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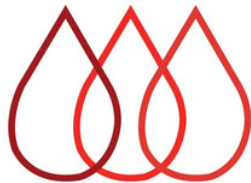
BLOODLINE

NEWSLETTER



READ IN THIS 2026 ISSUE

- Upcoming Events
- Creative Ways to Show Support
- Fundraisers
- Events
- Bleeding Disorder Education



BLEEDINGDISORDERS
OF THE HEARTLAND



Quarter 2

BDH STAFF



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SECRETARY Orion Wilkerson

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Jamie Cook

Skylar Johnson

INSIDE THIS ISSUE

Executive Director's Letter (Brooke Loving)

Upcoming Annual Events for 2026

May 31 - Men's Retreat

June 1 - BDH Golf Tournament

June 21-26 - Youth Camp

July 25 - Family Education Day

August 29 - Adult Retreat

Sept 19 - BDH Unite Walk

Oct 23-25 - Regional Men's Retreat

HFA Symposium

Thank You for Your Support

Teen/Young Adult Zoom Support Calls

Creative Ways to Fundraise and Show Your Support

Educational Bleeding Disorder Articles NBDF

CONTACT INFORMATION



103 5th Ave Durant, Iowa 52747



(319) 721-1664



bdh_director@bdheartland.org



**BLEEDINGDISORDERS
OF THE HEARTLAND**

The Bloodline is a publication of the Bleeding Disorders of the Heartland. The Bleeding Disorders of the Heartland is a voluntary education and advocacy organization which neither recommends nor endorses the products and services noted within this publication and does not make recommendations concerning treatment regimes for individuals. BDH suggests that you consult your physician or local treatment center before pursuing any course of treatment. The Bloodline is published four (4) times a year.



Brooke Loving
EXECUTIVE DIRECTOR




Katelynn

TEEN ADVISOR AND
PROGRAM
COORDINATOR

CONTACT BDH

 bdh_director@bdheartland.org

 (319) 721-1664

TEEN COORDINATOR UPDATE FROM THE EXECUTIVE DIRECTOR:

We are excited to continue growing our teen programming in 2026 under the leadership of our Teen Coordinator, Katelynn Wilkerson. Katelynn brings passion, energy, and a strong commitment to helping BDH teens build confidence, connections, and independence. She is also a proud participant in the NBDF National Youth Leadership Institute (NYLI) Program, where she continues to strengthen her leadership skills and bring new ideas back to our community.

Last year's Career Readiness Program was a smashing success, giving teens valuable tools and confidence as they prepared for the future. Building on that momentum, Katelynn is thrilled for this year's Financial Foundations program, which will focus on money skills, leadership, and real-life readiness for teens and young adults. We know 2026 is going to be another incredible year of growth, learning, and connection for our BDH teens and young adults ages 13-20!

Blessings,

Brooke Loving



BLEEDING DISORDERS
OF THE HEARTLAND

FOR DETAILED
INFORMATION
VISIT

THE WEBSITE

www.bdheartland.org

CONTACT BDH

 bdh_director@bdheartland.org

 (319) 721-1664

UPCOMING EVENTS FOR 2026

Men's Retreat

May 31 Ankeny, Iowa

BDH Golf Tournament

June 1 Toad Valley Golf Course, Iowa

Youth Camp

June 21-26 Camp manager, Mt Vernon, Iowa

Family Education Day

July 25 Burlington, Iowa

Adult Retreat

August 29 Iowa City, Iowa

BDH Unite Walk

Sept 19 Clark Park, Hiawatha, Iowa

2026 FAB

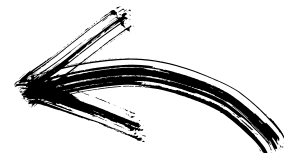
Oct 9-11 Excelsior Springs, Missouri

Regional Men's Retreat

Oct 23-25 Des Moines, Iowa

Teen Retreat

Nov 20-22 Iowa City, Iowa



Scan here for
more details on
our events and to
register!



