



The Quarterly Newsletter of the BDFF Fall 2025 Volume 50 Issue 75



In this Issue

Page 1, 3 & 4 Incredible Day At Superhero Walk

Page 2
Executive Director Column

Page 5
Mark Your Calendar
Register for the 2026 Latin Conference

Page 6 Amazing Fundraising Events Coming!

Page 7 Community Foundation of Sarasota Award

Page 8 Save The Date for Our Theater Event

Page 9 & 10 Calvin Dawson Scholarship Award Winners

Page 11 Annual Family Retreat Weekend

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WHAT AN INCREDIBLE DAY AT THE 18TH ANNUAL SUPERHERO FUN WALK!



September 20, 2025, was nothing short of amazing at Vinoy Park in St. Petersburg! We welcomed more than 180 participants and raised over \$47,000 to support the mission of the Bleeding Disorders Foundation of Florida. These funds help us continue improving the quality of life for individuals and families affected by bleeding disorders throughout Florida.

It was a sunny, joy-filled day packed with food, fun, and friendship.

Guests enjoyed an exciting raffle featuring prizes like Apple AirPods Pro 3, Florida Aquarium tickets, gift cards, LEGO sets, and more!

A heartfelt thank you goes out to our incredible co-chairs Kathy Desgrosiellier and Patsie Gibson for leading the charge in making this year's walk such a success and our BDFF founders and honorary co-chairs, Brian and Rhonda McDonald for joining us at this special event.

We're also deeply grateful to Parker Bowes for sharing her amazing voice singing the Star-Spangled Banner and the Quevedo family for sharing their inspiring story during our Mission Moment.



BDDF Connections

Published quarterly by
The Bleeding Disorders Foundation
of Florida

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Mission

The mission of the Bleeding Disorders Foundation of Florida is dedicated to improving the quality of life for people with related bleeding disorders and their families through education, information and referral services, advocacy and research.

Disclaimer

The material provided in BDDF Connections is for your general information only. BDDF does not give medical advice or engage in the practice of medicine. The BDDF does not recommend particular treatments for specific individuals and recommends that you consult your physician or treatment center before pursuing any course of treatment.

Executive Director's Column

Dear Friends

Fall is here, and we're off to a spooktacular start!

First up — don't miss our **19th Annual Orlando Creepy Crawl & 5K Run** happening on **Saturday, October 25, 2025!**

Get ready for a scary fun-filled, family-friendly fundraising event with costumes, candy, and community spirit. Whether you're running, walking, volunteering, or cheering from the sidelines, we'd love to see you there!

Register today: [Creepy Crawl Registration Here](#)

Now let's talk superheroes ...

Our **Superhero Walk** was an absolute blast — and thanks to YOU, we raised over **\$47,000** to support critical programs and services for Florida's bleeding disorders community! A huge shout-out to our **team captains, walkers, volunteers, sponsors, and donors** who helped bring this event to life. Your energy and generosity are what make our mission possible. Thank you!

This summer, we proudly awarded **8 scholarships** to incredible students in our community. We're so excited for them as they begin their next chapter — we wish them every success and are honored to be part of their journey.

We also just wrapped up our **29th Annual Family Retreat Weekend**, held October 10–12, 2025, and it was one for the books! Families came together for a weekend of connection, learning, and fun — and we loved every minute of it.

Coming up next, we're getting ready for **District Day on November 4, 2025**. This is our chance to **introduce ourselves to local legislators**, share our stories, and raise awareness about bleeding disorders. It's a powerful step forward in advocacy — and we hope you'll take part!

And there's still *so much more* to come! We've got a fantastic lineup of **fall and winter programs**, from educational sessions to community events.

Check out our full calendar of events here. Here's to a fantastic fall and a strong finish to 2025 — so far, so good!

Warmly,
Fran

Executive Director

BDFC WHAT AN INCREDIBLE DAY AT THE 18TH ANNUAL SUPERHERO FUN WALK! CONNECTION

cont'd

Participants were treated to visits from some of Tampa Bay's favorite mascots, including Thunderbug, Raymond, and Rocky D. Bull, Chick-Fil-A Cow along with members of the 501st Legion Star Wars Unit, the St. Petersburg Fire Department, and many other community partners.

Special Thanks to Our AMAZING VOLUNTEERS! Corporate Sponsors and in kind Sponsors

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Novo Nordisk
Sanofi
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Takeda
USF Health

Our Incredible Committee: The Heart Behind the Heroics

Alex Monica
Andrew Farren
Barbara Castano Arrebola
Christina Martinez
Dawn Solomon
David Lau
Lisette Sanchez
Lourdes Arvelo
Jennifer Hastie
Francesca Ferretti



Award Winners:

Superhero Fundraiser: Noah's Tribe
Team Spirit: Wyatt's Warriors
Super Recruiter: Fur Ever Friends Veterinary Clinic



In Kind Sponsors:

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Mendy and Nathan Hood
Mickeys Café and Organics
501st Legion Storm Troopers
Song of Solomon- Ellie Bottey Solomon Family
St. Petersburg Fire Department University of South Florida Rocky D Bowl W-3 Insurance



Thank you to everyone who joined us, volunteered, or donated — your support keeps our mission strong. We can't wait to see you next year September 26, 2026 at Vinoy Park for the 19th Annual Superhero Walk for even more fun, friendship, and fundraising!

