

summer 2008

lifelines

the Blood Centers of the Pacific Newsletter



**Blood Centers
of the Pacific**

a member of the Blood Systems Family



Identical twin sisters, Ana and Isa

Cherishing Every Day

by *Angela Woon*

Sisters share a close bond.

Identical twins - even closer.

But nothing compares to the strong bond between Anabel and Isabel Stenzel. Identical twin sisters, “Ana” and “Isa” were both born with cystic fibrosis and have always been each other’s pillar of support.

“We are closer than any human being possible,” said Ana, 36. “We’ve always been there for each other.”

Cystic fibrosis is a genetic disease that affects the lung and digestive system. And Ana and Isa are just two of 30,000 Americans affected by the disease. According to the Cystic Fibrosis Foundation, a defective gene and its protein product cause the body to produce unusually thick, sticky mucus, which clogs the lungs and leads to life-threatening lung infections, obstructs the pancreas and stops natural enzymes from helping the body break down and absorb food.

“We were diagnosed with cystic fibrosis a few days after birth,” said Ana, a genetic counselor. “It’s a disease that needs high maintenance to survive as it causes severe lung damage with several side effects like shortness of breath and persistent coughing.”

As a result, the twins both have had lung transplants.

“I had my first double lung transplant on June 14, 2000, a second one on July 13, 2007, and Isa had hers on February 6, 2004,” said Ana. “To support these organ transplants, we needed a lot of blood transfusions. We used a total of about 90 pints of blood!”

Despite coping with cystic fibrosis, the twins believe they are blessed and each day is precious. “We don’t believe that an illness should bring a person down, instead it brings out the best in people,” said Ana. “We cherish every day and are happy and grateful for plenty of things from food on the table to our parents.”

Ana and Isa are both co-chairs of Genentech’s Heroes of Hope Living with Cystic Fibrosis Program. They are also active volunteers in the transplant and cystic fibrosis communities. And as if they weren’t busy enough, they are also participants in the in the U.S. Transplant Games. Members of Team Northern California, of which BCP is a sponsor, Ana and Isa will join 30 transplant recipients and 10 donor families in Pittsburgh, Pennsylvania, this year. “It’s a great celebration of health!” said Ana. “My first transplant game was in 2002 and it was the first time I could swim and run without coughing. My philosophy is, ‘Why not?’”

*“We used a total
of about 90 pints
of blood!”
- Ana Stenzel*

To add to their plates, five years ago, Ana and Isa began writing their memoir as part of a therapeutic writing process. “We wanted to raise awareness about cystic fibrosis and also for others to read to learn,” said Ana. “We just completed a cross-country tour and speaking engagements for our book, ‘The Power of Two,’ which is in its third printing.”

Continued on page 5

*inside
this issue*

Visitors from China, page 4

Thanks Blood Heroes!, page 5

Redwood City Center’s New Home, page 6

Lifelines

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Cupertino Center

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Peninsula Center

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Redwood City Center

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Napa Center

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Vallejo Center

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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



Giving Blood Regularly

This year's theme of World Blood Donor Day, was "Giving Blood Regularly" to support national blood donor programs in building a stable base of voluntary unpaid donors who make a long-term commitment to blood donation.

Held annually on June 14, World Blood Donor Day is jointly coordinated by four founding partners: the World Health Organization, the International Federation of Red Cross and Red Crescent Societies, the International Federation of Blood Donor Organizations and the International Society of Blood Transfusion. Each year, a country is identified to host a global WBDD event. This year's celebration was held in Dubai, hosted by the Government of the United Arab Emirates under the direct patronage of His Highness, President Sheikh Khalifa bin Zayed Al Nahyan.

The event is to create wider awareness of the need for safe blood for transfusion and the importance of blood donation, and to thank blood donors for their gift

of blood. The dedication of World Blood Donor Day 2008 to regular blood donors had three broad objectives:

- To create wider public awareness of the need for regular donation because of the short shelf-life of blood components and to encourage existing and potential donors to donate blood at regular intervals
- To promote recognition that regular voluntary unpaid donors are healthy individuals and are therefore integral to public health systems; it is because they lead healthy lifestyles and are regularly screened that they are able to donate blood regularly
- To focus attention on donor health and the quality of donor care as critical factors in building donor commitment and a willingness to donate regularly.

For more information on World Blood Donor Day, please visit www.wbdd.org.

