's (COTT) Board of Directors.

Having experienced so much since the late 1960's, Ray's latest endeavor is centered on an idea to educate the community regarding the modern history of hemophilia. Young families often approached Ray asking about what actually happened in the 1980's. He realized the need and importance to share this information and came up with the idea for a "Hemophilia History Room." Ray chaired a committee and worked with many dedicated volunteers and HFA staff to gather as much historical information as possible about the hemophilia community ranging from 1940 to the present day.

The Hemophilia History Room debuted at the 2014 Hemophilia Federation Annual Symposium this past March in Tampa, Florida and was a huge success. The Federation will also soon be posting this impressive collection on their website.

With his extensive experience and never-ending determination to assist, educate and support, Ray remains a solid advocate for the community he deeply cares for.

To contact Ray, call 214-298-7642

or by email:

raymond.dattoli@medexbiocare.com

Ray with his wife, Linda "Lew" Wyman-Collins, BSN, RNC-NIC

For the Love of Kayaking

By Justin Lindhorst

Rushing rapids, hairpin turns and cascading waterfalls make Idaho home to some of the greatest whitewater rapids in the country. The raging waters of these rivers might seem like the last place for an individual with hemophilia, but that has never stopped 24-year-old Morgan from pursuing his passion for kayaking the streams and rivers of the American Northwest. Growing up in a family with a strong passion for the outdoors, as a young child Morgan learned respect and admiration for Mother Nature.

"From an early age we learned how to handle ourselves around canoes," he said. "During high school my brother started working the Salmon River as a guide. He taught me everything I know and love about kayaking."

The love Morgan found for kayaking has taught lessons beyond just being in a boat on the water. "It's more than just being on the river. There is so much that goes into it. It has brought me friendships that will last a lifetime, a love of the natural world, a greater sense of self-respect, and it has given me the opportunity to prove to myself that I am not limited by my bleeding disorder."

As a child, Morgan's parents sought to minimize any differences with his siblings, teaching him that he was no different other than the fact that he had to take some extra precautions and stick to his prophy regimen. This message has obviously resonated. Morgan notes, "As a musician and a kayaker, I need to take care of my joints in order to continue doing what I love. I was put on prophy at a young age and I know for a fact this has done my joints a world of good and it will continue to do so. For active hemos this is the best proactive regimen to keep yourself ready for what you want to do."

Today Morgan continues to take on greater challenges such as running the demanding Lower Mesa Falls north of Ashton, Idaho. Whitewater kayaking can be dangerous for anyone - with or without a bleeding disorder. Well aware of this, Morgan makes sure he takes precautions to insure his safety. "I always keep factor with me. Always. Often times I will dose up before even getting on the road. Along with keeping myself prepared, I prefer to go boating with family and friends that know and are prepared for situations that could arise given my bleeding disorder."

As for future plans, Morgan states, "I just want to boat more! It does not matter when or where as long as I am strapped into a kayak and I am with family and close friends on the water. There are waterfalls I want to drop, creeks I want to run, and I really enjoy polishing my freestyle as well." By taking a proactive role in managing his bleeding disorder and committing to a process of continued learning and respect for the power of the natural world around him, we're sure Morgan will be doing just that.

The Incredible Barry Haarde

By Justin Lindhorst

He has done it again!

Severe hemophilia A and HIV aside, Barry Haarde has completed his third tour across the country by bicycle. I had the distinct privilege of welcoming him to the east coast alongside his mother, niece, grandnephew, and *Save One Life* executive director Martha Hopewell.

It was an honor to witness the culmination of Barry's efforts as he and his team ceremoniously dipped their tires in the waters of the Atlantic off the coast of Georgia. Along the 2,900 mile trek not only did he increase awareness about hemophilia and HIV, Barry also managed to raise over $48,000 for *Save One Life*, a charity dedicated to providing life changing support for individuals with bleeding disorders in developing countries. This is a new record for the *Wheels for the World* fundraiser and brings the total funds raised over the past three rides to more than $125,000. Matrix Health Group was again a proud sponsor of Barry's efforts.

This tour, properly titled *Wheels for the World III: The Big Wheels Keep on Turnin*, had the fastest pace of all three rides. Starting in Costa Mesa, California and ending 27 days later in Savannah, Georgia, Barry averaged an astonishing 115 miles per day. The demanding ride saw Barry and his team cross the southern end of the Rocky Mountains, which as Barry recalls, "were probably the most difficult." Even after traversing the great western mountain range in comparison to previous rides Barry notes, "There were quite a few days of rolling hills that kept things challenging." Such daily challenges can often be compounded by the fury of Mother Nature. It seems that this year, however, Barry caught a break. He recollects, "We were blessed with really good weather considering we were riding through the central and southern states during the spring months. We often had storms brewing both behind and ahead of us, but we managed to stay mostly dry."

In addition to staying dry, by maintaining adherence to his prophylactic regimen, Barry was able to stay bleed-free! "For years we as a community have been told of the benefits of prophylactic dosing and studies have demonstrated its efficacy, but I like this 'real world' application of the concept. The interesting thing for me has always been that I seem to incur far fewer bleeding events as a result of all the exercise. I've ridden over 32,000 miles in the last three years and I can count the number of bleeds that have resulted from it on one hand," he commented. This real world demonstration of proper treatment adherence serves as a valuable reminder for all of us in the community that in many cases

our activity levels and willingness to maintain a proper prophylactic program can have a direct impact on the amount of bleeds we experience.

Barry Haarde has inspired many in our community and his efforts are helping charities like *Save One Life* make an impact for others with bleeding disorders across the globe. When I asked what motivates him, he noted that it is when others see value in the work he is doing and support his efforts. "The most inspiring thing for me is when people, many whom I've never even met, hear about what I'm doing and make a donation to the ride," he said.

So what's next for Barry? You might actually have the chance to ask him yourself, "I'm doing more and more speaking appearances at hemophilia conferences around the country." You can catch Barry at the Matrix Health Group booth during the National Hemophilia Foundation's Annual Meeting in Washington, D.C. this September. Not surprisingly, he already has ambitious plans for future fundraisers and rides.

"My goal is to raise a total of a half-million dollars for *Save One Life* and ride through every state in the country," Barry said. "Perhaps Europe or other countries as well. There is a tour of the east coast offered in 2015, which runs from Portsmouth, New Hampshire to Jacksonville, Florida that I am considering and we may do another west-to-east coast tour next year. Additionally, I will be riding my fourth *Gears for Good* for the Hemophilia Federation of America in September and am also looking forward to participating in the California Coastal Ride from San Francisco to San Diego in August."

Until then, Barry will continue to ride 200-plus miles a week, maintain his full time job and engage the bleeding disorder community at various events and conferences across the country, all while doing a darn good job managing multiple chronic conditions. The wheels keep on turning, and we look forward to witnessing continued success for Barry and all his endeavors!

Barry's Mom Shares Her Thoughts

Three years ago, while my husband was still living, Barry told us he was seriously considering a ride across the country on his bike. Having seen the video about Race Across America his dad said, "Ohhhhh-noooooo!" However we were assured his ride would not be nearly as tough as that one is.

After I learned more about the company who handles these long-distance rides, I realized how well organized the whole thing is, and I felt confident that Barry would be as safe as possible and in good hands.

