

The Blood Type

Winter Issue
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www.communitybloodservices.org



COMMUNITY
BLOOD SERVICES



New Year Brings New Opportunities for Community Blood Services! Paramus Donor Center Moving to W. Ridgewood Ave. in March 2014

A Message from Dennis Todd, PhD - President/Chief Executive Officer

As we begin 2014, I want to thank you, our dedicated volunteer donors, for your outstanding efforts in 2013.

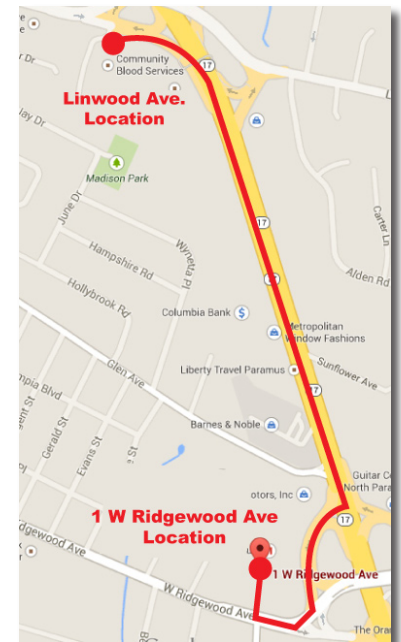
We recently celebrated National Volunteer Blood Donor Month so there's no better time to thank our donors, our donor groups, local businesses and the hospitals we serve for partnering with us to serve our shared community. We depend upon these partnerships to continue to fulfill our mission of providing safe, high-quality blood and tissue products to patients in our community and to ensure there is always an adequate supply on our shelves.

As we head into our seventh decade of service to the community, Community Blood Services remains on the move. After transferring our corporate offices from Paramus to Montvale this past March, we opened a donor room there and added evening hours two days a week for the convenience of donors in that area. Montvale has begun welcoming PBSC (peripheral blood stem cell) donors, who are making life-giving donations for patients in need of stem cell transplants, and it is also where we are working with the biotech industry to carry out clinical trials that could one day change the future of medicine.



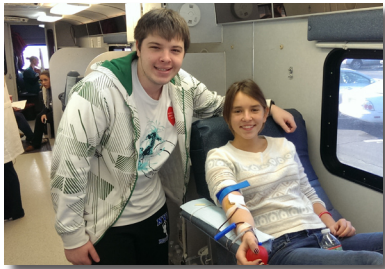
On March 3rd we will move from our current Paramus Donor Center at 970 Linwood Avenue West and christen our brand new donor center at One West Ridgewood Avenue, also in Paramus. The center is practically around the corner from the Linwood Avenue site, still close to Route 17. We are busily working to make this newest donor center inviting and comfortable for our dedicated donors and staff so you can continue working with each other in our "Life Shared, Life Saved" tradition. We will let you know as soon as we have an official move date.

I am proud to be working with so many talented and hard-working employees and invite you to visit them and make your life-giving donation at our Paramus, Montvale or Lincoln Park donor centers or at a mobile blood drive or donor site in your neighborhood. Thank you for making Community Blood Services your community blood center; together we can help save lives one blood donor at a time.



[Click here to view our locations and hours](#)

It's Academic: The "Norseman" Blood Drive Helps Save Lives



Zach (left) with some Norseman donors and Donor Technician Ellen



Zach Dubin, a senior at Northern Valley Regional High School in Demarest, New Jersey, knew he was taking on a big job as student coordinator of this year's blood drives. But he also understood the important role student blood donors play in making a difference in the lives of so many patients in their community's hospitals.

"I grew up watching my dad, Dave Dubin, faithfully donate blood for many years and I wanted to make the same commitment," Zach explained. Zach's dad, a colon cancer survivor who himself has used blood products, has been a spokesperson for Community Blood Services.

The administration and faculty at NVRHS play a big role in getting students to participate by allowing them to take time out from class. Mark Sterinsky, the Emergency Medical Services (EMS) Club faculty advisor, worked alongside Zach to make this blood drive a real success. The Norseman students of Northern Valley Regional High School have hosted blood drives with Community Blood

Services for the past 10 years with impressive results. Students registering to donate at the December 19, 2013 drive topped **80**, with **55** units collected.

