

fall 2007

lifelines

the Blood Centers of the Pacific's newsletter



Blood Centers
of the Pacific

a member of the Blood Systems family



Blood recipient Therese Demers

The Story Behind the Voice

by *Angela Woon*

There's often a story behind every face and voice. Therese Demers is BCP's PBX/Console Operator, and chances are, if you've called the front desk or visited the Irwin Center – San Francisco, you'd have either heard or seen her. Therese is

the "voice" of BCP, but little did you know she also has a story to tell — she is a blood recipient.

"When I was 17, my boyfriend at the time had just received a new convertible as a graduation present," said Therese, who turns 30 in October. "We decided to take a drive through Sunol Regional Park and as he turned, we fish-tailed and literally flew off a 200-foot cliff, hit the next hill head-on and landed upright at the bottom of a ravine."

As a result, Therese suffered a ruptured spleen and several deep gashes on her face and body. Fortunately, her boyfriend was unharmed save for a cut from climbing out of the ravine to get help. "I was unconscious for three hours and when I awoke, I had lost so much blood that I couldn't even lift my arm, let alone stand up," said Therese, who grew up in San Mateo, CA. "I got scared and started screaming. Luckily about 10 minutes after I regained consciousness, help arrived."

Therese was rushed to Eden Medical Center, Castro Valley, where she underwent spleen surgery and received 15 pints of lifesaving blood. "I was really, really lucky," said Therese, who was hospitalized for a month. "For several months after my discharge, I couldn't do sports or any strenuous activities."

At the time of her surgery, she didn't know where the blood that saved her life came from. "I never thought about it till I worked here at BCP," said Therese, also a full-time student at City College. "I learned blood donors give blood voluntarily to save lives, and because of them, I am alive and well today."

However, Therese's surgery in 1995 wasn't her first blood transfusion. "I was born with a hole in my heart," she said. "At age

5, my heart was as big as an adult's heart and to correct it, I underwent open-heart surgery at Stanford Medical Center and used blood during the procedure."

The human heart is made up of four chambers that are separated from each other by walls (septum) and doors (valves). These separations ensure de-oxygenated blood going to the lungs does not mix with oxygen-filled blood returning from the lungs and going to the rest of the body. "Unfortunately,

"I was unconscious for three hours and when I awoke, I had lost so much blood that I couldn't even lift my arm, let alone stand up."

- Therese Demers

some babies, like Therese, are born with a hole in the wall between two chambers. If this hole doesn't close up, blood from different chambers mixes freely and de-oxygenated blood is pumped out to the body," said BCP Medical Director Kim-Anh Nguyen, M.D. "As a result, the baby's brain and organs don't get enough oxygen. Sometimes this is so severe
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Lifelines

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Editor: Lisa Bloch

Associate Editor: Angela Woon

Graphic Design/Layout: Gregory Berger

Contributors: Lisa Bloch and Angela Woon

Irwin Center

270 Masonic Avenue
San Francisco, CA 94118

Downtown Center

250 Bush Street
Suite 136 (Mills Building)
San Francisco, CA 94104

Marin Center

4050 Redwood Hwy
San Rafael, CA 94533

Cupertino Center

19450 Stevens Creek Blvd
Cupertino, CA 95014

Peninsula Center

111 Rollins Road
Millbrae, CA 94030

Redwood City Center

260-C Main Street
Redwood City, CA 94063

North Bay Center

1325 C1 Gateway Blvd
Fairfield, CA 94533

Napa Center

3230 Beard Road
Napa, CA 94559

Vallejo Center

480 Redwood Street, Suite 31
Vallejo, CA 94590

Shasta Blood Center

2680 Larkspur Lane
Redding, CA 96002

Ukiah Valley Center

620 Kings Court, #110
Ukiah, CA 95482

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

www.bloodcenters.org

Quick Bits

BCP Joins AIDS Walk

BCP once again joined in on the fight against AIDS this past July. Raising \$5,028.53 for AIDS Walk San Francisco, our team, BCP-1291, proudly took part in the 6.2 mile walk in Golden Gate Park, San Francisco. BCP was rated fourth among the Top Fundraising Hospital and Healthcare Teams!

AIDS Walk SF raised a record of \$4.5 million this year to fund services for individuals living with HIV/AIDS and innovative approaches to HIV prevention.