REGISTER NOW!

CORNHOLE

TOURNAMENT

Think you've got the toss to take home the title?

MAY 30TH

**&
COBBLESTONE INN, BOONE, IA**

Get ready to toss some bags, show your skills, and support a great cause. We can't wait to see you there!

Whether you're a seasoned player or just tossing for fun, this is the tournament for you!

CLICK TO REGISTER!

MAY 30TH!



**BLEEDING DISORDERS
OF THE HEARTLAND**

ALTUVIIIIO[®]
Antihemophilic Factor (Recombinant),
Fc-VWF-XTEN Fusion Protein-ehtl

Connect with an **ALTUVIIIIO**[®] Peer Mentor

ALTUVIIIIO Peer Mentors are real patients or caregivers who have had similar experiences to yours.

You'll have the opportunity to:

• Ask questions • Hear firsthand experiences • Learn helpful tips • Get to know others in

the community.



Maybe it's because I've always had such great support, but **engaging with others** is the best way for me to stay happy.

—AJ

AJ | ALTUVIIIIO patient

AJ is a promotional speaker compensated by Sanofi.



Sign up today to meet a Peer!

sanofi

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MAT-US-2406912-v1.0-07/2024

STRONGER TOGETHER

MEN'S EVENT

We are stronger when we connect, support
and learn from one another.

RELAX • TALK • RECHARGE

DATE & TIME

- Sunday, May 31, 2026
- Time: 1:00 PM
- Optional to golf for free Monday, June 1st at our golf event. Golf clubs available for \$10 rental fee.
- Hotel & food included in registration. Meeting

ACTIVITIES

- Stronger Together Real Talk
- Level Up: Life, Health & Goals
- Skills & Confidence
- Top Golf Dinner and Golf Activity

CLICK HERE

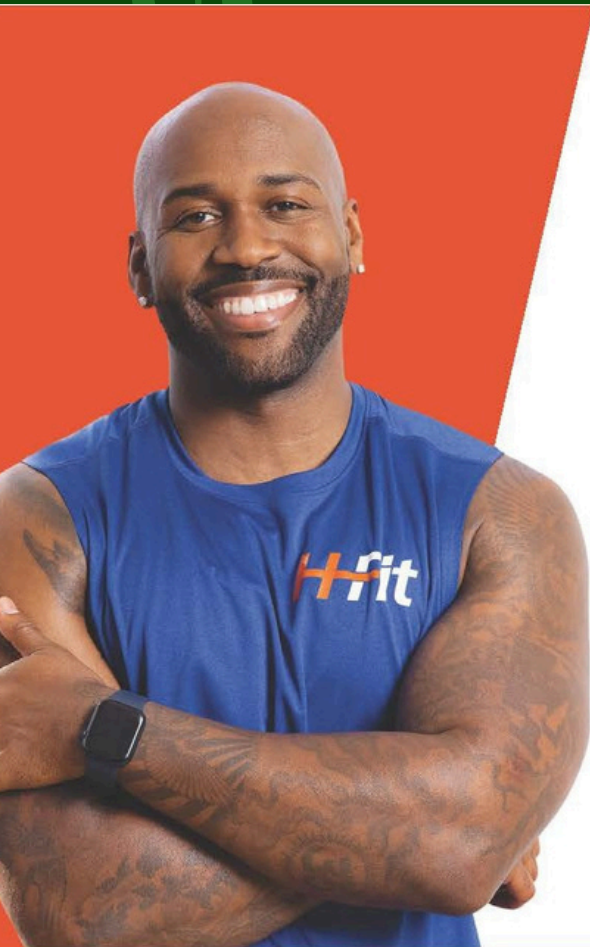
Find More Information Under Events Tab: www.bdheartland.org



ONGOING FUNDRAISER

Place your order for either pickup or delivery! Enter the fundraising code at checkout. This offer is available at all Panda Express locations across the country. Please share this information with friends and family! Watch Facebook for the monthly code and dates!

