

ONE JOURNEY



CLEARED FOR TAKEOFF

YOUR FLIGHT PLAN TO A HEALTHIER FUTURE

PRE-FLIGHT
MAIN FLIGHT

VWD SYMPOSIUM
SPRINGFEST



TWO EVENTS

APRIL 17-19
RADISSON PLAZA HOTEL
AT KALAMAZOO CENTER

WELCOME ABOARD

We're so glad you're here! Whether you're joining us for Pre-Flight, the Main Flight, or both, you're an important part of this journey. This weekend is about learning, connecting, and having fun. Every session, activity, and conversation is part of your flight plan. Together, we strengthen our knowledge, support one another, and build momentum for the future.

This year, our theme is aviation, and our sponsor exhibits, main stage, and breakout sessions represent countries around the world and travel. Be sure to bring your "passport" (provided at check-in) and collect stamps along the way. Completed passports will be entered into prize drawings; so, get ready for departure and enjoy the adventure!

This program, along with the **Nunify event app**, is your map for the weekend.



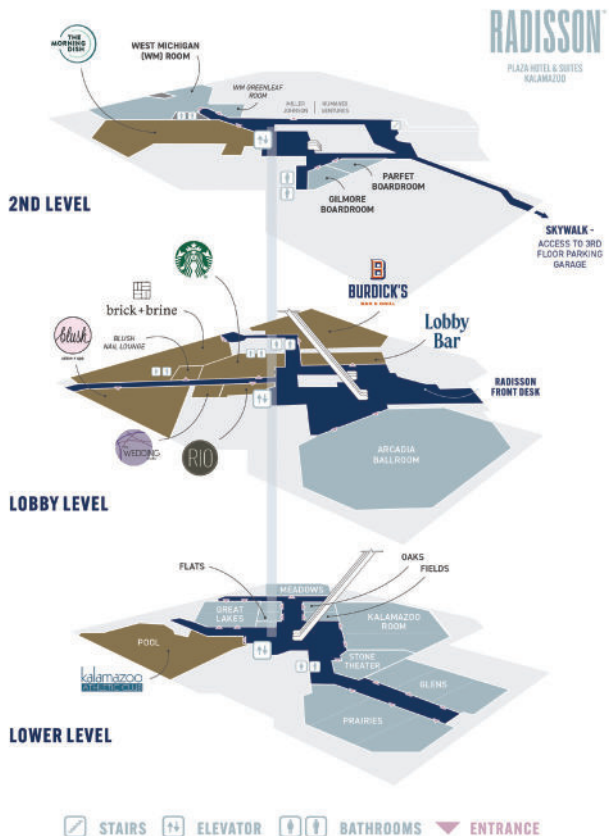
Within these pages and the app, you'll find session details, speaker biographies, HFM resources, and more.

A link to the **Nunify app** was sent out last week, and the QR code is below. If you didn't receive the link or need assistance accessing the app, please reach out to an HFM crew member for support.

Tips for takeoff:

- Engage in sessions that spark your curiosity
- Connect with fellow travelers
- Visit our sponsor countries

You belong here. Your questions, your voice, and your presence matter. The runway is clear and the crew is ready. Fasten your seatbelts. Your flight to a healthier future begins now!



A NOTE ABOUT THE ROLE OF INDUSTRY AT THE VWD SYMPOSIUM AND SPRINGFEST:

The Hemophilia Foundation of Michigan (HFM) does not endorse any specific product or company.

It is our commitment to be transparent in relation to all HFM activities, including industry support. As always, we encourage medical decisions to be made under the advice of your treating physician and care team.

HFM's programs provide multiple opportunities for information sharing, education, and connection. We invite you to visit our VWD Symposium and SpringFest industry partners throughout the weekend through the many opportunities available.

If you wish to have more conversations after the VWD Symposium and SpringFest,

you are free to share your contact information, but you are under no obligation. If at any time you feel unduly pressured to provide personal information, please inform a member of the HFM staff immediately.

HFM, in conversation with both the National Bleeding Disorders Foundation and the Hemophilia Federation of America leadership, agrees that industry has a place in supporting our efforts in Michigan. HFM encourages opportunities at our programs to share and receive information and education that is respectful of community members, while always emphasizing that medical decisions should be physician-led.

A NOTE ABOUT INDUSTRY REPRESENTATIVES WHO ARE ALSO COMMUNITY MEMBERS

Some Industry Representatives are also community members or "Dual Role Participants." With transparency in mind, Industry Representatives who are attending the VWD Symposium and SpringFest through a sponsorship are required to identify themselves with a company nametag and apparel while on the hotel premises. Dual role participants are not permitted to participate in breakout sessions or after hour activities, with the exception of the HFM membership meeting, if they are members.

LEARN MORE ABOUT HFM!

Stop by the HFM Community & Camp Table located in the Arcadia Foyer (Lobby Level) throughout the weekend to learn about upcoming events, summer camps, Delta Dental, and how a medical ID bracelet can support safety and confidence.

