

# INALEX EXCHANGE

A MONTHLY NEWSLETTER DEDICATED TO FAMILIES LIVING WITH A BLEEDING DISORDER

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## Caronna's Corner

Joe Caronna—President, Inalex Communications



**Now that we are officially into 2008**, how are your New Year's Resolutions going? Are you off to a strong start or

have you given up already?

Hopefully, you are committed to achieving your goals and are off to a running start. But if you are like most people, your resolutions will soon be forgotten. For example, I am still struggling to make it to the gym every day as I promised I would. I'm also having quite a difficult time finding that once a week "just us" time with my wife.

There are many reasons that resolutions fail so quickly. So I decided to review my notes from my friend, mentor, and Inalex Speaker Rob Berkley, who presents the Inalex "Goal Setting for Success" workshop. As I read, I realized that there is good news, and that is: *by becoming aware of the reasons we fail, we can change our actions and help achieve our goals.*

I thought that this would be a great time to share the most common sources of failure and how we can overcome each one.

**1-Too large of a goal.** It's great to shoot for the stars by setting a large goal, but it is important that the large goal be broken down into smaller, more manageable and measurable goals. These goals should also be realistic. If your

goal is to run a marathon this year, you should already have some running experience to build upon. If you don't currently run, this goal is too large and not very realistic. To increase your current mileage, you would need a specific training program that gradually increases the distance and time you run each week. Without these smaller steps, you won't be able to achieve the larger goal.

**2-No plan.** Having a plan is critical to success but is one of the reasons that many people fail to achieve their goals. The first step is to write down your goal and define it carefully. Then, write down in detail how you will achieve it. Be very specific and include details such as how and when. This plan is your roadmap to success. The more specific and measurable the plan, the better. Having a written plan will keep you on track and moving forward.

**3-Lack of discipline/accountability.** Many people lack the discipline and accountability to reach their goals on their own. This can be easily overcome by recruiting an accountability partner such as a friend or family member. Find someone that has a similar goal and help keep other accountable and motivated. Enlist whatever help and resources you think you'll need before you need them.

**4-Procrastination.** This is one

of the leading reasons that resolutions fail. Have you ever said that you promise to start a diet next week, then next week comes and you don't start the diet? There's no time like the present to get started!

**5-Too many goals.** Having too many goals can sabotage your success and become overwhelming. The best way to overcome having too many goals, is to narrow down your list to one or two goals, and focus on only a couple of things at a time. As soon as you achieve those goals, you can move down your list.

As we reset our goals for 2008, keep in mind some of the reasons that resolutions often fail, and consider the potential roadblocks to achieving our goals. Facing these roadblocks up front will prepare us to overcome them. And last, remain flexible and willing to adjust your plan if necessary. Sometimes, especially in our community, we may need to take a detour along the way so it is very helpful to be flexible.

Don't get discouraged, stay committed, and keep going!

Please call Inalex to have the "**Goal Setting for Success**" workshop presented at your location. This workshop is effective for ages 16 and up who want to embrace their life and reach new milestones.

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## HEMO HINTS

WHEN HANDLING  
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Dispose all needles  
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***“We all realize that, as Fathers, we need to be apart of our son’s healing process.”***

**The 2008 Inalex Workshops are Filling up Rapidly!**

***So if you’re interested in applying for a no-cost workshop in your area, please call***

***Joe Caronna at***

***201 493-1399 or visit www.inalex.com***

***For more Information***



## **Inalex Facility: The Hidden Treasure of Father’s and Son’s**



**John Rizzo M.Ed**

Throughout the years, the traditional father and son relationship has had its limitations. Until recently, fathers were even spared being present during the delivery of their child. They were kept in the hospital waiting room, ready with cigars, while the mothers of our babies went through the labor of child birth.

Today’s father’s though, have been liberated enough to now want to share in the whole experience. The experience, however, does not end at the birth of our child, nor do father’s want to take a back seat in raising their children.

In the traditional roles, men went to work, and most women were able to stay home to raise the children. Some women though, worked and raised their children without much physical or emotional support from their husband. Well, times have changed, especially for those in the bleeding disorder community.

In most cases, when a boy with a bleeding disorder is diagnosed, the father is immediately involved. Both he and his wife equally share in the emotional pain that comes with having a child with a chronic disorder.

As fathers in this situation, we acknowledge that we need to be apart of our son’s healing process – just as our son will be apart of our healing process.

Due to these obstacles in our life, we may feel at times, emo-

tionally lost, or disconnected to our loved ones. Kind of like someone had pulled the rug out from under us. But somehow, somehow, we find our ground. Perhaps it is because of the support of our partners, or our extended family. Or perhaps it was just out of the desire to comfort and care for our child.

Despite the obstacles we may face caring for a child with a chronic disorder, the byproduct of this, is that we have a wonderful opportunity to develop a strong and life-long bond with our son. An opportunity that some fathers may never have.

As our child grows, we must continue to nurture the father and son bond. But how do we do this? How do we move the father-son relationship from the protective "guardian" phase of infancy, to allowing our son to separate and mature. All, while still guiding the boy into manhood? Or are we reading too much into the fathers influence on his son.

As we ask ourselves these important questions, we may think back to our relationship with our own father to understand the power of a fathers influence on his son.

The majority of my professional career has been counseling youth who have dropped out of school in the Paterson, New Jersey school district. Many of the teens I work with come from a single parent home.

I am familiar with this situation because I lost my own dad

when I was twelve. As my students have, I too developed anger issues because even when he was alive, I felt that he was absent from my life.

My Dad only had a third grade education, but somehow managed to support our growing family. He, in many ways, filled my life with joy. He had charisma and in his own way, loved me very much. I did not appreciate this at the time. Perhaps I compared myself to other boys whose father played catch with them or took them to ball-games. It took me some time to realize the value, or the hidden treasure in my relationship with my dad.

