

BLOD

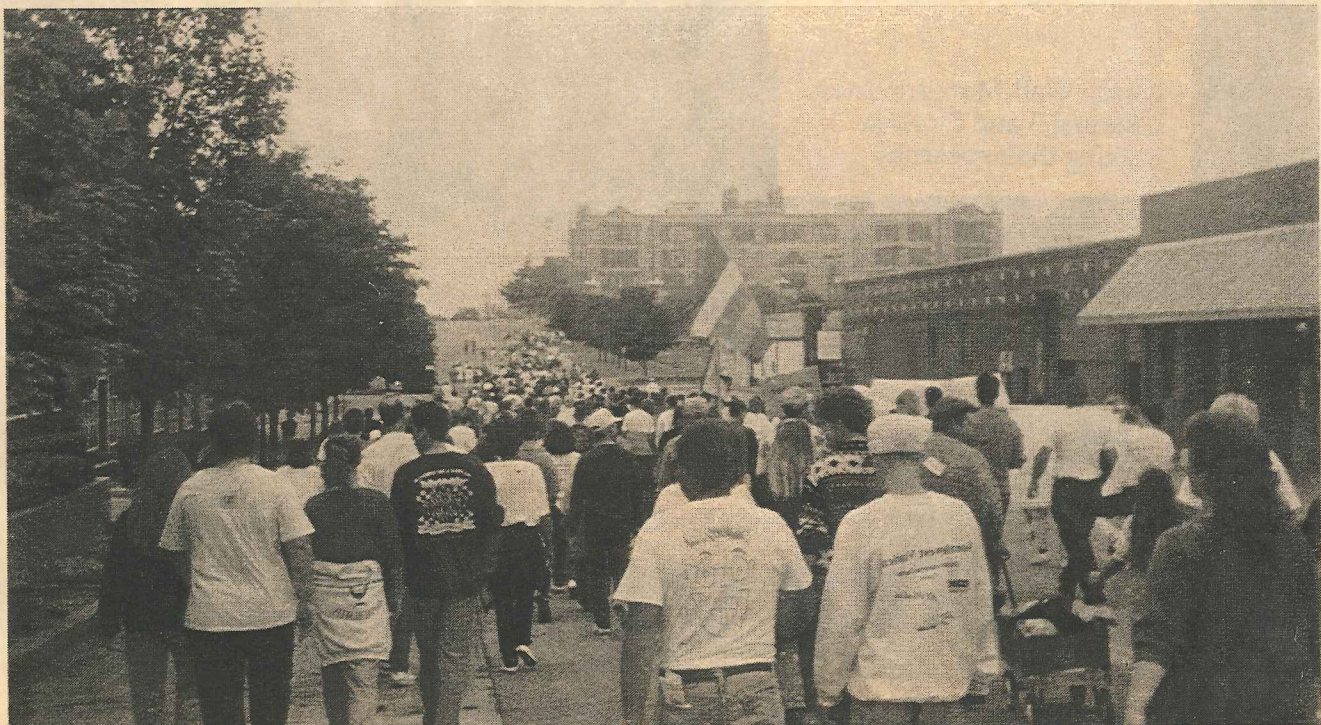
The Newsletter of the Oklahoma Hemophilia Foundation

November 1994

3033 N Walnut #E102 ☆ Oklahoma City OK 73105 ☆ (405) 521-1171 ☆ (800) 753-1171

AIDS Walk Oklahoma

Don Bell AWO Planning Committee Member — Mike Lee Editor/OHF Secretary



On October 16th, the Third Annual AIDS Walk Oklahoma was held in Oklahoma City at the Myriad Gardens. A major program to raise funds and awareness of HIV/AIDS, the walk is designed to provide support for twelve different organizations, including the OHF, which provide direct support for persons living with AIDS and their families. The event, which drew circa 1000 persons from all walks of life, raised nearly \$50,000 for AIDS care. Each of the participating groups will receive a share of these funds, amounting to about \$2800 after expenses; people from each group were represented at the walk.

