

Coordinator e-News

Getting the word out

Do you ever get the feeling that people aren't looking at the posters you put up? Does it look like the table tents you put on the cafeteria tables were used as napkins? Try some ideas to get everyone noticing!

- Put a poster up on the bathroom mirror, right where you would see your face.
- Hang posters in bathroom stalls. What else are they going to read?
- Write a blood drive note on Whiteboards or Chalkboards throughout your building.
 - ♦Change the message periodically.
 - ♦Use chalk to tell a blood drive "story" on the path leading to your building, for example: Did you... know that...every 2 seconds...someone needs blood!!!
- Have the CEO/principal/leader send an email on the day of the drive with nothing more than "Blood Drive today" in the subject line. Ask him/her to use the ! button so everyone knows it is an important message.
- Put the blood drive information in already existing newsletters and programs

that will be going out before the drive.

- Find a recipient within your group to write a thank-you to your blood donors.
- Hang a poster upside down – it really attracts attention.
- Put a poster on the vending machine or by the time clock.
- Put a flyer in each hymnal at church (make sure to clean up afterwards).
- Put the blood drive information on your website.
- Promote the drive on Facebook.

Try 1 or 2 of these ideas at your next drive. Let us know comments you receive and changes in results. We will share in an upcoming issue of the Coordinator E-news.

Please Note: We have discontinued the "check stuffer" as a promotional tool. Please call your recruiter to discuss different options for getting the word out or read the article above for ideas.

Heme vs. Non-Heme

You hear about iron all of the time, but how much do you really know about it? Iron comes in two different forms – heme iron and non-heme iron. Heme iron is found in animal sources such as clams, beef, and turkey. Beans, pumpkins seeds and other vegetables are sources of non-heme iron. You may be asking, "what kind of iron is better to consume prior to donating?" The answer is heme iron, because heme iron, is more easily absorbed by your body. However, eating iron-rich foods may not always be enough; fruits rich in vitamin C such as broccoli and tomatoes can lend your body a helping hand in absorbing iron-rich meals.



September Coordinator of the Month

Congratulations to Linda Pintar, Betty Harris and Janice Resch from Miller Electric for being our September Coordinators of the Month. The ladies set up many opportunities throughout the company for a representative from the Community Blood Center to educate the employees about blood donation. They also provided the donors with various sign up options including lunchroom sign-up tables. They utilized the help of numerous volunteers to assist in sign-up and recruitment. The ladies decided to give back to the local community even more in 2010 by adding an additional drive. Keep up the great work!

★ ★ ★ ★ ★ ★ ★ ★

Iron-Rich Clam Chowder

It's that time of the year again! Leaves are changing colors, football consumes our Sunday afternoons and temperatures are dropping. Fall is the perfect time to cuddle up by a fire with a good book and a warm bowl of soup. Next time you are looking for a tasty dinner to warm your belly – and pump up your iron – try some clam chowder.

Ingredients

- 2 (6.5 ounce) cans minced clams
- 1 ½ cups water
- 1 (16 ounce) can diced tomatoes
- 1 cup chopped onion
- 2 potatoes, peeled and chopped
- ½ cup finely chopped carrots
- 1 teaspoon salt
- Ground black pepper to taste
- ½ teaspoon dried thyme

1. Drain clams and reserve liquid. Add enough water to reserved liquid to make 3 cups of stock.
2. In a large saucepan pour clam juice and water mixture, un-drained tomatoes, onion, potatoes, carrots, salt, pepper and thyme. Cover and simmer for 30 to 35 minutes. Remove the pan from the heat. Mash the vegetables slightly to thicken the broth. Add clams to the saucepan and heat thoroughly. Serve hot.

This recipe is from www.allrecipes.com



Diane Beatty

Office: (920) 560-6624

Cell: (920) 419-3829

dbeatty@communityblood.org

Jill Kohl

Office: (920) 560-6643

Cell: (920) 419-3807

jkohl@communityblood.org

Amy Sabee

Office: (920) 560-6637

Cell: (920) 419-3804

asabee@communityblood.org

Ruth Welhouse

Office: (920) 560-6653

Cell: (920) 419-3883

rwelhouse@communityblood.org