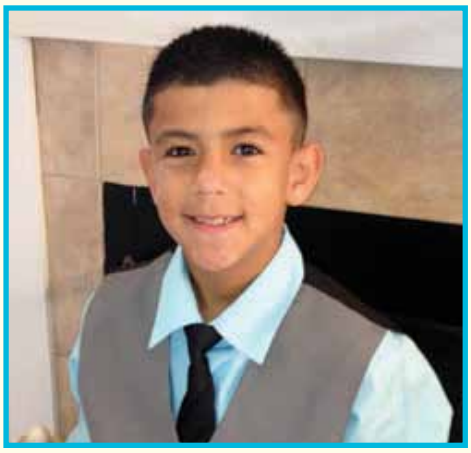
I was especially happy about the fact that he wanted to make it a fund raising opportunity for Laurie Kelley's *Save One Life* charity, which does such good work among young hemophiliacs struggling with the expenses and difficulty of getting the factor and medication they need.

The bike ride also gave him the opportunity to remember and honor many of the hemophiliacs who suffered and died from the HIV and Hep C infected clotting factor so necessary to control bleeding problems. Educating people about this sad history and clearing up misunderstandings was another goal.

Barry has met and overcome many challenges during his life, and I knew that he would successfully meet this one. I feel that he has found much satisfaction doing these rides, which strengthens him not only physically, but emotionally, intellectually and spiritually.

The rides have given him the opportunity to see our beautiful country up close, plus he has gained impressive experience handling media interviews and he has met many folks in the blood community with whom he has become friends. I'm proud and happy that Barry is so motivated to do these rides and hope he can continue participating in them.

We are the Authors of Our Own Life Story



By Milybet Montijo-Cepeda

My husband and I have had many blessings over the years that included attending college, getting married, purchasing a home and eventually becoming parents. Although we faced some challenges, for me life was absolutely perfect.

In November of 2003, we were expecting our first baby. My husband and I were on cloud 10! I ate well and continued working my job at the local high school as a special education teacher. By early March, we learned we were having a boy. Our thoughts were filled with a mixture of excitement and worry. I am a carrier of hemophilia and we knew there was a 50/50 chance our son might be born with hemophilia. We prepared ourselves by researching as much as possible and praying diligently the hemophilia gene would somehow skip our boy.

On Wednesday, July 21, 2004, we were excited to finally meet him! Omar was born weighing nearly 10 pounds and the delivery went fine; however, we were somewhat oblivious as to just how much this day would change our lives forever. We were in love from the get-go.

The day after his birth we received his diagnosis of severe hemophilia. Although we knew the possibility, I was devastated. For months I cried myself to sleep at night. In the beginning anger, depression and profound guilt overwhelmed me. I told myself, "You gave birth to an unhealthy baby... this was all my fault... why me?" For a while, I worried that my husband, Omar's own father, would think that our baby was physically weak or reflect negatively on his manhood. His "no-more-kids" attitude felt like resentment toward me. This feeling stuck with me for a long time and knowing that my son would never be able to play contact sports like football or boxing ran through my head daily. My husband was actually an incredible support through this roller coaster of emotions. He continually reminded me there were so many other things Omar could and would excel at; for example, music, just like his dad.

Eventually, I began to realize I was dwelling on something I could not humanly control. I was wasting a tremendous amount of energy on something that was truly not my fault; I would never find the answer to "why."

Omar's first infusion happened at the age of eighteen months. He was busy playing when I suddenly heard a loud boom! Omar had fallen off his new toy horse and cut his top lip. I did panic at first, but we knew what needed to be done and somehow, found ourselves prepared.

When Omar was 2 ½ years old, we left New Jersey and relocated to Orange Park, Florida. Nervous doesn't even begin to describe my feelings... a new state, new home, new jobs, new faces, and most importantly, new doctors. Last year we relocated again, this time to Miami.

Since moving to Florida, we have had the pleasure of experiencing a few wonderful hemophilia organizations, the Hemophilia Foundation of Greater Florida in Winter Park, the Florida Hemophilia Association in Fort Lauderdale and Foundation Hope and Life USA in Miami Lakes. These organizations have continued to help us tremendously providing incredible support and education through advocacy, education, seminars, family camps, holiday events and walks.

Omar is followed by a treatment center in Miami. Our experience has been exceptional - from the friendly and helpful staff to the caring and understanding doctors. The school Omar attends is also very supportive. We were proactive and informed the school of Omar's condition as soon as he was enrolled. Every year before classes begin, the school holds a 504 Plan meeting to discuss Omar's goals, needs, and/or accommodations inside and outside the classroom. It is during this meeting we are able to meet his new teachers and discuss his bleeding condition. We always let the staff know that Omar should be treated as every other child in the class, to trust him when he says he is hurt and to contact us immediately. A couple doses of clotting factor are kept at school just in case of an emergency. My hat goes off to his teachers and I can't thank them enough for their support. Omar loves his school!

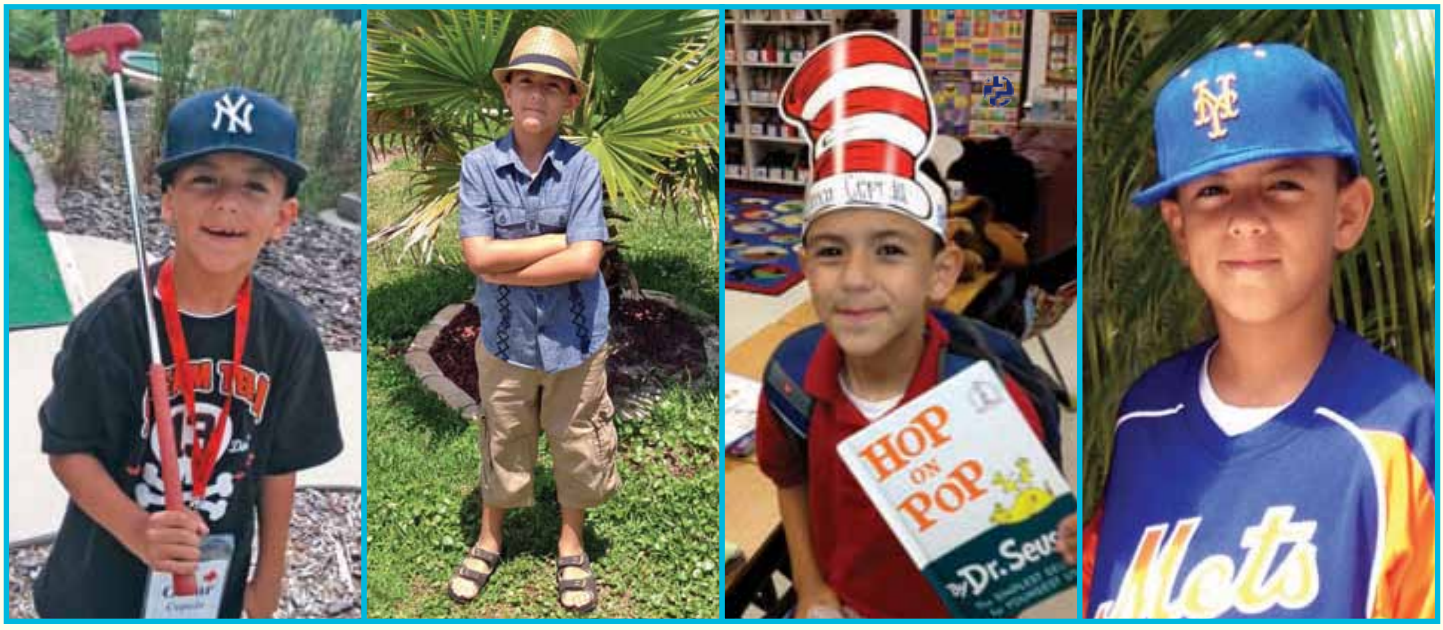
When it comes to Omar's care, infusing and keeping records, my husband and I equally share the responsibility. While being infused, I usually sit by his side and let him know how proud I am of him. However at times, it is extremely difficult to keep a busy 9-year-old boy still while a needle is present!