Registration began at 1 p.m., with the crowd filing by the OHF booth, manned by our college interns, and picking up our brochures on bleeding disorders and HIV. After everyone's pledges were turned in, the opening ceremonies began at 2 o'clock. Following being welcomed by Cindy Wall-Morrison from KOCO Channel 5 in Oklahoma City, our own Dorecia Tepe was the next featured speaker, giving a moving speech about her son Philip's battle with AIDS, which he lost earlier this year. She was followed by Thom Collins, who spoke inspirationally about his fight with AIDS. After Walk Director Larry Lessmann's thank yous and Cindy's closing remarks, there was a moment of silence, followed by a beautiful, ten-minute Native American blessing, performed by the Native American War Dance Guild and the Prairie Sky Singers.

Then our OHF group hit the downtown streets for the 5K trek. Under cloudy but dry skies, with mild temperatures, our group marched the route in about an hour, and returned to the Gardens to learn the winners of the raffle. And our own Debbie Klein was one of them, winning two passes to a play. Our thanks go out to our walkers, their sponsors, and the corporate contributors to this year's Walk, who are listed along with pictures from the day on the next page.



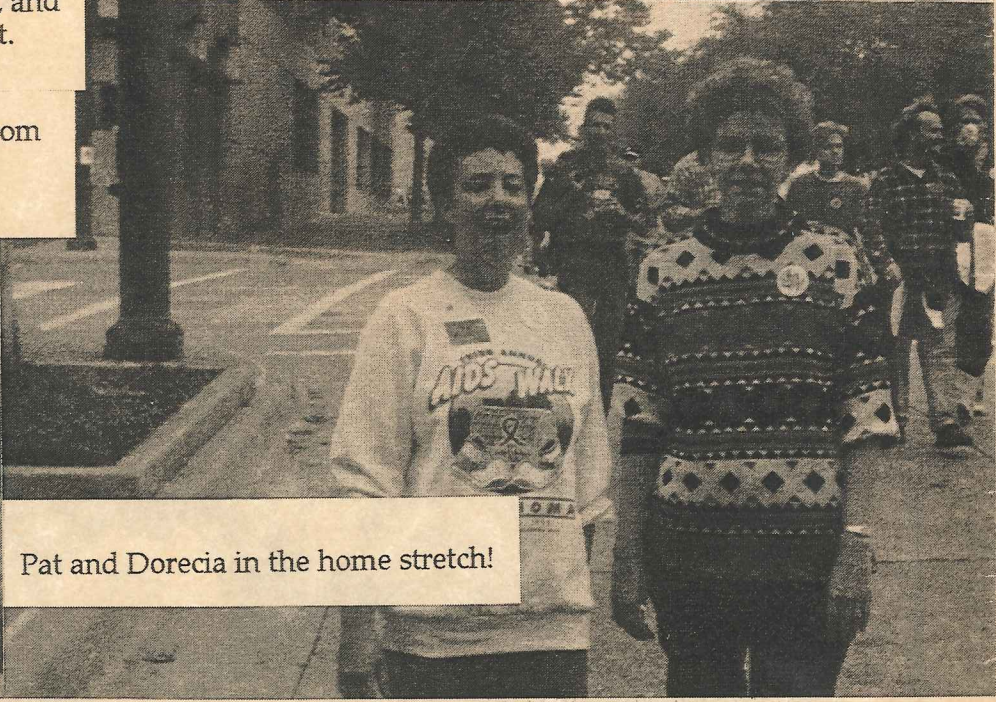
Pat Herron, James Herron, Don Bell and Jerry Herron posing in front of the OHIF booth.



Debbie Klein, Mike Klein, and Dorecia Tepe heading out.



Cindy Wall-Morrison from Channel 5 and Dorecia making their speeches



Pat and Dorecia in the home stretch!

