

VOYAGE CONTEST

VOLUME 5 NO 1

NEWSLETTER OF THE PASSPORT TO WELL-BEING PROGRAM



3rd PASSPORT TO PRIZES!



WINNERS

Individuals or families who had collected 3 or more visas before November 22, 2007 by participating in Passport to Well-Being activities were eligible to enter the 3rd Passport to Prizes contest. On November 23rd, at the CHS Joint Staff/Chapter Presidents Meeting in Ottawa, Pam Wilton, CHS President, drew the winning entries. Carol Stiff, Technical Specialist from Baxter BioScience participated in the draw and announced that a 4th Passport to Prizes contest will be held in 2008. CHS also announced that, in response to requests from the community, a new Passport to Well-Being module will be developed in 2008.

The envelope... please"

2007 Contest Winners:

1st PRIZE – ROUNDTrip AIRLINE TICKETS FOR 2 PEOPLE TO ANY CANADIAN DESTINATION

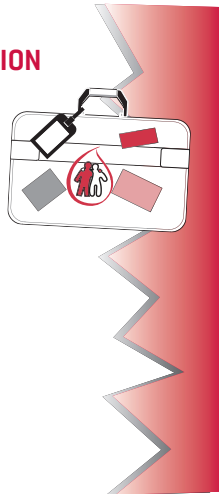
WINNER: Donna Stright, New Brunswick

2nd PRIZE – 2 PIECE SET OF LUGGAGE

WINNERS: Norman Locke, Newfoundland
Venanz D'Addario, Ontario

3rd PRIZE – BACKPACK

WINNERS: Meech Kean, New Brunswick
Hermel Godin, New Brunswick
André Laganière, Quebec
Aline Landry, New Brunswick
Tanis Taylor, New Brunswick



Carol Stiff, Technical Specialist Baxter Bioscience (left); Clare Cecchini, CHS Program Development Coordinator (centre) and Pam Wilton, CHS President, (right) participated in the draw.

4th PASSPORT TO PRIZES DRAW to be held in 2008 with the same great prizes

BACK BY POPULAR DEMAND 4th DRAW 2008

MORE CHANCES TO WIN!!!

Once again, individuals or families who have collected 3 visa stamps will be eligible to enter the Passport to Prizes Draw. The deadline for the 4th draw will be November 15, 2008. Visa stamps can be received for participating in the following activities relating to the Passport to Well-Being Modules:

HOME CARE: THE ROAD TO INDEPENDENCE:

Helping patient take greater control of their disease through home treatment.

- > Attend a workshop on this topic organized by your chapter or region.
- > Demonstrate to your HTC nurse coordinator that you are utilizing the correct self-infusion techniques and Complete the **Home Care: The Road to Independence Checklist**.
- > Learn to self-infuse at summer camp.
- > Participate in the Baxter Camp Video project.

CHARTING YOUR COURSE:

Improving the treatment of bleeding disorders through innovative monitoring of product usage.

- > Attend a workshop on this topic organized by your chapter or region.
- > Complete the **Charting Your Course Checklist** by participating in a training session at your HTC on one of the electronic data transmission systems for recording bleeds.

DESTINATION FITNESS:

Helping patients to develop personalized fitness plans to improve overall health.

- > Attend a workshop on this topic organized by your chapter or region.
- > Complete the **Destination Fitness Checklist** by participating in a "physio approved" fitness activity.

ROADMAP FOR MANAGING PAIN:

Raising awareness of ways to manage the pain that is so common to people with bleeding disorders.

- > Attend a workshop on this topic organized by your chapter, region.
- > Complete the **Roadmap for Managing Pain Checklist** by developing an action plan to manage pain in collaboration with your HTC nurse coordinator or social worker.



4th PASSPORT TO PRIZES DRAW ENTRY FORM

Name: _____

Address: _____

Tel: Res: _____

Bus: _____

Email: _____

Please indicate the Passport to Well-Being Activities you or a family member have participated in, along with the date of the activity and the name of the chapter or HTC where the activity took place. A minimum of 3 visas must be collected in order to enter the draw. Only 1 entry per family will be accepted. Individuals who received a prize in the previous contests are not eligible to re-enter unless they collect 3 new visas. Please note that, for the 4th contest, it is not necessary to send in copies of the visa stamps. Winners will be asked to provide proof that their passport was stamped with 3 visas in order to qualify.