Keep an eye on Social Media and Email for Upcoming Panda Fundraiser Dates!



H-Fit with Dolvett Quince

Regular exercise is important. But moods vary. No two days are exactly the same. So we asked celebrity trainer Dolvett Quince to create a series of exercise videos called H-Fit. Each video features a different **hemophilia-friendly workout**. And each workout is built around a different mood. How are you feeling today? H-Fit has got you covered.

Always talk to your health care provider before starting any new exercise routine.



Sign up with Novo Nordisk and register at [H-Fit.com](https://www.h-fit.com) to get **free access to the H-Fit video library.**

Scan for H-Fit.com



LEARN MORE 

Pilot Study Yields Insights on Underserved Groups in Bleeding Disorders Community

The study authors looked for potential trends in health equity, diversity, and inclusion among Black/African Americans, indigenous people of color (e.g. Native Americans and Asian Pacific Islanders), and Hispanic/Latino people with bleeding disorders.

Source: National Bleeding Disorders Website/Released September 24, 2025

While it is generally understood that the social determinants of health (SDOH) are significant factors contributing to an individual's overall health, research specific to SDOH and its impact upon the bleeding disorders community has been rather limited. Authors of a newly published paper sought to address this knowledge gap by conducting a pilot study on SDOH in bleeding disorders, and gain insight on how these factors pose challenges among underserved groups in the U.S.

Their findings, "Addressing Health Equity, Diversity, and Inclusion in the Bleeding Disorders Community: Insights from a Pilot Study of Multi-Stakeholder Interviews and Survey Data," were published recently in the journal *Haemophilia*.

This pilot study was a collaborative project between the National Bleeding Disorders Foundation (NBDF) and Impact Education, LLC. It was supported by an educational grant from Takeda Pharmaceuticals U.S.A., Inc.

The study authors looked for potential trends in health equity, diversity, and inclusion among Black/African Americans, indigenous people of color (e.g. Native Americans and Asian Pacific Islanders), and Hispanic/Latino people with bleeding disorders.

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BLEEDING DISORDERS
OF THE HEARTLAND



Dinner,

Educational Program

&

Top Golf Experience

Join us for Dinner and an exciting
educational program at Top Golf.

May 31st from 6-9pm

Space is limited.

Reserve your spot under the events tab at
www.bdheartland.org



BLEEDINGDISORDERS
OF THE HEARTLAND

May is Mental Health Awareness Month!



[CLICK HERE](#)

[CLICK HERE](#)

**BLEEDING DISORDERS
OF THE HEARTLAND'S
FACTORING FAIRWAYS
FOR FAMILIES
2026 GOLF EVENT!**

JUNE 1st, 2026

**Come enjoy a day on the course,
raise awareness and funds for
Bleeding Disorders of the Heartland.**

TOAD VALLEY GOLF COURSE 237NE 80TH ST, PLEASANT HILL, IOWA 50327

Register your team at www.bdheartland.org
under the events tab, reach out to Brooke at
bdh_director@bdheartland for sponsorship opportunities.



BLEEDINGDISORDERS
OF THE HEARTLAND

MAY IS

WOMEN'S HEALTH MONTH

Encouraging women to prioritize their
mental and physical well-being.





BLEEDING DISORDERS
OF THE HEARTLAND

ZOOM SESSION #1

MONEY MOVES & Life Skills

Build smart habits today
for your future tomorrow.








JULY 13



6:00 PM – 8:00 PM

TOPICS INCLUDE:

-  Budgeting basics
-  Saving vs. spending
-  Smart money habits
-  Building independence
-  Confidence for the future



LEADING UP TO TEEN RETREAT
IN IOWA CITY
NOVEMBER 20–22



Contact Katelynn Wilkerson
for more information
bdh_teen@bdheartland.org



BLEEDINGDISORDERS
OF THE HEARTLAND

THANK YOU TO OUR FINANCIAL FOUNDATIONS PROGRAM SPONSORS!