We try not to be very over-protective, but we will occasionally remind Omar to be careful or he'll need an infusion. We do insist he wear protective gear while riding his bike.

Omar is a funny and playful boy who is living life to its fullest. Reading, playing Legos and video games, drawing and painting, singing, riding bikes, playing basketball and deejaying are just a few of the many things he enjoys. We do not limit our little ham. He has played the piano since age three and has won multiple contests in photo and modeling competitions. He is very active in the community and his school and participates in events like walks and talent shows. Throughout his education, he has received straight A's and has even received a reading award for his grade level.

As for support, we have plenty of it. Our family and friends absolutely adore Omar. We love him to pieces and will continue to do our best to give him a full, happy life. I am a firm believer that God does not give us something we cannot handle. Although we still learn something new every day, my husband and I have become more comfortable and better understand our jobs as parents of a child with severe hemophilia. Sometimes we may lose sleep or our hearts may skip a few beats, but despite it all, Omar has been our greatest blessing.

We hope our story has inspired you to move forward despite any challenges you may face along the way. Hemophilia is here. It is not on vacation. I hope our doctors, scientists, and researchers can find a cure, but in the meantime, hemophilia is manageable. We all have a story. In our story, I always remember to count our blessings and keep moving forward.



Matrix on the Move!

Illinois

Eva Kraemer

Bleeding Disorders Alliance Illinois (BDAI) hosted its annual ***Advocacy Retreat*** on March 8 at the Holiday Inn & William Tell Chicago SW Countryside Conference Center. Whether someone has private insurance or now qualifies for either Medicaid or a plan on the Exchange, there are many changes affecting the community resulting from the Affordable Care Act. About 40 people attended this event to better educate themselves about the changes. Michelle Rice, Director of Public Policy with the National Hemophilia Foundation, gave a presentation on how to navigate coverage, discussing both the challenges and benefits of healthcare reform. Staying current with all the changes has never been more necessary and I took great pride in learning alongside the bleeding disorder community.

John, Grace and Jace with Eva Kraemer (center) and Margo, Oliver and Joel

Retreat Participants: Eva Kraemer, Joi, Tom and Sue

Ohio

Rania Salem

Friends of the Central Ohio Hemophilia Foundation of NHF gathered at SuperGames in Worthington, Ohio on March 14 for an ***Open House*** to meet the leadership of the chapter. New executive director Amanda Turner and board president Paul Hemingway were introduced, along with the latest board members for the chapter.

Billy the Blood Drop

After introductions were made, members in the central Ohio community learned of the new programs scheduled for 2014 and the amazing path this chapter is heading in the upcoming years. With her exuberant energy, Jodi Estep has taken the reins to lead the advocacy group, a matter near and dear to her heart, and thus far has done a remarkable job of chairing this committee. Board member Michelle McDorman shared the spotlight encouraging families, with her contagious enthusiasm, to join her at the upcoming Hemophilia Walk!

Families gathered for a lip-smacking pizza party and then were off to play land! SuperGames is a warehouse full of safe, giant inflatables where kids make their way thru obstacle courses and slip down huge slides. The chapter's mascot, Billy the Blood Drop made his debut as he high-fived the children and took photos with the families. A warm welcome to all the new board members, we wish them great success with the chapter and our community.

California

Sid Ramirez and Bobby Wiseman

The Hemophilia Foundation of Northern California's ***Family Education Day***, held in Livermore, California on March 15 was filled with families gathering information and bonding with one another.

Matrix Health Group representatives Sid Ramirez and Bobby Wiseman.

Participants engaged in active dialogue pertaining to effectively managing a bleeding disorder and were given the opportunity to obtain firsthand knowledge of the work the World Hemophilia Federation - USA is doing to improve quality of care for those with bleeding disorders.

California

Heather Messerly

The Hemophilia Association of San Diego County had it best attendance in years at their ***Family Education Day*** on March 15th. Beginning with breakfast, families had time to mingle and visit sponsoring vendors before the programs got underway.

Jordan and Trevor pose with a friend at Safari Park

The speakers were Maria Perez from Pfizer, Elizabeth Stoltz from Baxter and Terri Cowger-Hill from the Hemophilia Council of California. Maria gave an interactive presentation about mental disorders, such as depression and its prevalence in the hemophilia community. Elizabeth and Terri discussed The Affordable Care Act and specifically how it impacts Covered California and our new health insurance exchange. Everyone thoroughly benefited from the information provided.

While the speakers shared their knowledge, children were entertained on a fun, behind-the-scenes visit of the Safari Park, where they were introduced up close to a kangaroo, a python and a parrot.

As the speakers were wrapping things up, the children returned from their adventure just in time for lunch. Afterward, everyone was free to roam the Safari Park until closing. It proved to be a great educational day filled with fun for everyone.

Tennessee

David Tignor, Stephen Lawrence

Bayer and Matrix Health Group hosted an educational dinner at Dave & Buster's in Nashville on March 27. Shelley Moore, RN, BS presented an introduction on *Living Fit,* a Bayer program that offers help to people with hemophilia to get active and live fit. The presentation included information on topics such as cardiovascular exercise, strengthening exercises, nutrition, general wellness as well as the benefits a healthy lifestyle has on those living with a bleeding disorder. Shelley supplied resources such as a Living Fit DVD and brochure, resistance bands, ice packs, and water bottles to encourage everyone to get started. After the presentation, many of the families enjoyed time networking and having some fun.

Candace of Murfreesboro and Rachel of Smyrna have a little fun!

Bayer's, Shelley Moore addresses the attendants

Illinois

Eva Kraemer

This year, the Bleeding Disorder Alliance Illinois (BDAI) took advocacy to the next level by hosting its annual ***Legislative Advocacy Day*** as an overnight retreat on April 2-3 in Springfield, Illinois. Twenty eager-to-learn bleeding disorder community members gathered at the Northfield Inn to learn more about what it means to lobby a legislator and to better understand the key issues in order to more comfortably inform and share a personal story. In Illinois, key issues to educate our local lawmakers included protecting funding for the Hemophilia Assistance Program and support of SB 3395 to protect patients from discriminatory pricing for specialty tier prescription drugs.

Cristian, Jacob, Daniel and Janette advocate with Eva Kraemer in Springfield.

On the morning of the 3rd everyone made their way to the State Capitol in groups and continued to our legislators' offices to disseminate information. Several of our community members even made it as far as the Floor of the Senate and House, including one exceptionally informed 9-year-old young man. He prepared a bag of factor and supplies to show what it's like for him to infuse on a regular basis. It is immeasurable, the impact we have on informing our policymakers and influencing the issues within our government. Few, but united and strong - we are making a difference!