CLICK HERE Check out all the amazing photos from the Superhero Walk on our Facebook Page!

MARK YOUR CALENDAR



Creepy Crawl (Orlando)
District Advocacy Day
Holiday Event (Tampa)

October 25, 2025 – Harbor Park at Baldwin Park
November 4, 2025

Trailblazer Bike Ride (Clermont)

December 5, 2025 – Zoo Tampa at Lowry Park
1101 W Sligh Ave Tampa, FL 33604
December 13, 2025- Waterfront Park 300 3rd Street,
Clermont

Holiday Event (Jacksonville)

December 14, 2025- Hyatt Regency Jacksonville
Riverfront 225 East Coastline Drive,
Jacksonville, FL 32202, USA

Holiday Event (Gainesville)

December 18, 2025 – Swamp Restaurant 1104
SW 2nd Ave Gainesville, Florida

4th Annual Latin Conference

January 24-25, 2026 - Renaissance Orlando
Resort – Disney Springs® Area

Register Today for the 2026 Latin Conference!

The 2026 Latin Conference is happening **January 24–25**, and we couldn't be more excited! Last year was such an incredible experience, and this year promises to be even better at our **new location** — the beautiful **Renaissance Orlando Resort & Spa, Disney Springs Area** (1905 Hotel Plaza Blvd, Lake Buena Vista, FL 32830).

Get ready for inspiring **breakout sessions**, **lively dancing**, and a **fun-filled weekend** surrounded by our amazing community. Don't miss out — spots fill up fast!

[Click here to register today!](#)

Whether you love dressing up in a spooky costume or showing off your best ugly sweater, the BDFF has two amazing fundraising events coming up that you won't want to miss!

The Orlando Creepy Crawl Fun Walk and 5K run is your chance to show off your Halloween spirit and impress everyone with your Creepy costumes. There will be a lot of fun activities, such as Games, Face Painting, Arts and Crafts, Halloween Refreshments, and participating in our costume contest! Meet some of your favorite characters, such as 501st Star Wars Jedis, heroes from the Guardians of Justice, and the Orange County Ghostbusters. Make sure you sign up to have a scary good time!

Orlando Creepy Crawl 5K Run & Fun Walk

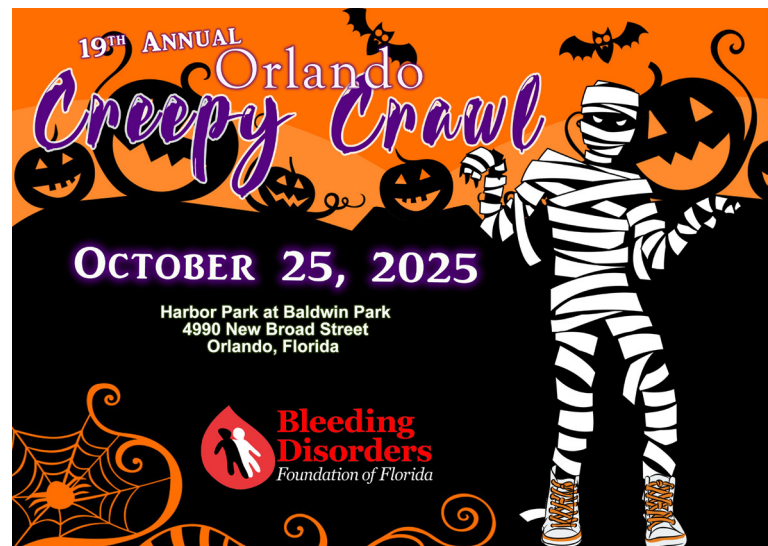
Date: Saturday, October 25, 2025

Registration / packet pick-up: 4:00 pm

5K Run / Fun Walk start: 5:00 pm

Location: Harbor Park, 4990 New Broad Street, Orlando, FL

[REGISTER HERE](#)



The Trailblazer Holiday Stroll, Bike Ride, and Festival is a great and festive way to celebrate your favorite holiday! Whether you take a leisurely walk along the Clermont water or you want to ride your bike down the Clermont Bike/Walk Path, you can do it all. Stroll by and see the popular Christmas trees right along the path or carve your own path by decorating your bike or coming in your best ugly sweater. Celebrate how you want when you register and sign up for the Trailblazer Holiday Stroll, Bike Ride, and Festival!

Trailblazer Holiday Stroll, Bike Ride and Festival

Date: Saturday, December 13, 2025

Registration: 9:30 am

Event begins (Stroll and Bike Ride): 10:30 am

**Location: Clermont Bike/Walking Trail
Waterfront Park, 300 3rd Street, Clermont**

[REGISTER HERE](#)





Bleeding Disorders Foundation of Florida Awarded \$59,000 Grant from the Community Foundation of Sarasota County to Support Programs for People with von Willebrand Disease

The Bleeding Disorders Foundation of Florida (BDFF) is thrilled to announce that it has received a grant from the **Community Foundation of Sarasota County** to support programs and resources for individuals living with von Willebrand Disease in Sarasota and Surrounding Counties.

