

**HFMD MISSION**

We dedicate ourselves to advancing the quality of life of individuals and families affected by hemophilia or other bleeding disorders by providing a broad range of services and programs.

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HEMOPHILIA  
FOUNDATION  
OF MINNESOTA/DAKOTAS

# Veinline

**SPRING**

**2023**

**HFMD's Annual Members' Meeting is almost here!**

There is still time! Click [HERE](#) to register now for

**The HFMD Annual Meeting!**

**Registration Deadline: April 14th.**



**Friday, April 21<sup>st</sup> 5:30 pm-8:00 pm**

**Saturday, April 22<sup>nd</sup> 8:00 am-3:00 pm**

**Mermaid Entertainment and Event Center  
2200 Mounds View Boulevard  
Mounds View, MN 55112**

Reconnect with other community members during this fun, family oriented and educational event!

We are honored to welcome this year's Keynote Speaker, Dr. Rajiv Pruthi, Medical Director at the Mayo Clinic HTC!



**Also featuring our popular "ASK THE EXPERT" panel as well as Child Programming with fun activities!**

## 2023 Hearts of Hope Gala

The 23<sup>rd</sup> Annual Hearts of Hope Gala was held on February 11, 2023 at the Metropolitan Ballroom and Clubroom in Golden Valley. It was an amazing event!

The venue was beautifully decorated for the occasion. This year, the social hour and silent auction were extended to two hours. This gave people more time to mingle, enjoy a cocktail and check out all of the items that were available to bid on.

We had a really great assortment of items up for bid. The generosity of the auction item donors and the bidders exceeded our expectations! Gala participants were able to bid on overnight stays at wonderful hotels and resorts, dining gift cards, fun road trip packages to places around Minnesota and sports memorabilia, as well as shopping, coffee and bakery gift cards. There were also a variety of phenomenal baskets and hand-crafted items, and gifts for those that like to mix up a special drink now and then. There was even a snow blower donated by Toro, and this is definitely a good year to have that!

Two other fundraising items were big hits at the Gala. The staff from the M Health Fairview HTC volunteered and put together a Gift Card Wall raffle. The raffle was so popular that it sold out before the social hour had even ended! A big thanks to the M Health Fairview staff for doing this.

We were also fortunate enough this year to have an unexpected donation from a local business that allowed us to do a Liquor Wagon Raffle. The raffle was a winner-takes-all drawing and included a wide variety of spirits, cordials, a case of wine, several local beers and some popular seltzer drinks. It was wonderful of Nate Johnson to spend his evening as a volunteer, selling tickets for the Liquor Wagon Raffle. Congratulations to the big winner, Ricky Chan, of M Health Fairview!

Other changes this year included dropping the Live Auction and shortening the program time. A shorter timeframe certainly didn't detract from the fabulous job that Kris Rauenhorst and John Schulte did as hosts of the event. Their stories and content of the program could not have been any better. They made the evening spectacular!

Social hour and after dinner music was provided by DJ Ray Mills. He is an official DJ for the Minnesota Vikings. The event ended at 11pm, and there were a few people still on the dance floor until the very end.

Our hearts are truly warmed by the generous outpouring of support for the programs that the HFMD offers. The Gala is essential to us being able to continue to serve the bleeding disorder community. Thank you to all that had a part in making this year's event a success.

Check out some of the photos on the next page.

-by Peggy Nasby

### **Thank You to the 2023 Gala Sponsors:**

Bayer Healthcare	M Health Fairview	
CSL Behring	HEMA Biologics	Optum Rx
Biomarin	Children's Minnesota	InfuCare Rx Medexus Pharma
Mayo Clinic	Novo Nordisk	Octapharma
Takeda	Gateway Bank	Sanford Health

# Photos from the 2023 Hearts of Hope Gala



You are invited to...

CAMP NOT-A-CLOT!



**July 16 - July 21, 2023**

at YMCA Camp Ihduhapi

3425 Ihduhapi Road Loretto, MN 55357

[Register Here](#) Use code HEMOPHILIA



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For children with bleeding disorders, ages 8-17



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Antihemophilic Factor (Recombinant)

### SCHOLARSHIP APPLICATIONS NOW AVAILABLE ONLINE!

Each year, the HFMD is honored to award scholarships to students pursuing their post-secondary education.

Applicants must be a resident of Minnesota or South Dakota, and/or a patient of one of HFMD's affiliated Hemophilia Treatment Centers in these states.

As part of the application process, students provide information about their education goals, their extracurricular activities and hobbies, work and volunteer history and outstanding achievements.

Letters of recommendation from previous or current academic advisors or instructors, as well as one from a friend or co-worker, are also required.

The applications for the 2023-24 school year are currently available for submission, and must be received by June 1, 2023.

HFMD will mail out acceptance letters to the scholarship recipients mid-July. Awarded scholarship funds will be paid directly to the academic institution.

Scholarship applications and more information can be found [HERE](#) on the HFMD website.

Good luck, students!



## 2023 Teen Retreat

The Annual HFMD Teen Retreat was held at Camp Ihduhapi in Loretto, MN, February 18-19. It was great to be back at Camp Ihduhapi, and fun to see the camp site through a snowy winter lens. We lucked out with beautiful sunny weather!

We truly had a blast. After introductions, we started right away with the Ihduhapi staff facilitating outdoor survival education and shelter building in the snowy forest. After warming up with lunch, we completed a great team building activity called “communication breakdown.”

