



# LIFE CONNECTION

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

VOLUME VI

## Summertime and the Blood Supply is Feeling the Heat

During the summer, community blood banks around the country deal with a change in the blood supply, as travel takes people away from school and work, where they commonly participate in blood drives.

Over 1 million people are expected to need blood this summer due in part to an increase in traffic accidents and elective surgeries. However, the amount of blood donations greatly decreases.

Throughout the school year, donations from high school and college students account for 10 to 20 percent of the overall blood supply. High schools and colleges are important as students regularly host blood drives on campus while school is in session. However, the number of these drives decline during the summer months, when schools are closed and college campuses are nearly deserted. Students become preoccupied with their summer jobs or other activities and don't tend to give as regularly.

Blood drives hosted at businesses also decline during the middle of the year. Businesses may be reluctant to sponsor blood drives during the summer when they might be short-staffed due to employee vacations.

***Make time to donate blood and platelets as part of your summer plans. Giving blood is easy, safe and takes less than one hour.***



LIFE NUMBERS

**4** steps to donate blood: medical history, quick physical, donation and snacks.

**0%** chance that you will get AIDS or any other infectious disease by donating blood.

**60%** of the U.S. population is eligible to donate blood, however **only 5% do.**

June 14 is *World Blood Donor Day*. As of today we have collected over **35,000** lifesaving units of blood in District 5790 since we started the Governors' Challenge Blood Drive in 1996 !

We now have about 58 of the 63 clubs in the District participating. Our Collaboration with District 5810 (our friends to the East) has enjoyed an average annual growth rate of 50% in life-saving units of blood in North Texas. Many, many more Rotarians around the world are involved in their own programs helping save lives in their communities.

CONGRATULATIONS, MY FELLOW ROTARIANS.

*Governor Jim*

### LOCAL BLOOD CENTER CONTACTS

**Fort Worth, Arlington, Mid-Cities and all other areas not listed** - Brenda Horn at Carter BloodCare (817) 412-5378, [bhorn@carterbloodcare.org](mailto:bhorn@carterbloodcare.org)

**Abilene Area Clubs** - Frances Baker at Meek Blood Center(325) 670-2799, [fbaker@hendrickhealth.org](mailto:fbaker@hendrickhealth.org)

**Brownwood, Coleman Area** - Julie Mikeska at United Blood Services, San Angelo (800)-756-0024, [jmikeska@bloodsystems.org](mailto:jmikeska@bloodsystems.org)

**Texoma Area Clubs** - Deedee Morehead at Texoma Regional Blood Center in Sherman (903) 893-4314, [DMorehead@texoma.net](mailto:DMorehead@texoma.net)

**North Texas and Wichita Falls Area Clubs**

Suzanne Thornton at the Oklahoma Blood Institute(940) 322-8696, [sthornton@obi.org](mailto:sthornton@obi.org)

Jennifer Risinger at the Red Cross Blood Center in Wichita Falls(940) 322-8686 ext. 29, [RisingerJ@usa.redcross.org](mailto:RisingerJ@usa.redcross.org)

## ASK A DOCTOR

**QUESTION:** What is an automated donation?

**ANSWER:** Automated blood collection, also known as apheresis (ay-fur-ee-sis), is a special kind of blood donation that allows donors to give specific blood components, such as red blood cells, platelets or plasma.

Unlike routine blood donations where blood components are separated in a laboratory, during automated donations the components are separated as your blood is drawn. Your other blood components and additional fluids will be returned to you, so your actual volume loss is less than with a routine whole blood donation.

An added benefit is that the automated donation components do not need extra laboratory processing time and can reach transfusions patients faster.

You may also prefer the smaller needle used for these donations, and because you receive fluid replacement, you may feel more refreshed after your donation.

## Blood Donation Myths

*“Donated blood can be stockpiled”*

Blood is a living tissue – and like most living tissues, it is perishable and must be handled with care. To maintain its life-saving properties, blood is stored in special nutrient solutions.

Nonetheless, each unit of blood can only be stored safely for up to 42 days and platelets last only five days.

Therefore, continuous, daily blood donors are vital to a healthy blood supply.

