



# Quarterly Newsletter

2024 Q2

## In this newsletter you'll find:

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- Annual Education Weekend Recap
- Summer Catch Up
- 10 Ways to Raise for the Unite Walk
- Spark STEM Corner: Bottle Rockets
- NEW Steps for Living Website Coming Soon

## Upcoming Events

### Summer Catch Up | July 20, Grafton, WV

- Join us for the Tygart Lake Summer Fun Day! Fun Days include an educational lunch and a day at the Adventure Lake. This is a great opportunity to just hang out with other community members, explore exciting new things, and most importantly have fun!! The day will start with lunch at the lodge at 11am and then you can enjoy the lake and splash park until it closes at 6:00 PM.

### Takeda Education Dinner | August 6, Bridgeport, WV

- Join us for an educational dinner all about bleeds. Hear about the different types of bleeds and their impact, how to recognize and respond to bleeds, and how to stay healthy.

Visit the [Events Calendar](#)

# Recap



## 2024 Annual Education Weekend

The 2024 WV chapter of NBDF annual education weekend was held in beautiful Sutton, WV. We had a good turnout of families that were ready to learn and connect. Novo Nordisk provided a session on pain management, which was very insightful for folks dealing with joint pain. Sanofi helped us celebrate World Hemophilia Day with a wonderful interactive session. NBDF provided the youth with tips and tricks for learning to infuse themselves. To close out the day, PromptCare provided an infusion workshop for those who wanted to learn, and we had a successful first infusion of a teen! We would like to thank all the sponsors for their contribution to making the weekend a success.

Don't miss next year's Annual Education Weekend! In April 2025, we will be back at STONEWALL JACKSON RESORT with lots of education, community connection, and plenty of time to enjoy the resort. Let's all come together and make 2025 a year to remember.



Thank You  
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# News

## Join Us for Summer Fun at the Adventure Lake



**We would love to see you at the WV Chapter Summer Catch Up at Tygart Lake on July 20!**

This is a wonderful opportunity to spend time with other bleeding disorders families for connections and fun. The day will start at the lodge located on the property at 11:00am with time to get to know the event sponsors, then enjoy a lunch sponsored by Sanofi. After lunch, you will be able to pick up your tickets to Adventure Lake and enjoy your day!

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# News

## **10 days and 10 ways to raise \$1000 for the Unite Walk**

Hello WV Bleeding Disorders Community! As we ramp up for the Unite for Bleeding Disorders Walk to be held on October 27th in Morgantown, we wanted to share a few ideas you can do to jumpstart your support for the Unite Walk. The key to fundraising success is simple - you just need to ASK! Tell your friends, family, and colleagues why the Unite for Bleeding Disorders Walk is important to you. Take this simple 10-day challenge to raise \$1,000+ for your local Unite Walk.

Day 1: Show your commitment! Make your own donation of \$50, \$100, or more.

Day 2: Ask 5 family members for \$25 each.

Day 3: Ask 3 local businesses to donate \$25. Your dry cleaner, hair stylist, and regular coffee shop are great places to start. Bought a new car or refinanced your home? Those professionals often make charitable donations to their customers. You just need to ask!

Day 4: Ask 5 co-workers to sponsor you for \$20 each. Take advantage of your company's matching gift program, if available, to increase your co-workers' impact!

Day 5: Request a company contribution of \$100 from your boss.

Day 6: Ask 5 people you know from your extracurricular sports team, child's school, or place of worship to donate \$20 each.

Day 7: Ask 5 friends to donate \$25 each.

Day 8: Turn it around! Ask someone whose cause you have supported for \$25 or more.

Day 9: Ask your company to match your self-donation.

Day 10: Work your social network and you will easily raise \$150. Reach out through Facebook, Instagram, and any other social media platform you use to let people know why you're participating in a Unite for Bleeding Disorders Walk and ask for their support.

Sign up for the Walk and reach out to Kristen Dansereau for any questions or more information at 681-212-9255.



## Bottle Rockets

Looking for a fun and fizzy summer project to do with the kids? Bottle rockets take only a few household ingredients and have almost no cleanup when build outside it the yard. [Learn more here.](#)

## Resources

- [Financial Assistance:](#) If you are struggling to pay bills, need transportation or a hotel room for treatment, or aren't receiving the medical supplies you need- we have assistance to help with that.
- [Dental Program:](#) We have funding to pay for dental care throughout the state and may be able to help you find a dentist if you need one.
- [Community Resources:](#) Here are a few other resources for community members.

If there is anything you need that we can assist you with, please reach out! We're here for you.