AIDS Walk Oklahoma 1994 Contributors

American Airlines
Anthony's
Baptist Medical Center
Clint Black
The Bunkhouse
David Calton
Convention Decorators
Coors
Cory's Audio Visual
Cox Cable
Embassy Suites Hotel
Eureka Water

Fidelity Home Health of Coweta
Fore Wheeler Golf Carts
Fountainhead Resort
Francis Tuttle Vo-Tech
Gusher's Bar & Restaurant
Home Care Options Inc.
KATT 100.5 FM
KOCO Channel 5
Leslie's Painted Desert
Macklanburg-Duncan
Office Depot
Pizza Hut

Portobello's
R.K. Black Inc.
Deb Roberts
Schlotzsky's
Southwest Viatical
Spur Of The Moment
Judy Teague
Tony Foss Flowers
Tramps
Tuxedo Specialists
Wal-Mart
Wall of Sound

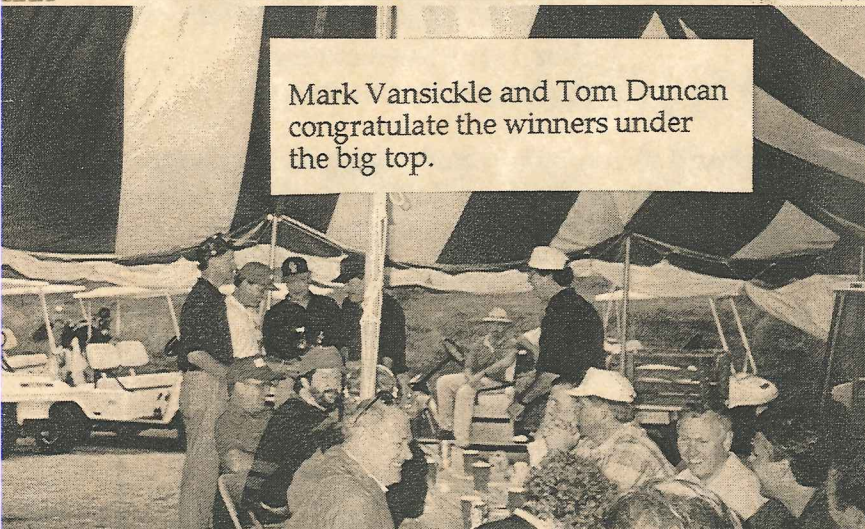
“Score for Hemophilia”

Hosted By




Mark Vansickle Miles Representative/Tournament Organizer


The inaugural OHF fundraising golf tournament was held on Monday, October 17th, at the new Karsten Creek Golf Course just west of Stillwater. Despite the lingering threat of rain, 44 players participated, and had an enjoyable afternoon of golf on the beautiful and challenging course, which was nominated by Golf Digest magazine as the Best New Course in 1994. The four-player scramble kicked off at 12:30 that afternoon; by 5:00 everyone was rolling in to get their hot dogs and hamburgers, and collect their awards. The tournament was a great financial success, with proceeds of approximately \$3000 going to the OHF. Special thanks go out to the tournament sponsors: Miles Biologicals Inc., Quantum Health Resources, and BankIV; and to all those volunteers who made this fundraiser a success. We're looking at sometime in May of next year for the Second Annual Score For Hemophilia; stay tuned for details.




Mark Vansickle and Tom Duncan congratulate the winners under the big top.



Unloading the tee box signs.



Lemme at those greens!



Practice makes perfect.

O H F C H R I S T M A S P A R T Y

Donna Lewis OHF Treasurer

This year's OHF Christmas party will be held on Saturday, December 17th, from 10 a.m. to 4 p.m. at a private recreation facility near Tulsa. Christmas dinner will include ham, turkey, dressing, gravy, mashed potatoes, cheese potatoes, sweet potatoes, broccoli rice casserole, rolls, salad, pecan pie, pumpkin pie, apple slice, and more! We ask that everyone bring their favorite cookies or candy to share. There will be a gift-giving game—everyone who wishes to participate needs to bring a small gift, valued no more than \$2 (i.e. something from a dollar store), and something which is generic (i.e. appropriate for a boy or girl). There will be a train, ping pong, a little basketball game, and maybe bumper cars, if it's not too cold. We encourage everyone to come—and don't worry, we'll have signs up to get you there (along with the map below). Please RSVP to either me at (918) 486-3695 or Betty Lockler at (405) 262-8909. If you need transportation, let one of us know.

I thought I would share the recipes for two of the dishes we'll be having at the Christmas party. If you don't want to make these yourself, please come and taste them at the party!

