

FALL 2022

# BLEEDER'S DIGEST

BLEEDING DISORDERS OF KENTUCKY



Fall is here! The leaves are starting to turn and the temperature is getting cooler. Mornings are crisp, and pumpkin spice is everywhere. Best of all? There are so many great fall activities to take advantage of that it can be difficult to choose between them. Here are some ideas to jump start the season!

VISIT A PUMPKIN PATCH  
MAKE A BATCH OF APPLE CIDER  
DECORATE A PUMPKIN  
HOST A FALL FOOD GATHERING

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## UPCOMING EVENTS

### EDUCATIONAL DINNER PRESENTED BY BAYER

**Topic:** Post Hoc Subgroup Analysis: Kogenate FS Patients Transitioned to Jivi or Kovaltry as Part of Clinical Trials

**Overview:** Review efficacy and safety data from Kovaltry and Jivi clinical studies

**When:** November 10, 2022 @ 5:45 PM ET

**Where:** Back Home Restaurant, 251 W. Dixie Ave., Elizabethtown, KY 42701

**Featured Speaker:** Kevin Loeser

**Registration:** Please RSVP to Alane Foley at [afoley.bdoky@gmail.com](mailto:afoley.bdoky@gmail.com) by November 1st.

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FALL 2022

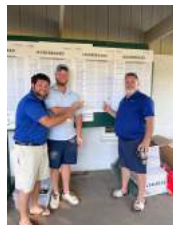


### PUTT FOR A PURPOSE 2022

First off, I would like to thank our wonderful volunteers; Tracey Gaslin and her nephew Sam, Diane Burnett, Stacey Powell and her son Duncan along with his girlfriend, Karen Coleman, Julia Kluesner and her friend Andrew, Sabina Trivette, Natalie Young, Patrick Foley, Ann Keleman, Peyton Foley and Nicole Henry (Hema Biologics)! Also, a huge THANK YOU to Harold Foley who spent countless hours putting this whole event together! Without all of these people we could not have pulled this off!

Second, this event was so much fun and a HUGE SUCCESS! We had 25 teams play with the trophy going to Team Tex's Transmission out of Lawrenceburg, KY. All proceeds from this fundraiser stay here in Kentucky helping bleeding disorder patients and families.

I am just blown away by the support we received from family, friends, sponsors, and local businesses who donated their services and/or raffle items. You can find all of the pictures at [bdoky.org](http://bdoky.org)!



FALL 2022



### CAMP FUSION 2022

Ziplines and 9-Square and High Swings, Oh My! June 26th through June 30th, BDoKY had patients from across the state come together for our annual bleeding disorder summer camp, Camp Fusion. Twenty-one campers, aged 6 to 15, had five fun filled days of high and low rope challenges, equine adventures, water games and so much more! More pictures can be found at [bdoky.org](http://bdoky.org). A special thank you to the adult patients and family members that volunteered their time as camp counselors to make this experience so special. It was a wonderful week filled with laughs and adventure made possible through our generous sponsors: Bayer, CSL Behring, Genentech, Hema Biologics, Novo Nordisk, Octapharma, Pfizer, Sanofi and Takeda. We can't wait for Camp Fusion 2023!



FALL 2022



## SUPPORTING BDOKY

### KROGER COMMUNITY REWARDS PROGRAM

Extra funding for our foundation to support the efforts in improving the quality of life of individuals with bleeding disorders is provided through the Kroger Community Rewards Program. Participants must add BDoKY to their Kroger Rewards Card. Please visit [Kroger.com](https://www.kroger.com) or Kroger's mobile app. Once logged in, go to Rewards, Community Rewards, then search **Bleeding Disorders of Kentucky** or enter our organization number **YG762**.

### AMAZON SMILE

BDoKY earns rewards when you shop Amazon Smile with this link <https://smile.amazon.com/ch/84-2961011>. These funds are used to support our effort to support families living with bleeding disorders.

### DONATIONS

Tax deductible donations can be made directly to BDoKY on our website at <https://bdoky.org/donate/>.



## STAYING HEALTHY

During the winter months, it becomes a little too easy to abandon your workout routine. With the dropping temperatures, the darkening sky, and the chilly wind, the season seems to be begging you to stay indoors and hibernate on your couch under a mound of blankets. Health experts urge, however, that exercise should be part of your daily routine, no matter the weather. Here are some tips for staying active during the colder months!

- **Walk the mall:** Leave your wallet at home and use the mall as an indoor track.
- **Join a health club:** Choose one close to home or work and ask the staff to show you how to use the equipment.
- **Join a class or indoor team:** There are plenty of fitness classes available through community organizations or local health clubs. From yoga to boot camp classes, there's bound to be an option suited to your fitness level and taste.
- **Find an indoor pool:** Indoor swimming is a great way to build stamina and stay lean through winter. Whether you're taking a dip for a water aerobics class or swimming laps, there are plenty of ways to enjoy water inside.
- **Create a home gym:** Invest in some practical, enjoyable and easy-to-use exercise equipment. To stretch your exercise dollars, consider buying them used.
- **Everything counts:** From vacuuming the house to shoveling snow, remember that many activities count toward being fit. Even if you don't have a workout planned for the day, try to think of some way to be active.

Source: osteopathic.org Don't Hibernate: Staying Active in the Cold