Home Care: The Road to Independence Date: _____

Location (chapter or clinic) _____

Destination Fitness Date: _____

Location (chapter or clinic) _____

Roadmap for Managing Pain Date: _____

Location (chapter or clinic) _____

Charting Your Course Date: _____

Location (chapter or clinic) _____

Signature: _____

Please return by November 15, 2008 to:
Canadian Hemophilia Society
625 President Kennedy Avenue, Suite 505
Montreal, Quebec
H3A 1K2
Fax: 514 848-9661

WHAT'S NEW?

Steppin' Together - CHS Pedometer Kits Now Available



CHS is pleased to announce the availability of a pedometer kit aimed at promoting physical activity. The package contains a pedometer, tips for using it and challenges to encourage people to be active every day. Speak to your HTC physiotherapist about setting up your own personal pedometer program. By following your own exercise/activity program using a pedometer you can qualify for a Destination Fitness visa stamp. To obtain a pedometer kit, please contact CHS at chs@hemophilia.ca or 1 800 668-2686.

PASSPORT TO WELL-BEING CHECK LIST
Destination Fitness

COMPLETE AT LEAST ONE OF THE FOLLOWING TO RECEIVE A DESTINATION FITNESS STAMP ON YOUR PASSPORT.

Please check the activity or activities chosen below.
(You can participate in a combination of the activities listed below)

- Participate in a gym program at a local gym or school 3 times (or more) a week for a minimum of 3 months.
- Participate in individual or team sports that are approved by your Hemophilia Comprehensive Care Program 3 times (or more) a week for a minimum of 3 months.
- Design and follow your own exercise/activity program e.g. brisk walking, cycling or jogging for 45-60 minutes 3 times a week (or more) for a minimum of 3 months. A calendar of exercise/activity should be presented with this option along with the signature of a witness such as a parent or spouse.
- Measure your normal activity level with a pedometer (steps per day) for one week. Over the next 3 (or more) months, try to increase your average daily step count every week. Aim for an increase of 500 steps per week, or an average daily step total of >15,000 steps! Keep track of your steps on a calendar to present for your visa stamp.

It is recommended that you set a goal for yourself such as improving your muscle strength or flexibility. Improve your body mass index or improve your cardiovascular endurance. Your Hemophilia Treatment Centre Physiotherapist can assist you in how to evaluate these measures.

Remember with any of these activities the importance of warm-ups and cool-downs. For more information regarding these, contact your Hemophilia Treatment Centre Physiotherapist.

Name of program: _____
Location: _____
Frequency (no. of times per week): _____
Name of coach/instructor/trainer: _____
Signature of coach/instructor/trainer: _____
Name of witness (for option 3): _____
Signature of witness (for option 3): _____
Signature of Hemophilia Program Representative (Patient): _____
Date: _____

PROFILES

STORIES FROM THE BLEEDING
DISORDERS COMMUNITY

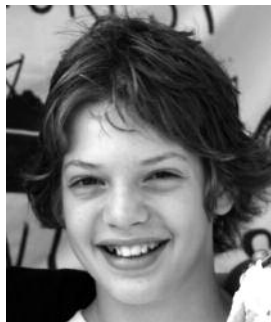


Two Young Marathoners

Reprinted with permission from an article that appeared in the South Western Ontario Region (SWOR) fall 2007 newsletter.

Emrik Burrows and Paul Travaglini live and act as typical 12-year-old boys with one exception – both boys have severe hemophilia. Participating with their families in the Toronto Marathon Relay event was a milestone.

Emrik's Story (Age 12)



There were a couple of SWOR families in motion at the Toronto International Marathon on October 14. My family, including me, my brother, my mom, dad, aunt, uncle and two of my cousins made up my relay team and ran the whole 42.2km Marathon course. I did the first stage from the start to the 5 km mark. There were two water stations on my route. Note to self: don't run and drink water at the same time. I mostly managed to spill it all over me.