AIDS Facts and Statistics

- Almost 27,500 people are living with HIV/AIDS in San Francisco.
- Nearly 27,000 people have been diagnosed with AIDS in San Francisco since the epidemic's beginning; more than 18,000 people have died from AIDS.
- There are approximately 1.2 million people living with HIV/AIDS in the United States. It is estimated that a quarter of them don't know it.
- A total of 39.5 million people in the world now live with HIV/AIDS.
- Every day 12,000 people contract HIV – 500 every hour.
- In 2006, 2.9 million people died from AIDS, 380,000 of whom were under the age of 15. That's one child dying per minute.

(source: www.aidswalk.net)

BCP's New Donor Site in the South Bay!

This past summer, BCP opened a new donor site in San Jose for its South Bay donors! Open every Monday from 2:30pm to 7:30pm, donors can now give the gift of life closer to home at: Willow Glen Baptist Church 1292 Minnesota Ave (at Hicks Ave), San Jose, CA 95125 (donor coach parked in front of church).

To make your lifesaving appointment, please call 1-888-393-GIVE or visit www.bloodcenters.org.

Thank you BEA Foundation!

BCP thanks the BEA Foundation for their generous donation. The BEA Foundation donated a \$1,500 grant toward BCP's lifesaving mission. BEA Systems, Inc., is a world leader in enterprise infrastructure software and their foundation serves as the hub of the company's philanthropic and volunteer activities.

The BEA Foundation is also a blood drive sponsor and has been running drives since 2002.

BCP is grateful to the BEA Foundation for being a true community healthcare partner. Thank you!

A History of Saving Lives

by Angela Woon



"When two San Francisco physicians began exploring ways to supply blood in adequate amounts to people who needed it, the concept of a community blood bank did not exist. Although some hospitals had small drawing stations, there wasn't a sufficient method of obtaining and storing enough blood for the patient who needed an emergency transfusion. The two pioneers decided to pursue the idea of a community blood bank..."

Read about BCP's humble beginnings from a basement floor of an old San Francisco home to an organization with 12 different locations throughout Northern California. BCP has published a two-page booklet entitled "A History of Saving Lives," chronicling more than 65 years of our history as the nation's first community blood center.

The publication can be found at our centers and also on our Web site at www.bloodcenters.org.



An All-Star Day!

(L-R) Administrative Assistant – Tobi Anderson, Director of Recruitment – Don Burghardt, Volunteer – Anita Keyak, Donor Recruitment Operations and Marketing Manager – Pascale Reich, BCP President – Nora Hirschler, M.D., handing over the mock ticket to Craig Van Epps, son of All-Star Ticket Winner John Van Epps

This past summer, blood donors were given a once in a lifetime chance! Those who donated blood from June 1 to July 7 received a one-of-a-kind Blood Donor All-Star T-shirt, and were entered into a raffle for a chance to win two All-Star game tickets at AT&T Park, San Francisco.

Blood donor John Van Epps of Novato was announced the winner of the much sought-after tickets and was elated when told of the news. John gave his tickets — worth \$250 each — to his two sons. John's son Craig Van Epps came to receive them at the Irwin Center—San Francisco en route to the game on July 10th, with his brother. "He's such a great dad," said Craig Van Epps, who had just moved back to the city from Hawaii. "We're ready for a fun time!"



Vacationing at BCP

by Angela Woon



BCP Volunteer and Blood Donor Uta Wagner (middle) with her friends Jeannette Robinson (left) and Christy Robinson on the occasion of Christy's 80th blood donation at the Peninsula Center – Millbrae.

Most people spend their vacation traveling to another city, state or country. Uta Wagner traveled too for her vacation...to BCP! Now a retiree, Uta used to spend some of her vacation days volunteering at the Peninsula Center.

“When I worked at the Pacific Maritime Association, I had amassed a lot of

vacation time, so I used to come in on my days off,” said Uta, who has been a volunteer since 2000. “I enjoy volunteering with BCP as I meet the nicest people there.”

Also a blood donor, Uta recently received her milestone lapel pin for donating four gallons. Uta’s sense of civic duty comes from her mother. “My mom was the original blood donor in the family and always encouraged us to donate blood,” said Uta, whose mother passed away 10 years ago. “She always felt great after her blood donation.”