Illinois State Senator Napolean Harris (D-15) visits with Janette L.

Ohio

Dan Holibaugh and Susan Moore

Each year in Ohio as the weather starts to warm, an assembly of dedicated citizens herald in the beginning of spring by preparing to appear collectively in the state capital to let their voices be heard. New to the event was a dinner and advocacy-training session convened the evening before, including an overnight stay for any persons traveling over an hour to attend. This mission is spearheaded and organized by the Ohio Bleeding Disorders Council (OBDC).

Dan Holibaugh and Susan Moore with Senator Scott Oleslager (R-29)

The OBDC is a coalition of chapters and hemophilia treatment centers throughout Ohio that advocates for people with bleeding disorders at the state legislative level and remains current on all issues of importance to our community.

Legislative Aide Charisse Burgess of Ohio State Representative Vernon Sykes' (D-44) office shares a smile with Susan Moore.

The event is very characteristic of the national "Washington Days" held each year by NHF, but at the state level with many inroads and accomplishments having been achieved through the years. On April 2, 47 families registered to attend Statehouse Day with families/OBDC members representing every region in Ohio. Sixteen families were first-time attendees with 66 advocates able to attend 42 appointments with legislators and staff. Ten families had the honor of being introduced on the Senate Floor during conference and nearly 50 senators, representatives and staff joined us during a luncheon where everyone had ample time, up close and personal, to discuss the issues germane to our community.

Ohio State Senator Tom Sawyer (D-28) poses with Randi Clites and Susan Moore

Thanks so much to Randi Clites, Sandy Hibner, Lisa Raterman and all those who worked so hard in making this day a success. Thanks, as well to all those who made the time to attend and advance the vital interests of our community. It is our sincere hope that even many more will recognize the importance of this day and respond by attending in 2015. The rewards are significant and it truly is a fun and interesting day.

Ohio

Dan Holibaugh and Susan Moore

April 11 marked the date of our ***9th Annual Black and Blue Ball*** for the Northern Ohio Hemophilia Foundation. Folks had a lot of fun with this year's masquerade theme, as you will notice from the pictures. The Ball has become the chapter's most fun and anticipated event! Once again, the venue was downtown Cleveland's Ritz Carlton Ballroom, catering to everyone's needs from valet parking to a special sit-down dinner.

Most fun group around - The Matrix Health Group sponsored table!

Elijah captivates the audience.

While everyone was having fun, dancing between their bids, the chapter raised nearly $85,000 to fund its programs, ranging from consumer educational grants, emergency assistance, camp scholarships and more. Everyone was amazed at the talent and dynamic performance of singer/entertainer Elijah. Barely 12 years old, he belted out tunes while moving among the crowd, capturing the attention and pulling the heartstrings of the entire audience.

Debra and David enjoy the ambiance!

Beautiful smiles! Laura and Lisa

Our thanks to co-chairs Lisa Margolis and Laura Wellen, who together make a dynamic duo! Thanks also to the Chapter staff: Janet Tooley, ED; Tanya Ricchi, Assistant ED; Randi Clites, Advocacy/Program Manager;

and La'Chandra Oliver, Administrative Assistant. The Rieger family deserves a round of applause for their many contributions to this event. The creative planning committee deserves recognition for their part in making this event a success with the many silent auction baskets and the live auction items, including an adorable puppy!

Matrix Health Group eagerly looks forward to being a part of this event in 2015 – see you there!

Illinois

Eva Kraemer

The Bleeding Disorder Alliance Illinois (BDAI) hosted its annual ***Statewide Education and Fun Weekend***, "Making Connections," on April 12-13. This year, the Illinois bleeding disorder community enjoyed all that the Clocktower Resort in Rockford, Illinois had to offer. Families looked forward to a weekend full of learning opportunities.

Patrick "Big Dog" Torrey kicked off the day as the keynote speaker, challenging everyone to explore outside of his or her perceived limits and strive for excellence in life. All within a comfortable atmosphere that promoted lively discussions, sessions facilitated by health care and other professionals in the field targeted issues that affect men, women, Latinos, youth and young families.

Nicole and son Gabriel share a hug with Eva Kraemer

Eva Kraemer visits with Grace at the Matrix Health booth.

Saturday afternoon provided an *Advocacy Working Session*, followed by a wide variety of breakout sessions in English and Spanish such as *Making Connections Through Art*, *Self-Infusion*, *5 Dangerous Things You Should Have Your Kids Do* and *Strengthening Our Community by Expressing Yourself*.

As the weekend drew to a close, families enjoyed CoCo Key Water Resort as well as a pizza party that promoted more time to make connections. One very valuable moment awarded the community was the ability to learn from one another while meeting new people and reconnecting with others in a safe environment.

Texas

Tammy Davenport

The Texas Central Hemophilia Association held its annual ***Denim and Diamonds Gala*** to raise money for the chapter and the worthy causes it supports on the evening of April 16. Despite the threat of inclement weather, a group of Texas folks were brave enough to gather in support of a good cause. The Austin Ranch in Grapevine is the perfect location for a good 'ole Texas hoedown and the dude ranch on the outskirts of Dallas hit the spot for those wanting a reprieve from the hustle and bustle of city life.

Along with silent and live auctions, guests were treated to black jack and roulette tables galore. Couples twirled across the dance floor then parted ways for a good Texas line dance. While we were there to have fun, we didn't forget the purpose of the gathering. Michelle Rice, Director of Public Policy for NHF was honored with the Hope for Hemophilia award for her advocacy work and undying dedication to the community. Congratulations, Michelle – an award well-deserved!

California

The day of April 19th dawned breezy and sunny as the Hemophilia Foundation of Northern California hosted its annual Walk at Cesar Chavez Park in Berkeley. Arriving all bundled up for warmth, over 400 wonderful volunteers came ready, willing and able to support a great cause.
The goal to raise $85,000 was blown away when more than $93,000 became the final count! Teams of

Billy the Blood Drop welcomes California Walkers!

generous community members and supporters came decked out in trendy shirts and bright, bubbly smiles that clearly overshadowed the cool air. Deejay Tony Garcia treated the walkers to music and introduced the live performance of the band Solwave. This was a fantastic day for a worthwhile cause!

Florida

Hector Heer

A touching memorial to commemorate the members

of our community whom we have lost was held on April 19 at the Grand Bay Hotel in Key Biscayne, Florida. The ***Light of the World, Candle Light Vigil*** was arranged by the Foundation of Hope & Light USA and was held in conjunction with World Hemophilia Day. The event also provided an opportunity for the factor manufacturers to discuss their commitment to the community and the latest programs they support to assist people living with bleeding disorders. Among the speakers were Patricia Espinosa-Thomson, Bilingual Healthcare Educator at Baxter; Miriam Lagomasino, Manager Coagulation Products at CSL Behring; Daysi Fardales, Clinical Nurse Educator Specialist at Pfizer; and Rene LeBron, Community Relations Specialist at Bayer HealthCare. Attendees were especially pleased to hear new information on the various factor support programs.

There was a good turnout and most importantly, everyone was very moved by the solemn memorial paying respect to our beloved community members, and to recognize World Hemophilia Day.

