



Happy Holidays from the Arizona Hemophilia Association



On behalf of the Board of Directors of the Arizona Hemophilia Association, I want to wish you all a happy and safe holiday season. Thanks to all of you who contributed time, money and ideas to our events and to our fundraising activities. It is our goal to improve in all of our activities and events next year, to improve awareness of bleeding disorders and their issues, and to reach out to those community members who are not aware of the services we provide, or, perhaps, do not know that we exist. You can be an invaluable asset in helping us to achieve these goals. In the past year that I have served as President of the Board I have had the chance to speak to many of you. I learned a great deal from those conversations and I look forward to meeting more members of our community.

Happiest of Holidays

Steve Helm
President, Board of Directors
Arizona Hemophilia Association

<http://www.hemophiliaaz.org>



Let's Celebrate the Holidays

Date: Saturday, December 12, 2009

Time: 10am - 2pm

Where: Phoenix Zoo, Stone House Pavilion - 455 North Galvin Parkway in Papago Park, Phoenix

We will have entertainment by the Spotlight Youth Theatre, as well as a visit from Santa.

There is still time to RSVP. The response date has been extended. Call Yleana Hughes or Melinda

Cadena and let them know how many adults and children are attending. We must have a final count of families and children by December 1, 2009.



AzHTC Holiday Party - Tucson

AzHTC Holiday Party

Date: 12/13/09

Time: 4pm to 7pm

Where: Micha's Restaurant

2908 S. 4th Avenue

Contact person: Laurel Pennick

Sponsored by: AZ Hemophilia Association

RSVP by 12/04/09

To: Laurel Pennick, 520-626-7494

Email: lpennick@azcc.arizona.edu



Thank You to our 2009 Corporate Sponsors

The Arizona Hemophilia Association appreciates the sponsorship of many of our local and national businesses. Your monetary and in-kind donations enable us to

successfully host fundraisers, such as My Nana's Best Tasting Salsa Challenge, the Arizona Desert Classic Golf Tournament and our Annual Hemophilia Walk. Thank you to the following companies:

Macayo's
Target
My Nana's Best Tasting Tortilla Chips
Shamrock Farms
Pepsi
US Airways
Cazadores
Casino Arizona
Crescent Crown Distributing
City of Tempe
Clear Channel Radio
AZ RepublicKTVK Channel 3
Harkins Theatres
Phoenix Children's Hospital
Cricket
Volvo
Sarto Pools
Prado & Sons Pool Plastering

Special Thanks to our Volunteers

Arizona Hemophilia Association Appreciates You!
You have made a difference in the lives of those affected by a bleeding disorder, thank you!

As a not-for-profit organization, we rely on volunteer support to achieve our mission. Thank you for putting your unique talents to good use and volunteering. You all have helped us in so many ways to accomplish our goals and mission. As we go into this Holiday season, know that you and your families will be in our hearts as we think of our many blessings. Thank you for sharing your time and talents with us.

We would like to thank those volunteer that worked on our events and coordinated our volunteers:

Josh Traulsen – My Nana's Best Tasting Salsa Challenge

Rachel Stuart – Arizona Desert Classic

Ashley Gilliam – The Arizona Hemophilia Walk

Haunted by Christmas Past? By Rebecca Brueggeman

Are you getting ready for Christmas spending? Does that include budgeting MONEY for presents? The average price tag for Americans' 2008 holiday gift giving, according to the October 2009 Gallup Poll, was \$801 per adult. Unfortunately, the lion's share of all holiday spending is put on credit cards—that are painfully paid off over the next year—just in time to start all over again! How about doing it differently this year? Here are a few simple steps to follow so that your Christmas fun doesn't turn into a Christmas headache:

- Plan your shopping ahead of time. Think like Santa: Make your list, check it twice and stick to it. This will save you money and time -- both of which are valuable commodities during the holidays.
- Use CASH to pay for all gifts. Somehow it seems more "real" when we feel the hard, cold cash slipping through our fingers rather than swiping the plastic.
- As you are buying your gifts, keep a list of where every penny goes and match it against the original budget. As soon as you hit your mark for each person on your list, you are done!
- Most importantly, if you don't have the money set aside for Christmas gifts, you don't need to spend anything for the special people in your life to let them know how important they are to you. If you don't have it, don't spend it. Give innovative gifts of time, homemade goodies, a written note—whatever you can actually afford.

If you have been caught in the "Christmas Trap" in years past, here are a few tips to reduce holiday debt (any debt, actually) as soon as possible:

- Commit to managing your money every week, not just once in a while.
- Cut back on day-to-day spending.
- Find a lower-interest credit card.
- Find ways to bring in extra income, whether it's a part-time job or a garage sale to get rid of items that are other ugly reminders of Christmases Past.
- Stop using your credit cards! Pay them off as quickly as you can, one at a time, then destroy all but one. Get rid of the temptation.

Rebecca Brueggeman (Becki) is the Finance Manger for the Arizona Hemophilia Association. She conducts finance management workshops for our community members. If you would like to schedule a workshop, call Becki at 602-955-3947 or e-mail her at accounting@hemophiliaz.org.



The Arizona Hemophilia Association is asking YOU to be a part of history! We would like to create a fun AHA educational activity book but need your help!

Please tell us what it is like living with a bleeding disorder. You can be as creative as you like. You can send in a drawing, write a story, create a poem, tell a joke, create a hemophilia superhero, create a crossword puzzle using bleeding disorder words, or write a song..... The options are endless!

Please mail, fax or email your creation to Attention: Melinda Cadena. We will be giving away a gift card to the first three people who turn something in. Anyone in the family can participate; this includes mom, dad, or siblings.

Have fun being creative!

In Remembrance of Peter Kelly

Reflecting on the events of 2009, we had to say good-bye to an optimistic social worker. Our beloved Peter G. Kelly died June 19, 2009, of stage IV melanoma at the young age of 52 years.

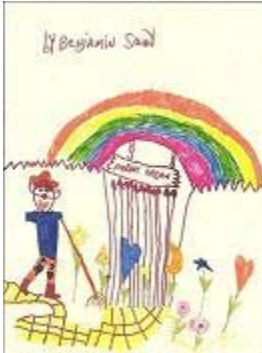
Peter was a social worker for many years, sometimes paid, and sometimes he volunteered his services. His knowledge and love for many communities meant that our community members called upon his expertise in numerous incidents. Peter advocated and educated the bleeding disorder community with the same passion and compassion that he lived his life.

Peter worked at Phoenix Children's for the past ten years. He took a leave of absence from the treatment center in order to deal with his illness.

We will miss his magic tricks, but more than anything we will miss his guidance, kindness and acceptance of all.

Andy Blackledge of Accredo Hemophilia Health Services states, "Peter was a friendly and caring person. He was quiet at times, but only because he was listening. He was very perceptive at picking up on people's moods. He gave of himself to our community. His smile, quick wit, jokes, and magic tricks will be greatly missed."

You Can Still Purchase Saar Cards



Benjamin Saar (1979-1987) created the artwork for these beautiful cards. Eight different cards with envelopes display the talent of the artist who gave inspiration to the nationally acclaimed play *The Yellow Boat*. The cards are blank inside allowing the writer to express any sentiment for the occasion. Benjamin contracted the HIV virus that causes AIDS from his hemophilia treatment products. The cost of the note cards is \$5.00. You may call the Hemophilia Association at 602-955-3947 to place your order.

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