WE ARE OVERWHELMED WITH GRATITUDE FOR
YOUR INCREDIBLE SUPPORT, TOWARDS OUR TEEN
AND YOUNG ADULT PROGRAMS!

*CK Colburn  Keenan
Foundation, Inc.[®]*

Genentech
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CSL Behring
Biotherapies for Life[™]

COFFEE

The Bleeding Disorders of the Heartland has its exclusive coffee blend crafted by Blue Strawberry, a local business in Cedar Rapids. Purchasing this coffee helps fund our organization.

Get your coffee today!

**GROUND
AND
WHOLE
BEAN**



**GO TO
THE
WEBSITE**

CLICK HERE TO ORDER.





**\$20 for individuals
&
\$50 for families**



Family Education Day

July 25, 2026

Burlington, Iowa

Get ready for a wet and wild experience like no other, where the sun-soaked day is filled with laughter, thrills, and refreshing splashes.

Join Bleeding Disorders of the Heartland for a day filled with fun in the sun. Educational Program followed by time at the waterpark.

**VISIT THE EVENTS
TAB ON THE
WEBSITE**



319-721-1664



www.bdheartland.org

Financial Assistance available to those who qualify.

Contact us at bdh_director@bdheartland.org if you need assistance.

WHAT'S NEXT? YOU DECIDE.



At Genentech, we're committed to supporting the hemophilia A community in ways that go beyond treatment and focus on you as a person. From sharing real stories and experiences from our Patient Ambassadors, to an educational rap anthem for a hemophilia A treatment, to one-on-one support from a team of experts, we're here to help you take on what comes next.

SCAN THE QR CODE TO SEE HOW
GENENTECH AND THE HEMOPHILIA
A COMMUNITY ARE EMBRACING
WHAT'S NEXT, TOGETHER.



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**GENENTECH IN
HEMOPHILIA**

Genentech
A Member of the Roche Group



CLICK TO REGISTER

**Tee It Up
For
Bleeding Disorders
2026 GOLF EVENT!**

9:00 am

August, 10 2026

**Come enjoy a day on the course,
raise awareness and funds for
Bleeding Disorders of the Heartland.**

**Emeis Golf Course
4500 W Central Park Ave, Davenport, IA 52804**

Register your team at www.bdheartland.org
under the events tab, reach out to Orion

bdh_secretary@bdheartland for sponsorship opportunities.

Are you looking for a small way to make a difference?

Our Raise Right Campaign is the perfect way to do so!



You can purchase digital gift cards and within moments put them on your digital wallets to use instantly!

It only takes a few clicks. Then their company will donate a percentage to us... **with no increased cost to you!**



AND MORE!

Click this button to learn more and start making a difference today!



BLEEDING DISORDERS
OF THE HEARTLAND

[CLICK HERE](#)



BLEEDING DISORDERS
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BLEEDINGDISORDERS
OF THE HEARTLAND

Looking for a Way to Support Bleeding Disorders of the Heartland?

We're currently collecting gift baskets for upcoming events, and we'd welcome your help!

Are you a small business or know someone who owns a small business looking to get your/their name out there?

Do you want to support our mission in a fun and meaningful way?

Looking for a simple way to give back to the bleeding disorders community?

This is the perfect opportunity! Donating a basket is a great way to showcase your products or services while making a difference for families affected by bleeding disorders.

Interested or want more info? We'd love to hear from you!

CONTACT

Contact Amber at bdh_staffbdheartland.org
or (319)721-3477 to start this process!





2,200
ATTENDEES

100+
SPEAKERS

100+
SESSIONS

[CLICK TO REGISTER](#)

The National Bleeding Disorders Foundation's 78th Annual Bleeding Disorders Conference will take place from **August 13-15, 2026**.