Marin County Comes Together for Local Firefighter

This past February, Marin County Fire Captain Ruben Martin, 37, was critically-injured when he was trapped between two fire engines at the Throckmorton Ridge Fire Station, Mill Valley. He was airlifted to the trauma center at John Muir Hospital, Walnut Creek, where he received a large amount of blood.

To show their support for Captain Martin and to help replenish the local blood supply, Firefighter Mike Tribolet and the Marin County Fire Department coordinated a blood drive and barbecue on Saturday, February 16, at the Marin City Fire Station. The drive was a huge success with 143 people donating blood. And of those, 36 donated double red cells.

BCP thanks everyone for their support of the blood drive, and wishes Captain Martin a full and speedy recovery.



Coming together to donate blood to show support for Captain Martin.

The drive was a huge success with 143 people donating blood. And of those, 36 donated double red cells.



Anjana Berde, BCP's newest board member

Board Member Spotlight

by *Angela Woon*

This past winter, BCP welcomed Anjana Berde as its newest member to the board of directors. Anjana brings more than 15 years of experience in employee relations, organizational development and human resources skills to BCP.

Senior Professional in Human Resources Certification from the Human Resource Certification Institute in 2006.

"I enjoy helping businesses achieve their objectives by providing the appropriate human resources, training and strategic consulting," said Anjana on her career choice.

Anjana is excited to be on the board and hopes to lend her knowledge and expertise to BCP. "I hope to attract more diverse populations to donate blood," said Anjana, whose parents are originally from India. "I am still learning the inner workings of the blood center and find it fascinating. I look forward to the coming board meetings."

Married with a 10-year-old daughter, Anjana moved to the Bay Area 17 years ago.

BCP is proud to have Anjana on its board of directors. Welcome!

"I have been a blood donor for 20 years and know Noel McNabola (Secretary and Treasurer of BCP's Board). He informed me that BCP was looking for a non-doctor/medical candidate for its board," said Anjana, who was born on the East Coast. "I met with the recruitment committee, it seemed like a good fit and in January I joined the BCP board."

Currently, First Vice-President/Director of Human Resources at Tamalpais Bank in San Rafael, Anjana earned her bachelor's degree in Business Administration and Human Resources from the University of Massachusetts, Amherst. She received her

VOLUNTEER SPOTLIGHT

Saving Lives Behind the Scenes

by Angela Woon



*Dedicated BCP volunteer
Daisy Straus*

Working diligently in the lab at the Irwin Center, she's helped save countless lives. She's not a BCP employee, yet she's faithfully come in two days a week for 17 years. She's one of BCP's dedicated volunteers and her name is Daisy Straus.

"After I retired, I wanted to do something useful," said Daisy, who's lived in San Francisco since 1939. "I initially signed up with the Retired and Senior Volunteer Program (RSVP) and later on looked for places to volunteer on my own." RSVP is a proactive volunteer-placement organization that recruits and connects individuals 55 and over with a variety of volunteer opportunities throughout the community.

She walked into the blood center, and the rest, as they say is history. Starting out with filing in the Donor Collections department, she later volunteered for the Reference Laboratory. "Before my retirement, I used to work for doctors as a lab technician and

medical secretary," said Daisy, mother of two. "As a BCP volunteer, I was able to use my past experience to help out — I tested for rare antigens in the labs." The Reference Laboratory locates rare blood for patients with unusual antibodies through a 24-hour consultation service with hospitals and a national blood registry.

Last fall at the Volunteer Appreciation Luncheon, Daisy was honored with the Bernard Haines award (named for a dedicated volunteer who passed away) for her outstanding community service.

Due to health reasons, Daisy stopped volunteering at the lab but still remains a BCP volunteer, occasionally helping out at blood drives. "I volunteered for four hours every Monday and Tuesday for so many years," she said. "So I miss it very much, and now my Mondays and Tuesdays are boring!" She cites the lab staff and her "boss," Reference Laboratory Manager Phyllis Walker as the best group to work with and that it was a delightful place to be.

BCP thanks Daisy for her hard work and dedication to the blood center, and extends its congratulations on receiving a well-deserved award!



*Yuan Yu Hua, PhD, Deputy Director Tianjin Blood Center, Tianjin, China, Former Director of Collections
Danna Sorenson, Director of Technical Operations
Terrina Yamamoto, CEO Nora Hirschler, M.D., and
Joy Zhaohui Rathbun Biomerieux, China*

Visiting from China

by Angela Woon

Donating blood is safe, simple and helps saves lives. And while blood centers around the world, and even the country, share in that lifesaving purpose, each center may vary in its processes, operations and programs.