Although Uta had always wanted to donate blood, she was busy and never found the time to do so until one holiday season. “One Christmas, I was thinking of my mother and I felt real proud of

all the things she had done and one of them was donating blood,” said Uta. “I decided to donate blood and when I did, it felt good to be doing something that my mom had believed in. And now I know why she always felt so good after her blood donation!”

A few years ago, Uta also made friends at BCP with Jeanette Robinson and later on with her daughter, Christy Robinson, both BCP blood donors. Earlier this year, Christy donated her 80th blood donation at the Peninsula Center – Millbrae. To celebrate the accomplishment, Jeanette also donated blood the same day, while Uta took photos and treated her to a surprise lunch.

Uta enjoys volunteering and has since given 466 hours of her time to BCP. “I volunteer as I feel happy doing it, and I feel I am contributing to make the world a better place,” said Uta, who can be seen volunteering at the canteen at the Peninsula Center every Thursday afternoon.

Born in Germany, Uta moved to San Francisco in her late teens and has lived here ever since. Not only does Uta volunteer with BCP, but she also serves on the board of directors at the German Ladies’ General Benevolent Society, and leads a German conversation group at the Commonwealth Club where she was one of the first women to join in 1975. “I bought videos to watch after I retired as I thought I’d have a lot of free time,” said Uta. “But those videos are still in their original wrappers! I like to do things and keep active, it’s what keeps me young.”

BCP is grateful to Uta for volunteering her time at BCP and for helping save lives!

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that babies can look “blue.” If not treated, these children can’t grow and eventually die of heart failure.” Fortunately, Therese’s surgery was successful and she has been doing well since.

Therese is grateful to blood donors for giving the gift of life to help save lives like hers. In the hopes that more people would donate blood, she even wrote a persuasive paper and spoke on the importance of blood donation for her public speaking class. “By sharing my story, I persuaded several of my classmates to donate blood,” said Therese. “I also got an ‘A’ for my paper and a ‘B+’ for my speech!”

BCP thanks Therese for her work at BCP, and for motivating others to donate blood by sharing her inspirational story. Therese will be transferring to San Francisco State University to continue her studies in the spring.

A little piece of history

In 1912, Roger Lee, a visiting physician at the Massachusetts General Hospital, along with Paul Dudley White, developed the Lee-White clotting time. Adding another important discovery to the growing body of knowledge of transfusion medicine, Lee demonstrated that it is safe to give group O blood to patients of any blood group, and that blood from all groups can be given to group AB patients. The terms “universal donor” and “universal recipient” were coined. (source: aabb.org)

We'd Love to Hear from Ya!

We'd love to learn more about you and why you donate blood. Please take a moment to answer the following questions and simply mail it to: PR Dept, c/o Angela Woon, Irwin Center, 270 Masonic Ave, San Francisco, CA 94118. Or, bring it in to the blood center when you donate blood.

With your permission, we'll use that information to hopefully motivate others to become blood donors too!

Name: _____

1) Why do you give blood?

2) When was your first blood donation? Tell us about it.

3) What memorable experience have you had with blood donation?

4) Have you or do you know someone who's used blood? If so, please explain.

5) May we contact you for follow-up questions? If yes, please fill out the following information, which will not be shared with outside parties. Phone: _____

Email: _____

Thank you for sharing your comments with us!

Blood Centers of the Pacific has my permission to use my name and comments in blood center materials (Web site, brochures, newsletters, etc...)?

Yes No (circle one)

Please sign and date:

Why Do You Donate Blood? BCP donors tell us...

It's the one thing in life I can do for free that can help save a life.

– John Brosnan

When I was in high school, my mother became ill and needed a blood transfusion. Because of her rare blood type, it was difficult to get the blood. I realized then how needed the blood is and how few actually donate.

– Sandra Gaskill

It's easy and it is gratifying. Your staff is wonderful.

– Pat O'Shea

It's such an easy way to make a huge difference in people's lives.

– Bob Lieberman

Tell Us Your Story!

by | Angela Woon



Blood recipient Rito Delgado and his daughter Margarita

Do you know someone whose life was saved by a blood transfusion? Or perhaps you've had a blood transfusion and want to share your experience?