Community Blood Services is most appreciative of the support we get each year from our high school, college and vo-tech students. These students, who can donate at age 16 with parental consent or at age 17 without, represent the future of our mission - to always have an adequate supply of blood and blood products for our area hospitals and their patients.

Community Blood Services recognizes the efforts of our students with an [Academic Scholarship Program](#) that spotlights extraordinary commitment of individual students to the mission of volunteer blood donation.

Did You Know?

If you start donating at age 17 and donate every 56 days until you reach age 76, you will have donated **48** gallons of blood, and made a difference in more than **1,000** lives!

"Students feel like they are doing something really special. Saving lives is the ultimate gift."

Sweet 16 Party Celebrates First-Time Blood Donor

Catherine Dvorak, a student at Passaic County Technical Institute in Wayne, became a first-time blood donor in December when she celebrated her Sweet 16 birthday party at the Paramus Donor Center. Friends and family helped her celebrate by donating blood. Catherine grew up accompanying her parents when they donated blood at the center, and had been looking forward to the day she could also donate. She was thrilled when the age to donate was reduced to age 16 with parental consent!



Mobile Community Blood Drives

Elmwood Park Fire Department
Saturday, February 22
10 a.m. - 2 p.m.
Defender Company #4
Boulevard & Veteran's Place
Elmwood Park, NJ

K of C Pequannock
Sunday, February 23
Our Lady of Good Council Church
155 West Parkway
Pompton Plains, NJ
8 a.m. - 1:30 p.m.

Newburgh Mall
Tuesday, February 25
1401 Route 300
Newburgh, NY
3 p.m. - 7 p.m.

Stop & Shop
Thursday, February 27
1185 Broad Street
Clifton, NJ
3 p.m. - 7:30 p.m.

Ridgewood YMCA
Saturday, March 1
10 a.m. - 3 p.m.
112 Oak Street
Ridgewood, NJ

Dumont Community Blood Drive
Saturday, March 1
9 a.m. - 3 p.m.
Calvary Methodist Church
185 W. Madison Avenue
Dumont, NJ

Mombasha Fire Department
Thursday, March 6
2 p.m. - 8 p.m.
526 Route 17M
Monroe, NY

Masonic Lodge of Ramsey
Saturday, March 22
9 a.m. - 3 p.m.
24 North Franklin Turnpike
Ramsey, NJ

Fort Lee Ambulance Corp.
Friday, March 28
2 p.m. - 8 p.m.
Recreation Center
Stillwell Avenue
Fort Lee, NJ

Call **201-389-0350** for additional information.

The Need is Real and Ongoing for Certain Types of Blood Donations

Many of you may be wondering why you are repeatedly called or asked to come donate your specific life-giving blood and blood products in “urgent” appeals that are publicized again and again in the news media, through emails and on social media sites. It’s because the need for your special types is ongoing and constant, never more so than this winter when the supply has dipped dangerously low because frigid temperatures, back-to-back snowstorms and illness have led to the cancellation of donor appointments and blood drives.

Why Type O Negative?

Many of you probably know that your Type O Negative blood type makes you the “universal” blood donor whose blood is in most demand by the 18-plus hospitals we serve. Only your type can be transfused to any patient regardless of his or her blood type in the event of an emergency, or to trauma patients, patients with rare antibodies and seriously ill babies. Type O negative blood represents only 7% of the population which is why we must seek out many of the same donors time and again to ask for their help. Community Blood Services needs at least 140 Type O negative donations weekly to serve its community’s needs.

Why AB Male Plasma?

Another urgent appeal you hear regularly is for AB male plasma which is used for patients with bleeding disorders and burn and trauma patients. Like Type O neg donors, AB donors are universal donors and represent only a small percentage of the population - 4% to be exact - and that pool of donors becomes even smaller since we can only use AB plasma from male donors. Women who have been pregnant, or anyone who has received a transfusion, cannot donate plasma so as to reduce the risk of a transfusion reaction known as TRALI (transfusion related acute lung injury) in patients. The cause of TRALI is believed to be associated with certain antibodies that a person obtains during pregnancy or past transfusions. Each week we must collect at least 20 AB plasma units.

