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2020 Calvin Dawson Scholarship Recipients

This year's 14 Calvin Dawson Memorial Scholarship recipients are a bright, talented bunch actively involved in their communities. Calvin Dawson was the first Executive Director of the HFGF and one of its founders. The scholarships are open to Florida residents with bleeding disorders attending college, university or trade school. Next year's deadline for applying will be in April of 2021. See the HFGF website for information and an application form:

<http://www.hemophiliaflorida.org/what-we-do/scholarships/>

Alexia Barillas of Boca Raton just earned her AA degree from Palm Beach State College, where she made the Dean's List in her final semester, and will transfer this fall to Florida Atlantic University where she will continue to major in marketing. She is active in her church and recently took up kickboxing.

Rayden Bartlett of Tamarac will be attending Lynn University this fall as a freshman majoring in Game Design. Rayden has drawn inspiration and comfort from art and video games while battling his illnesses. He loves to draw, read and write, and volunteers at his middle school.

Michael Berkman of Windemere is a junior at Syracuse University, where he plays Division I Lacrosse while majoring in public communications and advertising. He has been a volunteer for the HFGF and for TeamImpact, a program that pairs college athletes with chronically ill children. His hobby is bass fishing.

Andrew Farren is a junior at the University of South Florida majoring in cell and molecular biology. A resident

of St. Petersburg, Andrew made the President's list in 2017 and 2018. In his spare time, he volunteers for the HFGF, and enjoys art, writing and reading.

Xavier Fuentes of Orange Park is a sophomore at the University of Florida majoring in urban planning and maintaining a 3.65 GPA. He volunteers for HFGF, an animal shelter and as a tutor. In his spare time, he enjoys gaming, gardening, and bowling.

Olivia Hoff of Palm Harbour is a junior at St. Mary's College majoring in biology and chemistry. She plans to become a pediatric oncologist. In her spare time, she volunteers with an Ohio bleeding disorders organization and enjoys piano, tennis, and yoga.

Tyler Nazario, Melbourne, is a sophomore at Eastern Florida State pursuing an AA degree. Tyler was awarded the Brandon Todd Vocal Recognition Award and has performed the national anthem publicly. He is active in volunteering with the HFGF and other organizations, and enjoys singing and gaming.



HFGF Connections

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Mission
The mission of the Hemophilia
Foundation of Greater Florida is
dedicated to improving the quality
of life for people with related bleed-
ing disorders and their families
through education, information and
referral services, advocacy and
research.

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The material provided in HFGF
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ular treatments for specific indi-
viduals and recommends that you
consult your physician or treatment
center before pursuing any course
of treatment.

2020 Calvin Dawson Scholarship Recipients

Jacob Rosmarin is a sophomore at Florida International University in Miami, majoring in Advertising. He hails from Bal Harbour and has a 3.8 GPA. Jacob enjoys listening to, playing and writing music, as well as digital art and graphic design.

Faith Runyan of Ocala is a sophomore at the College of Central Florida majoring in nursing where she has been on the Dean's List. In her spare time, she volunteers for the HFGF and enjoys kayaking, swimming, and walks with her dog.

Hope Runyan is a resident of Ocala and will be continuing to attend the College of Central Florida where she majors in nursing. Hope has maintained a 3.25 or higher GPA in college while volunteering in the community for the HFGF. She loves hiking, kayaking and mountain biking.

Dalton Sapien of Hilliard is a sophomore at Stetson University maintaining a 3.4 GPA as a business management major. Dalton is busy volunteering for HFGF, the National Honor Society and the Museum of Science and History. His hobbies include reading, working out at the gym and listening to podcasts.