Have questions or want to connect? Our crew is ready to chat, share resources, and help you navigate all that HFM has to offer.

Weekend Medical Support

In the event of a life-threatening emergency, dial 911 immediately. For non-emergency medical concerns during the weekend, please contact our on-call nurse, Victor Vasquez, at 734.328.9717. (Available 24/7, starting from Friday, April 17, 3PM through lunch on Sunday, April 19.

For information about local medical care contact the front desk of the hotel at 269.343.3333.

The Frequent Flyer Challenge!

Your next adventure starts here! Pick up your passport and collect stamps as you attend sessions and visit sponsor/organization destinations throughout the weekend. Each stop brings you closer to exciting prizes.

Once your passport is complete, take a photo and upload it to the Nunify App. **The Passport Challenge ends on Sunday following the first breakout session block. Attendees must upload a photo of their completed passport by 11:30 AM to be entered into the prize drawing.** Winners will be announced during lunch on Sunday and must be present to win.

2nd Annual SpringFest Raffle and Silent Auction

Once again, we are hosting a raffle that

showcases the talents of your fellow community members as well as a silent auction featuring other exciting items! Be sure to check it out in the Arcadia Ballroom. Basket raffle tickets will be available for \$2 each or 6 for \$10 at the HFM/Camp table, or in the ballroom during meals. Tickets will be available through Saturday at 6:30PM. We will draw the winners on Saturday night and announce them at lunch on Sunday. You must be present to win. Silent auction instructions can be found at the display table.

Nursing/Lactation Areas

Nursing parents are welcome to feed their babies wherever they feel most comfortable during the conference. For those who prefer additional privacy, two private spaces are available.

Departure Hall (Lower Level) Great

Lakes 4 & 5: In the Little Wings Lounge (0-4), a privacy screen, seating, and a table will be provided during conference times.

Lactation Room (2nd Level) near the Gilmore and Parfet Boardrooms, by the gender-neutral restrooms.

Access requires a keycard from the front desk. Available for one guest at a time (unless guests arrive together and are comfortable sharing). Equipped with outlets and a mini fridge for daytime storage.

ADVENTURES FOR ALL AGES!

On Friday evening, during the VWD Symposium, we offer childcare for ages 0–12 from 3:00–9:00PM located in Great Lakes 4 & 5. Childcare is only available for families who are registered for the VWD Symposium. **Parents must remain onsite and actively participate in VWD Symposium sessions to utilize these services.**

On Saturday, childcare, youth, and teen programming provide engaging, age-appropriate experiences for our young travelers. **Parents must remain onsite and actively participate in SpringFest sessions to utilize these services.**

On Sunday, families can come together for interactive sessions designed for everyone to enjoy — because every great journey is better together!

Little Wings Lounge (Ages 0–4)

HFM has partnered with Corporate Kids to provide onsite childcare on Saturday from 10:00AM–5:00PM for children ages 0–4 located in Great Lakes 4 & 5. Our youngest passengers will enjoy a safe, engaging environment while parents participate in SpringFest activities.

Junior Jet Setters (Ages 5–12)

Meeting at 10:00AM in the Great Lakes 4 & 5 rooms, children will take off on an exciting adventure featuring Kalamazoo Valley Museum (230 N Rose St.)! Associate Camp Director and Program Services Manager, Travis Miller, will accompany the group.

If you need to reach them, please call **734.961.3510** (calls only; no texts).

Teen Takeoff (ages 13-17)

On Saturday, teens will meet at 10:10AM in Great Lakes 1 for an educational program and will then head out for their own high-flying experience at the Air Zoo Aerospace & Science Experience (6151 Portage Rd.)! Gelli Kelley, Associate Camp Director and Program Services Manager, will join them on their adventure.

If you need to reach them, please call or text **734.961.3513**.

On Sunday morning, teens will participate onsite in GutMonkey's Leading Edge Teen Program.

PRE-FLIGHT VWD SYMPOSIUM AGENDA

FOR REGISTERED VWD SYMPOSIUM PASSENGERS ONLY.

Every great journey is powered by a strong crew!

Stop by the Departure Hall (Lower Level), where our industry sponsors are located, and the Arcadia Foyer (Lobby Level), our national and state organization's location, throughout the day—including during session breaks—to connect. Discover resources, information, and support designed to help you navigate your journey with confidence.

FRIDAY, APRIL 17

3:00-8:00PM EXHIBITOR SPACE OPEN **Departure Hall (Lower Level)**

3:00-6:00PM EVENT CHECK-IN COUNTER OPEN

Departure Hall (Lower Level)

Start your adventure here! Our friendly agents will hand you your **passport** and name badges, then guide you to **Baggage Claim** to collect your special event giveaway; your first souvenir!