Illinois

Eva Kraemer

The Bleeding Disorder Alliance Illinois (BDAI) and Jim Hurster of CSL Behring hosted a ***Common Factors™ Educational Program*** for the bleeding disorder community entitled *Meditation for Anxiety and Stress* on April 22. Securely docked in one of the many harbors on Lake Michigan and far from the bustle of downtown Chicago, thirty participants boarded the Columbia Yacht Club to embark on a voyage that never involved leaving the dock.

Margo, Elvira, Eva Kraemer and Gina

Our journey began with Diane Dimon, Dr.RS, founder of Matters of the Mind, elaborating on how stress compromises our health and wellbeing. She went on to explain how mind-body techniques can help us train the mind for stress relief by focusing on the impact of thoughts, emotions and physical quality of life. Skills to practice and utilize include meditation, deep breathing, mindfulness, mental imagery, cognitive reframing, relaxation therapy and the practice of compassion. Dr. Dimon shared that our very own perception of a situation can trigger the "flight or fight" response if the mind is not trained through formal meditation, mini-meditation and preference process. Dr. Dimon extended the journey by walking us all through two very effective meditations, which we can use to help reduce the amount of stress in our lives.

Albeit brief, the journey was truly rewarding and included a decadent three-course meal. As we disembarked the yacht, a sense of peace followed us to shore.

Tennessee

Cyndy Coors, Stephen Lawrence, David Tignor

CSL Behring and Matrix Health Group hosted an educational dinner at Legends Steakhouse in Smyrna, Tennessee on April 24. This educational program was specifically intended for people living with von Willebrand Disease. Kim Walsh-Ebsworth, CSL Behring Advisory Board Member, shared her story of being diagnosed with vWD in her 30's, her children's experiences with vWD, and the different aspects men and women experience with this clotting disorder on a daily basis. Michelle Dowda, CSL Manager of Coagulation Products of Alabama and Tennessee, was also present to speak with individuals and families.

Kim E., Rachel G. and Rachel B. pose in front of the Matrix Health Group booth.

This was a great opportunity for many community members in the central Tennessee area living with vWD to come together. Some families drove several hours to attend, which demonstrates the demand in other areas of Tennessee for more programs such as this. With the help of CSL Behring, we were honored to be able to provide such a vital program for our community and hope to offer similar programs for other areas of Tennessee in the near future.

Ohio

Rania Salem

On April 25-27, families with vWD, Ehlers-Danlos Syndrome and platelet disorders came together for Central Ohio Chapter of NHF's ***Annual Family Retreat Weekend*** at Hocking Hills

Kathy and Mick representing Olympics Team Zebrella.

Parks in Rockbridge, Ohio. An amazing weekend was in store for all. It was a time to come together, share stories, learn from one another and build memories to last a lifetime. Families gathered for all the scrumptious eats, festivities and fun *Family Olympics*, including a variety of games such as ultimate egg carry, dizzy heads, balloon toss and relay races.

A very special thanks to Joe Torrey and Meghan McDonald of Physis, Inc. for creating and leading the Olympic games. Everyone had a blast at the excursions that took place on Saturday afternoon. Whether they went on the zip line, horseback riding, ATV riding or on a breathtaking nature trail hike, a memorable time was had by all.

The festivities wound up on Saturday night for the *Battle of the Airbands*, led by deejay Matt Capsel. These retreats not only build lasting memories, but the camaraderie shared with others that know exactly what you deal with in life is priceless.

We extend a very special thanks to Amanda Turner, Executive Director for successfully putting together her first family retreat. We look forward to seeing all the bleeding disorder families for their retreat on September 12-14! Mark your calendars now - you surely do not want to miss all the fun!

Tennessee

Shannon Cassada

A core group of bleeding disorder families in the Chattanooga area assembled for an enjoyable evening of education, food and family fun on April 25. The evening kicked off with a delicious dinner while April Morris, MSN, FNP presented an interactive educational session on Sports and Exercise. Baxter generously sponsored this event, and the topic was useful and appreciated by all with children involved in sports. The session was very interactive, all the more so when several of the children spoke up and shared their thoughts.

After dinner, families picked up their boxes of "Matrix Health Group Cracker Jacks," put on their ball caps, grabbed their baseball gloves and headed over to AT & T Field, home of the Chattanooga Lookouts for an all-American night of baseball fun. The group arrived just in time to hear the national anthem and see the players line up. There wasn't a bad seat in the house and with so many exciting plays it was a perfect game to enjoy. The fans witnessed an out-of-the-park home run and the Chattanooga Lookouts took home the win!

Following the game, there was a spectacular fireworks display that left everyone mesmerized. One attendee even commented that it was better than his hometown July 4th fireworks!

This event was a great night for moms to sit and chat, dads to cheer on the team, enjoy the game and eat a hot dog, and kids to visit with one another, compare ports and bruises, talk about the upcoming camp and eat all kinds of snacks while cheering on the team. Baxter and Matrix Health Group hosted an amazing night for the community families and eagerly look forward to another night at the ballpark!

Virginia

Terry Stone

There is no better way to spend a warm and gentle spring afternoon than to visit with friends over a glass of wine at the Virginia Hemophilia Foundation's ***10th Annual Wine Tasting Event & Silent Auction***. More than 60 guests gathered at the C'est Le Vin Bar & Art Gallery on April 27 in the cool and eclectic heart of Richmond, Virginia to enjoy a sampling of wines that were paired with the delicious delicacies of Chef Carly Herring of C'est Le Vin.

If wine and fanciful food weren't a treat all by themselves, the spring breeze that flowed freely through the open door of the lovely setting helped carry the melodic tunes and lyrics of our very own guitarist and song bird Shelby Smoak. His soulful, yet upbeat tunes were a perfect complement to the afternoon. Guests mixed and mingled as they walked by the tables for the raffle and silent auction strategically dropping their tickets into the cup of the beautiful themed baskets they wanted to win. Others watched over their bids with great precision in an attempt to ensure their bid would win them that coveted

item: maybe a Pandora bracelet, or perhaps a Wine Tasting for 10 at one of Virginia's Historic Wineries, or maybe even a week's vacation on the Outer Banks of North Carolina. Matrix Health Group was pleased to donate a themed basket called "Just Beading" filled with everything a new beader needs to get started along with two beautiful sets of beads and center stones to create two necklaces.

This event has become the most anticipated of the year, one not to be missed. Each year offers more creative raffle prizes, great silent auction items, and a guaranteed beautiful venue worthy of this great chapter and those who come to support their efforts. Hats off to the planning committee of Dorothy O'Connor, Marijane Valentino, Jean Parnell, Megan Lawson and Stephanie Grass for making this fundraising event a tasteful success earning the Virginia Hemophilia Foundation approximately $17,000. Cheers!

Tennessee

Donna Garner, Stephen Lawrence and David Tignor

Jaylin, Cameron, Shawn and Miracle

Baxter and Matrix Health Group hosted educational dinners at the Butcher Shop in Cordova, Tennessee on May 1, and at Brooksie's Barn in Jackson, Tennessee on May 2. April Morris, MSN, FNP, Baxter's Senior Clinical Specialist gave an interactive presentation on *Managing Pain*. Pain is a constant in our community -- this educational program explored misconceptions about pain, how pain affects us mentally and physically, and different treatment options to discuss with your health care provider. There were open discussions about pain, managing pain and self-advocacy with the attendees sharing personal experiences.

