

May 2026**Hemostasis & Thrombosis Center Staff**

Laura McKay, MD **Director**
Amanda Zuse, APRN **Assistant Director**
Susan Marino, **Program Manager**
Donna Boruchov, MD, **Medical Director, Sickle Cell Program**
Michael Isakoff, MD **Clinical Director, Center for Cancer and Blood Disorders**
Rachel Rudewicz, **PT, DPT Board Certified Clinical Specialist in Pediatric Physical Therapy**
Stephanie DePaolo **PT, DPT**

Jennifer Grande, APRN
Emily Vistica Sampino, MD
Melanie Duclos, LCSW **Social Worker**
Cara Burns, **BSN, RN, CPN**
Danielle Trusch, **BSN, RN,**
Peyton Fletcher, **Clinical Research Assistant**
Dayna Kennedy, MPH, CCRC **Clinical Research Associate**
Jessenia Urquijo Lopez, **Administrative Assistant III**

Save the date:

Hemostasis Family Event
Hartford Yard Goats Baseball Game
When: July 12th @ noon
Lunch provided
Limited Seating Available
Call Jessie 860-545-9623 to RSVP

**Resources:****Connecticut Natural Gas (CNG)****Help With Bill - CNG**

<https://www.cngcorp.com/account/waystopay/help-with-bill>

Eversource**Payment Plans & Assistance | Eversource**

<https://www.eversource.com/residential/account-billing/payment-assistance>

School and Daycare Forms

Please contact our office 860-545-9623 for the following:
Monday-Friday 8:30 am -4:30 pm

- Appointment Scheduling
- Request dental or surgical plans
- Complete school or camp forms
- Travel letter request
- Medication refills

***Please allow two weeks for completion of dental and surgical plans, school and camp forms, travel letters and medication refills**

***For urgent concerns please call our general Hematology – Oncology number: 860-545-9630**

***For emergencies, please dial 911**

**Community Events:**

Check out some events that are coming up this season:

- NEHA Educational Dinner: Treatment Option for Hemophilia A or B, May 27th, DiMillo's On the Water, 25 Long Wharf Portland, ME 04101
- Educational Dinner and Virtual Reality Games, June 5th, Bellini's Restaurant, 2 Broadway, North Haven, CT 06473
- Boston's Best Bloody Mary, June 7th, Baramor, 45 Union Street, Newton Centre, MA 02459
- NEHA Almuerzo Educativo: Opciones de tratamiento para la Hemofilia A, June 13th, Boqueria, 46 S. Main St., West Hartford, CT 06107
- NEHA Family Camp, June 24-27th, Geneva Point Conference Center, 108 Geneva Point Rd., Moultonborough, NH, 03254
- NEHA Fall Fest, November 7th- 8th, Mystic, CT

To find more information about these events check out the NEHA and NBDF websites

Patient and Family Spotlight**----- Meet Michael Eck -----**

In this candid interview, a grandfather who has spent nearly six decades navigating life with Hemophilia reflects on his journey. He shares his story with openness and honesty – the challenges, the lessons learned, and how he hopes to inspire his grandson to live life to the fullest!

Tell us about yourself?

In 1967, at the age of 2, I was playing superhero and flew into the corner of a coffee table, ending up in the ICU at Yale Hospital. By the numbers:

250 or so emergency room visits.

80 or so hospital admissions.

9 broken bones.

2 compartment syndromes.

1 year of fighting Hepatitis C

Additionally, I'm a stage 4 cancer survivor.

I'm a writer, speaker and life and recovery coach today. It's important to say this first; I may have faced challenges like all hemophiliacs, shattered with pain and heartbreak, but I have lived a full, beautiful life and I wouldn't trade it for the world. As a hemophiliac, I was supposed to live a sedentary life, but instead I played competitive baseball, skied and did my best to live a very active life. Being a hemophiliac with my big brother David, my only sibling, created a bond that I can't put into words. He passed away last year and it's as if part of me is gone too, but I know he's encouraging me to tell my story and be an inspiration.



The Hemostasis and Thrombosis Center Newsletter

The most important aspect of my life is having three amazing daughters, Jordan, Kyrsten and Taylor and four beautiful grandkids, Lily, Josie, Weston and Rory.

How do you balance the limitations imposed by hemophilia with your desire to live a full and active life?

This has evolved over the years and it hasn't always been easy for me.

I just turned 60 in October and I've been infusing at home for only a year or so. Infusing weekly has allowed me to feel more confident to do all the things I love; skiing, riding my Harley, and most importantly feeling healthy and strong enough to play with my grandchildren. But here's the thing; I'm doing the opposite of what most would suggest. While my joints ache from all the bleeds and trauma, I'm leaning into more movement, more weight bearing exercises and more activity. Yes, I'm a tiny bit more careful, but not much. I'll play full-out for the rest of my life.

How does hemophilia affect your emotional and mental well-being?

I've had two hundred and fifty or so emergency room visits and eighty or more hospital admissions, and what I've learned in the past couple of years is that I definitely experienced trauma, which I masked in unhealthy ways for many years. Overall, hemophilia has taught me a ton of grit- to get up every time I'm knocked down. It's important to share about being a hemophiliac, otherwise it's easy to suppress our emotions and eventually they may manifest in a negative way. I realize today that there's a difference between pain and suffering. Pain is a reality I face every day, but suffering from it is a choice and I choose acceptance.

What were some of the biggest obstacles you faced in your younger years due to hemophilia, and how did you overcome them?

My brother and I were the kids parents didn't want at their house and teachers didn't want in their classroom. Living in a small town in the 1960's, 70's and 80's, we were like aliens. I was an active kid, participating in as many sports and activities as possible. I loved football, and my parents always warned me that I would not be able to play for the school. I ignored them but when I entered high school and was told that in fact, I was a liability and couldn't participate, it crushed me. I overcame it the best I could and became the youngest paid reporter for the Middletown Press in Middletown, Connecticut, writing about the games. I'd write them up on an old typewriter and my dad would drop it off at 5am Monday morning in time to be printed for the afternoon paper. I even received a varsity letter in football for all I did with the team; I filmed the games and kept stats.

What are the most important things you've learned about living with hemophilia that you wish you knew when you were younger?

Until I was 57 years old, my brother was the only person I had ever met with hemophilia until my grandson Weston was born. When my daughter Taylor told me he had hemophilia, I got very emotional, feeling guilty, worried that Weston might have to endure all I had to. She calmed me down by saying, "Dad, medical advances make it so much better today, and anyway, if he's a warrior like you, then it's all good". Taylor has already benefited by being involved with NEHA, and that's the one thing I wish I had the experience of; the sense of community. I suggest all parents with children with bleeding disorders get involved in the community.

Did you know:

[Hemophilia Treatment Centers \(HTCs\)](#) are specialized, multidisciplinary clinics in the US that provide comprehensive, team-based care for people with bleeding disorders. With approximately 141 federally funded locations, they improve patient outcomes by reducing hospitalizations by 40% and providing holistic care, including hematologists, nurses, social workers, and physical therapists. -CDC-

My Chart Sign up:

My Chart is a secure online tool that allows patients to manage their health information. Some of the benefits are: Access to medical record, appointment management, communication with providers, information updates, prescription management, preventive care, payment processing, sharing medical records and much more.

-Contact the office at 860-545-9623 and request a link or an access code to activate your My Chart account.

Happy Summer 2025 from your HTC Family!

