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lifelines

the Blood Centers of the Pacific Newsletter



Blood Centers
of the Pacific

a member of the Blood Systems Family



Blood recipient Meghan Daily hands out angel pins to her "angels" as her father, Al, looks on.

BCP's 2nd "Patient-Donors Reunion"

by Angela Woon

August 24th, 2005, was an auspicious day for 28 blood donors and one very grateful young woman. It was a day of thanks and one that served as a reaffirmation of the importance of blood donation.

It was the day of BCP's second "Patient-Donors Reunion."

also had to undergo chemotherapy and numerous blood transfusions. Fortunately, after three months of hospitalization and eight months of dialysis, along with her faith and sheer determination, Meghan was back on track and on the road to recovery.

"If 987 people had not donated blood, my story would be a different one. One of my doctors informed my family that I used two-thirds of Northern California's blood supply during my hospital stay. We are all thankful that it was there for me to use, and I want to do my part to ensure that the blood will be there when someone needs it. I know that you all will continue to do your part, making a difference in more lives than you could ever imagine. Thank you."

And that grateful patient was 23-year-old Meghan Daily.

Held at San Francisco's Kaiser Permanente Medical Center, Meghan had the opportunity to meet 28 of her 987 blood donors. The touching event was attended by blood donors, hospital services staff, members of the media and others.

"I am honored to be here today to thank you all in person for the incredible difference you made in my life..."

Looking at Meghan standing and talking at the podium, one could not imagine the turmoil she went through four years ago when she needed 987 units of blood to help save her life.

Meghan had always been healthy and led an active lifestyle. But at age 19, she gained weight quickly, packing on 30 pounds in only three weeks during her sophomore semester. She went through a series of tests, and upon receiving the alarming results, she was immediately admitted into the hospital. Meghan's hemoglobin count was down to only three and she was bedridden for the next 24 hours.

In addition, Meghan went into renal failure over the next few days and was put on dialysis treatments three times a week. She was diagnosed with TTP/HUS, Thrombotic Thrombocytopenic Purpura or Hemolytic Uremic Syndrome. A rare blood disease that affects one in a million, Meghan's red blood cells were being destroyed, clogging her kidneys and entering her plasma.

She needed plasma exchanges for her survival, which meant about 17 bags of plasma daily, and as if that wasn't enough, she

Meghan's donors came from all walks of life, from various cities and ranges in ages. One of her donors was Herman Santos, who was meeting the second person who used his blood. A year ago, he had also met blood recipient turned National Blood Donation Advocate Lauren Ward Larsen (who exceeded the event). Lauren had used 200 units of blood when she had complications during her childbirth in 2000.

Despite her setbacks, Meghan still graduated with her class in May 2004. She is doing well, has a boyfriend and is currently working as a development associate for the Lucile Packard Foundation for Children's Health.



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Lifelines

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For more information or to schedule an appointment, please contact us at 1-888-393-GIVE.

www.bloodcenters.org

Quick Bits

Heroes for Life

It's easy as 1-2-3! BCP recently launched the Heroes for Life program that rewards blood donors and blood drive coordinators for their commitment to helping save lives.

By joining Heroes for Life, and donating blood three times in 12 months (from the date joined), blood donors get to choose a special thank you gift once their pledge is fulfilled. Blood drive coordinators who have fulfilled the Heroes for Life pledge by hosting three blood drives during the calendar year, will also receive a special gift.

Need more reasons to join?

- Each year, more than 4.5 million Americans need blood transfusions.
- Every three seconds, someone needs blood.
- If all blood donors gave two to four times a year, it would prevent blood shortages!

Join now and tell your friends, family and coworkers too! Your lifesaving dedication makes you a hero to local patients and their families. Visit www.bloodcenters.org for more information.



First-Time Donor Kits

Taking the first step in anything is always the hardest. And with blood donation it is no different. Recently BCP launched its much-anticipated "First-Time Donor Kits" as a way of thanking our first-time donors for making that big introductory step in helping to save lives.

Each kit contains a welcome letter, information about BCP, what blood is used for and what happens to donated blood and of course, even a small token of appreciation, what else but... candy lifesavers!

BCP needs to collect more than 500 pints of blood each day from volunteer donors to meet the needs of area patients but unfortunately, because so few people donate blood, our region faces constant blood shortages.

Remember, being a regular donor and giving the gift of life every eight weeks can make a difference to our community's blood supply!

BCP Launches High School Program

by | *Angela Woon*

When the new school year rolled around, high school students not only had new classes, books, friends and teachers to look forward to, they also had an exciting opportunity to join BCP's new high school "Gift of Life" program and to help save lives.