Why Platelets?

Platelet donors also receive regular calls from us. Platelet donors can donate more frequently than whole blood donors, every three to seven days, and the shelf life for platelets is only five days so they also must constantly be replenished. At least 30 platelets must be collected every day for cancer patients undergoing chemotherapy and by patients who need open heart surgery or organ transplants.



Donating is a Family Affair!

Sharon and Ed Ament of Little Falls (NJ) have been dedicated blood donors for more than 30 years. Now their daughter Samantha is donating, too! Sharon also has been a blood recipient in the past so she understands the importance of blood always being available when patients need it. If more families made donating a family affair like the Aments they could help ease the ongoing blood shortage.

How You Can Help

In addition to heeding our continued calls for help if you are eligible to donate, you can consider making an [automated donation](#) which allows you to donate more than one product during one donation and helps us better target the needs of our hospitals. Plasma donors who meet the criteria, for example, can make up to four donations during one sitting as part of our [Most Valuable Plasma multi-plasma program](#).

You can also help ensure we never run too low on these precious products by being an

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HOSPITALS WE SERVE

We are the sole or primary supplier of blood and blood products to 18-plus NJ & NY hospitals.

New Jersey

Atlantic Health System

Chilton Medical Center

Morristown Medical Center

Newton Medical Center

Overlook Medical Center

HackensackUMC

Mountainside & Pascack Valley

St. Joseph’s Healthcare System

St. Joseph’s Regional Medical Center

St. Joseph’s Wayne Hospital

Bergen Regional Medical Center

Englewood Hospital

Holy Name Hospital

Meadowlands Hospital

Palisades Medical Center

Robert Wood Johnson

University Hospital Rahway

The Valley Hospital

Trinitas Regional Medical Center

New York

Methodist Regional Medical Center

New York Presbyterian Hospital

Orange Regional Medical Center

St. John’s Episcopal South Shore



PBSC Donor Michael Phelan Pays it Forward to Transplant Patient



This winter [Be The Match registry](#) member Michael Phelan became the hero of a complete stranger and he's feeling great about it. Michael, a husband and father of two small children, agreed to donate his bone marrow after being told he was a match for a patient with leukemia. Following a full physical and undergoing injections to stimulate his bone marrow cells, Michael spent his donation day giving the best gift possible - the gift of life.

"I registered for the bone marrow registry when I was 31, single and just had myself to think about," Michael explained. "But now I am a married with small kids so when the call came that I was a perfect match for someone, I had

to really think about whether this made sense for me."

After discussing the procedure with his wife Julie, a decision was made to go ahead with the non-surgical PBSC (peripheral blood stem cells) donation.

"Julie said the elderly patient was possibly somebody's grandparent. Since both our dads are around the same age as the patient, we knew I had to do it," Michael said, noting he also received strong support from his boss, Gary Wollum at Bullet Security. "Gary was great about giving me the time off I needed."

For five days prior to his donation, Michael was given a drug called filgrastin to increase the number of stem cells in his bloodstream. During the PBSC donation blood was removed through a needle in Michael's arm and passed through a machine that separated out the blood-forming stem cells. The remaining blood was returned to him through his other arm. His cells were then transported to the transplant location for use by the patient.

According to Cheryl Bacigalupo of The HLA Registry at Community Blood

Services, a member center with the National Marrow Donor Program Be The Match registry, there is a 1 in 540 chance that someone on the registry will be a match. When Michael was called he almost immediately agreed to the procedure. "That kind of commitment means one less patient is waiting for his or her lifesaving donation," said Bacigalupo.

Michael is looking forward to possibly hearing from his recipient in about a year (the amount of time NMDP requires before a patient and recipient can connect) and maybe even meeting one day.

"Having kids has made me grateful for my own good health. If I can help someone live a better life, than I am going to pay it forward and give when I can," said Phelan.

