

THE DAK MINN DROP

FALL 2009

Letter from the Editor



Wow, what a summer we had here at Dak Minn Blood Bank. We were keeping busy supplying Altru Health System with blood products. Due to some high usage in the hospital, we ran into many, many pleas for donors to come in and donate. It was a challenge keeping our inventory levels up. Thanks to all those donors that took time to come in and donate during the summer months. We appreciated it! It was great seeing high school and college students come in and donate during our times of need. Our youth are just amazing and it goes to show that they are standing up and making a difference right here in our local community!

I'm excited to announce that we have had some changes here at Dak Minn Blood Bank this August. We have new hours to accommodate our donors (see below) and also a change in our age requirements to donate. (Check it out on page 5). With all these new changes, I see a great opportunity for new donors to come in and donate.

As I do in every issue of The Drop, I encourage you to make it a habit to come in and donate every 56 days and to invite a co-worker, friend or family member to come along. It's because of you, that we are here and able to provide to those in need. What a great feeling! Thank you!

If you have a story to tell, please let me know when you are in donating or email me at blooddonations@altru.org - Until next time, be safe and make a difference in someone's life, donate blood!

- Julie M. Jenson, Donor Resource Coordinator

**Give Blood
so others may
Give Thanks!**

Donate Blood
November 2-30
and receive a coupon
for a FREE
Turkey Dinner
from Perkins
on Columbia Road
(across from Altru)
(While quantities last)

**DAK MINN
BLOOD BANK**

For an appointment call:
780-LIFE (5433)
or e-mail blooddonations@altru.org
www.dakminnbloodbank.org

Fall

into some new
habits and take advantage
of our new hours...

Monday, Tuesday, Thursday: 9:30 a.m.- 6 p.m.

Every Wednesday: 7:30 a.m. - 4 p.m.

Friday: 9 a.m. - 2 p.m.

MILE STONE SMILES



Darryl McDonald from Larimore, ND has donated just over 1 gallon and started donating back when his mother-in-law was in the hospital. His brother-in-law suggested that they both go donate blood to pass the time. Since that first time donating back in 2006, Darryl and his brother-in-law find time to come in and donate every November to receive their free turkey dinner from Perkins Restaurant. They are pretty busy farming in the spring and summer months, but they always find the time in November.



Rick Hogan most recently has been donating platelets, and just hit 22 gallons. (176 pints) Rick started donating many years ago when a co-worker had cancer and he wanted to help. Rick continues to donate because he wants to give back to the community. His personal goal is 25 gallons and he is well on his way to making that a reality. Thanks Rick for your many years of donating and to all the lives that you have saved in the process.



In July, **Anita Jo Kraviec** made her 14 gallon mark. Anita Started donating platelets after her sister was diagnosed with cancer and was given a 5% chance to live. Anita was very appreciative to all the donors that were there for her sister and has been giving back ever since. When Anita received her 10 gallon plaque a few years ago, she was pleased to hand it over to her sister, who is still living today. Thanks Anita for all your donations and for sharing your story of hope and miracles!



Victoria Pribula is a faithful platelet donor. Victoria made 3 gallons in August. At her last visit she introduced someone new to donating blood, her daughter, Jessica. Thanks Victoria for your dedication to Dak Minn and for all your donations!



Kylie Olson has donated over 3 gallons here at Dak Minn and is another faithful platelet donor. When people use the excuse they are too busy to come in and donate, they should think of Kylie. She is a student that works 2 jobs and she still finds time to come in and donate. Thanks Kylie for making the time to make a difference and save lives!



A family that lives together gives together – That was Jennifer's quote as I took their picture for the newsletter. The **Erickson Family** is there when we are short on blood. One phone call gets all three to come in and donate. Mark and Jennifer are both Altru Employees and their daughter Rebecca is already on her 2nd pint of blood. Thanks to the Erickson family for the team effort in saving lives.



When the Maendel family is in Grand Forks, they always take the time to stop in and donate blood. **Sharon Maendel** has donated just over 4 gallons and has inspired her daughter Bethany Caron to donate when she turns 16. All the Maendels are very faithful donors and we would like to thank all of them for their efforts in saving the lives of others.



