



# k.e.e.p.i.n.g connected



southeastern community blood center's donor update

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## STRONGER Girls Field Trip Offers Educational Experience Full of Fun

On Tuesday, July 26, SCBC starred as the main attraction for the STRONGER Girls Program monthly field trip. The Tallahassee donor center hosted a group of 15 girls, ages 8-12, from the Capital Area Healthy Start Coalition, all eager to learn more about the ins and outs of blood donation, along with career opportunities in blood banking. The girls' visit included a tour of donor collections and a behind-the-scenes look at the lab, along with a variety of educational demonstrations. The hands-on demonstrations taught the group more about the donation process from the phlebotomist's perspective; the girls were even able to get their own mini wellness check from one of our skilled donor technicians. The jam-packed outing ended with staff speakers who gave insight into their roles at the blood center and the path they took to become part of the SCBC team.



**About the STRONGER Girls Program:** The Program, established by the Capital Area Healthy Start Coalition, encourages girls to take a active interest in their health. Activities, discussions, and field trips promote positive character, increased self esteem and goal setting -- and are offered FREE of charge. Tallahassee area residents can dial 850.488.0288 for more info.

A special thank you to the STRONGER Girls Program for infusing our center with excitement this summer. If you have a group interested in touring your local SCBC donor center, please dial Martha Scott at 850.877.7181.

*time is running out to...*

**CRUISE INTO GIVING**

**DONOR SURF CO.** give blood every 56 days

**DONATE [AGAIN] AND WIN**

Did you know that if you donated whole blood or platelets in May or June and donate again by the end of August, you will automatically be registered to win a CRUISE FOR TWO TO THE BAHAMAS, donated by AAA Auto Club South\*? PLUS, as one of our super summer lifesavers, you'll also receive this cool tropical beach towel. Visit [www.scbcdonor.org](http://www.scbcdonor.org) to find out if you are eligible to donate again.

\*restrictions apply - see website for details

## Promotions

### Promoting diversity among donation opportunities

Die-hard FSU football fan? Interested in the possibility of free Talladega race tickets? Looking for a memorable way to commemorate 9/11? Then check out the promotions link at [www.scbinfo.org](http://www.scbinfo.org). While donor "thank you" gifts are an important part of demonstrating our appreciation for donors, we also like to say "thank you" in unique, meaningful and, sometimes, unconventional ways. Not to mention, it can be exciting for donors to choose a donation opportunity that aligns with their interests outside of saving lives.

### Featured Promotion

**bleed garnet & gold season kickoff blood drive**  
hosted by **PROCTOR HONDA**  
**saturday, august 20, 10 am - 4 pm**

A one-of-a-kind event at Tallahassee's Proctor Honda dealership located at 2373 W. Tennessee. Donors will...

- be entered into a drawing for a pair of season tickets to all FSU home football games
- receive a gift bag with: tailgate supplies, hats, a coupon for \$10 off an oil-change at Proctor Honda, beach towel, etc.
- receive a Lucy & Leo's cupcake

**First 50 donors will receive a pair of tickets to the FSU home opener on September 3.**

## Why Is So Much Blood Needed?

We talk all the time about the importance of blood donation and the fight against blood shortages, but do you realize just how important your lifesaving efforts are to patients within the community? To help you visualize the impact blood donors have on area hospital patients, below is a list of the amount of blood and blood components that can be used for different conditions and procedures:

Organ Transplant	40 units of blood 30 units of platelets 25 units of fresh frozen plasma 20 bags of cryoprecipitate
Bone Marrow Transplant	20 units of blood 120 units of platelets
Heart Surgery	6 units of blood
Burn Victim	20 units of platelets
Automobile Accident	50 units or more of blood

## SCBC Donor Site Just Got Smarter

Did you know...you can now access our donor site, [www.scbcdonor.org](http://www.scbcdonor.org) from your smart phone? That means you'll no longer have to be in front of the computer screen in order to make appointments for upcoming donations. Check back often for added functions.