Apple Slice



Crust:

- 2 1/2 cups flour
- 1 teaspoon salt
- 1 egg yolk
- 1 egg white
- 1 tablespoon sugar
- 1 cup shortening
- 1/2 cup milk (more or less)

Sift dry ingredients together. Cut in shortening. Put yolk in 2/3 cup measuring cup and beat slightly; add enough milk to fill cup. Add to flour mixture and stir into a soft dough. Halve the dough and roll out to fit cookie sheet.

Filling:

- 5 cups apple slices
- 1 teaspoon cinnamon
- 1 1/4 cup sugar
- 1 cup corn flakes

Spread flakes over bottom of crust. Spread apples over flakes. Sprinkle with cinnamon and sugar. Roll other half of crust, place over the apples and seal the edges. Beat egg whites and brush on the crust. Bake at 400° for 40 minutes. While hot, glaze with Glaze:

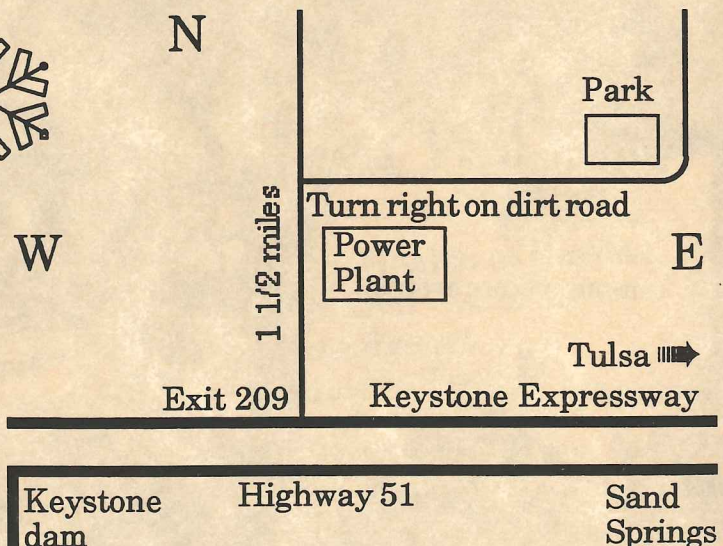
- 1 cup powdered sugar
- 2 tablespoons lemon juice

Cheese Potato Dish

- 8-10 baked potatoes
- 1 (16 oz.) sour cream
- 1 cup margarine or butter
- 1 small bunch green onions
- 1 (8 oz.) shredded cheese
- salt and pepper to taste

Peel and shred baked potatoes. Sauté chopped green onions in butter. Combine all ingredients and bake at 350° for 30 minutes or until cheese is melted.

Hope your holidays are happy ones!
Scott and Donna Lewis Family



STATE OF THE FOUNDATION

Tom Duncan OHF President

Dear fellow OHF members:

On October 15, 1994, the Board of Directors voted to end our employment relationship with our Administrative Assistant Don Bell effective November 15th, 1994. Don's enthusiasm for special projects and his commitment to HIV/hemophilia-related issues raised our social awareness and helped our chapter see its responsibilities in new ways. Please join me in wishing Don the best of luck in his future endeavors.

And also please join me in welcoming Dana Cooksey as our new Executive Director! Dana will assume her new responsibilities officially on December 15th, 1994, but she is already at work formulating ideas and plans for the future. After speaking with Dana numerous times on the phone as well as interviewing her in person, I can tell you that she has excellent communication skills, knows how to listen, and is enthusiastic about her new responsibilities with OHF. Her resume is superlative, having been involved with marketing, program coordinating,

and fundraising activities with such organizations as the American Red Cross, The Leukemia Society, and the Oklahoma Blood Institute. She has a Bachelor of Arts in Public Relations/Oral Communications from the University of Central Oklahoma, and I am thrilled to have Dana on our staff!

Our chapter has been offered the use of some free office space in the Oklahoma City area; however, Dana will evaluate all of our options before making a recommendation to the Board. Until such time as a new office location is selected, please continue to contact the chapter through our existing phone number and address until further notice, as our lease does not expire until the end of year. We will be utilizing an answering service to collect our phone calls and messages, and Dana will be carrying a pager so she can remain in contact with OHF members.