From there, teens had the opportunity to choose between staying outside to scale the giant climbing wall, or relaxing inside the bunkhouse for arts and crafts. We met up as a large group again for snow tubing down the infamous Toboggan Hill, which was a highlight for many!

Everyone participated in an educational session developed by The National Hemophilia Foundation called “Do you Bleed like Me.” We learned about the three different bleeding disorders represented in our group and discovered some key similarities and shared experiences.

Our final structured activity of the evening was a game comprised of a series of friendly competitions that we titled, “The Game of Life.” The group was split up into two teams, and together, they competed in games or challenges based upon varying life skills. These skills included creative problem solving, budgeting, phone calls to health providers, speed Ikea furniture building, and food preparation. The teens really came together in the food prep challenge, making delicious guacamole and pineapple salsa from scratch.

After a busy day, we all enjoyed the opportunity to debrief and relax by a campfire under the stars, play board games, and just hangout and bond in the bunkhouse.

This retreat is held annually to foster friendship and connections among the teen members of the community; to develop life skills to promote transition to independence; and to have fun. A huge shout out to each of the teens who attended for bringing an incredible energy to the weekend! An additional thank you to the young adults who provided insight and helped to plan the event.



-By Becca Shaheen, Children’s MN HTC  
Program Coordinator

**MORE FUN PICTURES ON NEXT PAGE!**

**2023 Teen Retreat Photos** *(continued from previous page)*





FOR THE THRILL-SEEKER WITH HEMOPHILIA B

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with long lasting bleed protection



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\* Hemophilia FIX Market Assessment, Third-Party Market Research.

† The average AsBR for people who started and stayed on 7- or 14-day prophylaxis was 0. For people who switched to prophylaxis from on-demand, the average AsBR was 0.7. AsBR=annualized spontaneous bleed rate.

‡ Once well-controlled (1 month without spontaneous bleeding or requiring dose adjustments on a weekly dose of 540 IU/kg), people 12 years and older can be transitioned to 14-day dosing.

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## Group Fitness Event at Vertical Endeavors

If you've ever thought about reaching new heights, the HFMD Group Fitness event on Saturday, March 11, 2023 was perfect for you!

Sponsored by Bayer Healthcare and Optum Rx, participants met up at Vertical Endeavors in St. Paul for some indoor rock climbing and an educational program. The event also included lunch for the attendees.

The agenda topic was "Being Prepared for a Hemophilia Emergency." The program was presented by Mya Anderson of Bayer. The information she shared will help Hemophilia patients and caregivers gain the communication and advocacy skills that may be needed in emergency care and travel situations.

Vertical Endeavors offers action-packed indoor climbing fun for people of all ages and abilities. It's a place where the whole family can challenge themselves and have a blast!

We're grateful to Mya Anderson on behalf of Bayer and Lateef Bilal on behalf of Optum Rx for hosting the event.

Thanks, too, to all of the individuals and families who took part in this event. We hope you had fun and learned something new!





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**CSL Behring**

## The HFMD needs your help in spreading the news!

Like many organizations, HFMD went paperless in 2021.

As the only resource of its kind in Minnesota & South Dakota, it is very important for us to reach any and all patients/families, supporters & friends of the HFMD. It's especially important that everyone has an opportunity to know about all of the events available to them.

For this reason, we need your help in expanding our Veinline circulation. We are very guarded with our member email lists. However, since going paperless, we have been hearing that some members, patients and supporters are no longer receiving the Veinline and other communications from the HFMD.

Please check your spam folders each quarter, as our quarterly newsletter is emailed out in early January, April, July, and October.

Also, if you know of someone that may benefit from our programs, services and events, please ask them to reach out to us at [info@hfmdd.org](mailto:info@hfmdd.org) to be added to the email lists.

We have been told the Veinline is informative, uplifting and fun to read. Hopefully, you agree and are willing to spread the word to your family, friends and others in the bleeding disorders community.

Thank you for your support of the HFMD!



# Upcoming Calendar of Events

April 21-22, 2023..... HFMD Annual Meeting  
Mermaid Event Center, Mounds View, MN

July 16-21, 2023..... Camp Not-a-Clot (Summer Youth Camp)  
YMCA Camp Ihduhapi, Loretto MN

July 29, 2023..... South Dakota Family/Education Day  
Sioux Falls Canaries Baseball, Sioux Falls, SD

September 9, 2023..... HFMD Annual Step Out for Bleeding Disorders Walk  
Como Park, St. Paul

November 18, 2023..... HFMD 5th Annual Symposium  
Eagan Community Center, Eagan, MN

**Visit our website at [www.hfmd.org/events](http://www.hfmd.org/events)  
for more information and to register!**



**The HFMD Annual Walk has a  
New Date, New Time and  
New Location!**

**Mark Your Calendars!  
Saturday, September 9, 2023  
Como Park Picnic Pavilion  
1199 Midway Parkway, St. Paul, MN  
3:00 pm - 6:00 pm**

**\*\*\*Form your Team and Click [HERE](#) to Register Now\*\*\***

The HFMD gratefully acknowledges our donors who have given so generously.  
These are donations received from January 1 - March 31, 2023

**Organizational & Business Contributors:**

**\$75,000 and Up**

Mayo Foundation for Medical Education & Research

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**Minneapolis, MN 55404**  
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