**10 pints**  
Amount of blood  
in the body of  
an average adult.

## Drive Coordinator’s Corner

*Tips for hosting a successful blood drive:*

**Repeat donors; Bring’em Back.** Many people who donate on a regular basis will say “yes” when asked to pledge again. One way to ensure that your donors make a return visit is to greet donors at your blood drive and ask them if they will commit to giving at the next drive.

Also, contact your local blood center representative to provide a list of donors who have given at your organization’s precious drives. You may use this list to contact your donors personally.

Many organizations form telephone committees to help “Bring’em Back.” When you contact a repeat donor, remember to encourage them to “Bring a Friend.”



## 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 Worthley (817) 929-2969 BillandBarbaraTeam@sbcglobal.net

Ellen Kurtzman - Data Central (817) 738-5588; rotaryprojects@att.net

Chuck Kurtzman - International Chair among Rotary Clubs and Districts outside 5790. (817) 870-9884 c.kurtzman@att.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



Eleventh Annual Challenge April 1, 2006 thru March 31, 2007

| 25 or fewer  | Units | members | = Ratio | Prior Year's Ratio |
|--|-------|---------|---------|--------------------|
| <input checked="" type="checkbox"/> Hamlin Rotary Club           | 41    | 18      | 2.28    | 3.22               |
| <input checked="" type="checkbox"/> Colleyville Rotary Club      | 16    | 22      | 0.73    | 1.05               |
| <input checked="" type="checkbox"/> Abilene Wednesday Rotary Clu | 1     | 16      | 0.06    | 0.56               |
| <input type="checkbox"/> Eastland Rotary Club                    |       | 20      |         | 1.95               |
| <input type="checkbox"/> Decatur Rotary Club                     |       | 26      |         | 3.58               |
| <input type="checkbox"/> North Hills Rotary Club                 |       | 7       |         | 0.29               |
| <input type="checkbox"/> Sanger Rotary Club                      |       | 17      |         | 5.06               |
| <input type="checkbox"/> Iowa Park Rotary Club                   |       | 21      |         | 4.86               |
| <input type="checkbox"/> Fort Worth Horizon Rotary Clu           |       | 6       |         |                    |
| <input type="checkbox"/> Arlington Sunset Rotary Club            |       | 11      |         | 0.18               |
| <input type="checkbox"/> Lake Ray Roberts Rotary Club            |       | 16      |         |                    |
| <input type="checkbox"/> Southlake Rotary Club                   |       | 23      |         | 0.26               |
| <input type="checkbox"/> The Colony Rotary Club                  |       | 15      |         |                    |

Sum 58 218 0.27

| 26 to 50   | Units | members | = Ratio | Prior Year's Ratio |
|--|-------|---------|---------|--------------------|
| <input checked="" type="checkbox"/> Stamford Rotary Club | 55    | 26      | 2.12    | 4.81               |
| <input checked="" type="checkbox"/> Azle Rotary Club     | 17    | 45      | 0.38    | 1.96               |
| <input type="checkbox"/> Brownwood Rotary Club           |       | 32      |         | 1.56               |
| <input type="checkbox"/> Fort Worth East Rotary Club     |       | 33      |         | 0.15               |
| <input type="checkbox"/> Fort Worth North Rotary Club    |       | 27      |         | 0.07               |
| <input type="checkbox"/> Lewisville Morning Rotary Clu   |       | 40      |         | 0.68               |
| <input type="checkbox"/> Mineral Wells Rotary Club       |       | 45      |         | 0.20               |
| <input type="checkbox"/> Fort Worth Southwest Rotary C   |       | 32      |         | 0.13               |
| <input type="checkbox"/> Arlington West Rotary Club      |       | 36      |         |                    |
| <input type="checkbox"/> Arlington Sunrise Rotary Club   |       | 38      |         | 0.47               |
| <input type="checkbox"/> Arlington South Rotary Club     |       | 26      |         | 0.31               |
| <input type="checkbox"/> Arlington North Rotary Club     |       | 35      |         | 0.57               |
| <input type="checkbox"/> Mid-Cities Pacesetters          |       | 43      |         | 0.16               |