Mark O'Brien, Baxter Territory Business Manager, and Leah D. Lanaman, RN, BSN Bleeding Disorder Manager, also discussed Baxter's NAVA program, which provides personalized support for anyone touched by a bleeding disorder.

Michigan

Bonnie Culver

May 2–4 was a chilly, rainy weekend in Michigan, but that did not stop members of the Hemophilia Foundation of Michigan. More than 400 gathered for a fun-filled family ***SpringFest*** weekend at the Bavarian Inn in Frankenmuth.

The opening session featured four amazing people speaking of their individual journeys in the bleeding disorder community. The speakers were Dawn Evans, Special Events Coordinator for the Hemophilia Foundation of Michigan, Phil Kucab, Richard Pezzillo, and Emmanuel (Manny) Sandow. The afternoon was packed full of educational topics ranging from *Bleeding Disorders 101* to *Talkin' Bout My Generation: Older Men with Bleeding Disorders* and *Hemophilia Carrier versus Mild Hemophilia: What are the Implications?* A few of my personal favorites were *Weaving Through the Educational Disability Web*, *Say Yes to Camp* and *How to be a Savvy Consumer*.

The Bavarian Inn is known for their family-style chicken dinners and everyone had their fill while entertainer Michael Jay Garner kept the crowd amused. Afterward, deejay Tim Wicks got the music going.

For those who still had energy after the full day, the hotel featured several activities such as Willy's 18-Hole Indoor Mini Golf Course, a huge game room and five swimming pools. The pools include a waterfall, water slides, squirt guns and a kiddy wading pool. There was even a separate adults-only pool for grown-ups needing a little break from the kids.

The event wrapped up Sunday morning with a tasty breakfast and complimentary massages before checking out. The chapter's 2014 annual Spring Fest was a huge success!

Tennessee

Shannon Cassada

Karson takes the lead with his dad, Dusty and his dog, Bella following right behind.

A great way to start the day on May 3 was a 5K to raise money for the Tennessee Hemophilia and Bleeding Disorders Foundation. The third annual ***Be a Factor 5K*** took place in Loudon, Tennessee in honor of 5-year-old Karson Jameson who has hemophilia. Many friends and family gathered to run or cheer the runners on. Karson's uncle, Greg Jameson, has headed this event every year, and every year it just gets better! Of the 98 registered participants, 87 crossed the finish line. Sponsors for the race were Inspector Cluseau's Home Inspection Service, Kiddie Kingdom Daycare, Lawncare of East TN, Aleris International, Wastren Advantage, The Johnson Family, The Jameson and

Winners Jeff Harris and Bre Snow

Karson and his proud parents

Orr Group, Matrix Health Group, Grifols, The Houston Family, The Coca-Cola Company, the Loudon Police Department, and last but not least, the Loudon High School, which offered the use of its facility.

With a bang, they were off! Starting at the high school, runners were led on a path through town with streets blocked off and monitored by the Loudon police department. The event went perfectly! 53-year-old Jeff Harris finished first with a time of 19:35.0. Right behind Jeff came 17-year-old Bre Snow with a time of 19:35.5! Bre competes on her High School track team and has earned a scholarship to Tennessee Wesleyan in the fall.

Karson ran the 5K and completed it along with his Dad, Dusty Jameson and his dog, Bella. His whole family was there to greet him at the finish line and were all so very proud of his accomplishment!

California

Marina Vera

The Hemophilia Foundation of Southern California held their ***Annual Family Information Day*** on May 3. The event is something everyone looks forward to all year and it was definitely worth the wait. The Los Angeles Zoo accommodated the more than 300 attendees who were able to catch glimpses of numerous species of animals in re-creations of their natural habitats.

Proudly displaying the 2014 Matrix Health "Spectacular" calendar!

Linda Corrente, ED and Marina Vera visit at the Matrix booth.

The speakers were exceptionally engaging and entertaining. Jeanne White-Ginder, mother of Ryan White, was a favorite speaker as she shared The Legacy of Ryan White. Everyone in the filled-to-capacity auditorium was anxious to hear her compelling story first-hand, and most were visibly moved. Jeanne's ability to tell her story made everyone present feel like we were living in the moment.

As the Annual Family Information Day came to a close, it was obvious by the many happy faces and compliments, everyone had a great time. The event was very rewarding for me and I was proud to represent Matrix. Our continued support of the hemophilia community will serve to solidify our presence as a premier provider of hemophilia services, confirm our commitment to the families we currently serve and gain the trust of those we hope to.

North Carolina

Peggy Gay

The North Carolina Hemophilia Chapter held their ***Annual Educational Meeting*** downtown at the Omni Hotel in Charlotte, North Carolina on May 3. What a great turnout! Families gathered and shared their stories during lunch and the educational sessions. These sessions had knowledgeable speakers who presented helpful information on bleeding disorders issues important to our community.

Karl and his son Noah watch with anticipation.

Riley does it his way.

Jerry and son Jerdon get down to business.

Some of the breakout sessions available for all were *Advocating for our Future*, *Spouses and Loved Ones*, *Raising Young Children*, *The Art of Transition* and *SOAR* – a program for women and girls with bleeding disorders.

After the sessions ended, the group walked over to the Strike City Bowling Lanes where pizza and wings were enjoyed while engaging in friendly competition down the alleys. Enjoying the evening, Jerry and his son Jerdan bowled together, but not until they washed the wing sauce from their fingers! Karl helped his young son with the heavy ball. When the pins fell over, Noah jumped up and down with a huge smile on his face. His big brother Riley did not need dad's help as he had a unique style of his own.

Just watching how much fun the children were having made our evening all the more enjoyable. As the day wrapped up, families became friends with others and look forward to many years of attending events in the future. It's always a delight

to see the children's faces light up as they see each other again.

California

Bobby Wiseman

On May 5-7, a group of young California teens gathered in Sacramento to take part in the annual ***Future Leaders*** program for the Hemophilia Council of California (HCC). The HCC is the legislative and advocacy non-profit organization representing the four bleeding disorders communities in the state. HCC provides a forum for young people to gather in the Capitol and learn first hand about the various pieces of legislation pertinent to the community from our advocate, Terri Crowger-Hill. Participants were able to work with noted advocacy experts in preparing to speak before our elected state officials and learned to articulate their personal stories in order to make a greater impact on the officials. The group was able to practice their presentations with fellow Future Leaders who have previously participated in this event. All participants were able to hone their speaking skills in small group activities before going to the "Hill" on May 7.

Matrix is proud of the young men and women who care enough to learn the issues, practice their public speaking and represent our bleeding disorder community!

Illinois

Eva Kraemer

The Bleeding Disorder Alliance Illinois (BDAI) and Darris Brown, Hemophilia Specialty Manager at Pfizer, hosted an educational program and dinner for the Spanish-speaking bleeding disorder community about *The Role of Medication and Adherence in a Healthy Lifestyle* on May 8 at Tierra Caliente Restaurant in Chicago.

As the Latino community feasted on Mexican cuisine, Maria Perez, RN, CNE shared information on how behaviors - from taking medication to following a healthy diet or making healthy lifestyle changes - corresponds with agreed upon recommendations from a healthcare provider. Among other things, we learned that a few simple behavioral changes could help someone live a healthier life. Thanks to Pfizer for providing a valuable service to our community.

