

Bleeder's Digest

Bleeding Disorders of Kentucky

Spring Edition 2024



Spring means the days are warming up and it is time to get out and enjoy the sunshine! Spending time outside offers a multitude of benefits for both physical and mental well-being. Here are some of the key advantages:

- 1. Vitamin D:** Exposure to sunlight helps the body produce vitamin D, which is essential for bone health, immune function, and mood regulation.
- 2. Improved Mood:** Being outdoors can boost mood and reduce feelings of stress, anxiety, and depression. The combination of fresh air, sunlight, and natural surroundings has a calming effect on the mind.
- 3. Increased Physical Activity:** Outdoor activities such as walking, hiking, cycling, gardening, or playing sports encourage physical movement and exercise, leading to improved cardiovascular health, muscle strength, and flexibility.
- 4. Enhanced Cognitive Function:** Spending time in nature has been linked to improved concentration, creativity, and problem-solving skills. It provides a mental break from daily stressors and allows the mind to recharge.
- 5. Better Sleep:** Exposure to natural light during the day helps regulate the body's internal clock, leading to better sleep patterns and improved sleep quality at night.
- 6. Stress Reduction:** Nature has a soothing effect on the nervous system, reducing levels of cortisol (the stress hormone) and promoting relaxation.
- 7. Connection with Nature:** Spending time outdoors fosters a sense of connection with the natural world, which can promote feelings of awe, gratitude, and environmental stewardship.

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Awareness Month

Overall, incorporating outdoor time into your routine can have profound benefits for your physical, mental, and emotional health, leading to a more balanced and fulfilling life.

Upcoming Events

Empower, Connect, and Create Women's Event

April 6, 2024 11:00 AM – 3:00 PM

Lovers Leap Winery, Lawrenceburg KY

Cost: \$10.00

You're invited to join us for a day at the winery sipping fantastic wine, creating your own personalized doormat, and connecting with the wonderful women in our community! This event is open to women ages 18 and above. Spots are limited so register today at <https://form.jotform.com/BDOKY/2024-womens-event-application>

Camp Fusion Family Fun Day

May 11, 2024

1159 Claunch Rd., Perryville KY

9:30-Noon

Do you have a child aged 6-15 who is interested in attending summer camp? Join us for a fun day learning all about Camp Fusion! Tour the camp, meet the staff, and find out why camp is such a wonderful experience for the kids! This is an open-house style event, come at any time that is convenient for you. Our camp director, Evan Dupree, will have an introduction at 11:00 AM.

Camp Fusion

June 16-20, 2024

1159 Claunch Rd., Perryville KY

Campers will be provided a fun-filled experience while building resiliency, independence, and lifelong friendships. We will spend the week swimming, canoeing, fishing, playing miniature golf, making s'mores, and lots more! Open to all children with a bleeding disorder between the ages of 6 and 15.

Go to <https://bdoky.org/camp-fusion/> to register!

Support 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 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/>

Putt For A Purpose Golf Scramble

Saturday, June 15, 2024

Wild Turkey Trace 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!



Bleeding Disorders Awareness Month 2024 Shedding Light, Spreading Hope

March marks a significant moment for our community as we come together to raise awareness, educate, and advocate for those affected by bleeding disorders. Throughout this month, we unite to shine a spotlight on the challenges faced by individuals living with hemophilia, von Willebrand disease, and other related conditions.

Our mission is clear: to empower and support individuals and families affected by bleeding disorders, to increase understanding and recognition of these conditions among the broader public, and to advocate for access to comprehensive care and treatment options.

Join us in spreading hope and fostering compassion as we raise our voices, share our stories, and work towards a world where everyone affected by bleeding disorders can live their lives to the fullest.

Together, let's make a difference during Bleeding Disorders Awareness Month 2024 and beyond. Follow BDoKY on Facebook and Instagram as we honor our community throughout March!