

Cascade Hemophilia Consortium

Note From Cascade Executive Director



Happy New Year!

As the new year begins, it's nice to look back and see what we've all accomplished by working together. Cascade has a wonderful team, and I consider each one of you part of that team. It has been a pleasure knowing and working with each and every one of our families, HTC partners, and chapter staff. By ordering through Cascade, you are helping us support our community in so many ways. Please take a look at the snapshot of community activities and events supported by our 340B program. When we work together, wonderful things happen. Thank you again for your support.

Stephanie Raymond
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Preparing for Emergencies...

The news is full of reports about disasters from the damage caused by this past Atlantic hurricane season, the horrible fires hitting California and, of course, White Walkers and Wights heading into Westeros in April. But we shouldn't have to watch the news to remind ourselves that it's never the wrong time to think about emergency preparedness; particularly as we are in the midst of winter storms. Let's take a look at some nationally recognized recommendations for the bleeding disorder community. The tips covered in this newsletter are worth considering before an emergency takes place.



Michael Altese - Pharmacy Director

Happy New Year!

Have You Changed Insurance Plans for the New Year?

Tell Cascade Right Away!

Please call Debbie or Colleen at 734-996-3300.

Letting us know could save you a longer wait to get your factor/medications in the end!

Cascade... A Trusted Partner in Your Circle of Care

517 West William Street
Ann Arbor, MI 48103
Hours: M-F 9:00 am - 5:00 pm
Available for after hours emergencies
Phone: 734-996-3300
800-996-2575
Fax: 734-996-5566
www.CascadeHC.org
info@CascadeHC.org



Cascade's Limited English Proficiency Language Assistance Services are available free of charge. Call: 1-800-996-2575

Cascade Mission Statement
To enhance the system of care for people with bleeding disorders and related complications, by assuring the lowest possible price for the full range of treatments, HIV and hepatitis related therapies and other medications available to treat their diseases; to provide access to these medications for those without insurance or inadequate insurance coverage; to support the comprehensive hemophilia treatment centers in treating and educating consumers and their families so they may become knowledgeable and proactive in managing their own care; to fund research.

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Stephanie Raymond
Executive Director, Cascade

Developing a Family Emergency Plan

Answer These Questions as Specifically as Possible

Logistics

What are the possible emergencies you/your family might face in the Midwest? Power outages? Snow storms? Tornadoes? Or fires?

How will you evacuate/escape from your home if you need to? If you don't own a car, who will assist?

Where will you meet your family members if you are all not home at the time of evacuation? Everyone should agree on a location. Be as detailed as possible.

What route and/or alternate route will you take out of town if it becomes necessary?

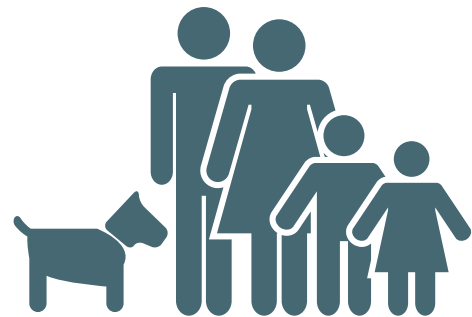
Does your community have a warning signal system? Do you know what it sounds like?

What resources or emergency services exist in your area that can help in emergencies?

Know where your local Red Cross is located by calling 1-800-733-2767, visiting redcross.org, or downloading the free Red Cross Emergency app on your phone today.

Have you contacted local organizations to let them know your family has special needs in the event of an emergency? Be sure to give your HTC and specialty pharmacy your emergency contact numbers so they can reach you if needed.

Do you have a place for your pets if you need to evacuate? Can you bring them with you? Be sure to have food and pet crates ready if necessary.



Have you practiced your plan with your children? Consider college age kids as well.

Do you know the emergency plans of the school or your office?

Have you discussed your emergency plan, and where you can access factor and other medications with your HTC and/or homecare company?



Stay Safe!

Listen to Local Authorities in Cases of Emergency!

Do You Have Mobility Issues?

Keep your emergency supply kit in a backpack attached to your wheelchair or scooter.

Keep your adaptive equipment and items that help you get around, close to you.

Pack items you would need for a service animal if you have one.

Pack extra batteries to keep mobility devices working.

Identify the easiest route to get out of your home.

If you can't use your wheelchair or stairs, be able to tell people how to lift and carry you safely.



Contacts, Documentation, & Supplies

Who is your Out-of-State emergency contact person? Does everyone in your family and at the HTC know that person's phone number and who to call if they need to get in touch with you?

What will you need to "shelter in place"? Do you have enough of those items? Fresh water? Shelf stable food?

What supplies will you take with you? Including your bleeding disorder "to-go" bag consider:

- Emergency cash in small bills: ones, fives and tens.
- Copies of important identification information including social security cards, birth certificates, driver's licenses and your complete insurance policy in the event of possible home destruction.
- Medical information for all family members.

Do You Have a "to-go" Bag Prepared?



Does everyone know where it is in the house?

Is someone assigned to take it on the way out?

Who is the back-up person to check on the to-go bag?

Do you have a system for rotating the supplies in your go-bag so they do not expire?

What Should Your Bleeding Disorder "to-go" Bag Contain?

Take your entire clotting factor supply and/or medications, including infusion supplies, with you.

- Include icepacks as needed for factor
- Do not let factor freeze as it may be less effective

Take all other non-bleeding disorder medications.

Place the following items in a waterproof baggie/container:

- Copy of a travel letter provided by your HTC
- Copy of your insurance card
- Contact information for: Your HTC, local chapter, specialty pharmacy, and manufacturer assist program

For more information about emergency preparedness, please go to the NHF website at: www.hemophilia.org