Here's to an exciting and prosperous 1995. If I don't see you at the OHF Christmas Party, I wish you and yours a happy holiday season!

MANN STUFF

DON MILLER MANN COORDINATOR/ OHF EASTERN VICE PRESIDENT

The NHF's National meeting was held October 28th in Dallas, and it was a great experience! We met people with similar problems, needs, etc. from all over the United States. The new President of the NHF is Jonathan Botelho, who was one of the men who got the MANN program started. Oklahoma's MANN program was represented by myself, Western MANN Coordinator Lynson Autry, and MANN member Mike Klein; we'd like to thank the OHF, Quantum Health Resources, and everyone else who made it possible for us to participate in Nationals!

Our next MANN meeting will be held December 14th at 6 p.m. at 66th and South Mingo in Tulsa. The future growth of this program depends upon each affected person in Oklahoma, including even those who simply know someone affected by a bleeding disorder or HIV. Lynson and I can only help if you contact us. We need your input as to what your needs are and what our future goals should be. Feel free to call either of us; my number is (918) 486-3916, and Lynson's is (405) 495-4180; and Mike can be reached at (405) 670-2589. Plans are also being made for a Super Bowl party near Stroud—more details to follow!

FALL FESTIVAL AT REED RANCH

Rhonda Manion O.H.F. Member/Quantum Representative

Roundup time at the Reed Ranch near Chandler was a first-time experience for many cowboys and cowgirls. Held October 22nd, there was a cookout, horseback riding, trolley rides, a petting zoo, and a hayride. The 80-plus cowpokes enjoyed the activities and time spent visiting. Quantum Health Resources was downright proud to sponsor this event, and hope that next year's Fall Festival will be even better! (Check out the pictures on the next page). Meanwhile, don't miss the Quantum Christmas Party at Iceland, 3200 N. Rockwell in Oklahoma City. Doors will open at 11 a.m. on December 10th, so you'll have enough time to get those skates laced up before the rink opens at 11:30. We'll also have lunch-time snacks (sandwiches, chips, cookies, beverages, etc.). And be sure to bring your Christmas list: Santa will be paying a visit!

Oklahoma Hemophilia Treatment Center Infobites
submitted by Beverly Stevens R.N./B.S.N.
excerpted from Journal Watch, Vol. 14, Nos. 8 & 9

Alcohol and Nosebleeds

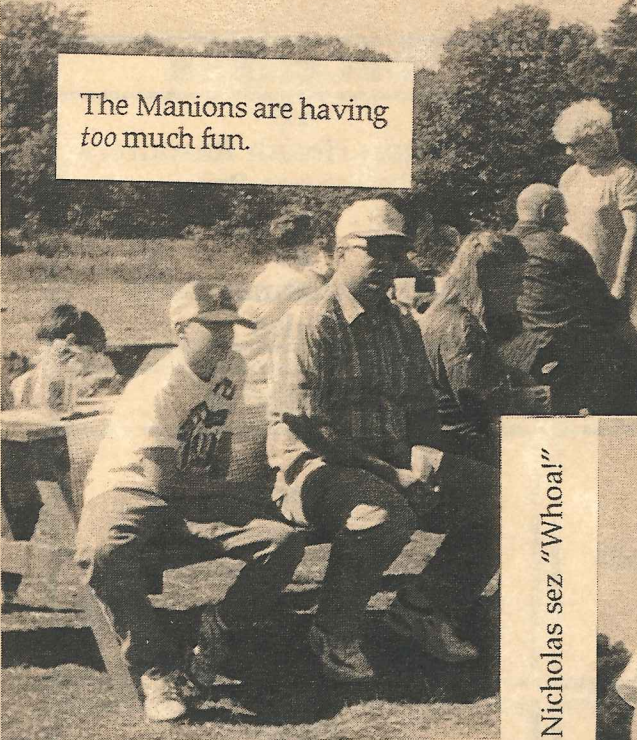
Because alcohol has a number of effects that interfere with hemostasis, it could be expected to cause an increase in bleeding problems. Alcohol is known to interfere with platelet function; it is also associated with a higher incidence of hypertension.