We hope you will join us in Orlando, Florida, for our premiere three-day event designed to **connect, educate, and empower** those in the Bleeding Disorders community.



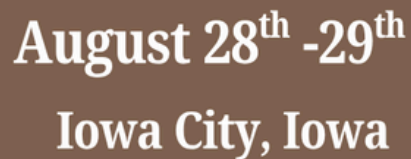
**BDH'S 2026
Adult Retreat**



**UNWIND &
RECONNECT**




Slow Down, Show Up, & Strengthen Your Circle



**August 28th -29th
Iowa City, Iowa**



CLICK TO REGISTER

- 
- **Meaningful conversations in a low-pressure environment**
 - **Time to slow down and focus on yourself**
 - **Opportunities to connect with others in the community**
 - **Engaging activities and shared experiences**
 - **Space to reflect, recharge, & build lasting connections**

For More Information

+319-721-1664

www.bdheartland.org





BLEEDING DISORDERS
OF THE HEARTLAND

ZOOM SESSION #2

LEAD, CONNECT & GROW

Strengthen your voice.
Build your community. Shape your future.



OCTOBER 19



6:00 PM – 8:00 PM

TOPICS INCLUDE:



Leadership skills



Communication &
self-advocacy



Building confidence



Creating community
connections



Preparing for the
Teen Retreat



Let's grow
together!



LEADING UP TO TEEN RETREAT
IN IOWA CITY
NOVEMBER 20–22



Contact Katelynn Wilkerson
for more information
bdh_teen@bdheartland.org

REGIONAL MEN'S EVENT

OCTOBER 23-25

DES MOINES, IOWA

JOIN US FOR A LAID BACK WEEKEND TO RELAX, RECHARGE, AND CONNECT WITH OTHER MEN WHO TRULY UNDERSTAND LIFE WITH A BLEEDING DISORDER OR CARING FOR SOMEONE WHO DOES.

➤ CONNECTION

➤ SUPPORT

➤ EDUCATION



REGISTER UNDER THE
EVENTS TAB AT
WWW.BDHEARTLAND.ORG

CLICK TO REGISTER

Join us in Des Moines, Iowa for a Regional Men's Event at a VRBO. This event is designed for **connection, relaxation, and real conversation.**

This is your chance to kick back, recharge, and spend time with other men from across the Midwest who truly understand life with a bleeding disorder or caring for someone who does.

With a mix of planned activities and downtime, it's all about building connections, sharing experiences, and enjoying a laid-back weekend together.

Registration includes meals, activities and lodging.



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HEMGENIX.COM**



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2026 Bleeding Disorders of the Heartland Scholarship Recipients



Congratulations!



Congratulations 2026 recipients!

Bleeding Disorders of the Heartland is excited to give acknowledgement to our 2026 Scholarship Recipients!

We had many students apply this year and we are honored to be able to help them on their journey. We know that they will continue to do amazing work and make the bleeding disorders community proud. They have been active members within our organization and we look forward to what the future has to bring for them!



Save One Life is a nonprofit organization dedicated to improving the quality of life for individuals and families affected by bleeding disorders (such as hemophilia) in developing countries. They provide direct financial assistance, educational opportunities, and medical resources to those in need.

CLICK TO WATCH



WHEELS FOR THE WORLD

Wheels for the World: A Journey of Inspiration, Hope, and Resilience

WHAT IS IT ABOUT?

This powerful short documentary follows Vaughn Ripley on an extraordinary journey—cycling 756 miles from Bethel, Maine to Harpers Ferry, West Virginia, alongside the Appalachian Trail and climbing nearly 37,000 feet of elevation. Through breathtaking footage and personal reflection, this film captures the perseverance, determination, and hope that define the global bleeding disorders community—and highlights Save One Life’s mission to support individuals and families who need it most.