Sum 72 458 0.16

| 51 and greater  | Units | members | = Ratio | Prior Year's Ratio |
|---|-------|---------|---------|--------------------|
| <input checked="" type="checkbox"/> Burkburnett Rotary Club       | 39    | 54      | 0.72    | 2.00               |
| <input checked="" type="checkbox"/> Abilene Rotary Club           | 2     | 88      | 0.02    | 0.18               |
| <input checked="" type="checkbox"/> Abilene Southwest Rotary Club | 1     | 66      | 0.02    | 0.15               |
| <input type="checkbox"/> Denton Rotary Club                       |       | 96      |         | 0.20               |
| <input type="checkbox"/> Flower Mound Rotary Club                 |       | 68      |         | 0.03               |
| <input type="checkbox"/> Fort Worth Rotary Club                   |       | 572     |         | 0.09               |

|  |     |      |
|--|-----|------|
| <input type="checkbox"/> Keller Rotary Club            | 54  | 2.26 |
| <input type="checkbox"/> Graham Rotary Club            | 121 |      |
| <input type="checkbox"/> Lewisville Rotary Club        | 62  | 0.69 |
| <input type="checkbox"/> HEB Rotary Club               | 64  | 0.52 |
| <input type="checkbox"/> Great Southwest Arlington Rot | 57  | 0.02 |
| <input type="checkbox"/> Wichita Falls Rotary Club     | 92  | 0.29 |
| <input type="checkbox"/> Western Fort Worth Rotary Cl  | 84  | 0.62 |

Sum 42 1478 0.03

| Prior Winner Category  | Units | members | = Ratio | Prior Year's Ratio |
|--|-------|---------|---------|--------------------|
| <input checked="" type="checkbox"/> Dublin Rotary Club       | 70    | 27      | 2.59    | 6.93               |
| <input checked="" type="checkbox"/> Cisco Rotary Club        | 49    | 20      | 2.45    | 11.05              |
| <input checked="" type="checkbox"/> Nocona Rotary Club       | 33    | 17      | 1.94    | 12.47              |
| <input checked="" type="checkbox"/> Haskell Rotary Club      | 36    | 22      | 1.64    | 7.36               |
| <input checked="" type="checkbox"/> Burleson Rotary Club     | 95    | 61      | 1.56    | 9.43               |
| <input checked="" type="checkbox"/> Breckenridge Rotary Club | 27    | 23      | 1.17    | 7.61               |
| <input checked="" type="checkbox"/> Granbury Rotary Club     | 25    | 29      | 0.86    | 1.97               |
| <input checked="" type="checkbox"/> Stephenville Rotary Club | 25    | 37      | 0.68    | 6.65               |
| <input checked="" type="checkbox"/> Weatherford Rotary Club  | 71    | 114     | 0.62    | 7.55               |
| <input checked="" type="checkbox"/> Metroport Rotary Club    | 19    | 32      | 0.59    | 3.19               |
| <input checked="" type="checkbox"/> Bowie Rotary Club        | 7     | 30      | 0.23    | 3.43               |
| <input checked="" type="checkbox"/> Gainesville Rotary Club  | 12    | 79      | 0.15    | 0.66               |
| <input checked="" type="checkbox"/> Vernon Rotary Club       | 1     | 48      | 0.02    | 0.19               |
| <input type="checkbox"/> Wichita Falls North Rotary Clu      |       | 36      |         | 12.42              |
| <input type="checkbox"/> Arlington Rotary Club               |       | 143     |         | 1.31               |
| <input type="checkbox"/> Wichita Falls Southwest Rotary      |       | 19      |         |                    |
| <input type="checkbox"/> Coleman Rotary Club                 |       | 17      |         | 6.06               |
| <input type="checkbox"/> Mansfield Rotary Club               |       | 49      |         | 4.61               |
| <input type="checkbox"/> Crowell Rotary Club                 |       | 16      |         | 8.44               |
| <input type="checkbox"/> Denton South Rotary Club            |       | 41      |         | 8.22               |
| <input type="checkbox"/> Grapevine Rotary Club               |       | 84      |         | 0.38               |
| <input type="checkbox"/> Mansfield Sunrise Rotary Club       |       | 30      |         | 9.60               |
| <input type="checkbox"/> Fort Worth South Rotary Club        |       | 78      |         | 1.47               |
| <input type="checkbox"/> Cleburne Rotary Club                |       | 107     |         | 1.55               |

Sum 470 1159 0.41

District 5790 Totals 642 3,313 0.19 1.80  
 District Total Since 1996 = 34,988