You could be a lifesaving match for someone in need of a transplant or help find a match for a patient in need by running a bone marrow drive. [Click here](#) to learn how to register or [click here](#) to find out how to run a drive.



Social Media Connects Us With Our Donors & Patients in Need!

The world of social media is always changing and developing and we're committed to keeping up with those changes. Thanks to many of you our connections with the outside world continue to grow. Our Facebook page now has nearly **3,200** "Likes" and we have **100** Instagram followers and **280** Twitter followers. Those connected to us continue to help us in our mission to save lives by sharing our posts and spreading the word concerning blood needs and triumphs with their friends and family on their own social media platforms so we can help even more patients in our shared community.

If you haven't already connected with us, please "Like" us on our Community Blood Services Facebook page and visit our website at www.communitybloodservices.com. You can also connect to us on Twitter at [Twitter@cbsblood](https://twitter.com/cbsblood) and engage with us on [Instagram@communitybloodservices](https://www.instagram.com/communitybloodservices). Stay tuned for an announcement this year regarding our new Pinterest pages!

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an ambassador in your community, spreading the word among your friends, family and co-workers who might have these blood types and be willing to donate. Our mission is to always have an adequate supply of blood on our shelves when our community members need life-giving transfusions, and to do that we depend upon your regular, repeat donations.

We hope you will be understanding if we contact you a little too soon or a little too often and that you recognize the valuable role you play in our community. As the lifeblood of your community, volunteer donors like you make a difference every day with your generous donations and we salute you!

The “Faces” of Our HLA Bone Marrow Registry Need Your Help to Find Their Precious Matches!



As a volunteer blood donor, you have shown a serious commitment to the health of your community. Did you know you can also potentially help a patient in need by joining The HLA Registry at Community Blood Services to become a possible bone marrow/stem cell donor?

As a member of the National Marrow Donor Program’s Be The Match registry, The HLA Registry runs community bone marrow registration drives and encourages individual registrations of potential bone marrow/stem cell donors. The Be The Match registry is searched by transplant doctors looking for potential matches for patients with leukemia, lymphoma and other serious diseases whose only chance for a cure is a transplant.

Owen Hogan

Multiple drives have been held in the name of Owen, the 2-year-old son of a NYC firefighter who needed a transplant after being diagnosed with aplastic anemia; two more drives are scheduled in March and April. Owen’s story captured the hearts of many, with more than 100 caring people registering at those drives already held. A match was found for Owen and, following his January transplant, he is progressing nicely. [Click here](#) to follow Owen’s progress.

Brittany Santana & Ed Schwartz

The HLA Registry is pleased to report that our “very special high school student” 15-year-old Brittany Santana of Wood-Ridge (NJ), who has acute myeloid leukemia (AML), found her match and got her transplant on January 31. Brittany’s aunts, Kim and Tracey, report that Brittany is doing well. Brittany’s family has now

hosted two bone marrow drives and added 40 new members to the bone marrow registry! “Eco Ed” Schwartz of Ridgewood (NJ) also found a match and is moving towards his transplant date. Seventy-eight friends of “Eco Ed” Schwartz of Ridgewood, who also has AML, registered at a drive held in his honor. A second drive for Ed is planned for February 23 at Flat Rock Brook Nature Center in Englewood (NJ).

Anthony Daniels

Anthony, a Fordham University student and Ridgewood High School (NJ) alum, was the focus of much press coverage in his ongoing battle with Hodgkin’s lymphoma. A village-wide appeal issued for Anthony’s bone marrow drive in December attracted more than 500 potential donors and Anthony was on hand to thank each and every person. Anthony is still awaiting his life-giving match but has continued to publicize the bone marrow registry through social media and his amazing network of family and friends who are inspired by Anthony’s resolve to find his match.

Another Way to Help: Join the Registry or Host a Drive!