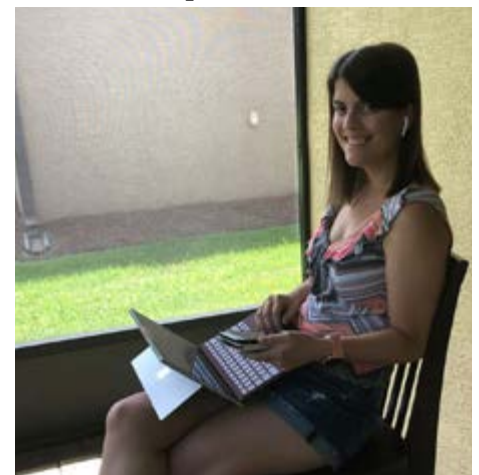
James Solomon is a resident of Clermont. He is attending the University of Central Florida's online Bachelor Program in Nursing. His ultimate goal is to become a Nurse Practitioner. When not working on school or volunteering for HFGF,

he likes spending time with his fiancée and his dog.



William Solomon is a freshman at Lake Sumter State College studying nursing. He comes from Clermont and eventually plans to go to medical school. He volunteers for the HFGF. During his leisure time, he likes video games, basketball, family time and caring for pets.

Alexis Wade of Ocala is a sophomore at the University of Central Florida maintaining a 4.0 GPA while majoring in biomedical sciences and mathematics. She is an active volunteer at HFGF and the Ronald McDonald House in Orlando and at hospitals.





Executive Director's Column

Dear Friends,

Fall has arrived! Although in Florida we do not have a change of seasons, we can feel the changes in our world. I hope this newsletter finds you and your family healthy and well. Although these times are a challenge, the HFGE is here to offer virtual programs, emergency financial assistance and volunteer opportunities.

HFGE WALKS HAVE GONE VIRTUAL – What does that mean? **Here is what we are thinking:**

- **Virtual/Zoom Opening Ceremonies-Join us online to kick-off walk day, recognize our top sponsors, supporters and fundraising teams!**
- **Walk where you are-This is the part you can make your own! Gather your team and walk around your neighborhood, in a park, on the beach, at home on a treadmill...wherever you want!**
- **We will be giving prizes such as; for “Most Creative Walk Location,” “Most Steps Taken,” Dress up! Wear your Team T-shirts, Halloween Costumes, or just show team spirit for the HFGE.**

The great thing about the virtual walk is the way in which we fundraise won't change... participants can still send emails, post on social media, etc. to raise funds before walk day! Register today to create a team and begin recruiting your family, friends and co-workers to join your team. Every dollar you raise will help fund urgently needed research and support in your community.

I hope everyone has a great fall season. Do not forget to mark your calendars for our walks, the Creepy Crawls in Jacksonville and Orlando, and the Flight for Tomorrow Invitational Golf Tournament.

Warmest Regards,

Fran



October 2, 2020	von Willebrands Disease Virtual Program	6:30 PM
October 15, 2020	Braving Change	6:30 PM
October 17, 2020	Jacksonville Creepy Crawl Virtual Walk	9:30 AM
October 24, 2020	Orlando Creepy Crawl Virtual Walk	5:00 PM
October 26, 2020	FLIGHT FOR TOMORROW INVITATIONAL Golf Tournament (Live Event)	10 AM
November 14, 2020	Tampa Superhero Walk	

Save the Date

Flight for Tomorrow

Invitational Golf Tournament

Monday, October 26, 2020

East Lake Woodlands Country Club

1055 E Lake Woodlands Pkwy,

Oldsmar, FL 34677

For more Information:

info@hemophiliaflorida.org





Notes from the Nurse

By Leanne Buchanan, R.N

Virtual Family Retreat September 11-13, 2020

How ya feeling Boggy? We feel so good!

When I first heard that Boggy Creek would be doing the Family Retreat virtually, I was saddened not being able to physically visit the camp. After doing my training and rehearsals, I began to get excited because, as we all know, it is about the spirit of Boggy that you take with you and share with others.