NSAID use may lead to Antihypertensive Therapy

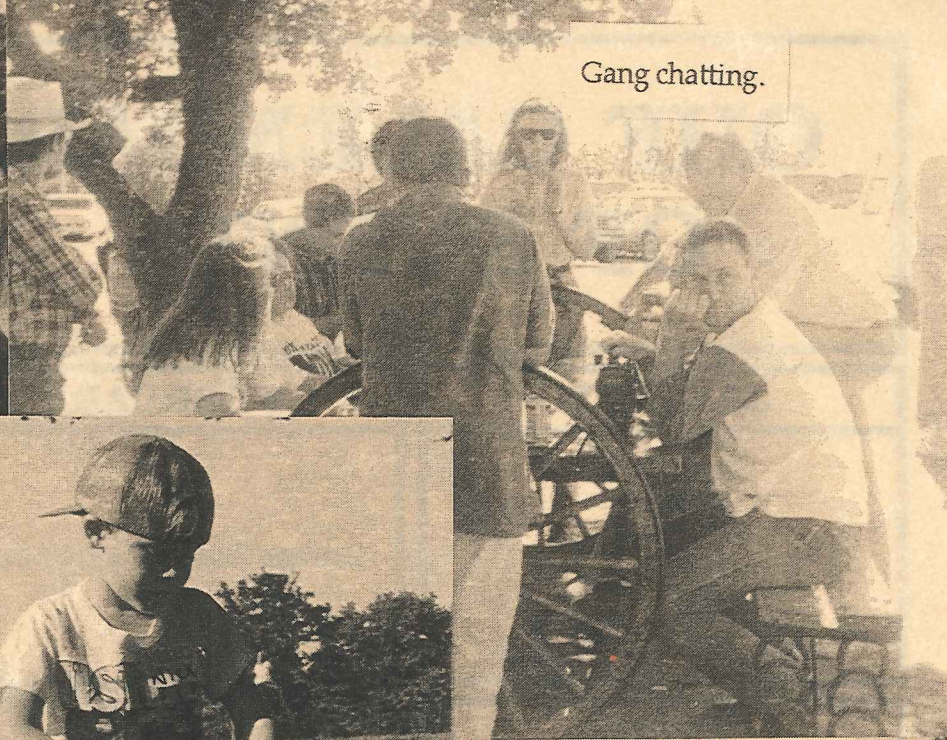
There is possibly an association between elevated blood pressure and taking over-the-counter medications like Advil, Motrin, etc. Findings are consistent with the understanding of the pathophysiologic effects of these NSAIDs (non-steroidal anti-inflammatory drugs), and support the practice of tapering these drugs in patients with borderline hypertension.

Support of Pneumococcal Revaccination at six years

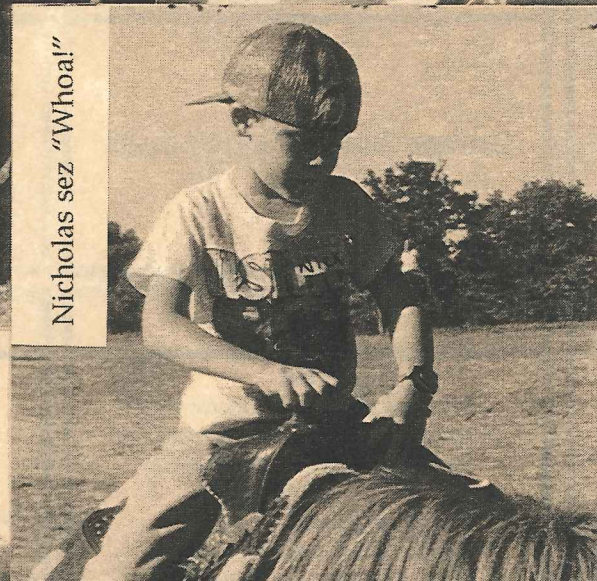
Small study provides immunologic evidence to support recent recommendations for revaccination with pneumococcal vaccine after six years in people with high-risk chronic conditions. People at high risk of this type of pneumonia are asplenic (no spleen), those with sickle cell disease, and the HIV-positive.




The Manions are having
too much fun.