3:00-5:00PM CHILDCARE AGES 0-12 DROP OFF **Great Lakes 4 & 5**

4:00-4:45PM JET-SETTERS' WELCOME RECEPTION

Departure Hall (Lower Level)

Kick off your adventure with light appetizers and a chance to mingle with fellow travelers and event sponsors.

4:45-5:00PM WELCOME

Meadows

Speaker: Gwyn Hulswit, MA, Associate Director, Hemophilia Foundation of Michigan

5:00-5:55PM VWD A TO Z

Meadows

Gain a foundational understanding of VWD and insights into the inheritance patterns and types of VWD, along with its diverse symptoms, including those unique to women. The discussion will also cover the various treatment options available for individuals living with VWD.

This session is sponsored by Takeda

Speaker: Tiffani Pokrajac, BSN, RN, Community Education Specialist, Takeda

6:00-7:00PM PRE-FLIGHT DINNER

Meadows

(Childcare and Youth will have dinner with their group)

7:00-7:55PM COURSE CORRECTIONS: HOW STRESS, ILLNESS, & HORMONES AFFECT VWF LEVELS

Meadows

VWF levels can shift in response to life's changing conditions. This session explores how stress, illness, infections, puberty, menstruation, pregnancy, and aging may influence labs and bleeding risk. Participants will learn how care teams make course corrections by adjusting monitoring, medications, and prevention strategies to keep patients safely on track as VWF levels fluctuate.

Speaker: Jennifer Luitje, BSN, RN, Hemophilia Nursing Coordinator, Bronson Hemophilia Treatment Center

8:00-8:55PM EMBRACING THE WHOLE PICTURE: THE PSYCHOSOCIAL CHALLENGES OF LIVING WITH BLEEDING DISORDERS

Meadows

Growing up, I always had bruises on my shins, thighs, and arms I never thought anything of. About a year after my son's diagnosis, I was informed that I, too, had hemophilia A and von Willebrand disease (VWD). Although at first, I was stunned by our diagnoses, today, I would not "un-wish" it because we now have a chosen family that has been with us through our darkest times—and during our brightest moments.

This session is sponsored by CSL Behring

Speaker: Kristin P., Patient Advocate, CSL Behring

9:00PM CHILDCARE AGES 0-12 PICK UP **Great Lakes 4 & 5**

MAIN FLIGHT SPRINGFEST AGENDA

A smooth flight depends on the right support! Stop by the Departure Hall and the Arcadia Foyer throughout the day, including during session breaks, to connect with our industry sponsors as well as national and state organizations. Explore resources, information, and guidance designed to help you stay on course and make the most of your journey.

SATURDAY, APRIL 18

9:00AM-5:00PM EXHIBITOR SPACE OPEN

Departure Hall (Lower Level)

Coffee and light snacks available until 10:00AM

Arcadia Ballroom (Lobby Level)

9:00AM-1:00PM EVENT CHECK-IN COUNTER OPEN

Lobby Level between escalators

Our friendly check-in crew will welcome you, provide your passport and name badges, and direct you to Baggage Claim to pick up your special event giveaway.

9:30-10:30AM CLEARED FOR TAKEOFF: MORNING MEAL

Arcadia Ballroom (Lobby Level)

10:00AM CHILDCARE AGES 0-4 DROP OFF

Great Lakes 4 & 5 (Little Wings Lounge)

10:00-10:20AM JUNIOR JET SETTERS YOUTH AGES 5-12 DROP OFF

Great Lakes 4 & 5

Youth will head to the Kalamazoo Valley Museum promptly at 10:30AM.

10:10-10:25AM TEEN TAKEOFF TEENS AGES 13-17 DROP OFF

Great Lakes 1

10:30-11:30AM INHERITANCE OF BLEEDING DISORDERS TALK AND GAME

What is a hereditary condition? How do traits get passed from parent to child? Bleeding conditions are a group of hereditary (inherited) conditions, meaning we can predict the chance that the condition gets passed on to a relative. Together we will learn basic genetics concepts and play an inheritance dice game!

Speaker: Samantha Cassisi, MS, LCGC,
Michigan State University Center for Bleeding
and Clotting Disorders

Following the session, teens depart for the Air
Zoo Aerospace & Science Experience.

10:30-10:40AM WELCOME

Arcadia Ballroom (Lobby Level)

Speaker: Susan Fenters Lerch, Executive
Director, Hemophilia Foundation of Michigan;
Regional Director, Great Lakes Federal HTC
Network

10:40-11:40AM OPENING SESSION MAPPING YOUR JOURNEY: BUILDING SKILLS FOR SHARED DECISION- MAKING

Arcadia Ballroom (Lobby Level)

Join GutMonkey for an interactive, high-energy
session designed to get you moving and
connected with fellow community members.
Using a hands-on "trail map," you'll explore
shared decision-making through the lenses
of knowledge, curiosity, and advocacy. Learn
how to ask better questions, seek specific
answers, and create a personalized plan you
can use beyond this session. Expect plenty of
fun along the way! Through games, community-
building activities, and dynamic conversations,
you'll build practical skills while creating your
own "trail map" for navigating decisions with
confidence and intentionality.