BCP recently played host to representatives from the Tianjin Blood Center, China, who visited BCP to learn about organization and in turn teach us about theirs. Yuan Yu Hua, Ph.D., Deputy Director of Tianjin Blood Center and Joy Zhaohui Rathbun, a representative from Biomerieux, China, were given a day's tour of the Irwin Center, BCP's headquarters in San Francisco.

Through their visit, we learned:

- The Tianjin Blood Center is one of the largest blood banks in China, covering 11,000 square meters.

- Founded in 1969, it provides blood to about 100 hospitals and medical institutions across the city, and is also a research, education and training center.

- The center also offers services relating to white cell blood types and related diseases, as well as hemopoietic stem cell, bone marrow transplantation matching, paternity tests, rare blood freezing and more.

- Every year, an average of 200,000 units (200ml/unit)* of whole blood and blood components are provided to the local hospitals, which comprises about 90 percent of the total blood supply in Tianjin.

- They have 10 mobile units to collect blood from volunteer donors across the city.

- The Tianjin Blood Center conducts quality control and supervision measures in line with the requirements of the Ministry of Health.

Tianjin is the largest coastal opening in northern China and was opened as a trading port in 1860. It is a major commercial city second only to Shanghai and is home to approximately 10 million people.

* (in the United States, one unit of blood is one pint. 1 U.S. pint = approx. 473.2 ml)

Thanking Blood Heroes

by Diana Cifranic and Angela Woon

Whether blood donors, apheresis donors or blood drive coordinators...we call them blood heroes! This past spring, BCP honored these special blood heroes for their dedication to the cause of blood donation.

SBC Awards Dinner

This year's donor awards dinner honoring Shasta Blood Center (SBC) donors' 2007 milestones, was held on March 14th, at the Holiday Inn & Convention Center in Redding. It was attended by 185 guests, with dancing music provided by Personal Signature, and in keeping with the St. Patrick's Day theme of "Donors Grant Wishes," attendees were entertained by the Country Gold Dancers performing an Irish jig.

For the first time in SBC's history, two donors reached their 600 components milestone. Being the "outdoorsy" type they are, John Gordon and Fred Gulbrantson each received a gift certificate from Cabela's sporting goods so they could select the award that would mean the most to them.

Peninsula/South Bay Blood Heroes Luncheon

More than 150 blood donors and blood drive coordinators attended the event at the Hyatt Regency, Burlingame, on June 7th.

Deanna La Croix, mother of blood recipient Matthew La Croix, gave a moving speech about her son's need for blood transfusions. Matthew has Diamond Black Fan Anemia, a rare illness in which his bone marrow does not produce red blood cells, and can also cause problems with white cells and platelets.

Donors who achieved the highest milestones included in 2007 included Roger Harrison and Russell Polstin who reached 400 apheresis components in 2007, while Gary Ellison, Ronald May, Jerry Uribe and John Wilbert received awards for 20 gallons whole blood.

Blood drive coordinator Philip D'India of St. Peter's Catholic Church received the Nancy Ramsey award, which was established

in recognition of the dedicated blood drive coordinator who passed away in 1999. The award is given annually to a well-deserved blood drive coordinator for outstanding service and commitment to the community.

SF/Marin/North Bay Blood Heroes Luncheon

On June 21st, about 290 blood donors and blood drive coordinators were honored at a luncheon held at the Ritz-Carlton, San Francisco. It was a first for BCP, as North Bay donors and coordinators joined San Francisco/Marin blood heroes for the event. The San Francisco Cable Car Chorus performed as attendees registered for the luncheon.

Identical twins Ana and Isa Stenzel, blood and lung recipients (see cover story) talked about their need for blood and how they cope with cystic fibrosis.

"We make a living by what we get, but we make a life by what we give."

-Winston Churchill

Among the donors who reached the highest milestones for whole blood were William Magidson for 30 gallons and Roland Beisenstein for 25 gallons. In apheresis, George Burwasser was honored for reaching 600 components, and William Menzel, James Reikowsky and David Stainbrook for 500 components.

The Nancy Ramsey award recipient was Kathleen Albert, who coordinated the Loren Schaller Blood Drive for Three Heroes.

Everyone had a great time at each event with an overall consensus that it wasn't about awards but saving lives like Matthew, Ana and Isa that ultimately mattered. As Deanna appropriately quoted Winston Churchill in her speech, "We make a living by what we get, but we make a life by what we give."