"Statistics show that people who begin donating blood in high school are more likely to continue giving blood throughout their lifetime," said Asad-Allah, BCP's High School Education Coordinator. "At BCP, we're trying to cultivate that habit and encourage high school students to make donating blood a lifelong commitment."

BCP's inaugural "Gift of Life" program for high school students includes:

- **The "Gift of Life" Scholarship Program:** BCP will award five \$1,000 scholarships (each school year) to eligible public and private high school seniors pursuing higher education (e.g. colleges, universities, community colleges, institutions, technical centers), to support tuition assistance.
- **The "Gift of Life" Club Program:** BCP will provide up to \$1,000 to school clubs or organizations that coordinate school blood drives that meet or exceed target goals to offset promotional expenses.
- **The "Gift of Life" High School Challenge:** High schools will challenge one another to compete for the honor of being the school with the highest blood donation percentage for the year.

Not only is giving blood a wonderful community service, but schools will also receive great prizes (1st place= \$1,000 and a traveling trophy, 2nd place= \$500 and 3rd place= \$250). Students are encouraged to recruit their friends, parents and relatives to donate blood during the "Gift of Life" High School Challenge. The Challenge: September 1, 2005 - May 26, 2006.

• **BCP High School website:** A section of BCP's website (www.bloodcenters.org) will be devoted to high schools. It will provide information about our high school blood donation program and provide blood donor education.

"Without the support and dedication from our area high schools, BCP would not be able to maintain a safe and adequate blood supply for patients throughout the Bay Area," said Asad. "High school students have a chance to make a big difference in the lives of people right here in their own community by taking part in a blood drive."

For more information about BCP's high school program or to organize a blood drive, please contact Asad-Allah at aallah@bloodcenters.org or visit www.bloodcenters.org.

Did you know?

The actual blood donation usually takes less than 10 minutes. The entire process, from when you sign-in to the time you leave, takes about 45 minutes.



Carrying on Larry's Legacy

by *Angela Woon*



*Good friend and blood donor,
Larry Tullius*

He had always challenged others to beat his record, but to date no one has surpassed his lifetime blood donation milestone of an amazing 260 pints (32.5 gallons). Lawrence J. Tullius, fondly remembered as Larry, was a beloved husband, father, father-in-law, brother, uncle and grandfather. He was also BCP's friend and a dedicated lifesaving blood donor. Sadly, Larry passed away on August 14th, 2005, at the age of 79.

Larry first donated blood in 1944 at the age of 19. In a previous interview with *Lifelines*, he said, "It doesn't make a difference if you're rich or poor, anyone can make a (blood) donation. It is a rewarding feeling knowing that someone is getting a lot of good out of it."

In 1999, when Larry reached his 30th gallon milestone, his record-breaking story was covered by KGO, Channel 7 in San Francisco. Afterward, Larry continued donating blood, breaking his own record time and time again. Just last year he was honored with an award for "Most Blood Donations" at BCP's Whole Blood and Apheresis Recognition Brunch. Larry gave his last blood donation and 260th pint on December 11th, 2003.

Larry was also a 48-year member and past president of the Golden Gate Parlor #29, Native Sons of the Golden West and an Army veteran of WWII.

Granddaughter Karen Sheppard recalls her grandfather's passion for blood donation. "He was truly dedicated to the cause of blood donation. I think he would want to be most remembered for giving blood and for challenging people to beat his record," she said. "He would have wanted someone to take up his challenge."

According to Karen, when Larry suffered a stroke, he was upset that he could no longer donate blood due to the medications he was taking. Then this past winter, soon after he was given the ok to give blood again, Larry was diagnosed with breast cancer, which eventually took his life. The American Cancer Society estimates that in 2005 some 1,690 new cases of invasive breast cancer will be diagnosed among men in the United States. Breast cancer accounts for about 0.22 percent (two tenths of a percent) of cancer deaths among men.

Some of Karen's fondest memories of her grandfather include playing cards with him and the tradition of waffles. "He was one of the best card players I've had the pleasure of losing to," she said. "And as for waffles, our family and closest friends would gather every first Sunday of the month to watch the NASCAR races and enjoy 'Larry's Waffles.'"

In her grandfather's memory, Karen is sponsoring a blood drive on November 13th, from 10:00am to 3:00pm at the South San Francisco Municipal Services Building. "People all over California, as well as out of state, are pledging to donate blood," said Karen. "My goal is to match my grandfather's record of 260 pints!"

"He was truly dedicated to the cause of blood donation. I think he would want to be most remembered for giving blood and for challenging people to beat his record," said Karen, Larry's granddaughter.

"He would have wanted someone to take up his challenge."