If you've a "blood-related" story to tell like Rito Delgado, we'd like to hear about it and possibly feature you in future editions of *Lifelines*, BCP's quarterly newsletter!

Twenty-three years ago, Rito was hit by a drunk driver and pinned

between two cars. As firefighters rushed to save his life, he remembers seeing his white pants turn red from the massive amount of blood he lost.

As a result, Rito underwent five surgeries during his three-month hospital stay. During that time, he received numerous lifesaving

blood transfusions. "I remember that the nurse told me that I received about 13 pints of blood during just my first surgery," said Rito.

It took Rito a full year to recover and even though his scars have long since healed, he still remembers the night that changed his life. And because he remembers, he now donates blood and his time to help patients who need it, and to inspire blood donors to give the gift of life.

So, tell us your tale and help inspire future blood donors in taking their first step at helping to save lives!

Please call Angela Woon at (415) 749-6698 or e-mail awoon@bloodcenters.org.

Thank You Heroes!

Congratulations to the following blood drive sponsors for hitting or beating their blood drive goals for the second quarter 2007.

APRIL

100 Shoreline Hwy. - Mill Valley
AMCAN Beverages Inc. - American Canyon
American Legion - San Carlos Post 585 - San Carlos
Angelo Rodriguez High School - Fairfield
Archbishop Mitty High School - San Francisco
Calvary Baptist Church - San Francisco
Cell Genesys - Hayward
CH2M Hill - Redding
Chico CCC - Chico
Church of Jesus Christ of Latter Day Saints - Los Altos
Church of Jesus Christ of Latter Day Saints - Fairfield
City College of San Francisco - San Francisco
Concord Airport Plaza - Concord
Cushman 475 Sansome - San Francisco
Dolores Park Church - San Francisco

El Camino High School - S. San Francisco
Embarcadero Center - San Francisco
Fall River Mills Community - Fall River Mills
Farmers Insurance - Pleasanton
French American International School - San Francisco
Galileo High School - San Francisco
Golden Gate University Law School - San Francisco
Goodrich - Fairfield
Happy Camp Community - Happy Camp
Heald College - Concord
Heritage High School - Brentwood
Hillsdale High School - San Mateo
Howard Memorial Hospital - Willits
IDES - Coastside - Half Moon Bay
International Brotherhood of Electrical Work - Napa
John F. Kennedy High School - Richmond

Jones Lang LaSalle - Walnut Creek
Kaiser Permanente - Martinez
KQED - San Francisco
Lakeside Presbyterian - San Francisco
Levi Strauss & Co - San Francisco
Lincoln High School - San Francisco
Los Medanos College - Pittsburg
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Marvell Fitness Center - Santa Clara
Mounted Patrol of San Mateo County - Woodside
Mt. Shasta Community - Mt. Shasta
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Novartis Vaccines & Diagnostics - Emeryville
Novato High School - Novato
Oracle - Redwood Shores
Outdoor Art Club - Mill Valley
Paul Financial, LLC - San Rafael
Refinery at Richmond - Richmond

Blood drive sponsors continued

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San Mateo County Court House -
Northern Branch - S. San Francisco
SF Public Utilities Commission - San Francisco
Shasta College - Redding
Siemens - Hayward
Sleepy Hollow Homes Association -
San Anselmo
Solano County Office of Education - Fairfield
St. Augustine Church - Pleasanton
St. Helena Community - St. Helena
Starmine - San Francisco
Temple Sinai - Oakland

MAY

Modoc High School - Alturas
Monster Cable - Brisbane
Mt. Pleasant High School - San Jose
Napa State Hospital - Napa
Nikon - Belmont
North Hills Christian School - Vallejo
Oakwood Athletic Club - Lafayette
Piedmont Hills High School - San Jose
Pioneer High School - Redding
Potter Valley High School - Potter Valley
Princeton Capital - Los Gatos
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Round Mountain
Saint Paul's Church - San Francisco
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San Mateo County Human Services - Belmont
Santa Maria Church - Orinda
Sausalito Woman's Club - Sausalito
Savi Technology - Mountain View
Scientific Technology, Inc. - Fremont
Seton Medical Center Coastsides - Moss Beach
SF Police Department - San Francisco
SF Water Department - San Francisco
SF-VA Medical Center - San Francisco
Solano County Bar Association - Fairfield
Solano Health & Social Services - Fairfield
St. Helena High School - St. Helena
State Compensation Insurance Fund -
San Francisco
Stonestown Galleria - San Francisco
Surprise Valley Community - Surprise Valley
Sutter Solano Medical Center - Vallejo
Sybase - Dublin
Terra Linda High School - San Rafael
Thelen Reid Brown Raysman & Steiner -
San Francisco
Thoratec Corporation - Pleasanton
Treasure Island Job Corp Center -
Treasure Island
Trinity High School - Weaverville