Eva Kraemer with Gabriel, Gabriel, Daniel and Maria

Florida

Peggy Gay

May 10th was a beautiful day as the 7th Annual Hemophilia Foundation of Greater Florida (HFGF) Tampa Bay Clot Trot kicked off at the Al Lopez Park in Tampa. Twenty-two teams were ready to walk after a quick warm up!

Peggy Gay gets a hug from Nathan.

After the pleasant walk everyone, including Nathan Hood and his huge, contagious smile, met at the shelter for music, snacks, ice-cold drinks and lots of fun! We had great music to groove to while hoping to win some of the awesome raffles going on. Matrix Health Group was thrilled to be a sponsor of this HFGF event that raised more than $37,000!

Florida

Hector Heer

On May 15 Palm Beach Gardens was the lovely setting as Baxter and the Hemophilia Foundation of Greater Florida conducted an educational meeting. Baxter's Tania Consuegra spoke to the group, sharing information about the basics of good nutrition and stressing the point that maintaining a healthy weight is key to having healthy joints, especially those joints bearing weight like our ankles, knees and hips. To learn more just visit www.mypyramid.gov in your quest to choose wholesome foods. Matrix would like to thank Baxter for sharing and educating our community.

Hector Heer with Baxter's Jeanine Schmidt, HFGF's Allison Sullivan and Baxter's Tania Consuegra.

Washington, D.C.

Terry Stone

When you think of Washington D.C. what do you think of? Huge monuments, cherry blossoms, the White House or lawmakers making the decisions of today that will be the history of tomorrow. All of these impressions would be correct, but the most exciting news out of Washington in recent days is that the Hemophilia Association of the Capital Area broke recent attendance records as they hosted their ***2014 Educational Seminar*** at the

Stielper family enjoying their first meeting.

Sheraton Four Points in the heart of the capital city on Saturday, May 17.

Attendees arrived in the early afternoon and were treated to lunch and time to visit with more than 21 vendors to be updated on industry news. The program started with the 2014 NHF DC Walk for Hemophilia kick off with this year's co-chairs, sisters Stephanie Phillips and Chrissy Kulenguski.

Wonderful smiles!

They shared the story of their dad who had hemophilia, their family's journey with their dad, and how they hope to honor his remarkable life and memory by inspiring others to join the walk and make a difference.

Terry Stone visits with Ayanna and her mom.

Following the walk kick off, everyone heard NHF's Mary Garvey provide an update on Insurance and the ACA marketplace as it stands now. Her presentation highlighted the need for continued vigilance and because this program is so new, there will continue to be questions that need to be answered. All were encouraged to reach out to NHF to have their questions answered, and for assistance should they need it.

The afternoon offered several break-out sessions with a myriad of topics including: *Anti-Bullying-What Parents Need to Know*, *Planning Your Financial Future*, *Creating Harmony in Families with Bleeding Disorders*, *Positive Assertiveness*, *Pain and Anxiety Management*, and *Life after the Pediatric HTC*. It was a good balance of presentations with something of interest for everyone. But what about the kids? Where were the kids? The children, both young and old, tall and small, were treated to an undercover visit to The International Spy Museum. They saw gizmos and gadgets and even got to crawl through an air duct vent. Kids please don't try that at home!

Everyone came together for a wonderful dinner, then wrapped up the day with a visit to Madame Tussaud's Wax Museum, one of Washington's newer attractions. Congratulations to Karen Krzmarzick, Executive Director and Brenda Bordelon, Chapter Administrator, for bringing together our community once again in record numbers with a fantastic day of programming and networking and guiding us so that we can make our OWN history.

Michigan

Bonnie Culver

Bonnie Culver (left) with her mom Kathy brother Steve visit with Senator Rick Jones (R24).

May 22 was a beautiful day for advocacy in Lansing, Michigan! The Hemophilia Foundation of Michigan sponsored its annual ***Lansing Days*** where 63 advocates from the local bleeding disorders community, including 12 new families affected by hemophilia, gathered at the State Capitol Building for a rigorous day on the "Hill." We were successful in scheduling 56 meetings with legislators or their aides to share our stories and discuss the challenges we face living with hemophilia.

After a brisk morning of meetings, lunch was served followed by a visit from Governor Rick Snyder as well as several guest speakers. One guest of particular interest Perry Parker, a professional golfer with hemophilia is the spokesperson for The Junior National Championship sponsored by CSL Behring. During his talk with the group we learned that Perry is a cousin to Governor Snyder.

Meetings with representatives and their aides continued throughout the afternoon. We gathered in the House for an introduction by Representative Wayne Schmidt, a new and exciting experience for all! The day seemed productive and we felt pride in the feeling of having made a positive impact upon those with whom we met.

If you know members of the bleeding disorders community interested in advocating, yet they are unsure of how to best present their story or the needs within our community, the following talking points may help get them started:

- Introduce yourself and exchange cards with the legislator/aide
- Briefly tell your story... Explain your connection to bleeding disorders
- Talk about how medical expenses affect you
- Address the importance of maintaining funding for services and what would happen if it were not available to you
- Share information about how the Affordable Care Act has affected you (if it has)
- Offer yourself as a resource for questions about bleeding disorders
- Thank them for their time

Our voices need to be heard and Congress needs to be reminded we are still here and our votes still count. Become an advocate and let your voice be heard!

Upcoming Events

July 11, 2014 Florida
Florida Hemophilia Association
888-880-8330, floridahemophilia.org
Swim with the Dolphins
Dolphin Plus; Key Largo, FL
Contact: Hector Heer 954-940-1248
(Habla español)

July 14, 2014 Ohio
Northern Ohio Hemophilia Foundation
216-834-0051, www.nohf.org
Annual NOHF Golf Outing
Shaker Heights Country Club
Shaker Heights, OH
Contact: Dan Holibaugh 330-904-6294

July 18, 2014 Wisconsin
Great Lakes Hemophilia Foundation
414-257-0200, www.glhf.org
40th Anniversary Celebration
40th Floor, US Bank; Milwaukee, WI
Contact: Eva Kraemer 608-852-3777
(Habla español)

July 19, 2014 Maryland
Hemophilia Foundation of Maryland
410-661-2307, www.hfmonline.org
5K Race/Walk to Stop the Bleeding
Quiet Waters Park; Annapolis, MD
Contact: Terry Stone 703-795-6269

July 22, 2014 Florida
Florida Hemophilia Association
888-880-8330, floridahemophilia.org
Swim with the Dolphins
Dolphin Plus; Key Largo, FL
Contact: Hector Heer 954-940-1248
(Habla español)

August 5, 2014 Idaho
Idaho Chapter NHF
208-344-4476, www.idahoblood.org
19th Annual Blood, Sweat and Cheers Golf Tournament
Boise Ranch Golf Course; Boise, ID
Contact: Liselle Easto 208-741-2489

August 7-10, 2014 Florida
Florida Hemophilia Association
888-880-8330, floridahemophilia.org
Annual Family Education Symposium
Embassy Suites; West Palm Beach, FL
Contact: Hector Heer 954-940-1248
(Habla español)

August 8-10, 2014 Ohio
FamOHIO, www.famohio.com
FamOHIO
Columbus Marriott Northwest
Columbus, OH
Contact: Rania Salem 513-470-5550
or Dan Holibaugh 330-904-6294