I was worried that I might not be able to run because the week before, on Thanksgiving, I had a bleed in my right calf caused by a game of football with my family. Another note to self: don't play football without having an infusion.

The Travaglini family was also running the Marathon relay, with Anthony, Laura, Matthew and Paul making up half of their team. Paul did the last stage from 35km to the finish line. It was pretty cool to have a 12 year old hemophiliac, me, start the race for one team and another 12 year old hemophiliac, Paul, end the race for another team. We all collected pledges that will be shared between Hemophilia Ontario and the South Western Ontario Region. There were 8380 runners in total. Some were running the whole Marathon, others the Half Marathon and others were doing 5km. I had a lot of fun and want to do it again next year. I have 368 days, 10 hours, 55 minutes and 43 seconds to train for next year's race.

Paul's Story (Age 12)

[L-R back row], Marco (dad),
Silvia (mom), Matthew and Anthony,
[L-R seated], Paul and Laura.



My name is Paul Travaglini. I am 12 years old and I live in London, Ontario. I am in Grade 7 at St. Theresa School. I have 2 older brothers and 1 little sister. I am the only one in my family that has hemophilia.

I enjoy most any kind of sport. I have played competitive soccer for Byron since I was 9 years old. Dr. Jardine and Lori said I could play as long as I wore the headgear and as long as I infused before practices and games. I am the only one on the team that can't do headers, but I have learned how to control the ball by chesting it. One of my coaches hates it when the other players head the ball. He is working with them to chest the ball too.

I have been running cross-country since I was in grade 4. I really like to run because it is so easy. When I first went to St. Theresa in grade 5, they showed us a video about Terry Fox and his journey across Canada. When Terry was on the stretcher in Thunder Bay he said, "someone would finish my run". I came home and told my mom that I would finish it. I am starting over and raising money for hemophilia not cancer. Last year I ran the 5km race in the Toronto Marathon at Queen's Park. I raised just over \$200 by going to houses around my neighbourhood. My brothers and sister saw how much fun I had and said that next year they wanted to do it. So this year, the four of us plus 4 other runners are going to run the relay marathon in Toronto. I am the anchor, and will run 7 km. I sometimes train by running around my neighbourhood. My parents have mapped out a good distance. I am looking forward to when I am 18 and can run a full marathon.

PASSPORT TO WELL-BEING **ON THE ROAD**

Don't forget to have your passports stamped so that you can enter the 2008 PASSPORT TO PRIZES CONTEST!!



Workshops on the four modules of the Passport to Well-Being Program will be offered throughout the year at chapter and regional events. People with bleeding disorders are encouraged to take advantage of these opportunities to gain new knowledge, strategies and skills to empower them to maximize their quality of life.

New Brunswick Chapter

On Saturday, September 29, 2007 twenty persons attended the Passport to Well-Being Destination Fitness Workshop held during the New Brunswick Chapter Family Weekend in Moncton. The New Brunswick Chapter is grateful to Tammy Betts, the physiotherapist from the Moncton Hemophilia Treatment Centre, who accepted to be the resource person and offer the workshop. As a Dalhousie University graduate in physiotherapy, Ms Betts was ideally suited to conduct the workshop and respond to specific questions and concerns of some of the participants. The workshop was greatly appreciated by all who attended. Since this was the third Passport to Well-Being workshop offered by the New Brunswick chapter, many of the participants became eligible to enter the 3rd Passport to Prizes contest.



PASSPORT TO WELL-BEING **ON THE ROAD**

HEMOPHILIA ONTARIO –
NORTH WESTERN ONTARIO REGION (NWOR)

Topic: Destination Fitness
Date: Spring, 2008
Contact: Sandra Waboose - Tel: 1 807 577-2877
Email: swaboose@hemophilia.on.ca

RESERVE THE DATE

Join the CHS
and the local
chapter for this
workshop.



Canadian Hemophilia Society
Help Stop the Bleeding

www.hemophilia.ca