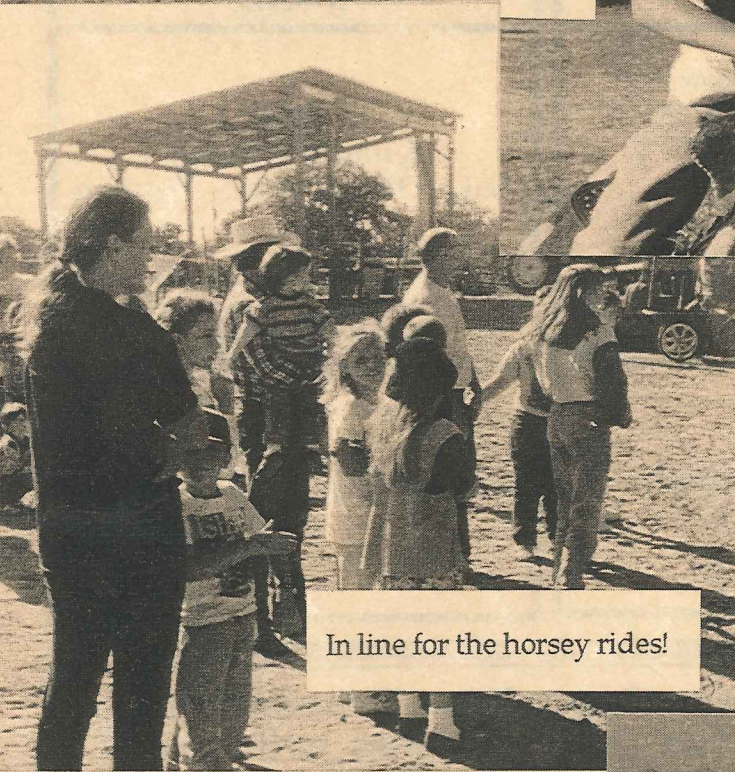
Gang chatting.



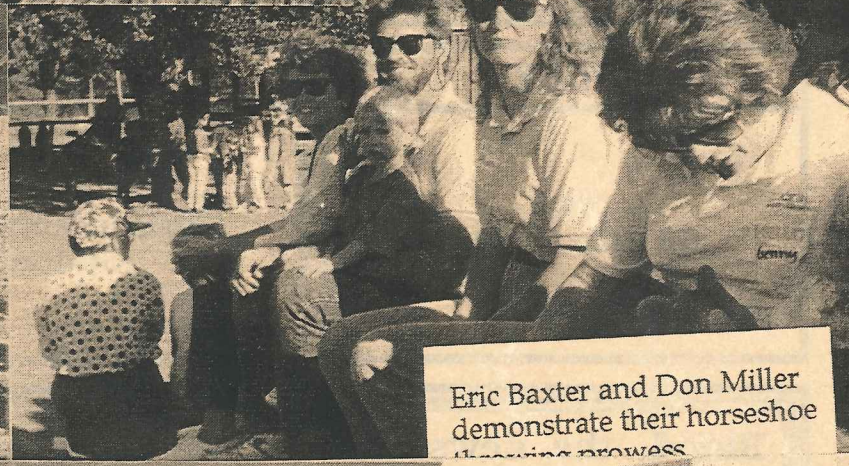
Nicholas sez "Whoa!"



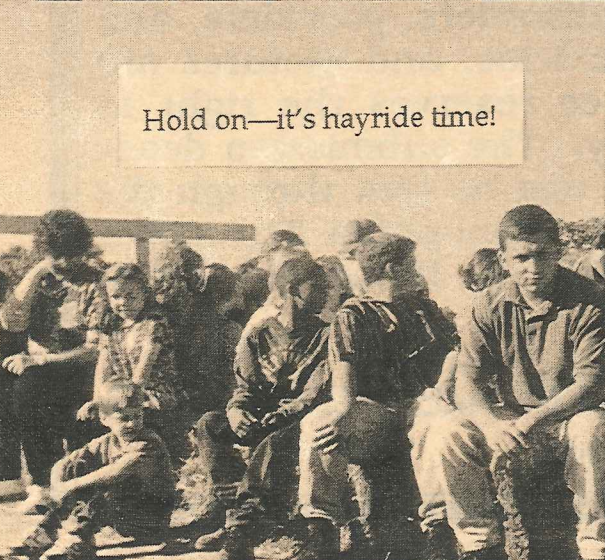
The Quantum bunch settles
in for the hayride.