When I was about 9 or 10 years old, I would sit with my dad after work each evening, and he would tell me about his life, his values and his insights.

Through his words, my dad shared his world with me. He did not share football, not cub scouts, not baseball, only his words. Looking back on this as an adult, I discovered that his words were the proof of his love, and his love was present, I just overlooked it.

I believe the words my father gave me, have made me a much better man. A much better father, and husband. This gift of manhood is what my father gave to me, and the man I became, is the gift I gave my father.

I now look forward to sharing this precious gift with my son. A gift that only a father can give. A gift of love.

## Spotlight on Men in Our Community - Peter Marcano

*This month, the Spotlight is on Actor Peter Marcano of New Jersey.*

Peter Marcano was born on December 29, 1981, at Beth Israel Hospital, in Newark, New Jersey. The early 1980's proved to be an extremely difficult time for the hemophilia community, and it was no different for Peter.

When Peter was 8 months old, his mother brought him to the doctor because of bruising around his waist. Having no history of a bleeding disorder in the family, hemophilia was not even considered. After the numerous questions of abuse were answered by Peter's mother, the doctors ordered blood work, and quickly discovered that Peter had severe Factor VIII deficiency.

Growing up, Peter would endure the pain of a bleed rather than wake his parents in the middle of the night. Peter remembers softly crying to himself in his bed to avoid a 4:00 a.m. trip to the treatment center.

Peter firmly believes that not bringing every one of his injury's to his parents attention, may have allowed him to "miss being infected" by HIV and Hepatitis C. He believes that the "guardian angels" were working overtime for him. "In fact", says Peter, "Friends from my treatment center who were younger than I, have passed, and I feel that I've been extremely fortunate".

That is the reason why Peter gives so much of this time to the community. "Today, when

newly diagnosed families see me and hear my story, they are inspired that they too can get through the early years of a bleeding disorder". In fact, Peter also inspired his mother to become a LRN or Licensed Registered Nurse.

As the years passed and Peter grew, he became more weight and health conscious. Peter is a firm believer that a strong body cuts down on bleeds. These days, Peter is on prophylaxis when he feels he needs it, especially during strength training.

"Prophylaxis was not a popular method of treatment in those days. For three straight months, I went through intense basketball training with six days of practice, and 3 games a week. Peter kept very active in those days stretching and exercising. "But I'm certainly paying for it now!" says Peter. "My target joints are my elbows", says Peter.

One of Peter's most special memories is when Peter helped coach a basketball event at Newark Beth Israel Treatment Center. "I noticed that the young boys from the treatment center were hesitant to join the game. I don't think they really knew how to play and had a lot of questions".

As Peter began discussing the fundamentals of the game, he decided to also tell the boys about the importance of prophylaxis, and the freedom that it can give you. "I also told them how living with a bleeding disorder is so much different today from when I was a child. Their ears were glued to

what I was saying", says Peter, "It really was a wonderful experience".

Today, those little boys are growing fast, and are busy being normal. "I do see them each year during the annual Christmas party at the treatment center", says Peter. "They are always happy to let me know which sports they're currently playing, or if they've picked up a new sport". "They don't have to be afraid or skeptical about what they can do" says Peter, "that's one of the joys of having prophylaxis, we can really have a very normal life!"

There was never a time when Peter had great concern about having hemophilia. He has always felt very comfortable with his disorder. "I really wouldn't change anything", says Peter. As he thinks harder, he says "Well I may just change one thing; I would like to change the perception of hemophilia outside the hemophilia community."

Growing up, people would ask Peter if he had thin blood or because he bruised easily, if he had sensitive skin. "That sounded ridiculous, so I decided to help get the word out and really make a difference".

While in college studying theater, Peter took an introduction course in Criminal Justice. He also decided to take an office job, so he could help his mom with the bills.

Upon discussing his plans to get a job with his professor, Peter was surprised when he was offered an exciting job opportunity in a Federal government program called STEP – Student

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***“When newly diagnosed families see me and hear my story, they are inspired that they too can get through the early years of a bleeding disorder”***

***Inalex Exchange has been made possible by a generous grant from***

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*Is Now Seeking  
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*Call 201 493 1399 or  
Email: Admin@inalex.com  
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## Spotlight on Men in Our Community - Peter Marcano

Temporary Employment Program. In this role, Peter worked for the US Attorney's office, District of New Jersey, side by side with Judges and attorneys.

Upon graduation, Peter landed a job with the Hudson County Prosecutor's office. While working there, Peter decided to go to law school. After a semester at John Jay Law School, he decided law just was not for him.

Peter realized that he was not passionate about law, and had decided long ago that whatever he did for a living, he needs to be passionate about it. Peter decided to work on his true passion. He wanted to be an actor.

Peter signed up to attend acting classes and got some work on

on “The Guiding Light”, as well as other soap opera's, while still working at the Prosecutor's office.

After 4 years at the Hudson County Prosecutor's office, Peter decided that he wanted to do more in his day to day job. He wanted to feel the same passion he feels when he's acting. He decided to work in the hemophilia community – his community.

After talking to some friends in the home care business, Peter interviewed, and got the job at Critical Care Systems.

Today, Peter is very happy and content with his life as a customer service representative in New York and Northern New Jersey for Critical Care Systems.

He's meeting people, building relationships throughout the country, finding inspiration and inspiring others.

But most of all, he's making a difference in a community he feels so passionate about!

*If you know someone who  
would be interested in being  
featured in the Inalex Exchange's*

**“Spotlight on Men in  
Our Community”**

*Please call 201 493 1399 or  
send an email to  
admin@inalex.com*

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