United Airlines - San Bruno
US Court of Appeals - San Francisco
US Forest Service - Vallejo
USS Posco - Pittsburg
Valero - Benicia
Visa International - Foster City
Walmart.com - Brisbane
Walnut Creek Sports & Fitness - Walnut Creek
Wastewater Enterprise - San Francisco
Wells Fargo - San Francisco
Westmoor High School - Daly City
World Savings - San Leandro
Ygnacio Valley High School - Concord

JUNE

The National Hispanic University - San Jose
Tiburon Fire Department - Tiburon
1 Maritime Plaza - San Francisco
ABC Real Estate Team - Pleasant Hill
ACCO Engineered Systems - San Leandro
Advanced Technology Center - Palo Alto
Ahmadiyya Muslim Community - Milpitas
Airport Corporate Center - Burlingame
Align Technology - Santa Clara
AMB Property Corp. - San Francisco
American Academy of Ophthalmology -
San Francisco
American Canyon VFW #11099 -
American Canyon
American International Group - San Francisco
Anshen & Allen Architects - San Francisco
Antioch Senior Center - Antioch
Applied Biosystems - Foster City
Applied Signal Technology - Sunnyvale
Aragon High School - San Mateo
Bank of America - San Francisco
BEA Systems - San Jose
Blue Shield of California - San Francisco
Boston Scientific - Mountain View
Brown and Caldwell - Walnut Creek
Bureau of Engineering - San Francisco
Butte Valley High School - Dorris
Cal Trans - Redding
California Pacific Medical Center -
Pacific Campus - San Francisco
California Public Utilities Commission -
San Francisco
California School Employees Association -
Redwood City
Calvary Lutheran Ministries - San Lorenzo
Capay Community Friends Church - Orland
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China Basin Landing - San Francisco
Church of Jesus Christ of Latter Day Saints -
Benicia
Church of Jesus Christ of Latter Day Saints -
Walnut Creek

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City of Benicia Employees - Benicia
City of Napa - Napa
City of San Francisco/Public Guardian &
Public Administrator - San Francisco
City of Vacaville
ClubSport Fremont - Fremont
Congregation Netivot Shalom - Berkeley
Contra Costa Water District - Concord
Cytosport - Benicia
Del Monte Corp. - Walnut Creek
Deliotte - San Jose
Department of Child Support Services -
Fairfield
East Bay Veteran's Fair - Concord
Fairfield Adult School - Fairfield
Fall River High School - McArthur
Fireman's Fund - Novato
First Baptist Church of Los Altos - Los Altos
First Republic Bank - San Francisco
Foster City Community - Foster City
Future US - S. San Francisco
Golden Gate National Recreation Area/US Park
Police - San Francisco
Good Shepard Catholic Church - Pittsburg
Good Shepard Lutheran - Concord
Half Moon Bay High School - Half Moon Bay
Hewlett Packard - Fremont
IronPort Systems - San Bruno
IRS - San Jose
Jabil Circuit, Inc. - San Jose
Kaiser Permanente - Walnut Creek
Lash Group - San Bruno
Lewiston Community - Lewiston
Lick-Wilmerding High School - San Francisco
Lockheed Martin - Sunnyvale
Macy's - Corte Madera
Mad River Community - Mad River
Marin Academy High School - San Rafael
Marin Assoc of Public Employees - San Rafael
Marin General Hospital - Greenbrae
Marin Municipal Water District -
Corte Madera
Middletown High School - Middletown
Mill Valley Community
YMCA - Presidio - San Francisco
Zephyr Real Estate - San Francisco



Why do you donate blood?
It relieves the suffering of people who need blood.
Chris Jones, BCP Blood Donor