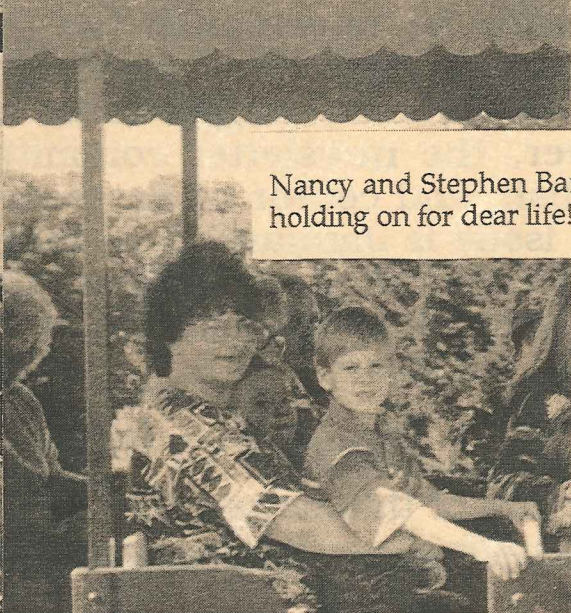
In line for the horsey rides!



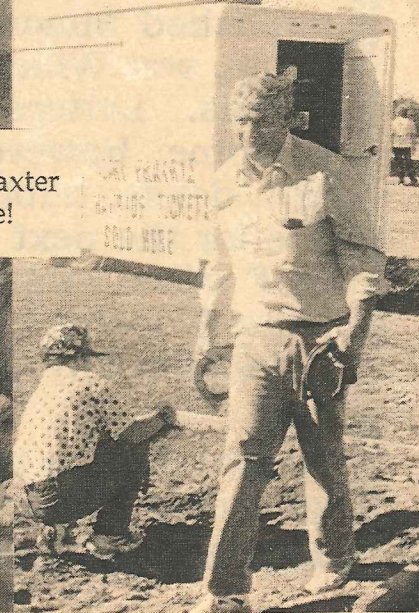
Eric Baxter and Don Miller
demonstrate their horseshoe
throwing prowess.



Hold on—it's hayride time!



Nancy and Stephen Baxter
holding on for dear life!



OHF CALENDAR OF EVENTS

DECEMBER

10
Quantum Health Resources
Christmas Party
Iceland - Oklahoma City
17
OHF Christmas Party
Tulsa

JANUARY

FEBRUARY

MARCH

11
Garage Sale - Fairgrounds
Tulsa

TBA
Young Women With
Bleeding Disorders Retreat
Oklahoma State University

APRIL

MAY

JUNE

1
Garage Sale - Fairgrounds
Oklahoma City
TBA
Young Men With
Bleeding Disorders Retreat
Oklahoma State University

TBA
Second Annual "Score For
Hemophilia" Golf Tournament
Karsten Creek - Stillwater
TBA
Frontier City and
White Water Bay Outings
Oklahoma City

TBA
Quantum Picnic
Lake Thunderbird - Norman

JULY

AUGUST

SEPTEMBER

TBA
OHF Annual Meeting

TBA
Camp Independence
Guthrie

23
Annual Fishing Tournament
Ada

Blood, the newsletter of the Oklahoma Hemophilia Foundation, is published bimonthly for members of the OHF, patients with hemophilia, von Willebrand's, and other bleeding disorders, providers, and friends. Letters, comments, suggestions, articles, and pictures are welcome; however, the newsletter committee reserves the right to edit, delete, publish, and censor as necessary. The submission deadline for the next issue is January 15th; they can be sent through the OHF office, MANN/WONN Coordinators, the Hemophilia Treatment Center, or directly to editor Michael Lee at 5757 W. Hefner Rd. #824, Oklahoma City OK 73162.

Special thanks to **Quantum Health Resources**
for their sponsorship of this newsletter in 1994.