GutMonkey programs are known for helping
people engage more thoughtfully, live their
values more fully, and play more often.
We're excited to "hit the trail" with you!

*This session is part of the Leading Edge
program and is sponsored by Pfizer.*

Speaker: Stina Marie Pineyro, Lead
Facilitator, GutMonkey

11:50AM-12:40PM BREAKOUT SESSIONS
Departure Hall (Lower Level)

a. Interactive Chat with a Physical Therapist Fields

Every journey has its bumps, and living with a bleeding disorder can sometimes bring physical challenges along the way. In this interactive discussion, a physical therapist will help you navigate questions about joint health, movement, injury prevention, and staying active safely.

Speaker: Sherry Herman-Hilker, PT, MS, Physical Therapist, Hemophilia and Coagulation Disorders, University of Michigan

b. In Flight Checklist: Management of VWD Symptoms Oaks

Just like every pilot relies on a pre-flight checklist, successful management of VWD requires thoughtful preparation and a clear plan. This session will guide families through strategies for managing common symptoms, understanding treatment options, and partnering effectively with their care team, including coordinating procedures when needed. Participants will gain practical tips to help ensure safety and confidence in navigating daily life with VWD.

Speaker: Renuka Gera, MD, MBBS, Professor of Pediatrics, Division Chief – Pediatric and Adolescent Hematology-Oncology, Michigan State University Center for Bleeding and Clotting Disorders

c. Medical Marijuana: A Way to Manage Your Pain Meadows

As medical marijuana becomes more widely available, many people with bleeding disorders are wondering whether it could play a role in managing pain and improving quality of life. This workshop provides a balanced, practical overview of what medical cannabis is, how it works in the body, and the differences between CBD, THC, and other cannabis products. Participants will learn about potential benefits for pain, sleep, and inflammation, as well as important safety

considerations, legal issues, and possible interactions with other treatments. The session will also explore different forms of cannabis and offer guidance on how to talk with your healthcare team when deciding whether medical marijuana may be appropriate for you.

Speaker: Samantha Carlson, MSW, LMSW, Director of Research, National Bleeding Disorders Foundation

d. Our Commitment to Hemophilia A & Other Bleeding Disorders Great Lakes 1

Please come to hear about Genentech's commitment to Hemophilia A and other bleeding disorders community. Information will cover new molecules, clinical trials, and ongoing data from our studies and real-world experiences.

This session is sponsored by Genentech

Speaker: Jim Munn, MS, BS, BSN, RN-BC, Senior MSL, Rare Blood Disorders, Genentech, A Member of the Roche Group

e. Circle of Security: A Framework for Connecting with and Understanding Your Child Great Lakes 2

Circle of Security is a relationship-based framework to think about how we connect with our children, how we recognize what they need, whether they are going out to explore or learning about relationships. This presentation will provide a brief overview of some of the main concepts of Circle of Security and allow participants to discuss these concepts with other parents and caregivers.

Speaker: Lynn Liston, MS, Ed., IECMH-C, Infant/Early Childhood Mental Health Consultant

f. The Updraft Effect: Elevating Patient Care Beyond Clinical Borders Great Lakes 3

In this session, social worker Kaite Scott introduces Social Prescribing, a patient-centered approach that treats the person, not just the factor level. We'll discuss how to build a personalized "social prescription" that connects you with community-based activities—from adaptive sports and art

therapy to peer mentorship and financial advocacy. Join to learn how to move beyond the clinic walls, reduce the stress of chronic illness, and find the community resources you need to live a more connected and active life. Social prescribing moves from asking “what’s the matter with you?” to “what matters to you?”

Speaker: Kaite Scott, LLMSW, Program Social Worker, Hemophilia Foundation of Michigan

**g. Low Impact Water Exercise
Fitness Center Pool**

This lower intensity water exercise class will improve your flexibility, muscular strength, and endurance, along with your balance, coordination, core stability, and cardiovascular system.

Limited to 25 participants. Space available to those who arrive first.

Speaker: Kyle F. Manty, Aquatics Director, YMCA of Greater Kalamazoo

**12:40-1:30PM LUNCH
TELL YOUR STORY**

Arcadia Ballroom (Lobby Level)
(Childcare, Youth, and Teens will have lunch with their groups)

Living with hemophilia means that you will often have to advocate for yourself. Learn how to tell your story by crafting meaningful and compelling personal messages.

This session is sponsored by Sanofi

Speaker: Allan Kucab, RN, Community Relations and Education Manger (CoRe), Sanofi – Rare Blood Disorders

**1:40–2:10PM FIRST-CLASS ADVOCACY:
STAMP, SEND, & BE HEARD**

Arcadia Ballroom (Lobby Level)
Ready to turn your voice into action? Prepare for the weather ahead as attendees get the latest updates on our top policy priorities and what’s at stake this year. You’ll learn why a simple postcard can have a powerful impact—backed by real stories—and distill your message into a brief, persuasive postcard.

