



## National Volunteer Week April 18 - 24

*Thank you to those who give us a reason to celebrate*



At SCBC, community involvement doesn't end with blood donation. While volunteer blood donors help strengthen the blood supply within the community, those who donate their time with our center play an integral role in keeping things running smoothly behind-the-scenes. Each week, a handful of volunteers devote their time to providing support to different departments within our organization and, through the process, learn more about the importance of blood donation within the community.

In recognition of National Volunteer Week, April 18 - 24, SCBC would like to deliver an enthusiastic "thank you" to the individuals who take time out of their day to lend a helping hand to our staff and donors. Whether it's a big task or a small task, we appreciate what our volunteers do!

Are you interested in celebrating National Volunteer Week by becoming more involved in our community? Contact Pamela Hamm, SCBC's Volunteer Coordinator, at [shamm@fbsblood.org](mailto:shamm@fbsblood.org) or 850-877-7181 to learn more about available opportunities.

## Limited-Time Offers Expire Soon!

**win**  
*carrie underwood*  
**tickets**

Three sets of Carrie Underwood tickets will be raffled off at the end of the month to three lucky April donors. Concert is May 4 in Tallahassee.

**FREQUENCY MATTERS**

**ENDS APRIL 30**

Show your commitment to giving blood and take home a Frequency Matters t-shirt. While supplies last.

## Recognition Events Make Donors Feel Extra Special



March 2010 Donor Recognition Event at AWI

Giving blood is a meaningful - and satisfying - act. While the "feel good" effect of donating is definitely a reality, many organizations, like Agency for Workforce Innovation (AWI) in Tallahassee (pictured above), strive to make their donors feel extra special about what they do. Whether it's a prize raffle, a free lunch or a recognition event, taking the time to thank donors goes a long way. If your organization holds blood drives with our center, we encourage you to think of ways to show your appreciation for your employees and the lifesaving contributions they make at each drive.

## SCBC Now Offers Cholesterol Screening...But Why?

### Why is cholesterol important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. The higher your blood cholesterol level, the greater the risk that you could have a heart attack or receive a diagnosis of heart disease. Each year, more than a million people have heart attacks and about a half as many die from heart disease.

### What is cholesterol?

By definition, cholesterol is a natural, fatty substance found in our diet. Made by the liver, cholesterol is carried throughout the body in the blood stream. Since high blood cholesterol does not cause symptoms, many people are unaware that their cholesterol level is too high.

### What do cholesterol numbers mean?

It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high will decrease the risk for developing heart disease or suffering a heart attack. Lowering

Desirable	Less than 200 mg/dl.
Borderline High	200 to 239 mg/dl.
High	240 mg/dl. or greater

cholesterol is important for everyone - young, middle aged and older adults, people with or without heart disease. If your cholesterol screening level is above the desirable range (see the chart above), see your physician. Keep in mind, our tests at SCBC are screening tests only!

## Tune in to Learn More About Blood Donation

On April 29, SCBC will begin a 13 week series with Fox 49 to help area residents learn more about blood and blood donation. The series, "SCBC Community Focus," which will air each Thursday on the 10pm news, will dispell common myths about blood donation and answer questions that individuals unfamiliar with the process are often eager to know.

Be sure to tune in to the first segment, "Why Give Blood?" to hear more about the need for blood within the community and why volunteer blood donors play an irreplaceable role. The segment on May 6th will cover "What should I expect when I give blood?" followed by "What happens to my blood after I donate?" on May 13th. Mark your calendars - this is something you won't want to miss!

