



LIFE CONNECTION

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

VOLUME III

They Vowed to Stay Young Forever

Baby boomers and the increased need for blood

Our two most recent presidents, George W. Bush and Bill Clinton, along with Dolly Parton, Donald Trump, Sylvester Stallone and Cher all have something in common. This year their birthday cakes will all have 60 candles. And there are more baby boomers, about 78.2 million, yet to turn 60; but it's not as if they're getting old, right?

The generation that vowed to stay young forever now faces concerns of retirement and health. And as this group of hipsters starts getting new hips and other transfusion-dependent procedures, the need for blood donation becomes ever growing. An increase in the average age of the population will cause the need for blood to increase in equal proportion.

The good news is that the awareness for the need for blood meets a large group who are available to donate. The same group of boomers that needs the blood can also donate, since there is no upper age limit for donating. Most medications do not interfere with donation, and as long as a person's general health is good, they are eligible to donate blood as often as every 56 days.

In the words of one famous baby boomer, you can't always get what you want; but if baby boomers embrace the mission of blood donation, they just might find they get what they need. ◦



Mick Jagger at Super Bowl XL.

LIFE NUMBERS

7,918

celebrate a 60th birthday each day in 2006.

baby boomers will

17

years old is the youngest a person can be to donate blood. **There is no upper age limit.**

48

gallons is how much blood you could donate if you begin at age 17 and donate every 56 days until you reach 76 years old.

Why Should I Give Blood?

More than 4.5 million lives are saved by blood transfusions each year. To meet the needs country's blood supply needs, over 40,000 Americans must donate blood every single day.

Giving blood is safe, easy and it saves lives.

We are on the home stretch for our fiscal year of Rotary blood drives. March 31 is the finish line for our 10th annual Governors' Challenge Blood Drive. February was short but bountiful. Our larger clubs need to take a look the results of our smaller clubs. They are as feisty as ever--especially when it comes to saving lives. The tortoises in this race can catch up to the rabbits at the finish line if you schedule a blood drive for March. You are all the greatest !!!
Lady Vampire, Kay King

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: What medicines would prevent me from donating blood?

ANSWER: Donors must have completed the course of antibiotics one day prior to donating. You cannot give if you are taking Accutane, Propecia or Proscar. Platelet donors cannot give if currently taking aspirin.

You are okay to give if you are taking vitamins, birth control pills, medicines for allergies, blood pressure, thyroid replacement, female hormones, anxiety or high cholesterol, as well as many other medications.

Always bring a list of your current medications with you whenever you give blood.

Drive Coordinator's Corner

Tips for hosting a successful blood drive:

Build a Committee As the blood drive coordinator, you want to include members throughout your organization, church or business to help get the word out. Ask people who already give blood to help organize the drive, as they make the best recruiters.

A small committee of *dedicated* individuals will be the most important step the blood drive coordinator can take for a successful drive.

Set up a "strategy meeting" including the committee and the blood center representative. Working together to design a specific plan of action is a key to success.

4.5 million

American lives are saved each year by blood transfusions.

Share Your Stories with Other Rotarians from Around the Globe

We would love to hear your personal stories about how blood donation has affected your life. Whether the blood drive you held for a special patient was a huge success, or that you were a blood, platelet, or plasma transfusion recipient, we want to tell your story. We want to put a face to blood donation.

Your story could help inspire others to host blood drives or make a donation themselves.

Please contact us at (817) 412-5500 or newsletter@carterbloodcare.org



LOCAL GOVERNORS' CHALLENGE COMMITTEE MEMBERS

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

Derek Dickens (817)-239-1838 dadickens@ft.nwYorklife.com
Graham (817) 412-5630 ggraham@carterbloodcare.org
Kenneth Lane (214) 542-2533 lanes@sbcglobal.net
Steve Pickens (940) 841-0462 steve.pickens@att.net
Dr. Garrett Tucker III 817-923-8190 garrett.tucker@msn.com
Barbara Worthlev (817) 929-2969 BillandBarbaraTeam@sbcglobal.net

Tom Downey (940) 391-1504 downeytom@charter.net Geoffrey
Janelle Kavanaugh (817) 468-3590 janellekav@sbcglobal.net
Rick Marshall (325) 636-4449 marshalls@web-access.net
Frank Stewart (940) 668-8297
Lance Winter (817) 707-6238 lwinter@star-telegram.com



Tenth Annual Challenge April 1, 2005 thru February 28, 2006

25 or fewer	Units / members =	Ratio	Prior Year's Ratio
<input checked="" type="checkbox"/> Cisco Rotary Club	221 / 20	11.05	6.33
<input checked="" type="checkbox"/> Iowa Park Rotary Club	86 / 21	4.10	
<input checked="" type="checkbox"/> Decatur Rotary Club	93 / 26	3.58	
<input checked="" type="checkbox"/> Hamlin Rotary Club	58 / 18	3.22	4.38
<input checked="" type="checkbox"/> Eastland Rotary Club	39 / 20	1.95	
<input checked="" type="checkbox"/> Colleyville Rotary Club	23 / 22	1.05	1.94
<input checked="" type="checkbox"/> Sanger Rotary Club	10 / 17	0.59	3.13
<input checked="" type="checkbox"/> Abilene Wednesday Rotary Clu	9 / 16	0.56	0.33
<input checked="" type="checkbox"/> North Hills Rotary Club	2 / 7	0.29	
<input checked="" type="checkbox"/> Southlake Rotary Club	6 / 23	0.26	
<input checked="" type="checkbox"/> Arlington Sunset Rotary Club	2 / 11	0.18	
<input type="checkbox"/> The Colony Rotary Club	15		
<input type="checkbox"/> Fort Worth Horizon Rotary Clu	6		
<input type="checkbox"/> Lake Ray Roberts Rotary Club	16		