We’ll close by hearing a few volunteers share their postcards to inspire us all before we stamp and send.

Speaker: Zach Ryan, MPP, Government Relations and Communications Manager, Hemophilia Foundation of Michigan

**2:10-2:30PM AISLE MOVEMENTS:
STRETCH & FLOW**

Arcadia Ballroom (Lobby Level)
Learn simple movements you can do in the aisle to keep your body comfortable during travel or long periods of sitting.

Speaker: Saydi Davis, LLMSW, Regional Program Manager, Hemophilia Foundation of Michigan

**2:40-3:30PM BREAKOUT SESSIONS
Departure Hall (Lower Level)**

**a. Packing List: Preparations for
Surgeries & Procedures
Fields**

This session focuses on behind the scenes preparation done by your HTC for surgeries/procedures and how you can partner with staff for a smother experience.

Speakers: Tina Garcia, RN, MSN, CPCP, Program Manager, Bronson Hemophilia Treatment Center

Emily Valentino, RN, Hemophilia Nursing Coordinator, Bronson Hemophilia Treatment Center

**b. Understanding the Cliff Effect: What
Families, Employers, & Communities
Need to Know
Oaks**

Many families working toward financial stability face an unexpected and often confusing setback known as the “**cliff effect**” which happens when a small wage increase causes a sudden loss of essential benefits. This workshop helps participants understand what the cliff effect is, why it happens, and how it impacts individuals and families who rely on public benefits—especially Medicaid, childcare assistance, food support, and housing programs.

Speaker: Tracey Hoesch, LMSW, Director, Circles at Good Samaritan

c. Family Connection for Caregivers

Great Lakes 1

Shared decision making is a partnership between people with hemophilia and their care teams that may help them better manage their condition. This interactive session covers how to take an active role as part of your treatment team, discuss therapy considerations, and find quality sources of information.

This session is sponsored by Pfizer

Speaker: Janelle Mendiola, Patient Navigator - Hemophilia, Patient Engagement, Pfizer

d. Flight Log Memories: Spotting Familiar Faces

Great Lakes 2

Climb aboard for a trip down memory lane! Take a closer look through HFM's archives to spot familiar faces and relive special moments from past events. Your keen eye will help us complete our flight log and preserve these memories to keep our flight manifest complete and our community history soaring.

This session will be offered twice; today and Sunday.

Facilitator: Shari Luckey, MA, Education and Program Services Director, Hemophilia Foundation of Michigan

e. Discover a New Investigational Approach to VWD

Great Lakes 3

If you or someone in your family has any type of VWD, please join us for an engaging session as Star's very own Kristen Jaworski shares how VGA039 works, our clinical trials in VWD, and early patient results. Kristen will also discuss our VIVID Clinical Trials and how to explore eligibility and participate. Bring your competitive spirit as you learn through interactive trivia!

This session is sponsored by Star Therapeutics

Speaker: Kristen Jaworski, FNP, MSN, PhD, Star Therapeutics

f. Zumba

Fitness Center Studio

A dance fitness program that combines Latin and international music with choreographed aerobic, interval-style movements to create a total-body workout. Designed to feel more like fun than a gym session, it burns 300–900 kcal per hour while improving cardiovascular endurance, flexibility, and coordination.

Limited to 20 participants. Space available to those who arrive first.

Instructor: Denise Sonier, RN, Zumba instructor, YMCA of Greater Kalamazoo

3:30–4:00PM IN-FLIGHT SNACK SERVICE

Departure Hall (Lower Level)

Grab a snack and refuel while heading to your next breakout session.

4:00–4:50PM BREAKOUT SESSIONS

Departure Hall (Lower Level)

a. Navigating Children's Special Health Care Services (CSHCS) & Family Center Benefits for Bleeding Disorders Fields

Attendees will receive an overview of the Children's Special Health Care Services (CSHCS) program and the Family Center for Children and Youth with Special Health Care Needs, the parent-directed component of CSHCS. Participants will learn about available benefits and services, with a specific focus on coverage for children and adults with hemophilia and related bleeding disorders. The session will also address coordinated care, transportation assistance, and family support. Attendees will gain a clearer understanding of eligibility, coverage, and practical strategies to help families maximize available benefits.

Speakers: Danielle Pitchford, Outreach and Engagement Analyst, Children's Special Healthcare Services, Michigan Department of Health & Human Services

Kristin Reese, Outreach and Engagement Analyst, Children's Special Healthcare Services, Michigan Department of Health & Human Services

b. Bleeding Disorders and Sleep

Oaks

Sleep plays an important role in overall health, yet it can be especially complex for individuals living with bleeding disorders. This session will explore how sleep patterns and sleep quality may influence bleeding and overall well-being. Topics will include the potential effects of sleep deprivation and disruption on microbleeding, how factor infusions may be synchronized with the body's circadian rhythm, and the impact of chronic pain from recurrent joint bleeds on sleep quality and duration. We will also discuss how common sleep disorders, such as sleep apnea, may affect bleeding and coagulation. Join us for an informative discussion on the connections between sleep, pain, and bleeding disorders, and what they may mean for daily management and long-term health.

