

BLEEDER'S DIGEST

BLEEDING DISORDERS OF KENTUCKY



Summer is finally here, and we couldn't agree more that it's time to soak up the sunshine with our loved ones. Whether it's a day at the pool, a picnic in the park, or simply enjoying a backyard barbecue, there's no shortage of ways to make the most of this beautiful season. Make sure to play it safe by wearing sunscreen and staying hydrated! Have a wonderful summer!

GET IN THE KNOW:

UPCOMING EVENTS

02

SUPPORTING BDOKY

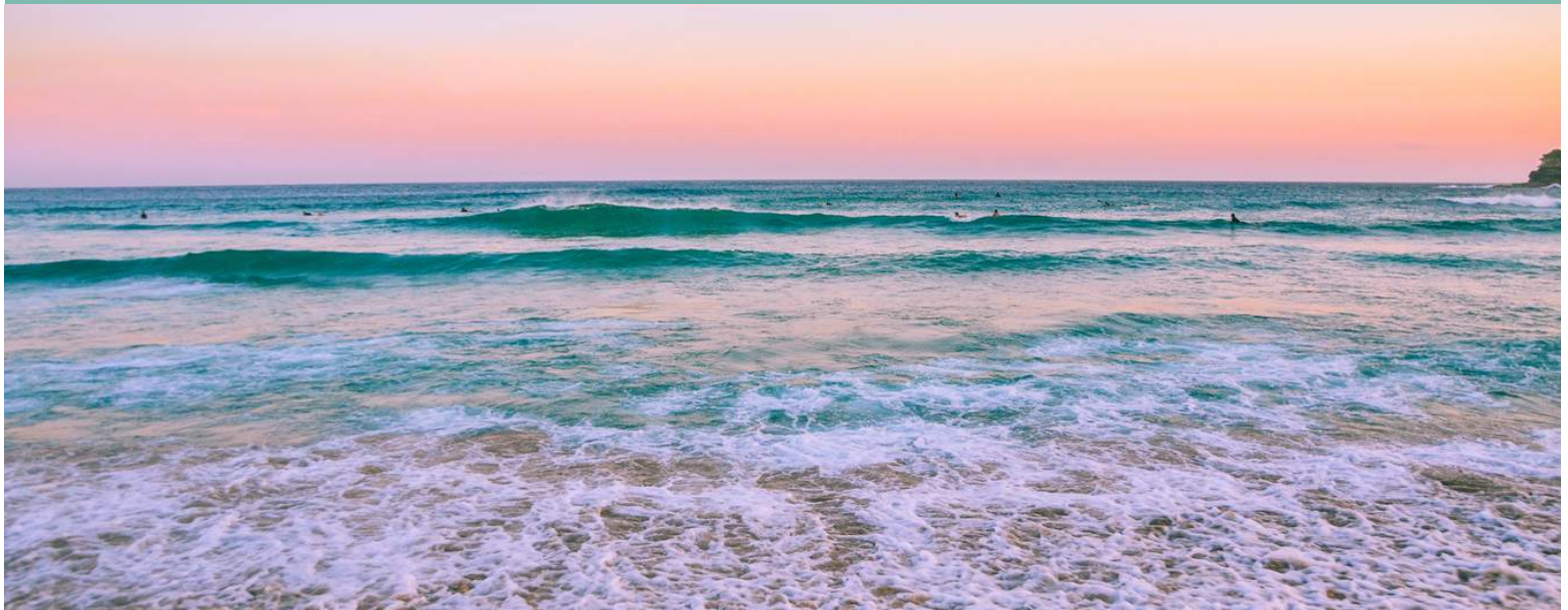
03

CHILDREN AND GOLF

04

CSL BEHRING JUNIOR
NATIONAL CHAMPIONSHIP

05



UPCOMING EVENTS

CAMP FUSION 2023 "CONNECTIONS THAT ELEVATE"

July 23rd-27th, 2023 at Life Adventure Center

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 today!

