



# LIFE CONNECTION

A PUBLICATION ABOUT BLOOD DONATION AND THE GOVERNORS' CHALLENGE BLOOD DRIVES

FEBRUARY 2006

## The Sum of the Parts

*One blood donation saves three lives*

**A**fter a donation, blood is sent to a laboratory where it goes through several processes to ensure a safe blood supply and to help the greatest number of people.

Blood is tested for infectious diseases such as syphilis, hepatitis B and C, HIV and HTLV (a virus that causes a rare form of leukemia). Donations are also tested for West Nile virus.

Next, blood is tested for its ABO type and Rh factor. Blood types are determined by certain molecules on the surface of red blood cells.

Whole blood is separated into component parts: plasma, platelets and red cells. These different parts can be transfused together or separately, depending on the specific needs of the patient.

### PLASMA

is watery fluid that transports cells through the body and makes up the majority of the blood's volume.

**Who needs it?** Burn victims, trauma patients, organ recipients, newborns and patients with bleeding disorders.

### PLATELETS

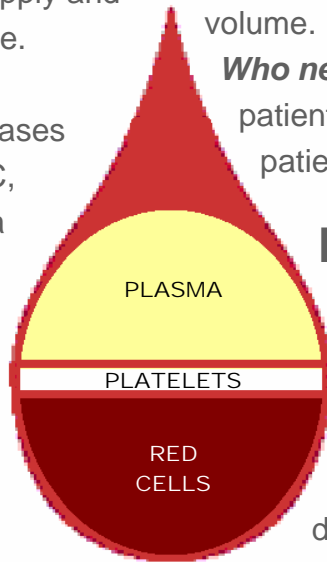
are proteins essential for blood clotting.

**Who needs it?** Patients going through cancer therapy, open-heart surgery, treatment for blood disorders and organ transplants.

### RED CELLS

have hemoglobin which enables oxygen to reach all of the body.

**Who needs it?** Anemic patients, those having a transplant, and serious surgeries or trauma that causes blood loss.



LIFENUMBERS

**17%** of people who do not donate cite "never thought about it" as the main reason for not giving blood.

**15%** of people say they are too busy to donate blood.

**#1** reason donors say they give blood is because they "want to help others."

### LOCAL BLOOD CENTER CONTACTS

Fort Worth, Mid-Cities and all other areas not listed Brenda Horn at Carter BloodCare (817) 412-5378, bhorn@carterbloodcare.org  
Abilene Area Clubs Frances Baker at Meek Blood Center(325) 670-2799, fbaker@hendrickhealth.org  
Brownwood, Coleman Area Julie Mikeska at United Blood Services, San Angelo (800)-756-0024, jmikeska@bloodsystems.org  
Texoma Area Clubs Deedee Morehead at Texoma Regional Blood Center in Sherman (903) 893-4314, DMorehead@texoma.net  
North Texas and Wichita Falls Area Clubs  
Suzanne Thornton at the Oklahoma Blood Institute(940) 322-8696, sthornton@obi.org  
Jennifer Risinger at the Red Cross Blood Center in Wichita Falls(940) 322-8686 ext. 29,RisingerJ@usa.redcross.org

## ASK A DOCTOR



**QUESTION:** I have diabetes and was deferred from donating once before. Will I ever be eligible to donate?

**ANSWER:** Yes, but only if your diabetes is controlled by human or porcine insulin, oral medication or diet, and if there is no other diabetes-related kidney disease.

**1 billion**

red blood cells are present in two to three drops of blood.

## Drive Coordinator's Corner

*Tips for hosting a successful blood drive:*

**Enlist Support** As a drive coordinator you will want to build a committee with people that will support the main objective of donor recruitment. You also need to consider volunteers needed to publicize the event and help on the day of the drive.

**Set Date(s)** Start preparing two or three months before your blood drive. Plan out a timeline and make sure to consider all of the elements of promoting and hosting a successful event.

**Set Goals** Work with your local blood center to set a realistic, attainable goal for the total number of units to be collected. Setting a goal or challenge often inspires greater participation.

**Build Excitement** Arrange a kick-off meeting with the committee complete with brochures and recruitment packets.

**Spread the Word** Start active promotions two to four weeks before drive day. Recruit blood donors personally and make sure to schedule appointments. This will keep you on target to reach your goal.

**Say Thanks!** Remember to recognize those who donated or tried to donate. Don't forget the people who recruited the donors, publicized the drive, provided refreshments or assisted the day of the drive.

## From Lady Vamp Kay King...

It is February and time for Valentine's Day. Thank you, Rotarians, for having a big heart by giving blood and finding blood donors for those who need our love and need our blood. This year started out with blood shortages everywhere. We are just beginning to get our momentum going once again. For example, Stephenville reported 142 units for January! We're proud of Weatherford, Dublin, Burleson, and Nocona as well. Come on everyone, our blood drive year ends March 31. Although our Rotary district just east of us have had some dry spells of blood supplies as well, they just keep pushing to win the coveted Golden Vampire Award. We bloody well need to win, because our district needs to be the best lifesaver--ever!

### LOCAL GOVERNORS' CHALLENGE COMMITTEE MEMBERS

Kay King - Chair for the Governors' Challenge within the clubs of District 5790 (817) 261-0068 [kayking4015@yahoo.com](mailto:kayking4015@yahoo.com)

Derek Dickens (817)-239-1838 [dadickens@ft.nwYorklife.com](mailto:dadickens@ft.nwYorklife.com)

Graham (817) 412-5630 [ggraham@carterbloodcare.org](mailto:ggraham@carterbloodcare.org)

Kenneth Lane (214) 542-2533 [lanes@sbcglobal.net](mailto:lanes@sbcglobal.net)

Steve Pickens (940) 841-0462 [steve.pickens@att.net](mailto:steve.pickens@att.net)

Dr. Garrett Tucker III 817-923-8190 [garretttucker@msn.com](mailto:garretttucker@msn.com)

Barbara Worthley (817) 929-2969 [BillandBarbaraTeam@sbcglobal.net](mailto:BillandBarbaraTeam@sbcglobal.net)

Ellen Kurtzman, Data Central (817) 738-5588; [rotaryprojects@att.net](mailto:rotaryprojects@att.net)

Chuck Kurtzman – International Chair among Rotary Clubs and Districts outside 5790. (817) 870-9884 [c.kurtzman@att.net](mailto:c.kurtzman@att.net)

Tom Downey (940) 391-1504 [downeytom@charter.net](mailto:downeytom@charter.net)

Janelle Kavanaugh (817) 468-3590 [janellekav@sbcglobal.net](mailto:janellekav@sbcglobal.net)

Rick Marshall (325) 636-4449 [marshalls@web-access.net](mailto:marshalls@web-access.net)

Frank Stewart (940) 668-8297

Lance Winter (817) 707-6238 [lwinter@star-telegram.com](mailto:lwinter@star-telegram.com)