On Friday evening, camp started with a virtual road trip to get all of us in the mood and let us see camp. We passed all the familiar buildings, and everyone was close to their screens, so they didn't miss anything. We were walked right up to the campfire ring and the magic began. The whole staff was on the zoom screen, and you could genuinely feel their excitement. Every family was welcomed and made comfortable immediately. During the campfire, we did cheers, a skit and made it rain. If zoom had smellavision, we would have been set. The night ended with the camp song.

Saturday morning, I was up early and back on Zoom because I did not want to miss the fun! We started our morning with morning aerobics. Progressed to the plan for the day, and we were asked to say something kind to someone that day. The spirit continued as instructions were given for the crafts sent to the families. Each family was encouraged to make some magic together. The time was called free choice and families had many options to choose from in the packet.

The Boggy staff and I gathered for a question and answer session with the parents. It was well attended and lots of information was shared. The best part was the bonding between the families and sharing of their personal stories with each other. This was a time when all in attendance were very real with each other.

Saturday night was the dance party!!! How much fun it was to dress up and prepare for the party. I had on my shark hat and light up lasers to do my best to dance online. When the music came up everyone was ready to dance! Everyone was spotlighted and showed their best moves. It was great to see the families together making some great memories. We all shared our pets on zoom and everyone enjoyed the lighter side of our lives.

Virtual family retreat exceeded all of my expectations. All that attended were engaged and having a great time. Our hope is next year we will all be together but the time we spent together this year was great. Boggy did an outstanding job with Family Retreat! Sending all of you a great big Boggy hug and don't forget to shake your bushy tail!

It Is Not Too Late to Help the HFGF Raise Much-Needed Funds

You can still sign up for and participate in one of the three virtual walks coming up. Start a team, raise funds, and walk either solo or with your team wherever you like:

your neighborhood, a local park, anywhere. Wear costumes, videotape and photograph your group. There will be prizes!

Choose the walk that works best for you:



Social Work Resources

By Dina Richardson, LCSW



Stress. It's a part of all our lives. Stress can be very toxic and manifest itself in physical ways if we don't

learn to relieve it. There are a lot of different coping mechanisms that can help relieve stress. Try to learn to integrate one or more coping skill into your daily life. Here are some coping skills to get you started:

- Go for walk. Even if it's just stepping away from your computer for five minutes, get outside and breathe in the fresh air.
- Exercise for 30 minutes a day. You can do yoga, weightlifting, cardio, or another form of exercise.
- Journal. There are many journals that you can purchase that have journal prompts to help encourage you if you need it. If not, just journal what is on your mind; it can be lengthy or short.
- Practice 4-8 breathing. This is a deep breathing exercise. Breathe in for four seconds and then breathe out for eight seconds. Keep the pace the same for inhale and exhale. This is a great thing to practice when you aren't able to get away, but you really need to relax. When you're doing this, focus on the inhale and exhale, forgetting about the worries and stressors. Repeat the practice for several breaths, until you feel more relaxed.

- Five senses. This is a great way to ground yourself and focus on the present. You go through your five senses, focusing on one sense at a time. If your mind starts to wander, bring it back to that sense (for example, Touch) that you're on. Focus on each of the senses for approximately 1-2 minutes. Take nice slow breath and relax. Make sure that you are sitting comfortably for this exercise.

- o Five things you can see – Find five things in your space that you can see and focus on those things for 1-2 minutes. If your mind wanders, bring it back to those five things.

- o Four things you can touch - Find four things in your space that you can touch and focus on those things for 1-2 minutes. If your mind wanders, bring it back to those four things.

- o Three things you can hear - Find three things in your space that you can hear and focus on those things for 1-2 minutes. If your mind wanders, bring it back to those three things.

- o Two things you can smell - Find two things in your space that you can smell and focus on those things for 1-2 minutes. If your mind wanders, bring it back to those two things.

- o One thing you can taste - Find one thing that you can taste and focus on that for 1-2 minutes. If your mind wanders, bring it back to that one taste.