Funding for this project is provided in part by the **Evelyn Hanig Osterwell Fund for People with von Willebrand Disease** of the Community Foundation of Sarasota County.

The support from the Community Foundation strengthens BDFF's ongoing efforts to provide education, advocacy, and assistance to the bleeding disorders community.

About the Community Foundation of Sarasota County

The Community Foundation of Sarasota County is a public charity founded in 1979 by the Southwest Florida Estate Planning Council as a resource for caring individuals and the causes they support, enabling them to make a charitable impact on the community. With assets of \$544 million in more than 1,590 charitable funds, the Community Foundation awarded grants and scholarships totaling \$56 million last year in the areas of education, the arts, health and human services, civic engagement, animal welfare, and the environment. Since its founding, the Community Foundation has been able to grant nearly \$500 million to area nonprofit organizations in our community thanks to the generosity of charitable individuals, families, and businesses.

For more information, visit www.CFSarasota.org or call (941) 955-3000

HIGH SCHOOL STUDENTS
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CONTACT US AT 800-293-6527 or
info@bleedingdisorders.org



DONATE

Annual Theater Event Saturday, February 7, 2026

Get ready for an enchanting evening at the **Dr. Phillips Center for the Performing Arts** featuring the **award-winning Broadway production of *Harry Potter and the Cursed Child***!

Tickets: \$200 each — includes:

- Premium **Orchestra Seats** for the full magical experience
- A **Reception** with delicious food, drinks, and great company
- A **Silent Auction & Raffle** with exciting prizes
-

Mark your calendars for a night of theater, fun, and fundraising — all in support of the Bleeding Disorders Foundation of Florida!

Venue:

Dr. Phillips Center for the Performing Arts
445 South Magnolia Avenue
Orlando, FL 32801

More details coming soon — don't miss this spellbinding evening!

To purchase tickets [Click Here](#)

Or For More Information contact info@bleedingdisordersfl.org or 800-293-6527



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We are proud to celebrate the 2025 recipients of the **Calvin Dawson Memorial Scholarships**, awarded to Florida residents with bleeding disorders who are pursuing post-secondary education.

Abigail Alicia

A sophomore at the **University of Central Florida**, Abigail is majoring in **Finance** and aspires to a career in business administration and wealth management. She plans to continue her education with a master's degree or additional certifications to further her goals. In her free time, Abigail enjoys playing sports, cooking, baking, and creating arts and crafts.



Ashiyah Meade

A freshman at **Florida State University** majoring in **Computer Science**, Ashiyah has long known she wants to build a creative, technology-driven career. As a technological artist, she hopes to create experiences that empower others. When she's not studying, Ashiyah enjoys digital design, video games, and spending time with close friends.

Coleman Safi

A freshman at the **University of North Florida**, Coleman is majoring in **Nursing** with the goal of becoming a hematology nurse. His personal experience with bleeding disorders inspired his career path. Outside the classroom, Coleman enjoys working out, swimming, working, and socializing with friends.

Lily Froberg

A freshman at **Florida Atlantic University** majoring in **Health Science**, Lily balances her studies with work, art, tennis, and spending time with friends.



Michel Celis Galindo

A freshman at the University of South Florida, Michel is majoring in Business Management and hopes to one day become a franchise owner. In his spare time, he enjoys playing the drums and soccer with friends.



cont'd on pg 10



Tyler Nazario

A junior at **Full Sail University** majoring in **Game Art**, Tyler dreams of creating a new Godzilla video game. He enjoys producing original artwork and singing with the Brevard Community Choir.



William Solomon

A junior at the **University of Central Florida** majoring in **Clinical Psychology**, William plans to become a therapist. He enjoys spending time with family and friends, building LEGO sets, exploring nature, and playing video games.



John Waters

Currently in the Graduate Program at **Florida State University**, John is studying **Applied American Politics and Policy**. He enjoys discussing politics, bowling, and playing soccer. John plans to pursue a career in public service and hopes to one day represent the state of Florida in Congress.

Alexis Keller

A graduate student at the **University of Alabama at Birmingham**, Alexis is studying to become a **Pediatric Nurse Practitioner**. She currently works as a Pediatric Hematology/Oncology Nurse and is also a proud new mom. Alexis is the first-ever recipient of the Founders Scholarship.

Applications for the 2026 Calvin Dawson Memorial Scholarships are due April 30, 2026.

The Founders Scholarship is open year-round.

To apply, visit bleedingdisordersfl.org/scholarships

To support future scholars, donate to the Scholarship Fund at the same link.

The Bleeding Disorders Foundation of Florida hosted its 29th Annual Camp Spirit Family Retreat Weekend, welcoming families from across the state for a memorable weekend of friendship, recreation, and support. The retreat provided valuable opportunities for families affected by bleeding disorders to connect with one another, share experiences, and enjoy quality time together in a positive, welcoming environment.