Speaker: Chandra Gera, MD, FCCP, Diplomat ABSM, Board Certified Pulmonary and Sleep Physician, Medical Director, Sparrow Eaton Sleep Center, Associate Clinical Professor, College of Human Medicine, Michigan State University

c. Gene Therapy - Hemophilia B

Great Lakes 1

Bleed free since 2019. A lifelong advocate and patient living with hemophilia B, diagnosed at just 18 months old. Growing up in rural Tennessee, Chip faced decades of limited treatment options, relying on early plasma infusions and self-education to manage his condition. A pharmacist by profession, he combined his medical knowledge with personal experience to pursue better care, including participation in clinical trials. In 2019, Chip received gene therapy through the Phase 3 HOPE-B clinical trial and has been bleed-free ever since. Today, Chip shares his journey to inspire others and advocate for the power of innovation in rare disease treatment.

This session is sponsored by CSL Behring

Speakers: Richard Lemons, MD, PhD, Medical Director and Division Chief, Professor of Pediatrics, Division of Pediatric Hematology/Oncology, University of Utah
Chip, Patient Advocate

d. Building Brain Healthy Habits

Great Lakes 2

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

Speaker: Nicole Hourani, Program Manager, Southwest Michigan Alzheimer's Association

e. Paging the In-Flight Doctor: Rare Factor Deficiencies & Platelet Disorders Q & A

Great Lakes 3

If you've ever wished you could press the call button and speak directly with a specialist, this is your moment. In this interactive session, our "in-flight doctor" will respond to your questions about rare factor deficiencies and platelet disorders. From diagnosis and treatment options to managing symptoms and navigating unexpected turbulence, no question is off limits. Join us for an open, supportive conversation designed to help you feel more confident and prepared for the journey ahead.

Speaker: Meera Chitlur, MD, Director, Hemophilia Treatment Center, Children's Hospital of Michigan

f. Cleared for Calm: A Restorative Yoga Experience

Fitness Center Studio

Yoga offers unique benefits for individuals with bleeding disorders, including improved joint health, reduced pain, and enhanced physical function, while the gentle nature of restorative practices minimizes the risk of injury or bleeding episodes. This holistic approach supports both physical and psychological well-being, helping participants manage the challenges of chronic health conditions. Join us for a gentle, accessible class suitable for all ages and abilities, using props and staying on or near the floor as needed. Through a series of poses and movements focused on breath and body awareness, we'll cultivate an empowering atmosphere of relaxation, calm, and connection within our bleeding disorders community.

Limited to 20 participants. Space available to those who arrive first.

Speaker: Saydi Davis, LLMSW, Regional Program Manager, Hemophilia Foundation of Michigan

5:00PM CHILDCARE, YOUTH AND TEEN PICKUP
Great Lakes 4 & 5

5:15–6:00PM ON THE RADAR: HFM ANNUAL MEMBERS MEETING & RECEPTION
Meadows

All HFM dues-paying members are invited to join us for our Annual Members Meeting. During this important gathering, we'll review HFM's "flight log" from the past year, highlighting programs, advocacy efforts, and community impact. The meeting will also include voting on board members as we chart the course ahead together.

Light refreshments will be provided.

Interested in learning more about HFM membership? Stop by the community tables on Saturday to explore the benefits, or sign up at: www.hfmich.org/membership

6:15–7:30PM CRUISING ALTITUDE: DINNER
Arcadia Ballroom

7:30–9:00PM EVENING ACTIVITIES
Departure Hallway (Lower Level)
Snacks provided

a. Flight Deck Fun: Game Room
Fields

Taxi over to the Flight Deck Game Room for an evening of fun and friendly competition! Challenge your fellow travelers to classic board games, card games, and interactive activities. Whether you're strategizing for victory or just enjoying time with friends, there's something for everyone. Come play, laugh, and let the good times take off!

b. Take Flight: Paper Airplane Challenge
Oaks

Get ready to launch your creativity! Join us for a hands-on activity where you'll design, fold, and fly your own paper airplanes. Test your skills in a friendly competition to see whose plane soars the farthest or performs the coolest tricks. Everyone is welcome—fun, laughter, and friendly rivalry guaranteed!

c. Runway Rhythms: Karaoke Night
Meadows

Step up to the mic and let your voice take flight! Join us for a fun, relaxed evening of karaoke where you can sing your favorite songs, cheer on fellow performers, and enjoy great music and laughter with the community. Whether you're ready to soar solo or duet with friends, everyone is welcome on this runway.

