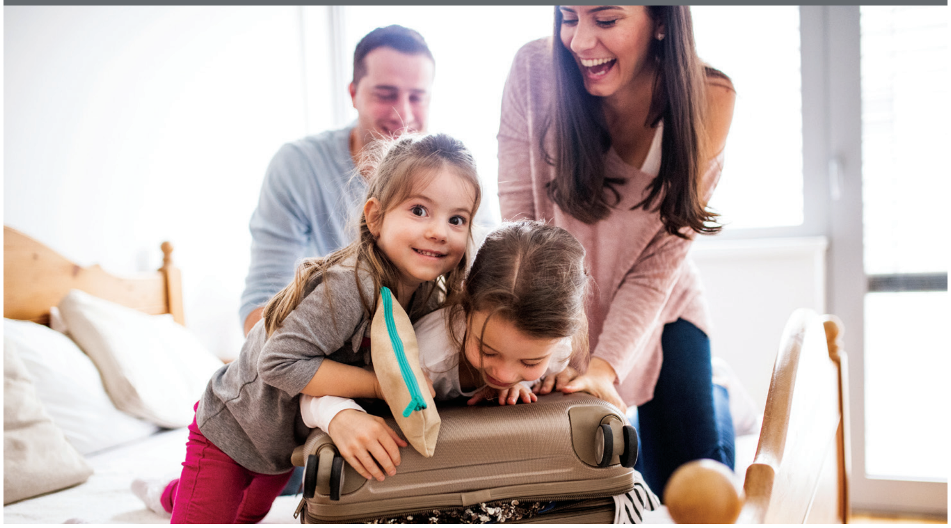
Brothers
HEALTHCARE

NEWSLETTER

BONDED BY BLOOD | BROTHERSHEALTHCARE.COM | THIRD QUARTER 2019

BECAUSE YOU MATTER TO US.



Wherever your summer travel take you, remember Brothers Healthcare is here for you, 24/7. When you're planning your trip, reach out to our pharmacy or your local rep to make sure you're prepared.

- Order medications and supplies before you travel or arrange for special shipping during extended stays.
- Ask about your product's temperature storage requirements so your medication can stay cool.
- Find out if your manufacturer offers a travel kits by asking someone on our team.
- Update a medical travel letter from your doctor to ensure it lists your condition and necessary medications and supplies.
- Locate the nearest Hemophilia Treatment Center to your travel destination.

We understand that even with the best planning, unexpected events happen. That's why at Brothers Healthcare, we are here for your urgent needs as well. Give us a call anytime 800-291-1089.

Safe travels and happy reading,
—Jessica Steed, Editor

UPCOMING EVENTS

Hawaii NHF Golf Tournament	Kona, HI	July 8, 2019
Gateway Hemophilia Family Education Weekend	Chesterfield, MO	July 12 -13, 2019
HFSC Pain Management: Alternative Therapies Conference	Pasadena, CA	July 13, 2019
Hemophilia of Iowa and NE NHF Women's Retreat	Johnston, IA	July 13 -14, 2019
HFSC Camp Blood Brothers and Sisters	Lake Hughes, CA	July 23 - 28, 2019
HFNC Vine, Hops & Golf Tournament	Livermore, CA	August 11 - 12, 2019
AZ Statewide Annual Meeting	Phoenix, AZ	August 16 - 18, 2019
Midwest Hemophilia Association Unite Walk	Shawnee, KS	August 24, 2019
NE NHF Education Day	Kearney, NE	August 24, 2019
Familia de Sangre	Anaheim, CA	September 6 - 8, 2019
NV NHF Unite Walk	Las Vegas, NV	September 14, 2019
MHA Family Education Weekend	Olathe, KS	September 14 - 15, 2019

For more info, contact your local chapter or info@brothershealthcare.com

BROTHERS WELCOMES NEW TEAM MEMBERS!

WE'RE EXCITED TO ANNOUNCE NEW REPRESENTATIVES IN THE MIDWEST AND NORTHERN CALIFORNIA.

ANNA, MIMI AND NOEL FORM OUR MIDWEST TEAM COVERING KANSAS, MISSOURI, IOWA, NEBRASKA, ILLINOIS AND OKLAHOMA.

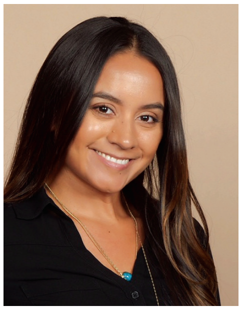
Anna MacDonald is originally from Southern California but now lives in Bullhead City, AZ where she enjoys antiquing, journaling, and gardening. Her family includes 3 adult children, a son-in-law, and a granddaughter who all reside in CA. Anna brings an impressive 30 years' experience working in specialty pharmacy with a focus on bleeding disorders. It's clear that Anna loves her Midwestern families when she says, "At Brothers Healthcare, my role is to act as your advocate. I'll manage your needs, your hemophilia service, and work with your outside resources to get you what you need."

