

Coordinator e-News



Diets and Donations

A donor's diet can impact the success of their donation. When donors have eaten well and are hydrated, they often feel better too!

Before your next blood drive, remind your donors to eat hearty and drink plenty of water before their blood donation appointment. Here are some tips to share:

Eat a hearty breakfast on the morning of your donation, and full meals throughout the day.

Sample Breakfast: Egg & Cheese Bagel Sandwich, Milk

Sample Breakfast: Waffles, Sausages, Orange Juice

Sample Breakfast: Oatmeal, Orange Juice

Sample Lunch: Turkey & Cheese Sandwich, Carrots, Apple Juice

Sample Lunch: Peanut Butter & Jelly Sandwich, Apple, Milk

Sample Lunch: Yogurt with Granola, Banana, Apple Juice

Drink plenty of water the day before your donation, and the day of your donation. Drinking 8-10 glasses of water each day is a good guideline. Keeping your body hydrated will help replace the fluid volume that you give during your donation.

Spinach Dip

Yes, Spring is finally coming! Surprise your guests with a new dip recipe at your next barbecue! Here is a quick dip recipe that is high in iron. This dip is bound to get passed, and so will your iron level when you give blood!

Ingredients:

1 C fat free cottage cheese

1 C of fresh spinach; firmly packed

1/3 C of fresh basil; firmly packed

1/4 tsp of salt

1/2 tsp Dijon mustard

Instructions:

Process until smooth in a blender or food processor.

Serve with apple and pear wedges, cauliflower, broccoli, or shrimp.

Superstar Ideas

★ Tina Hahner, blood drive coordinator for Northpoint Senior Services did an awesome job recruiting donors for her drives at Friendly Village and Taylor Park. She personally asked all the staff to donate! There were 31 donors, and 21 were new donors. Way to go, Tina!

★ At the Rhinelander Home and Garden Show, Forth Floral Greenhouses donated red carnations to give out to all the donors. Everyone loved getting a fresh flower to hand to their wife, mother, or daughter!

★ Sue Fowler and Jacci Hauser did a fantastic job at the St. Mary's Hospital blood drive! They provided a gift certificate to the hospital gift shop. They also recruited the staff and community with emails, posters, and phone calls. Great job, ladies!



Award Presentation Reminder

Are you one of our fabulous 2007 sponsor award winners? We want to personally congratulate and recognize you for your achievements this past year!

If your organization has an all-staff, or similar type of meeting that would give us the opportunity to thank everyone for their support, we would be very happy to attend.

Please contact your donor recruitment specialist if you haven't already scheduled a date for your award presentation.

We look forward to visiting with you, and thank you for your continued support of the Community Blood Center!

Coordinator of the Month

Christine Caz, coordinator for Eagle River Memorial Hospital, did a super job on her blood drive.

She wrote press releases for the local papers, advertised on the radio, recruited at the Rotary Club, emailed staff and did a personal interview about the Northwoods Community Blood Center with radio personality Chris Oatman!

Many of the donors who attended had heard Christine's interview on the radio,

and said that was why they came to donate blood.

They also said that until they heard Christine's comments, they did not know that the Community Blood Center provides 100% of the blood used at Eagle River Memorial Hospital.

Thank you for your dedication and support, Christine!