



March 2021 Edition

In this newsletter, I highlight Bleeding Disorders Awareness Month. Although there is no cure for bleeding disorders, treatments exist that can significantly help. Many people go years before receiving a diagnosis because some of the symptoms are similar to other diseases and disorders. March also happens to be National Celery Month so go ahead and use one of the most underrated vegetables – ants on a log anyone?

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of Safe in Austin?



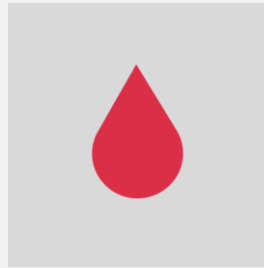
Safe in Austin is a family-run nonprofit outside of Austin, TX. Their mission is to rescue animals from severe abuse or neglect, rehabilitate and rehome the ones that are able, and offer a safe and loving forever home for the rest. In particular, Safe in Austin offers a safe haven for children who have been abused or neglected, have mental health issues, or disabilities to interact with the animals.

Some of **Safe in Austin**'s initiatives:

- Public Day Events, such as “Come Hang With Our Peeps”
- Rescue of animals who are neglected or abused
- Animal adoption services

Click [here](#) for more information.

March is Bleeding Disorders Awareness Month!



Did You Know?

- The most common bleeding disorders are hemophilia and von Willebrand Disease.
- According to the National Hemophilia Foundation, about 30,000 live with hemophilia in the United States and 1 in every 100 people in the United States have von Willebrand Disease.
- Symptoms of hemophilia are nose bleeds, bleeding into joints, excessive bleeding after cuts or injuries, and bruising.
- Symptoms of von Willebrand Disease are frequent, long nose bleeds, heavy periods, bruising, and bleeding from the gums.



For more information about Bleeding Disorders, check out this website for resources and useful information:

<https://www.hemophilia.org/bleeding-disorders-a-z/overview/fast-facts>

Awesome Product Alert!

So here's a great way to spend the afternoon. Check out the **Outree Kids Hammock Chair**. This sensory swing can be used indoors or outdoors. It provides a safe place for children to snuggle up and swing. It's made from 100% cotton and is easy to install. I have one of these hanging outside in my courtyard. Great for any child, the chair provides hours of play and/or relaxation. Let me know if you try it!

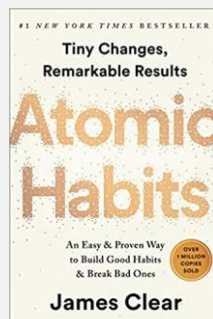
You can find it [here](#)



Book of the Month

Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones by James Clear is amazing! James Clear is one of the world's leading experts on habit formation. He presents evidence-based strategies for improving our lives. The strategies are easy to understand and implement. I have used his techniques in multiple aspects of my life. This is a great read!

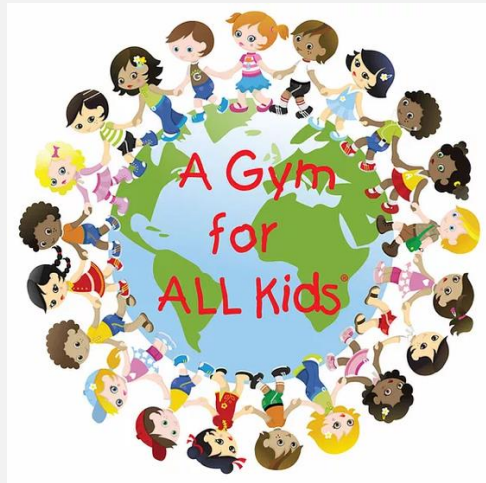
James Clear's Book:



Get it [here](#)

Inspiring Stuff!

Meet Lemiya Shaat. When 19 year old Lemiya heard her gymnastics studio would be closing, she used her own money to buy the gymnasium. She has taken gymnastics her entire life and had connected to other gymnasts and her mentor coach. In honor of her sister who has autism, Lemiya is offering a beginner class for children with special needs. Lemiya expressed her desire for all children to have a place to relax and have fun in the community. Simeti's Gymnastics Academy opened on January 2, 2021 in Pennsylvania.



Check out an article about Lemiya opening her gym against all odds:

<https://www.nbcphiladelphia.com/local/19-year-old-opens-gym-to-help-kids-with-special-needs/2684679/>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,
Jenni Basch