To make an appointment to donate at the blood drive, please contact Karen Sheppard at drmkchr@yahoo.com. Refreshments including Larry's favorite candy, Almond Roca, will be served to all blood donors that day.

Our thoughts and prayers are with his family and friends. Lawrence J. Tullius will truly be missed.

Nonstop Giving

by *Angela Woon*

There are three words to describe Lisetta Sappington. Giving, giving, giving. With a schedule that's jam packed from Mondays to Sundays, Lisetta is always on the go, doing what she believes she does best — giving.

Lisetta, a BCP volunteer since 1985, has clocked in 2,578 hours with us. "I was walking by the Irwin Center – San Francisco one day, came in and decided I wanted to volunteer as a canteen host," she said. A year later, she became a blood donor and to date has given 132 pints of blood. "Giving blood is a life marathon for me and it is a monumental part of my life," said Lisetta. "I want to achieve 135 pints, then 140, etc..."

A Belgian, Lisetta first came to the United States in 1964 where she worked at the Belgian Consulate in Kansas City. Two years later, she moved to San Francisco with her husband, daughter and week-old baby son in tow, and has stayed in the city since. "The last time I was in Belgium was in 1997," said Lisetta, who speaks five languages (Dutch, German, French, Italian and English). "If things go well, I plan to go back again next year."

With a love for children, Lisetta became a nanny and has "raised" several children over the span of several years and today, still keeps in touch with many of her "children" and "grandchildren."

To add to her already busy schedule, every Saturday Lisetta volunteers at the food program for the homeless at the All Saints' Episcopal Church, San Francisco. "A stickler for recycling," as she describes herself, Lisetta strongly believes in educating the young on caring for the environment and on the benefits of recycling.

She practices what she preaches, recycles cans, gets her refund, only to put that money back into the community by buying the ingredients to bake bread pudding for the food program.

"I have been blessed with great health, so why not give back," said the energetic 68-year-old. "I have no stress, I never get sick and I am happy. That's all I need." Lisetta also used to visit seniors at Hill Haven and every year, continues her 20-year ongoing Thanksgiving tradition by helping out at the Hamilton Family Center, San Francisco.

One of Lisetta's other passions is also knitting and crocheting. She has the ability to knit a hat in two hours or less. "I started knitting at school in Belgium when I was 6," she said. And in true "Lisetta giving-style," she donates what she makes to the St. Anthony's Foundation, San Francisco.

"Give, give, give," said Lisetta. "It is the greatest thing."

Despite her busy week, Lisetta finds the time to go to the senior center each weekend to exercise. She also finds joy in taking long walks along Ocean Beach. Yet with so much going on for her, Lisetta never gets tired, instead she still believes that she "still needs to do a lot of things!"

BCP is fortunate to have such a generous person on our lifesaving volunteer team! Lisetta can be seen volunteering at the Irwin Center–San Francisco canteen every Monday from 3:00pm to 7:00pm.



DONOR SPOTLIGHT

ABC7 News Arts and Entertainment Reporter Don Sanchez sets an example by rolling up his sleeves and giving the gift of life at the KGO blood drive in August.



Volunteer couple and award recipients, Anita and Victor Keyak

Our dedicated, hardworking and much well-deserved volunteers were treated to a delicious brunch that day, to thank them for their time and service they gave to BCP throughout 2004.

Thank You Volunteers!

by *Angela Woon*

This past fall approximately 60 Bay Area volunteers gathered at BCP's Volunteer Recognition Award held at the Waterfront Restaurant, San Francisco.

The highlight of the event was when volunteer couple, Anita and Victor Keyak were honored with the Bernard S. Haines Award. Anita has volunteered with BCP since 1974 and is currently a canteen host at the Irwin Center, while Victor began about 11 years ago and helps out with registration and the donor canteen at mobile drives. The Bernard S. Haines award was established in memory of a longtime volunteer who passed away in 2003.

BCP's volunteers are an integral part of our lifesaving team and help us ensure we meet our mission of saving lives through blood donation and research. We are thankful for our volunteers and their continued support!



BCP CEO Nora Hirschler M.D., and SBC Administrative Director Ellie Delgado

Shasta Blood Center Groundbreaking Ceremony

by *Ellie Delgado*

On Monday, August 29th, a groundbreaking ceremony was held to officially announce the start of construction on the new Shasta Blood Center (SBC) in Redding. BCP CEO Nora Hirschler, M.D., performed the ceremonial honors with a gold shovel adorned with a big red bow. In attendance were members of the Shasta Advisory Committee, some of SBC's staff, donors and representatives of the community. A local television news reporter and cameraman were on hand and the event was covered in the local newspaper.