VISIT THIS LINK:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IMB6WAFD070](https://www.youtube.com/watch?v=IMB6WAFD070)
TO WATCH THE SHORT DOCUMENTARY.

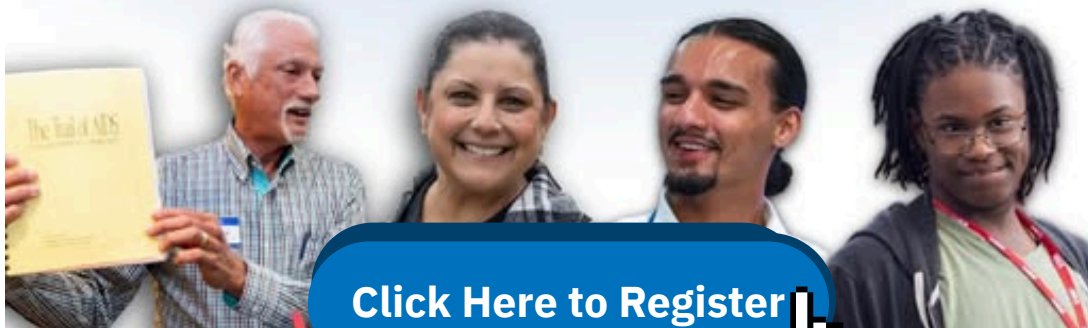
VOICE OF THE COMMUNITY

"That was an amazing experience,
and I truly appreciated the
opportunity to participate."

DJ Fowler - Community Member



SPECIAL BLACK FRIDAY GIFT:
\$25 GIFT CARD IF YOU REGISTER BY
FRIDAY, DECEMBER 5TH, 2025, AND
COMPLETE A SESSION!



[Click Here to Register](#)

Help shape the future of the bleeding disorders community by joining an HFA Voice of the Community session! Share what life with a bleeding disorder looks like – what helps you thrive, what challenges you face, and what you want to see change.

Each 60-minute session is facilitated by HFA staff, guiding discussion as we:

- Explore the future together.
- Share ideas and lived experiences.
- Co-create possibilities debuting at Symposium 2026.

Session times appear under each dated sign-up option.



Bleeding Disorders of the Heartland was proud to host our 2026 Annual Meeting in Dubuque, Iowa, and what an unforgettable weekend it was! This year's theme, "Stars Among Us: A BDH Red Carpet Celebration," **perfectly reflected the incredible individuals and families who make our community shine.**

Members from across Iowa and surrounding areas came together for a weekend filled with education, connection, celebration, and support. From the moment guests arrived, the atmosphere was full of excitement, laughter, and the joy that comes from being surrounded by people who truly understand the journey.



★ 2026 ANNUAL MEETING RECAP ★

Throughout the weekend, attendees had the opportunity to participate in a wide variety of educational sessions covering important topics such as treatment updates, advocacy, wellness, new therapies, and life with a bleeding disorder. Youth, teens, and adults each had programming tailored to their unique needs and experiences, creating meaningful opportunities for learning and growth for every age group.

Our Friday evening kickoff set the tone for the weekend with a fun and festive red-carpet atmosphere, where members were encouraged to dress to impress and celebrate the strength of our community.

One of the highlights of the weekend was our special recognition and awards celebration, where we honored individuals whose dedication, leadership, and compassion continue to make a lasting impact. These moments served as a reminder that the true stars of BDH are the people who show up, give back, support one another, and inspire hope.

As always, one of the most valuable parts of the Annual Meeting was the chance to simply connect, meeting new friends, reconnecting with familiar faces, and building relationships that last long after the weekend ends.

We extend our heartfelt thanks to our volunteers, board members, healthcare partners, speakers, sponsors, and everyone who helped make this event possible. Your support allows us to continue fulfilling our mission to educate, connect, and support those affected with bleeding disorders.