So when it's your birthday, people usually think about themselves and the gifts they may receive from family and friends. Well, **Heather Jackson** decided to give the gift of life to someone else on her birthday. Heather has donated 4 pints of blood and is half way to making her first gallon. Thanks Heather for giving someone else that gift of life on your special day!



In July, **Matthew Hageman**, a local firefighter came in during his vacation and made his first gallon. Matt started donating because of his brother many years ago and has continued to donate at the 9/11 blood drives supporting the Firefighters.



Michael Poellot has donated over 7 gallons here at Dak Minn Blood Bank and he started donating many years ago when his wife was a Med. Tech and used him to practice on. (ouch!) He has been donating ever since and now says he donates because of the donuts.



Earlier this year **John Richter** reached the 10 gallon mark. John started donating blood with his co-workers from EERC and has continued to donate ever since. Every 56 days a group of 4-5 guys from EERC comes in and donate over their lunch break. John said it has become a habit and since then, keeps inviting more co-workers to come in and donate with him. Thanks to all the EERC guys!



This summer **David Soeby** made his 1 gallon mark. David works for Lunseth Plumbing and receives 4 hours

paid vacation, every time he donates here at Dak Minn Blood Bank. Thanks David for your donations and thanks to Lunseth Plumbing for their continued support!



On June 30th **Marlene Johnson** made her 100th donation here at Dak Minn Blood Bank.

Marlene has been a faithful donor for many, many years. Thanks Marlene for your continuous support!



Tony Aymond, an Altru employee, is always just a phone call or email away when we are in need of a PEDS unit.

When we receive the call for a PEDS unit, we need a donor that is O-Negative. With only 7% of the population having this blood type it is important that we have those faithful donors on hand and ready to come in at a last minute notice. Thanks to Tony and all the other donors for their many "last minute" donations.



Warren Blake and his wife, Susan, have been long time donors here at Dak Minn Blood Bank. Warren has donated

just over 24 gallons and has been great as a last minute donor for pheresis. When we are in need, Warren is just a phone call away and is very passionate about coming in to donate. Thanks Warren for being there when we need you for those last minute cancellations!



This Summer **Lawrence Sobolick** made his 10 gallon mark. Lawrence started donating many years ago, and

has been one of those faithful donors. Thanks Lawrence for all the trips you have made to Dak Minn Blood Bank and for your many, many donations.



Diane Dakken, a faithful pheresis donor made her 9 gallon mark over the summer. Diane usually comes in

once a month to donate and is always there to help at the last minute.

Thanks Diane for donating platelets to patients in need here at Altru Health System!



Daniel Rolczynski has donated over 9 gallons of whole blood and has been donating faithfully every 56 days.

Daniel always makes his next appointment before leaving, so he can stay on schedule. Donors that make their next appointment before they leave, receive a reminder card a week prior to their next donation.



Jennifer Stocker woke up on the morning of her 7th year wedding anniversary and said to her husband that

she was going to donate blood for their anniversary gift. When a couple has everything, and chooses not to exchange gifts, it's pretty amazing that people like Jennifer remember Dak Minn Blood Bank and the importance of giving blood on her anniversary. Thanks Jennifer!!!



When **Nicole Kieffer** was little, her dad use to bring her with him to donate blood and show her all the

gallon certificates he earned over the years. This made Nicole very aware of the importance of donating blood. Later in life, Nicole's grandmother had to receive many, many donations due to cancer – It was at that time, Nicole knew that she would someday become a blood donor too. When Nicole entered college, she started donating blood and has been donating ever since and just made her one gallon mark this summer.



Back in 2008 **Raymond Neuhaufen** attended Altru's Annual Health fair at the Alerus Center, and

stopped by Dak-Minn's Booth to get his hemoglobin (iron) checked. When staff checked it, it turned out that Raymond had a very high level, and was 18.8 - Staff mentioned that it would be to his benefit to lower it a bit, and a way to do so would be to donate blood. Raymond took our advise and has been donating ever since and feeling better than ever. In June Raymond made his 1 gallon mark and now has made donating blood a healthy habit.

Mile Stone Smiles recognizes our donors and their many accomplishments along the way. Everyone has a story to share and this is where we can share their stories with you!