At 8,000 square feet, the new building will be double the size of the current center and will have a loading dock. Construction has since been moving right along on schedule. It is anticipated that the building may be completed as early as March/April of 2006, pending only minor delays due to inclement weather.

Reminder: Donate Blood Regularly

These past few months have been a trying time for many – there have been hurricanes, earthquakes and tsunamis. Whether it is a national or global disaster, it serves as a reminder that we should always be prepared for emergencies.

BCP encourages eligible donors to make donating blood a regular commitment. To ensure that patients who need blood can have access to it immediately, there must be a ready supply on

hospital shelves. After natural disasters and other tragedies, people tend to donate more blood. However, it is the people who donate regularly whose blood saves lives during emergency situations because it is there waiting on the hospital shelves.

To make an appointment to donate blood, please visit www.bloodcenters.org or call 1-888-393-GIVE.

Wells Fargo Supports Bay Area Patients

By William Hackley

They were honored with the “Outstanding Achievement Award for Most Productive Blood Drives – Banking Institutions” for 2000, 2002, 2003 and 2004. They have consistently shown a commitment to our community by sponsoring blood drives throughout their San Francisco Corporate Offices. They are the team members of Wells Fargo Bank.

But behind every successful blood drive is a dedicated and hard-working blood drive coordinator and their team of volunteers. Maria Asaro, Human Resource Operations Manager, has been responsible for the Wells Fargo blood drives for the past 10 years. She coordinates these lifesaving events at five locations in the San Francisco Financial District and personally manages more than 16 blood drives annually, which tallies up to more than 400 units of blood collected each year!

Maria first started coordinating the Wells Fargo blood drives in 1996. Her involvement in this lifesaving process arose out of her own experience. In 1984 she was diagnosed with uterine cancer and had to undergo an immediate hysterectomy and 6 hours of exploratory surgery. During this procedure and her recovery, multiple units of blood were needed in her treatment. Through this experience, Maria feels a personal commitment to the sponsorship of blood drives so that the blood will be available if a family member, coworker or other individuals need it.

Maria’s commitment is also shared by her colleagues at Wells Fargo. Through her connection with this program throughout the years, she has established relationships with other Wells Fargo team members who support the blood donation cause.

A team member at the Wells Fargo Corporate Headquarters on Montgomery Street, Neil Konkel has been a blood donor since 1989, has participated in Wells Fargo blood drives since 1993, and recently completed his 50th blood donation. “My participation in this lifesaving event began, in part, with my father’s blood donations,” said Neil. “My father had a rare-blood type and lived in rural Colorado. Whenever the call would come for my father’s particular blood type, he would make the two-hour drive to the blood bank to provide this vital donation.”

Neil’s father’s legacy has continued through him and on to Neil’s 23-year-old son who also has become an active blood donor. “Donating blood is one of the most important donations an individual can give,” he said. “A person is physically giving part of themselves so that others may live.” Neil consistently participates in the Wells Fargo blood drives and has worked to coordinate past events with Maria.

Another participant in the Wells Fargo blood drives is Claire Eugenia Gerndt, Jr. An active blood donor for more than 15 years,

Claire recently donated her 40th pint of blood. “Donating blood is one of the easiest things a person can do to save a life by only giving a little over a half hour of your time,” said Claire. “It is important to make sure that blood is available should you, a loved one or an acquaintance needs this vital element.”

During the third week of September, Maria also sponsored a special Wells Fargo blood drive in support of the Hurricane Relief Efforts in the Gulf States. With only one week of preparation, more than 50 Wells Fargo team members responded and more than 40 units of blood were collected!



Maria Asaro, Human Resource Operations Manager, has been responsible for the Wells Fargo blood drives for the past 10 years.

Her involvement with promoting and coordinating these blood drives closely echoes Wells Fargo’s commitment to their communities. Wells Fargo encourages their team members to help build strong, safe and healthy communities by giving time to their favorite nonprofit, charity or school.

As if she doesn’t have enough on her plate, Maria also gives her time to other community outreach programs. In a one-week period in September, Maria coordinated the additional blood drive in support of the Hurricane Relief Efforts, volunteered with Glide Memorial & Project Open Hand, and traveled to Yosemite to help promote donations in support of the National Park.

Wells Fargo team members give over a million hours of volunteer time each year to improve the well-being and economic self-sufficiency of the communities where they live and work. This has resulted in Wells Fargo being named as one of the Top 10 “Best Corporate Citizens” nationwide (Business Ethics - 2005).

Through the efforts and commitments of Maria, Neil, Claire and all those who support and participate in the Wells Fargo blood drives, our Bay Area blood supply will be replenished and available for patients when it is most needed.

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ÒA poor man who gives help is a rich man
-Jose B. Cabajar