August 8-10, 2014 Texas
Lone Star Chapter of NHF
713-686-6100
www.lonestarhemophilia.org
in partnership with Texas Central Hemophilia Association
972 386-3865, www.texcen.org
Texas Bleeding Disorders Conference
Austin Renaissance Hotel; Austin, TX
Contact: Tammy Davenport 936-524-4907

August 10, 2014 Virginia
Virginia Hemophilia Foundation
800-266-8438, www.vahemophilia.org
Celebrate Summer
Ocean Breeze Waterpark; Virginia Beach, VA
Contact: Terry Stone 703-795-6269

August 10-11, 2014 California
Hemophilia Foundation of Northern CA
510-658-3324
www.hemofoundation.org
Annual Wine Tasting & Golf Tourn.
Sonoma Mission Inn; Sonoma, CA
Contact: Bobby Wiseman 415-726-6187

Aug 10-12, 2014 North Carolina
Hemophilia of North Carolina
800-990-5557, www.hemophilia-nc.org
Family Retreat
Pine Knoll Shores, Outer Banks
Contact: Peggy Gay 864-275-0246

August 16, 2014 Kentucky
Kentucky Hemophilia Foundation
502-456-3233, www.kyhemo.org
Annual Meeting
Seelbach Hilton Hotel; Louisville, KY
Contact: Rania Salem 513-470-5500

August 16, 2014 Tennessee
Tennessee Hemophilia & Bleeding Disorder Foundation, 888-703-3269
www.thbdf.org, ***Pitchin' For Caleb***
Crossville's Centennial Park; Crossville, TN
Contact: Cyndy Coors 251-243-1623

August 23, 2014 Maryland
Hemophilia Foundation of Maryland
410-661-2307, www.hfmonline.org
Family Fun Back to School Beach Party
Sandy Point State Park; Annapolis, MD
Contact: Terry Stone 703-795-6269

August 23, 2014 Ohio
Tri-State Bleeding Disorder Foundation,
513-961-4366, www.tsbdf.com
Search for the Holy Grail Fundraising Scavenger Hunt
Holy Grail Restaurant; Cincinnati, OH
Contact: Rania Salem 513-470-5500

August 25, 2014 Illinois
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org
Annual Meeting
Crown Plaza Chicago Metro; Chicago, IL
Contact: Eva Kraemer 608-852-3777
(Habla español)

NATIONAL EVENT!

Sept. 18-20, 2014 Washington DC
National Hemophilia Foundation
212-328-3700, www.hemophilia.org
66th Annual Meeting
Washington Marriott Wardman Park
Washington DC
Contact: Terry Stone 703-795-6269

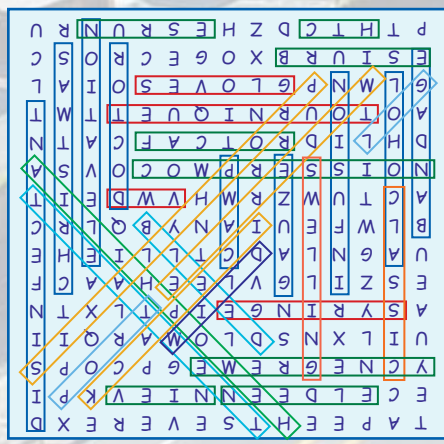
September 27, 2014 Florida
Wingmen Foundation
407-340-3684, www.wingmenfoundation.org
Chippin' for Children Golf Tournament
Champions Gate; Orlando, FL
Contact: Chad Brown 407-340-3684

September 12-14, 2014 Ohio
Central Ohio Chapter of NHF
614-985-3752, www.nhfcentralohio.org
Hemophilia Family Weekend Retreat
Buffalo Lodging, Hocking Hills
Rockbridge, OH
Contact: Rania Salem 513-470-5500

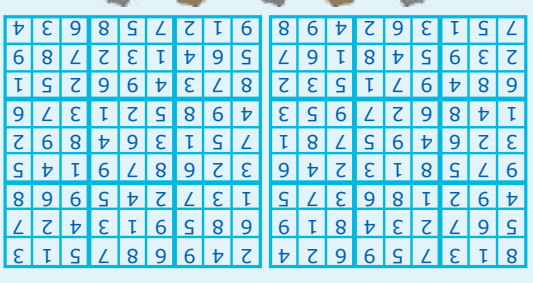
October 17-18, 2014 Ohio
Northern Ohio Hemophilia Foundation
216-834-0051, www.nohf.org
Annual Meeting
Double Tree Hotel; Independence, OH
Contact: Dan Holibaugh 330-904-6294
or Susan Moore 330-472-2289

October 24, 2014 Illinois
Bleeding Disorders Alliance Illinois
312-427-1495, www.bdai.org
Autumnal Wine Auction and Dinner
Columbia Yacht Club; Chicago, IL
Contact: Eva Kraemer 608-852-3777
(Habla español)

October 25, 2014 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 608-852-3777
(Habla español)



Answers to puzzles on page 31



Time for FUN!

Hi Kids!

Here's a Word Search puzzle that uses many words found in our bleeding disorders community vocabulary. See how many you can find! Words can be spelled out forward, backwards, up, down or on a diagonal. Good Luck!

Answers can be found on page 30.

T	A	P	E	E	H	T	S	E	V	E	R	E	X	D
E	C	E	L	D	E	E	N	N	I	E	V	K	P	I
Y	C	N	E	G	R	E	M	E	G	P	C	O	P	S
U	I	L	X	N	S	D	L	O	M	A	R	Q	I	I
A	S	Y	R	I	N	G	E	I	P	T	L	X	T	N
E	S	Z	I	L	G	V	L	E	E	H	A	A	C	F
U	A	G	N	L	A	D	C	T	L	L	I	E	H	E
B	L	W	F	E	U	I	A	N	Y	B	Q	L	R	C
A	C	T	U	W	Z	R	M	H	V	W	D	E	I	T
N	O	I	S	S	E	R	P	M	O	C	O	V	S	A
D	H	L	I	D	R	O	T	C	A	F	C	A	T	N
A	O	T	O	U	R	N	I	Q	U	E	T	T	M	T
G	L	M	N	P	G	L	O	V	E	S	O	I	A	L
E	S	I	U	R	B	X	O	G	E	C	R	O	S	C
P	T	H	T	C	D	Z	H	E	S	R	U	N	R	U

ALCOHOL
BANDAGE
BLEED
BRUISE
CAMP
CHRISTMAS
CLASSIC
COMPRESSION
DISINFECTANT
DOCTOR
ELEVATION
EMERGENCY
FACTOR
GAUZE
GLOVES
HEMOPHILIA
HTC
ICEPACK
INFUSION
LOG
MILD
MODERATE
NEEDLE
NURSE
PORT
PROPHYLAXIS
SEVERE
SWELLING
SYRINGE
TAPE
TOURNIQUET
TREATMENT
VEIN
VWD

2		9						
	8				3		2	
				4		9	6	
				7	9			5
	5	1				8	9	
4			5	2				
	7	3		9				
	6		1				8	
						6		4

SuDoku!

Fill in the grid so that every row, every column, and every 9 by 9 box contains the numbers 1 through 9.

	1				9			
5			2			8		
4		2		8		3		
	7				3		4	6
	2		4		5		8	
1	4		6				5	
		4		7		5		2
		9			8			7
			3				9	

Matrix Health News

Dedicated to Making a Difference!

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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