



Seminole Nation Give For Life Contest

Won't You Be the One to Make a Difference?

- Purpose:** Show our Daughters the goodness of helping others by giving blood.
- How:** Each Tribe will set up two yearly donation meetings with the “Community Blood Centers of South Florida” located in Coral Springs. Meetings will be put on by the Center with a presentation to the girls including pizza and a “Gift Bag” for the girls.
- The girls will be able to be with the fathers as they donate.
- The CBCSF will set up the evenings. They are open several evenings until 9pm and will open just for the Tribes if needed.
- Scoring:** Each tribe will set up two donation nights, one in December-April and one in June-November time frame.
- Tribes will be scored by their participation as a percentage of the tribe. The meeting percentages will be added for a total score.
- Dads that donate at the semi-annual meeting will be given one additional point to be added to the tribe totals for additional donations in that six month period. If the Dad didn't participate in the tribe meeting, they will be given additional points for each donation after the first in that six month period.
- Award:** The Tribe with the highest total for the year will be awarded the “Gift of Life” Banner to be awarded yearly at the Dad and Daughter Dance in December.
- Community service points will be awarded for the Tribal Meetings to each tribe.
- Location:** 1827 University Drive. Coral Springs, FL Suite 1827 954-752-6322
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Did You Know???

- Someone needs blood every three seconds.
- Your one donation can save up to three lives!
- One out of ten hospital patients needs blood. No viable substitute for blood has ever been found.
- Blood centers often run short of type O blood.
- If all blood donors gave two to four times a year, it would help prevent shortages.
- Although 37% of the U.S. population is eligible to give blood, only 10% do.
- Three gallons of blood are used every minute in the U.S.
- People donate blood out of a sense of duty and community spirit; not to make money. They are not paid for their donation.
- Red blood cells have a shelf life of 42 days

donating blood *donor FAQs*

Make Donating Blood a Regular Part of Your Life

The procedure is simple, safe, and personally rewarding

In general, you may donate blood if:

- You are 17 years of age or older. Senior citizens are eligible.
- You weigh at least 100 pounds. **Apheresis** donors must weigh at least 110 pounds.
- You are in good health. If taking medication, you may be eligible to donate, depending on the reason for and type of the medication.
- You have waited at least 56 days (eight weeks) since your last whole blood donation.

Usually, you may not donate blood if:

- You had hepatitis when you were 11 years old or older.
- You have received a blood transfusion during the last year.
- You are pregnant or have been pregnant within the last six weeks.
- You have had a tattoo within the 12 months.
- You are participating in any high risk behaviors.



The blood donation procedure is easy:

- You register and answer a simple series of medical history questions.
- A mini-physical to check your iron, blood pressure, temperature and pulse is given.
- Roll up your sleeve; you'll feel a slight pinch. The actual donation will take about 5-8 minutes.
- Relax for a few moments while you are served cookies and juice or soft drinks.

Some hints for a very successful first-time donation:

- Realize reluctance is normal. Many people experience a natural hesitancy towards donating. Once you have done it, the fear of the unknown is overcome.
- Familiarize yourself with donating. Ask questions of the staff. Understanding the procedure helps one relax.
- View this experience as an opportunity to help up to three people in need. The only resource for blood is healthy individuals. There is no alternative or substitute.

Before I decide to donate blood, I'd like to know...

What will happen first?

You will be asked to provide some basic information such as your name, address, age, and so on. A medical history is taken and then a drop of blood is analyzed for iron content; your pulse, blood pressure and temperature are checked.

How long does the donation take?

The procedure is done by a skilled, specially trained technician and takes 5-10 minutes. You will rest and be served refreshments. Plan to spend about 35-45 minutes at the blood drive.

Does the needle hurt the entire time?

There is a little sting when the needle is inserted, but no pain during the donation.

How long will it take to replenish the pint?

Blood volume or plasma is replaced within 24 hours. Red cells need about 4-8 weeks for complete replacement.

How will I feel after the donation?

Most people feel just great! Donors who know what to expect and have eaten regular meals before donating are fine. After donating, drink extra fluids for the next 24 hours.



Can I donate during my menstrual period?

Yes, if you are feeling well.

How soon after donating can I practice sports?

Just avoid heavy muscular or strenuous activities such as lifting, pushing, or picking up heavy objects for at least 4 to 5 hours after giving blood.

What happens to my blood after donating?

After donating, your blood will be tested for type, cholesterol, and several communicable diseases and conditions, including [hepatitis](#), [HIV](#) (the virus that causes AIDS) and syphilis. Then it can be used either as whole blood to help one patient, or separated into components to help several patients.

How often can I give blood?

You can give blood every 56 days (eight weeks); up to 6 times per year.

Can I get HIV or any other disease by giving blood?

NO. You cannot get any disease by donating blood. All materials used for your donation are new, sterile, and disposed of immediately on completion of your donation.