We couldn't save lives without you — Thank you Blood Heroes!

Continued from page 1

The twins express their gratitude to all blood and organ donors. "We would not be here if it weren't for all these special people," said Ana. "We encourage everyone who can to donate blood and consider organ donation."

Ana is also a board member of Cystic Fibrosis Research, Inc., and Isa, a health educator and social worker, is a board member of The Breathing Room. Although Isa lives with her husband

Andrew and her dog Rupie Giles, the twins still share that close bond... as Ana lives just 4 miles away.

To read more about Ana and Isa or purchase "The Power of Two," please visit www.stenzeltwins.com. To register to be an organ donor, please visit www.donatelife.net.

We wish Ana, Isa and Team Northern California the best of luck at the Transplant Games!

Redwood City Center's New Home!

by | Angela Woon

BCP opened the doors to its brand new Redwood City Center this past May. Located at 570 Price Avenue, Suite #100, the Redwood City Center is one of BCP's 12 blood donation locations throughout Northern California.

A ribbon-cutting ceremony was held on May 20th, to mark the grand opening of the new center. Several Redwood City-San Mateo County Chamber of Commerce Ambassadors attended the event along with BCP President Nora Hirschler, M.D., Medical Director Kim-Anh Nguyen and Chairman of BCP's Board of Directors Lage Andersen. As a welcoming treat, blood donors were served hot dogs and cake to celebrate the occasion.

The Redwood City Center has four history booths, two e-chairs for apheresis and six beds for whole blood collection, and two Alyx machines for double red cell donors.

The Redwood City Center is open Monday: 8:00 a.m. - 3:30 p.m., and Tuesday through Thursday: 11:30 a.m. - 6:30 p.m.

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

To find out about volunteer opportunities at the center, please e-mail dbingham@bloodcenters.org.



BCP CEO Nora Hirschler, M.D. (center) cutting the ribbon to mark the opening of the new center, with BCP board member Lage Andersen (R), and the Redwood City Center staff.

Thank You Heroes!

Congratulations to the following blood drive sponsors for hitting or beating their blood drive goals for the first quarter 2008.