d. Lift Off with Adventure: Movie Night – Up
Great Lakes 4 & 5

Join us for a family-friendly screening of *Up*, where an adventurous elder and a spirited young explorer soar in a flying house lifted by balloons. Wear your jammies, bring a pillow, and settle on the floor in front of the parents' seating for a cozy movie experience. Enjoy this heartwarming adventure, celebrating friendship, courage, and the joy of exploration.

e. First-Class Advocacy: Postcard Station
Arcadia Foyer (Lobby Level)

Stop by the HFM/Camp table to fill out a postcard to send to Lansing and make your voice heard! If you have already completed one during the First-Class Advocacy session, feel free to fill out another—or if you haven't yet, be sure to add your voice to the conversation.

SUNDAY, APRIL 19

8:00AM-1:00PM EXHIBITOR SPACE OPEN

Departure Hall (Lower Level)

Coffee and light snacks available until 9:00AM

Arcadia Foyer (Lobby Level)

9:00-10:00AM BREAKFAST

Arcadia Ballroom

9:20-9:40AM HFM SCHOLARSHIPS & AWARDS

Arcadia Ballroom

Two students from the bleeding disorders community will receive scholarship awards to support their continuing education.

Presenter: Kaite Scott, LLMSW, Program Social Worker, Hemophilia Foundation of Michigan

9:40-10:00AM FLY & FLEX: IN-FLIGHT MOVEMENT MINIS

Arcadia Ballroom

Long hours sitting, whether on a plane, at your desk, or during travel, can leave your body feeling stiff and sluggish. Learn simple movements and stretches you can do while seated to keep your body moving and comfortable. These easy techniques support circulation, reduce stiffness, and help you feel better during long periods of sitting, no matter where your journey takes you.

Speaker: Sherry Herman-Hilker, PT, MS, Physical Therapist, Hemophilia and Coagulation Disorders, University of Michigan

10:10AM-12:00PM GUTMONKEY LEADING EDGE TEEN PROGRAM

Meadows

A hands-on, interactive experience built just for teens. This year, you'll explore shared decision-making by focusing on three powerful skills: KNOWLEDGE (know what you want), CURIOSITY (ask the right questions), and ADVOCACY (speak up for your needs and goals).

Through games, movement, group activities, and real conversations, you'll practice tools that help you feel more confident navigating decisions, especially in healthcare settings

like provider appointments, and in everyday life. You'll build your own decision-making approach that you can actually use long after the program ends.

And don't worry, this isn't all serious talk! Expect laughs, energy, surprises, and plenty of chances to connect with other teens. We'll bring the fun and you just show up as you are.

This session is part of the Leading Edge program and is sponsored by Pfizer.

Facilitators: Bloom Davis, Program Operations Manager, GutMonkey
Stina Marie Pineyro, Lead Facilitator, GutMonkey

10:10-11:00AM BREAKOUT SESSIONS Departure Hall (Lower Level)

a. Co-Piloting Through Chronic Care: Partnering with Your Child Fields

You don't have to fly solo. This session focuses on strengthening the parent-child partnership, fostering independence, and building trust as children grow and take on more responsibility for their care.

Speakers: Kirsten Bonifacio, PhD, Licensed Pediatric Psychologist, Clinical Assistant Professor, Bronson Children's Hospital

Megan Campbell, MA, Bronson Hemophilia Treatment Center

Jason Wong, LMSW, Bronson Hemophilia Treatment Center

b. Songwriting for Resilience: A Music Therapy Workshop Oaks

What is music therapy—and how can songwriting support emotional wellness? This all-ages workshop introduces the foundations of music therapy before guiding participants through a collaborative lyric rewrite activity. Through music and shared creativity, attendees will have the opportunity to express their stories in a supportive and welcoming environment.

Speaker: Katie Rushlow, Music Therapist, Helen DeVos Children's Hospital

c. Community Voices: Learn from a Healthcare Practitioner and a Peer about a Different Subcutaneous Treatment for Hemophilia A or B Great Lakes 1

Join Allan and a Healthcare Practitioner for an engaging session along with a peer from the hemophilia community who will share their experience with a subcutaneous prophylactic treatment for people with Hemophilia A or B with and without inhibitors. You will learn how this treatment works, its benefits and safety, and how to get the right dose.

This session is sponsored by Sanofi

Speaker: Allan Kucab, RN, Community Relations and Education Manager (CoRe), Sanofi – Rare Blood Disorders

d. Genetics & Inheritance of von Willebrand Disease (VWD) Great Lakes 2

Von Willebrand is a condition which can be inherited in very different patterns depending on which subtype is found in the family. Come learn more about what the risk is to family members and how to predict who needs to be tested, and when.