NHF BLEEDING DISORDERS CONFERENCE 2023

August 17th-19th, 2023 in National Harbor Maryland

This 75th-anniversary edition of the BDC 2023 will be a momentous celebration. Join us for three days of educational sessions, exploring the exhibit hall, and spending time with the incredible bleeding disorders community. Go to

<https://www.hemophilia.org/events/bleeding-disorders-conference-2023> for more information and registration.

FALL FAMILY RETREAT 2023

September 30, 2023 at Bi-Water Farm in Georgetown, KY

Save the date for a day full of fun with your bleeding disorder family! More information coming soon!!



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**.

DONATIONS

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



Hand your child a golf club, and you might be surprised at what happens. Here are the top benefits of playing golf!

Physical Activity

Golf is the perfect way to get your child active. Swinging the golf club and hitting the ball take coordination. Young kids may struggle with that coordination at first. Practicing golf helps improve hand-eye coordination, which can benefit them in other physical activities. Starting with just one physical activity like golf at an early age creates a lifestyle of activity. Golf is something kids can do for the rest of their lives. It's a simple habit to start now to encourage that healthy lifestyle into adulthood.

Low Risks

Golf is a low-impact, non-contact sport. Most golf injuries happen because of improper swing or overuse issues. Getting your child golf lessons to learn the proper mechanics can help decrease the chances of those types of injuries. A golf pro can teach your child everything from the proper golf grip to the correct posture.

Time Spent Outdoors

Golf gets your kids excited about being outdoors. They get fresh air and sunshine in addition to physical activity. The benefits of playing outside may include cognitive development, socialization, improved vision, and increased attention span.

Friendships and Bonding

Getting kids involved in youth golf helps them meet friends. They have golf as a shared interest, which can make it easier to grow friendships. If they do tournaments, they'll see the same kids at many of those events. Kids can also get involved in partner or group play. This helps with socialization and learning to deal with those relationships.

Future Opportunities

Starting your kids playing golf at a young age may set them up for later success. They learn the basics of the sport early. That gives them a head start if they play for a high school sports team or in junior competitions. If your child shows promise in the sport, it could even lead to scholarships.

Life Skills

Golf is a game of rules and etiquette. Sure, lots of sports have rules. But golf has lots of unspoken rules and points of etiquette kids need to learn. It's a good way to teach your child discipline. Every situation in life has rules, so this is a good skill for kids to learn. This can help kids understand that it's important to stay calm and keep emotions under control in other areas of life. It's good practice for frustrating interactions they'll have in the real world.

Confidence and Persistence

The idea of golf is simple. But gaining the skills to be a good golfer takes time and practice. Golf teaches kids persistence. They learn how to overcome frustration and continue working to improve. They'll see gradual improvement the more they practice, which motivates them to continue. As they improve at golf, they gain confidence. That confidence follows them to other areas of life.

Courtesy: Golf Digest



CSL BEHRING
JUNIOR NATIONAL CHAMPIONSHIP

BDoKY wants to send you to the CSL Junior National Championship!

Participants will have the opportunity to:

- *Participate in baseball, basketball, golf, or swimming activities to learn the fundamentals and enhance their skills in that sport.
- *Learn about the importance of physical fitness in managing a bleeding disorder and receive instructions on proper stretching techniques and good athletic form.
- *Show off their baseball, basketball, golf or swimming abilities in a national competition with fellow participants from around the country.
- *Connect and build relationships with fellow members of the bleeding disorders community by sharing their personal experiences with one another.

JNC will take place October 6-8, 2023 in Henderson, NV. All travel, lodging, and meals are included except for travel to and from your local airport. This event is open to children with bleeding disorders between 7-18 years of age and must be accompanied by a parent/guardian.

Complete the following application by 07/07/2023 to enter the drawing for this unique opportunity!

<https://form.jotform.com/BDOKY/gettin-in-the-game-junior-national->