Mimi Law has been part of the bleeding disorders community for over 40 years and seen amazing changes in care and treatment. For Mimi, bleeding disorders are very personal as her husband, daughter and granddaughter all have hemophilia. Spending time with family is important to Mimi and she adores her 3 children, daughter-in-law, and 4 grandchildren. Professionally, Mimi has worked in the medical field since 1979, with experience in hospital pharmacy, IV infusion, and specialty pharmacy. Serving families in the Midwest brings Mimi joy. She says, "I have built so many close relationships over the years that I cherish with all of my heart. I take the best possible care of my patients and make myself available for all of them 24/7."

Noel Minor, RN joins us from Wichita, KS where she's lived her entire life. Her two sons are grown, and she recently welcomed a daughter-in-law to the family. In her spare time, Noel enjoys gardening, crafting, and playing with her dog, Sterling. Noel's background is in pediatric nursing, which complements our Midwest team's skill-set. Noel has been a nurse for 28 years, with the last 14 years in the bleeding disorders community. She loves the family

SIBLINGS MATTER, TOO.

By Veronica Diaz, LCSW



When a child is diagnosed with a life-long condition, it inevitably affects all family members. In this short article, I am going to focus on the sibling who does not have a medical condition. I'll describe the effects of having a sibling with a chronic illness, how to identify if siblings need attention, and what parents can do to help alleviate some of the negative feelings the siblings may experience.

When a family is affected by a chronic illness such as a bleeding disorder, it is common for parents to place the medical needs of the child with an illness before anything else. While some siblings may adjust smoothly to their brother's or sister's medical condition, others may have difficulty adjusting and start to act out in a negative way. It is important to acknowledge the involuntary sacrifices that siblings of children with chronic illnesses make.

Some sacrifices include:

Spending less times with parents - Doctor's appointments or hospital visits may take parents away from the unaffected sibling.

Missing extracurricular activities and social activities - Medical emergencies can interrupt plans and schedules. Some parents refrain from extracurricular activities to avoid commitments.

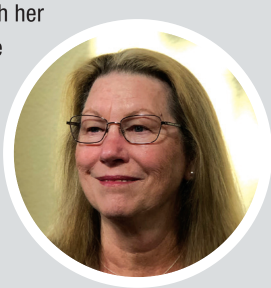
Catering to the needs of the affected sibling to prevent him or her from getting sad or upset - Parents often give the ill child what they want and may not discipline them to save them from feelings of sadness.

These sacrifices can fuel feelings of jealousy, frustration, anger, resentment, guilt, and helplessness in an unaffected sibling. It is important for parents to be aware of the needs of all of their children. However, sometimes it's easier said than done. Some symptoms that the unaffected sibling may exhibit are:

- Anxiousness
- Increased anger
- Withdrawing from friends and family
- Declining grades
- Behavior problems at school, daycare, or home

All of these feelings are valid, but it becomes a problem if it is not acknowledged, discussed, and addressed with connections she makes, often caring for multiple family members. Noel says, “My favorite part is teaching self-infusion and being a nurse at several hemophilia camps. I love to see a child become independent in self-infusion!”

Shelley Flores is from Southern California where she lives with her husband. They have two adult sons, two daughters-in-law and a granddaughter. In her spare time, Shelley enjoys riding her horse and being a grandmother. Shelley became part of the bleeding disorders community when her son was diagnosed with severe hemophilia at 6 months old. Shelley’s role as a Patient Care Manager supporting the NorCal team means she helps people get the product they need when they need it. Shelley says, “I love the way that individuals in the community will step up and help out other members in need.”



NORCAL TEAM: PATTI, CINDY, AND GABY

In Northern California, **Gaby Zamora** has been representing Brothers Healthcare for 2.5 years and has recently been joined by Patti Nieves-Chapman and Cindy Guzman as Specialty Pharmacy Account Managers with Shelley Flores providing support for the team as a Patient Care Manager.

Patti Nieves-Chapman was born and raised in Salinas, CA but now lives in Santa Clara, CA. She’s been in the bleeding disorders community for about 25 years. Patti loves to travel, attend and watch sports events. She has spent 39 years with her spouse and many pets. She loves the bleeding disorders community and the support members give each other. Patti’s role with Brothers is to continue doing advocacy work that is the core foundation of why she joined our team. Patti says, “I am delighted to be part of the Brothers Healthcare family!”