Thank you to everyone who attended and helped make the 2026 Annual Meeting such a success. We are already looking forward to what's ahead and can't wait to see you at future BDH events!

Because in this community, there truly are Stars Among Us and they are YOU!



2026 ANNUAL MEETING

Thank You

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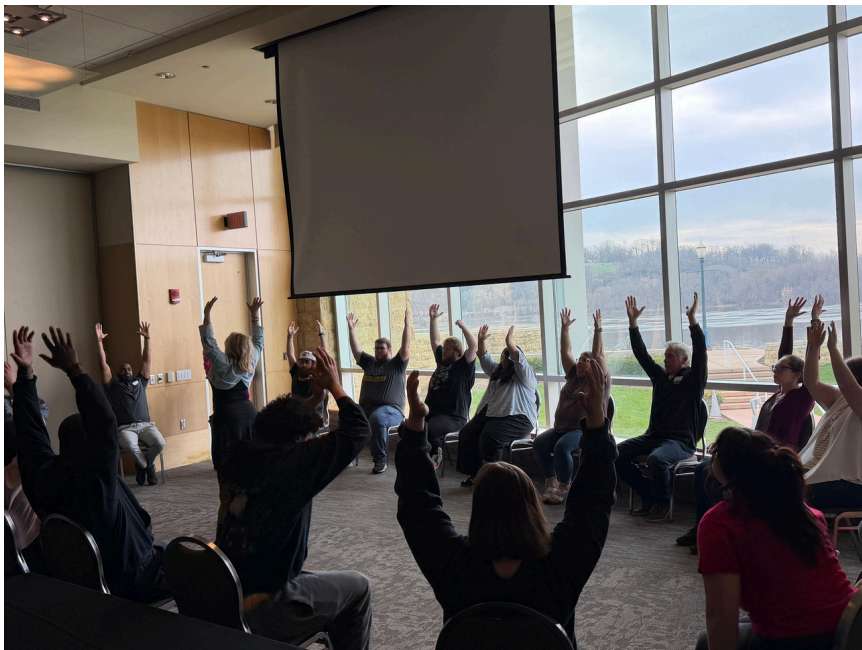


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Thank you for sponsoring the event; it was full of education, networking, and unforgettable moments!











LEARN MORE 

New Paper Features Hemophilia Gene Editing Lexicon

NBDF, ASGCT, and ISTH publish a new paper offering a standardized lexicon to guide communication on gene editing in hemophilia research and care.

Source: National Bleeding Disorders Website/Released May 6, 2026

Novel gene editing therapies being developed for hemophilia could represent a significant advance in treatment, should they reach commercialization and become available to patients. They encompass very complex concepts and technologies that prompt new considerations relevant to long term safety and efficacy.

One example of gene editing is Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR), a breakthrough technique for correcting a non-working gene, as opposed to gene transfer which introduces a new working copy of the gene. Research into potential disease applications for this type of therapy, including hemophilia, is ongoing. There is also one approved therapy for sickle cell disease that employs CRISPR-based technology.

The emergence of such unique therapies calls for plainspoken, accessible language to break down the various terms used to describe gene editing. An international group of authors therefore developed a gene editing lexicon designed to help facilitate clear communication of key concepts, not only for the edification of patients but to serve the shared decision-making (SDM) process with their healthcare providers (HCPs). A recent article published in the journal *Haemophilia* describes the deliberate process of creating the lexicon, which included people with hemophilia, caregivers, HCPs, language strategy experts, and other key stakeholder groups.

The lexicon can help ensure the integrity of the informed consent process so that patients have a real understanding of the possible risks and benefits of such novel therapy as gene editing.



WHY WE NEED YOU...

At Bleeding Disorders of the Heartland, every program, camp, retreat, and educational event we provide is made possible because of people like you. Your support directly impacts families across our region—helping them feel connected, educated, and supported as they navigate life with a bleeding disorder.

If you've ever been touched by the work we do, or believe in building strong, supported communities—now is the perfect time to give.

