

BLEEDER'S DIGEST

BLEEDING DISORDERS OF KENTUCKY



Hello Spring! Finally, we will see some sunshine and warmer weather! Bleeding Disorders of Kentucky is gearing up for an exciting year. We cannot wait to see you!

Time to get outside and soak up some sunshine. Here are some fun adventures to get you out and about.

- *Take a Hike
- *Picnic
- *Miniature Golf
- *Farmers Market
- *Fly a Kite
- *Take a Bike Ride
- *Nature Scavenger Hunt
- *Local Festivals

GET IN THE KNOW:

UPCOMING EVENTS

02

UPCOMING EVENTS

03

SUPPORTING BDOKY

04

BLEEDING DISORDERS
AWARENESS MONTH

05



UPCOMING EVENTS

CONNECTIONS: A TIME FOR COMMUNITY AND CONVERSATIONS IN BLEEDING DISORDERS

April 20, 2023 @ 5:30PM ET VIA Zoom

Join us at <https://us02web.zoom.us/j/83421290879>. This is an opportunity for men with bleeding disorders and male caregivers to connect and share experiences.

CAMP FUSION 2023 "CONNECTIONS THAT ELEVATE"

July 23rd-27th, 2023

Campers will be provided with a fun filled experience while building resiliency, independence and lifelong friendships. Open to all children with a bleeding disorder between the ages of 6 and 15. Go to bdoky.org to register!



SUPPORTING BDOKY

PUTT FOR A PURPOSE GOLF SCRAMBLE FUNDRAISER

Saturday, June 17, 2023 at Wild Turkey Trace in Lawrenceburg, KY

11:30 Registration and Lunch / 1:00 Shotgun Start

\$75.00 per player / \$300.00 per team

Please contact Alane Foley @502.330.1215 to register!

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**.

DONATIONS

Tax deductible donations can be made on our website at

<https://bdoky.org/donate/>



Every March we call attention to inheritable bleeding disorders during Bleeding Disorders Awareness Month. This is a great opportunity for patients and families to share their stories of struggles and successes to bring an understanding to the community.

According to the CDC there are approximately 3 million people nationwide who are affected by bleeding disorders.

Bleeding disorders are the inability to form a proper clot. The body produces 13 clotting factors. If any of them are defective or deficient, blood clotting is affected; a mild, moderate, or severe disorder can result.

How can you bring awareness this March? Share your story! Sometimes sharing personal struggles is difficult, but remember that your story could change someone's life.

BDoKY will be actively sharing bleeding disorders facts and stories this month on Facebook, Instagram and Twitter. Make sure to follow us to stay informed on all of the exciting educational events we have planned for 2023!