Speaker: Samantha Cassisi, MS, LCGC, Michigan State University Center for Bleeding and Clotting Disorders

e. Flying Solo No More: Women & Girls Taking Control of their Bleeding Symptoms, & the Importance of a Dedicated Comprehensive Clinic Great Lakes 3

For too long, women and girls with bleeding disorders have flown under the radar. Whether it's navigating heavy menstrual bleeding, or managing other bleeding symptoms, it's time to take the controls. This panel features hematology and gynecology providers, as well as a patient story, discussing how to advocate for a diagnosis and manage bleeding symptoms. It includes discussion of how establishing an air traffic control tower, in the form of a Women and Girls Multidisciplinary clinic, ensures patients will never be grounded by their symptoms.

Speakers: Allison Close, MD, MS, Pediatric Hematology Oncology, Coagulations Disorders Program, Helen DeVos Children's Hospital

Jessica Foley, MD, Pediatric Hematology-Oncology, Co-Director, Coagulations Disorders Program, Helen DeVos Children's Hospital

Madeline Ross, MD, Pediatric Gynecology, Helen DeVos Children's Hospital

**11:10AM–12:00PM BREAKOUT SESSIONS
Arcadia Ballroom (Lobby Level) and
Departure Hall (Lower Level)**

**a. Learn to Fly: HFM Eagle Journeys
Camping Programs
Arcadia Ballroom**

Are you curious about HFM's camping programs? Have you wondered if they would be a good fit for you or members of your family? Join the camp crew as they tell you what it's all about! Come sing songs, play games, and hear all that camp has to offer!

Speakers: Angellica "Gelli" Kelley, BSN, RN, Associate Camp Director, Program Services Manager, Hemophilia Foundation of Michigan

Travis Miller, MEd, Associate Camp Director, Program Services Manager, Hemophilia Foundation of Michigan

Victor Vasquez, RN, Camp Health Officer & Regional Nurse Coordinator, Hemophilia Foundation of Michigan

Tim Wicks, Camp and Youth Services Director, Hemophilia Foundation of Michigan

**b. Pre-Landing Check: Your VWD
Questions Answered
Fields**

As we prepare for landing, this interactive Q&A session gives individuals and families living with VWD the opportunity to ask lingering questions and clarify key takeaways from the weekend.

Speaker: Katherine Scott, MD, Pediatric Hematology-Oncology, Bronson Hemophilia Treatment Center

c. Crosswinds & Clear Skies: Navigating Stroke Risk & Blood Thinners in Bleeding Disorders
Oaks

As individuals with bleeding disorders live longer and encounter age-related health conditions, the flight plan can become more complex. How do physicians safely navigate the crosswinds of stroke risk and atrial fibrillation concerns while managing an underlying bleeding disorder? Join us for a thoughtful discussion designed to help patients and families better understand the decision-making process and feel more confident when facing these important health decisions.

Speaker: Suman Sood, MD, MSCE, Director, University of Michigan Adult Hemophilia and Coagulation Disorders Program, Associate Program Director, University of Michigan Hematology-Oncology Fellowship Program

d. Expect the Unexpected
Great Lakes 1

This program offers guidance on preparing for personal emergencies at home or while traveling, strategies for handling accidents effectively, approaches to community emergency preparedness, and creating a tailored personal emergency plan to manage your bleeding disorder.

This session is sponsored by Takeda

Speaker: Tiffani Pokrajac, BSN, RN, Community Education Specialist, Takeda

e. Flight Log Memories: Spotting Familiar Faces
Great Lakes 2

Climb aboard for a trip down memory lane! Take a closer look through HFM's archives to spot familiar faces and relive special moments from past events. Your keen eye will help us complete our flight log and preserve these memories to keep our flight manifest complete and our community history soaring.

This session is repeated from Saturday.

Facilitator: Shari Luckey, MA, Education and Program Services Director, Hemophilia Foundation of Michigan

f. Using Your Voice to Shape the Future of Research
Great Lakes 3

Research is the engine that drives better treatments, stronger advocacy, and a healthier future for everyone affected by bleeding disorders, but it cannot move forward without the community. This session will spotlight the vital role that individuals play in shaping the research landscape, far beyond traditional clinical trials. Attendees will learn how their lived experiences, insights, and stories can provide the foundation for scientific discovery and improved care. Through engaging discussion and real-world examples, we will explore a wide range of research opportunities accessible to all—such as patient registries, survey participation, observational studies, advisory panels, and community-driven research partnerships. Attendees will gain a clearer understanding of how these contributions fuel innovation, influence policy, and guide the development of new therapies and support programs.

Speaker: Matthew Hartnett, MPH, Senior Community Network Research Manager, National Bleeding Disorders Foundation

12:00–1:00PM LUNCH BUFFET, EVALUATION, RAFFLE WINNERS ANNOUNCED, AND PRIZES
Arcadia Ballroom

SAVE THE DATE!

APRIL 16, 2027

VWD SYMPOSIUM
DETROIT MARRIOTT TROY

APRIL 17-18, 2027

SPRINGFEST
DETROIT MARRIOTT TROY



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