Registering as a marrow donor or hosting a bone marrow drive is another great way to make a difference in someone’s life. The staff at The HLA Registry is here to help make your event a success. Every four minutes, someone is diagnosed with a blood cancer. Thousands of patients with blood cancers like leukemia and lymphoma, sickle cell and other life-threatening diseases need bone marrow or umbilical cord blood transplants. The HLA Registry can help find matches for

Upcoming HLA Registry Bone Marrow Drives:

Friends of “Eco Ed” Schwartz
Sunday, February 23
9 a.m. – 1 p.m.
Flat Rock Brook Nature Center
443 Van Nostrand Avenue
Englewood, NJ

Friends of Anthony Daniels
Phi Sigma Sigma
@ Rutgers University
Thursday, February 27
12 noon – 6 p.m.
21 Union Street
New Brunswick, NJ

Friends of Barry Hyman
Seventh Day Adventist Church
Saturday, March 1 2014
1 p.m. – 4 p.m.
218 Ratzer Road
Wayne, NJ

**Call 800-336-3363
for more information.**



these patients with your help. [Click here](#) to register as a possible donor or [click here](#) to find out how to run a bone marrow drive. We all have the power to help, the power to give hope, the power to save a life.

Life-giving Donations + Raffles = Everybody Wins!



Douglas Voight - TV Winner



Ann Bellavigna - Nook Winner

We are pleased to announce the winners of our December raffle contests. They are all life-giving donors who make donating blood and blood products a frequent part of their busy lives. Community Blood Services salutes our nook winner, **Ann Bellavigna** from Ramsey, who has made 162 platelet donations since 1985! Our 32" television winner is **Douglas Voight**, also from Ramsey, who has been a plasma donor since 1990 and has made 120 donations. **Sharon Ament**, who has made at least 47 donations so far, took home an iPod Nano to Little Falls. Glen Rock's **Katherine Reid**, who donates double platelets, received a family gift card pack for correctly identifying the site of the new Paramus Donor Center in our "Where's Bernie?" contest. Finally, **Maria Dalmou** of Paramus and **Jim Gilligan** of West Milford correctly named "Rudolph's Crew" and each won a Boston Market gift card. Congratulations to all of our winners!

A "Super" Day to Donate Blood!

Community Blood Services teamed up with five other New Jersey blood centers on Wednesday, January 14 to host the 4th and Goal Blood Drive at Sun National Bank Center in Trenton, NJ. The event kicked off promptly at 9:30 a.m. with NJ Health Commissioner Mary O'Dowd and NJ Lt. Governor Kim Guadagno addressing the crowd on the importance of their blood donations to patients in our hospitals.

The stands in the arena were filled with men and women serving in our Army, National Guard and Air Force who came to donate blood and get a chance to win a pair of tickets to Super Bowl XLVIII. The flow of donors remained steady throughout the day, with the help of both our troops and community members alike, and nearly 200 units were collected.

Donors enjoyed live performances throughout the day from the Paper Mill Playhouse Broadway Show Choir, Rich Genoval and Joey Vincent. Former New York Jet wide receiver and North Jersey football legend Wayne Chrebet also signed autographs and took pictures with donors during the event.

Signed Jets memorabilia and other prizes were raffled off to donors throughout the blood drive and donors were eligible for one last chance to win tickets to Super Bowl XLVIII.

Thank you to the NJ Workplace Blood Donor Coalition and, most importantly, the very special men and women serving in our Army, Air Force and National Guard and all those volunteer donors who came out to donate for making the event a huge success!



It's February...Wear Red!

At Community Blood Services we love the color red...for lots of reasons. Red is the color of the life-giving blood and blood products that we rely on from our donors each day to save the lives of patients in our community hospitals. And we love to wear Red on Fridays in February for [Go Red for Women's Heart Health](#), to celebrate healthy heart choices for the women in our lives.

Community Blood Services supports heart health initiatives and encourages the wearing of red to show our heartfelt wish for good heart health for all. Join us in February to recognize Heart Health Month by donating blood and you will be doing your own heart some good because your cholesterol and blood pressure will be checked every time you make a life-saving donation!

February is also **Black History Month**, and Community Blood Services salutes [Dr. Charles Drew](#), an African American pioneer in blood banking. Dr. Drew is the founder of the world's first blood bank and also developed a technique for the long-term preservation of blood plasma.