Cindy Guzman is Salvadorian, raised in Los Angeles and currently living in Marina, CA with her husband, Jose Juan, and three sons, aged 16, 13, and 3. As a hemo-mom, Cindy’s heart is in the bleeding disorders community. She recognizes the cultural and language barriers Latino families can face during diagnosis and treatment. With this understanding, Cindy reaches out to Hispanic families to give them understanding and support. This is why she began volunteering with HFNC in 2008 and working in the community in 2010. In her spare time, Cindy likes to watch soccer and basketball with her family, volunteer in her kids’ classrooms, and BBQ with neighbors. The bleeding disorders community is a big part of Cindy’s life which brings her strength, support and family connection. She says, “This community has been with me through my hardest time, they all have seen me grow and become stronger.”

action. If the unaffected child starts to exhibit some of these symptoms, seek help by asking their pediatrician, sibling’s Hemophilia Treatment Center (HTC), or Specialty Pharmacy social worker for local resources to help your child.

Parents can take steps to help the unaffected child feel important and loved, thus decreasing the negative experiences associated with having a sibling with a medical condition.

SOME IDEAS INCLUDE:

- Talk about the elephant in the room. For example, “I know I have been busy with your sister/ brother lately, how have you been feeling?”
- Provide opportunities for quality time. For example, spend half a day with your other children doing something they want to do. Allow them to be the focal point of the plans. This activity does not have to include spending money.
- Involve the unaffected child in other support systems outside of the family such as sports, and camps. Summer camps for bleeding disorders often invite both children with the disorder and their siblings. Other summer camps* are only for siblings of children with a chronic condition. These camps do not allow affected siblings to attend, therefore the focus is solely on the unaffected child. Camp participation offers a great opportunity for your child to connect with other children and form a community of their own.
- Be proactive by providing the unaffected child with ongoing therapy to give them an outlet to share some of their feelings in a safe environment before they start exhibiting negative behaviors.

Having children with a lifelong condition of any sort is challenging and stressful at times. As a parent, remember that even when you are doing your best, some things are going to fall by the wayside, but that’s okay. You are not alone, and you are capable of getting through challenges. When you are feeling overwhelmed, take a breather, and remember, you’ve got this.

*Resource: https://thepaintedturtle.org/campers-families/summer-session-sibling

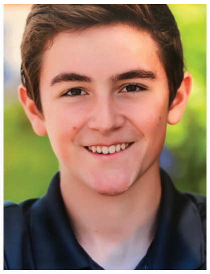
Brothers Healthcare Scholarship Award Recipients

By Jessica Steed

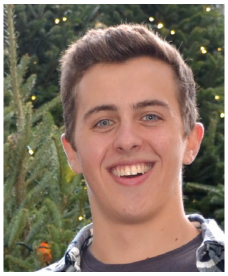
In February 2019, Brothers Healthcare launched its first annual scholarship award program for the purpose of supporting the higher educational pursuits of bleeding disorders community members. We are proud to have received more than 70 applications for two scholarship awards of $1000 each.

Our committee was impressed with the caliber of student who applied for this scholarship. Applicants demonstrated their connection to the bleeding disorders community, their personal growth, and remarkable academic success. Although many deserving students applied, we selected three notable students to receive our first annual scholarship award.

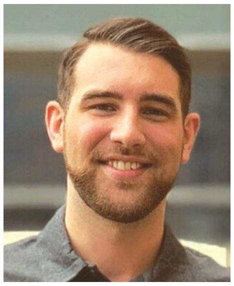
Please join us in congratulating Brian, Justin, and Robert.



Hello, my name is **Brian Duval** and I am from Golden Valley, Minnesota. This fall, I will be attending the University of Nebraska to pursue an education in business and political science, with hopes of becoming a healthcare lobbyist someday. Both my brother and I live with Severe Hemophilia A. Being a member of the bleeding disorder community means a lot to me, as I have joined the Hemophilia Foundation of Minnesota/Dakotas to help with state and national advocacy efforts.



My name is **Justin Horbacz** from Ocean, NJ. As a rising senior at the University of Florida, I will be completing my degree in Sports Management within the College of Health and Human Performances. A life dedicated to swimming and physical training has allowed me to share my athletic enthusiasm and serve as a mentor within the bleeding disorders community in many different capacities. Living in 2 states, I've been involved with both the Hemophilia Association of NJ and the Hemophilia Association of Greater Florida. My future goals involve a career and continued volunteer efforts focused promoting exercise and physical fitness.



My name is **Robert DeForde**. I am a 29-year-old Qualitative Platelet Disorder (QPD) patient. My mother also has QPD and Von Willebrand's Disease. Currently, I attend the University of Texas MD Anderson Cancer Center School of Health Professions pursuing a Bachelor's of Science in Health Care Disparities, Diversity, & Advocacy. After graduating, I plan on pursuing a Master's of Public Health in Global Health Epidemiology. My dream is to work for Doctors Without Borders/MSF as an epidemiologist. When I am not studying or participating in student government, I like to spend time performing healthcare advocacy for patients with chronic diseases and guiding other young men in 12-Step recovery groups.

ASK US! Call or email us with any questions you have about sports, life, relationships or your managing your medical condition and we will lend our expertise to help you in any possible way.

Ph. (800) 291-1089

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