FISHING FOR DONORS



With over 70 big prizes won during our “Fishing for Donors” promotion in July, we had some very happy donors leave with lots of great prizes. We would like to thank McDonalds Restaurants for donating fillet-o-fish sandwich coupons and to Nelson’s Business Forms for donating can koozies that we gave away to every donor.

On August 3rd Dr. Marv Cooley, Clinical Laboratory Medical Director at Altru Health System, drew the lucky winner for the Grand Prize, a stay at Ballards Resort on Lake of The Woods (compliments of Clear Channel Radio). That lucky winner was Donna Bernhardt from Grand Forks.

Congratulations Donna, we hope you enjoyed your stay and thank you for donating!





Leora Klava

TECH TALK

This newsletter we will feature our Tech Leora Klava. Leora has been with Dak Minn Blood Bank for over 37 years.

What does it mean to donate platelets? Can anyone donate platelets? What are platelets?

Charlie T, Grand Forks, ND

Platelets are the cells in the blood that adhere together at a bleeding site to help stop bleeding – in other words, they clump together to “plug” a blood leak. Many Altru patients require platelet transfusions to survive cancer treatment, traumatic injuries, and open heart surgery. There is a large and continuous need for platelets here at Dak Minn Blood Bank because they can only be stored for 5 days.

Platelets can be collected from regular donations but then we need to “pool” about six together to make one transfusion of platelets. By using the apheresis machine, we can get a full transfusion dose (or even two) from just one donor. By providing the patient with platelets from one donor instead of six, there is generally a better response and less chance of antibody formation or other adverse affects.

To donate platelets, a donor has to have a good platelet count, nice veins, and a couple of hours to spare. Usually our platelet donors donate once a month. A platelet donor goes through the same screening process as a regular donor (mini physical and medical questions) then they are connected to the apheresis machine by a single needle. In the “good old days”, two needles, one in each arm was required - one to draw, the other to return the red blood cells and plasma. Currently our newer machines only require one needle to draw the blood into the machine, along with an anticoagulant (to prevent it from clotting) then separates the blood into red blood cells, plasma and platelets. The platelets are collected in a bag, and red blood cells and plasma are returned in intervals. The whole process can take anywhere from one hour up to two hours. If you are interested in this process or would like to find out your platelet count, please contact Julie Jenson at (701) 780.5326.



Scoop from the “Sup”

Deb Schue, Blood Bank Supervisor

Sweet Sixteen –

It is not just another birthday!

Effective August 1, 2009, North Dakota teens 16 years and older can now join many other community heroes and provide volunteer life saving blood donations. During the past several years, many blood donors have been unable to continue donating due individual health issues and a variety of eligibility requirements. Because the need for blood transfusions has not decreased, we continue to search for new donors to carry the torch for those who are no longer able to donate. Statistics indicate that a growing number of younger blood donors (less than 20 years old) provide 10-20% of whole blood collections nationwide. The growth of blood donations from younger donors primarily results from increased blood drives held at high schools. High school students make ideal new donors because they are generally very healthy, less likely to be turned down due to health reasons, and more likely to continue donating in the future when they start young.

If you ever attend a high school blood drive, you will soon see the students’ enthusiasm for community service and helping others. Many young people perceive becoming a blood donor as a “rite of passage” into adult responsibilities. Besides – they are excused from class, can “hang with their friends”, AND have a donut and juice too!

North Dakota and Minnesota state law now allows donors as young as “sweet sixteen” to donate. Dak Minn Blood Bank requires their parent or legal guardian to provide formal, written consent. If you have a sixteen year old who is interested in making a volunteer blood donation, you can download the necessary forms by visiting our website at www.dakminnbloodbank.org and clicking the link for Donor Qualifications - Frequently Asked Questions. You can also telephone your request to us at (701) 780-5433. We will be happy to mail, fax, or email the forms to you.

DAK MINN BLOOD DRIVES



Larimore Blood Drive another success!