Sum 549 / 238 = 2.31

26 to 50	Units / members =	Ratio	Prior Year's Ratio
<input checked="" type="checkbox"/> Mansfield Sunrise Rotary Club	288 / 30	9.60	
<input checked="" type="checkbox"/> Stamford Rotary Club	125 / 26	4.81	1.00
<input checked="" type="checkbox"/> Azle Rotary Club	88 / 45	1.96	1.42
<input checked="" type="checkbox"/> Brownwood Rotary Club	50 / 32	1.56	
<input checked="" type="checkbox"/> Lewisville Morning Rotary Club	24 / 40	0.60	1.07
<input checked="" type="checkbox"/> Arlington North Rotary Club	17 / 35	0.49	1.06
<input checked="" type="checkbox"/> Arlington Sunrise Rotary Club	16 / 38	0.42	0.36
<input checked="" type="checkbox"/> Arlington South Rotary Club	8 / 26	0.31	0.48
<input checked="" type="checkbox"/> Mineral Wells Rotary Club	8 / 45	0.18	
<input checked="" type="checkbox"/> Mid-Cities Pacesetters	7 / 43	0.16	1.29
<input checked="" type="checkbox"/> Fort Worth Southwest Rotary C	4 / 32	0.13	0.93
<input checked="" type="checkbox"/> Fort Worth East Rotary Club	4 / 33	0.12	0.20
<input checked="" type="checkbox"/> Fort Worth North Rotary Club	2 / 27	0.07	0.15
<input type="checkbox"/> Arlington West Rotary Club	36		

Sum 641 / 488 = 1.31

51 and greater	Units / members =	Ratio	Prior Year's Ratio
<input checked="" type="checkbox"/> Mansfield Rotary Club	136 / 49	2.78	1.43
<input checked="" type="checkbox"/> Burkburnett Rotary Club	108 / 54	2.00	2.43
<input checked="" type="checkbox"/> Lewisville Rotary Club	43 / 62	0.69	0.23
<input checked="" type="checkbox"/> Western Fort Worth Rotary Clu	52 / 84	0.62	0.10

<input checked="" type="checkbox"/> HEB Rotary Club	26	64	0.41	1.22
<input checked="" type="checkbox"/> Wichita Falls Rotary Club	27	92	0.29	0.45
<input checked="" type="checkbox"/> Denton Rotary Club	19	96	0.20	0.26
<input checked="" type="checkbox"/> Abilene Rotary Club	15	88	0.17	0.04
<input checked="" type="checkbox"/> Keller Rotary Club	9	54	0.17	1.18
<input checked="" type="checkbox"/> Abilene Southwest Rotary Club	10	66	0.15	0.08
<input checked="" type="checkbox"/> Fort Worth Rotary Club	45	572	0.08	0.12
<input checked="" type="checkbox"/> Flower Mound Rotary Club	2	68	0.03	0.05
<input checked="" type="checkbox"/> Great Southwest Arlington Rota	1	57	0.02	0.06
<input type="checkbox"/> Graham Rotary Club		121		

Sum 493 / 1527 = 0.32

Prior Winner Category	Units / members =	Ratio	Prior Year's Ratio
<input checked="" type="checkbox"/> Wichita Falls North Rotary Clu	447 / 36	12.42	26.10
<input checked="" type="checkbox"/> Nocona Rotary Club	211 / 17	12.41	7.09
<input checked="" type="checkbox"/> Burleson Rotary Club	527 / 61	8.64	1.60
<input checked="" type="checkbox"/> Breckenridge Rotary Club	175 / 23	7.61	5.50
<input checked="" type="checkbox"/> Crowell Rotary Club	119 / 16	7.44	6.13
<input checked="" type="checkbox"/> Haskell Rotary Club	162 / 22	7.36	7.60
<input checked="" type="checkbox"/> Dublin Rotary Club	187 / 27	6.93	4.32
<input checked="" type="checkbox"/> Weatherford Rotary Club	762 / 114	6.68	3.45
<input checked="" type="checkbox"/> Coleman Rotary Club	103 / 17	6.06	3.91
<input checked="" type="checkbox"/> Stephenville Rotary Club	222 / 37	6.00	2.43
<input checked="" type="checkbox"/> Metroport Rotary Club	100 / 32	3.13	3.25
<input checked="" type="checkbox"/> Bowie Rotary Club	89 / 30	2.97	2.59
<input checked="" type="checkbox"/> Granbury Rotary Club	55 / 29	1.90	1.62
<input checked="" type="checkbox"/> Cleburne Rotary Club	166 / 107	1.55	1.15
<input checked="" type="checkbox"/> Fort Worth South Rotary Club	99 / 78	1.27	1.58
<input checked="" type="checkbox"/> Arlington Rotary Club	178 / 143	1.24	0.89
<input checked="" type="checkbox"/> Denton South Rotary Club	33 / 41	0.80	9.19
<input checked="" type="checkbox"/> Gainesville Rotary Club	40 / 79	0.51	2.76
<input checked="" type="checkbox"/> Grapevine Rotary Club	31 / 84	0.37	2.39
<input checked="" type="checkbox"/> Vernon Rotary Club	9 / 48	0.19	0.28
<input type="checkbox"/> Wichita Falls Southwest Rotary		19	2.17

Sum 3715 / 1060 = 3.50

District 5790 Totals 5,398 / 3,313 = 1.63 / 1.48
 District Total Since 1996 = 33,481