Watch our story and see the impact your gift makes:

[Click Here!](#)

**Together, we're stronger.
Together, we're changing lives.**

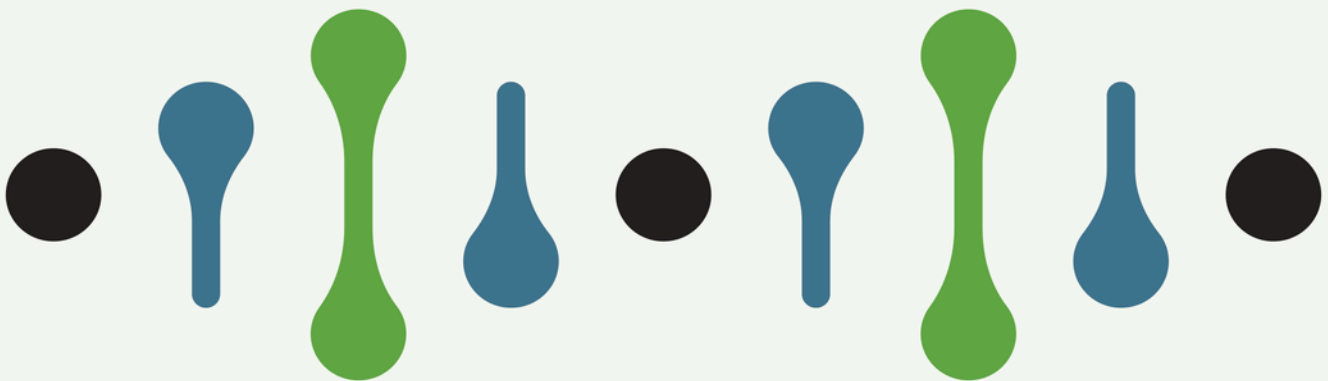


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TogetherforRare.com.*

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STEP RIGHT UP AND WALK FOR A CAUSE!

Our Annual Unite Walk will be here before we know it! Now is the time to Step Right Up and Make a Difference!

Saturday September 19, 2026
8am Registration, 9am Walk begins
Clark Park, Hiawatha, Iowa

This year there is a new fundraising website! We are so excited to be able to reveal it! We look forward to learning this new system together and creating a memorable walk!



Scan here to check out the new walk website and register your team today!



The #1 Fundraising Tip: Start Early!

Take this time to begin fundraising for your walk team! All fund raised go right back into BDH to help families affected with bleeding disorders! Watch our social media for exciting fundraising ideas you can work on all year long.



**BLEEDINGDISORDERS
OF THE HEARTLAND**

Unite
for Bleeding Disorders



10 Days and 10 Ways to \$1000+

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.

WE ARE
FAB



2026 FEMALES AND BLEEDING DISORDERS CONFERENCE



EDUCATION | PERSONAL GROWTH | NETWORKING

REGISTRATION IS OPEN!

OCTOBER 9-11, 2026

Kansas City, KS
[Click to register!](#)



**BLEEDINGDISORDERS
OF THE HEARTLAND**

Bleeding Disorders of the Heartland
103 5th Ave
Durant, Iowa 52747
Tel: (319) 721-1664
Fax: 615-900-1487
Email us at: bdh_director@bdheartland.org



The Bleeding Disorders of the Heartland (BDH) asks for your contributions to support the programs and activities of BDH that focus on advocacy, awareness, education and mentorship of families and new families. You can make a financial contribution by going online to our website at www.bdheartland.org or by mailing your check to our office. Does your workplace offer an employee matching gift program? We have numerous fundraising events throughout the year that you can attend and financially support as well. Help us share the word about the mission of BDH.

Thank you for making a difference!

This contribution is made in memory or honor of _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

BDH is a nonprofit 501 © 3 organization that exists to educate, connect, and support those affected with bleeding disorders.