The blood drive was held at the American Legion in Larimore. They usually hold two blood drives a year. On June 24th they held their most recent blood drive. Over 48 donors donated. The Larimore blood drives are organized by Marsha Williamson (pictured). Thanks Marsha for your hard work in organizing these blood drives and for taking time to donate at the drives. Mark your calendar, the next Larimore blood drive is scheduled for Thursday, January 14, from 2 - 7 p.m.

BOOTS vs. BADGES



9/11 BLOOD CHALLENGE

9/11 Blood Drive Boots vs. Badges

This year the 9/11 blood drive was held at the Grand Forks police department. We had over 75 donors come to the police department to donate. The Police department won the challenge with 47 donations - the Fire Department had 28 donations. In all, this was one of the most successful drives to date for the fire and police departments. Thanks to all those that participated and a special thanks to those that encouraged family and friends to come in and donate. A special thank you to the organizers - Darren Schimke with help from Roxanne Melberg, Fire Department and David Buzzo, Police Department!

Altru In-House Blood Drive

In June, we held a blood drive for Altru employees. We encouraged employees to come in to Dak Minn and donate blood. It was organized by Margaret "Maggie" Norrell, RN who works on 5th floor. Each department set their own goals and at the end of the month, Maggie tallied the total donations for each department, based on their total number of staff. The winning department won a pizza party, and of course bragging rights. The winner of the pizza party was SCCU, and they wasted no time celebrating. Many employees were donating for their first time and have been back in since. So no matter what department won, it was a great in-house blood drive that encouraged Altru employees to support their local hospital blood bank.



Kelly Grassel, RN was one of many employees that decided to donate for their first time during the blood drive. Since her first donation, Kelly has been back in, making it her second donation. Thanks Kelly for making donating blood a new habit.



UND Blood Drive ~ "Bleed Green"

On September 29th and 30th Dak Minn held it's annual homecoming blood drive. This year it was sponsored and organized by the UND Medical Laboratory Science Club and held at the Memorial Union in the Loading Dock room.

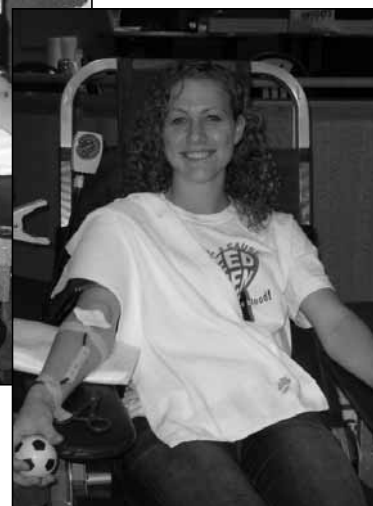
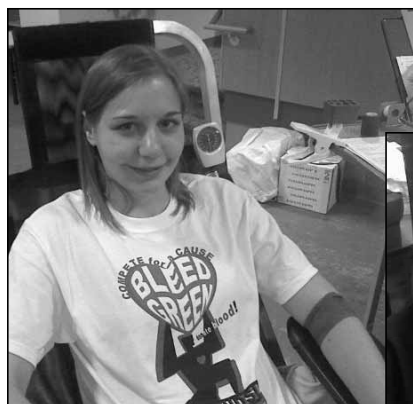
Many Students came out for their first time to donate and many brought family, friends and even co-workers with them. Thanks everyone for making a difference right here in your local community and for keeping your blood donation local, by donating with Dak-Minn Blood Bank!

Over the 2 day drive we collected 144 units. What an AWESOME blood drive! That's what I call UND Pride!

Adam Deyoung, Nicole Stannebein, Hannah Peterson (MLS club Vice Pres), Michelle Thomas (MLS Club Pres), Erin Porter and Kaitlin Gorman. They are all junior students in the UND Clinical Laboratory Science program.

2010 Dak Minn Blood Bank pocket planners

are now available for donors. Make sure to pick one up the next time you are in to donate. They show the four seasons on the front cover. Hopefully this will encourage you to donate at least 4 times throughout the year. Pre schedule your appointments and we will send out a friendly reminder to you one week prior to your appointment.



THE DAK MINN DROP

Altru Health System
Dak Minn Blood Bank
1200 South Columbia Road
Grand Forks, ND 58201

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GIVE BL OD

*Saving the World isn't easy.
But saving a Life is.*



780-LIFE (5433)

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