JANUARY

ADP - Santa Clara

Antioch Senior Center - Antioch

Benicia Community - Benicia

California College of the Arts -
San Francisco

California Maritime Academy - Vallejo

Century Centre Blood Drive - San Mateo

Church of Jesus Christ of Latter Day
Saints - Fairfield

City of Vacaville - Vacaville

Conoco Phillips - Rodeo

CSP Solano A - Vacaville

Customs and Order Protection -
San Francisco

Exar Corporation - Fremont

First Baptist Church of Los Altos -
Los Altos

First Republic Bank - San Francisco

Goodby Silverstein & Partners -
San Francisco

Goodrich - Fairfield

Ides-Coastside - Half Moon Bay

Inovis - Richmond

KGO TV - San Francisco

Lockheed Martin - Sunnyvale

Macy's Downtown - San Francisco

Marin General Hospital - Greenbrae

Menlo Atherton High School - Atherton

Oakwood Athletic Club - Lafayette

Peninsula Sinai Congregation - Foster City

Refinery at Richmond - Richmond

Saint Luke's Presbyterian Church -
San Rafael

Saint Peter Martyr Church - Pittsburg

Salesforce.com - San Mateo

Secon - Concord

SF University High School - San Francisco

Siemens - Hayward

Strawberry Village - Mill Valley

Sutter Solano Medical Center - Vallejo

Terra Nova High School - Pacifica

Touro University - Vallejo

Travis Air Force Base - Travis Air Force Base

Trinet - San Leandro

Tyco Electronics - Menlo Park

Vacaville Christian High School - Vacaville

Veriflo - Richmond

Weil, Gotshal & Manges LLP -
Redwood Shores

Wells Fargo - Walnut Creek

Westfield Solano/Solano Community -
Fairfield

Blood drive sponsors continued

FEBRUARY

ABC Real Estate Team - Pleasant Hill
ABD Insurance - Redwood City
Advent Software - San Francisco
Alza Corporation - Vacaville
American Canyon VFW #11099 -
American Canyon
Blendz - Campbell
Brayton Purcell - Novato
Citigroup Center (Citibank) -
San Francisco
City College of San Francisco -
San Francisco
City of Benicia Employees - Benicia
Club Sport - Pleasanton
Coastside Lutheran Church -
Half Moon Bay
Codexis - Redwood City
Concord Airport Plaza Blood Drive -
Concord
Cushman & Wakefield - San Francisco
Employee Wellness - Antioch
Employee Wellness Administration -
Martinez
Exploratorium - San Francisco
First Brazilian Baptist Church of SF -
San Francisco
First United Methodist Church -
San Leandro
George Washington High School -
San Francisco
Ghirardelli Chocolate - San Francisco
Grand Hyatt Union Square - San Francisco
Heald College - Concord
IRS-San Jose - San Jose
Justin Siena High School - Napa
Kaiser - Martinez
Kaiser Hospital - San Francisco
Kentfield Fire Department - Kentfield
L-3 Electron Devices - San Carlos
Lennon Lane Longs - Walnut Creek
Liberty High School - Benicia
M/A-Comm Inc. - San Jose
Marin County Fire - Marin City
NDS Surgical Imaging LLC - San Jose
Oceana High School - Pacifica
Our Lady of Guadalupe Parish - Fremont
Pacific Union College - Angwin
PG&E - Beale - San Francisco
Philip Burton Federal Building & U.S.
Courthouse - San Francisco
Pioneer Hibred - Redwood City

PMI Mortgage Insurance Co. -
Walnut Creek
Publicis & Hal Riney - San Francisco
Rambus - Los Altos
Rotary Club Novato - Novato
Salesforce.com - San Francisco
San Francisco State University -
San Francisco
Seagate Properties - San Francisco
SFSU - Housing - San Francisco
St. Helena Community - St. Helena
St. Robert's Catholic Church - Millbrae
State Farm - Vallejo
The Gap, Inc - San Francisco
The Magnolia of Millbrae - Millbrae
Thornhill Property Service - San Francisco
Travis Air Force Base
Vallejo High School - Vallejo
Walnut Creek Sports & Fitness - Lafayette
West Marin Community Resource Center-
Point Reyes
Yahoo! Inc. - Sunnyvale

MARCH

500 Washington - San Francisco
American International Group -
San Francisco
Antioch High School - Antioch
Applied Biosystems - Foster City
Archbishop Mitty High School - San Jose
Avis - So. San Francisco
Bay Cities Auto Auction - Hayward
Beeline Group - Newark
Benicia Community - Benicia
Burlingame High School - Burlingame
Castilleja School - Palo Alto
CB Richard Ellis - Lagoon Drive -
Redwood City
Cengage Learning - Belmont
Church of Jesus Christ of Latter
Day Saints - Benicia
Church of Jesus Christ of Latter
Day Saints - Walnut Creek
City College of San Francisco -
San Francisco
College of San Mateo - San Mateo
Cushman & Wakefield - San Francisco
Galileo High School - San Francisco
Hells Angels - East Palo Alto
International High School/French
American International School -
San Francisco

Jelly Belly Candy Company - Fairfield
Jesse Bethel High School - Vallejo
Kaiser Deer Valley - Antioch
Kaiser Permanente - Walnut Creek
Las Lomas High School - Walnut Creek
Lincoln High School - San Francisco
Lowell High School - San Francisco
Marin General Hospital - Greenbrae
Marriott Hotel - San Mateo
McCann World Group - San Francisco
Mt. Pleasant High School - San Jose
Napa State Hospital - Napa
Nova Group - Napa
Oqo - San Francisco
Our Lady of the Rosary Parish -
Union City
Peninsula Jewish Community Center -
Foster City
Pillsbury Winthrop Shaw Pittman -
San Francisco
Public Health Administration - Martinez
Sacred Heart Preparatory - Atherton
Saint Catherine of Siena - Burlingame
Saint Mary the Virgin Episcopal Church -
San Francisco
Saint Paul's Church - San Francisco
Saints Peter & Paul Parish - San Francisco
San Mateo City Hall - San Mateo
San Ramon Valley High School - Danville
Sem Yeto High School - Fairfield
Silverado Resort - Napa
Solano Assoc. of Realtors - Vallejo
Solano Health & Social Services - Fairfield
St. Augustine's Catholic Church -
So. San Francisco
State Compensation Insurance Fund -
San Francisco
Travis Air Force Base
Tri-Valley Presbyterian Church - Pleasanton
U.S. Department of Veterans Affairs -
Martinez
USF Housing - San Francisco
Vintage High School - Napa

ÒOne by one, we can be the better world we wish

- Kobi Yamada

