

Podcast Episode 390: LifeStream Blood Drive

SPEAKERS

Kathy Lindstrom, Martin Arredondo

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Kathy Lindstrom 00:00

Good afternoon, Sun City Shadow Hills. This is board member Kathy Lindstrom. And I'm here to introduce to you Martin Arredondo, who comes to us from LifeStream, and they, along with Sun City will be hosting our blood drive tomorrow. It's a time of Thanksgiving, and I personally give thanks for my health that I can give to our community with a blood donation. And I've signed up for the 11 o'clock slot. But Martin, tell us about the blood drive and tell us where that blood will be going and what to expect tomorrow for those who will donate.

Martin Arredondo 00:35

Well, thank you, Kathy, for inviting me today to speak to everyone. Yes, we're having a big blood drive tomorrow at the Montecito Clubhouse from 10am to 4pm. And we invite everyone to come on by and give blood. We have about 42 appointments as of today, we're welcoming walk-ins. Or you still want to sign up, please, we encourage you to do so that helps with the donor flow. LiveStream as the blood provider of blood and blood products to other hospitals throughout the entire Coachella Valley, also in Imperial County and other parts of southern California. But all hospitals here in the valley receive blood from donors who donate with LiveStream. We can't do it without our volunteer blood donors. Certainly there are people who think that they cannot give blood for some reason or another and we don't want them to self-defer. Please come on by, if you're unsure, lots of rules change that will allow you to donate. For example, our visitors from the UK can now give blood. They are now no longer deferred due to potential risk of exposure to Crisfield Jacobs disease, more commonly known as mad cow disease. So please, if you think you cannot get blood, whether you're taking medications, or you have a condition, please do not self defer. Please check with our nurses don't let you know if you can or not. And most of the time, you can give blood.

Kathy Lindstrom 01:52

It's very simple. Just make sure you have a good breakfast, and you have plenty of fluid. You've been drinking that morning, and they will almost hold your hand as you go through the process. I'm a longtime donor. And it's very simple. And I'll be happy to hold your hand also. It's a great experience because we know that that blood is kept here in the Valley. And it's going for our residents here. And we welcome all you snowbirds to donate also.

Martin Arredondo 02:19

Yes, again, Canadians are welcome. We welcome Canadian blood. Some people think, and there's no upper age limit for giving blood as long as you're in good health. And again, if you're unsure, please stop on by and speak to our staff. For example, if you happen to be diabetic, you can give blood if you



have it under control through diet or medication. If you've had cancer in the past, you can give blood if you are cancer free and no longer on treatment through your doctor. Again, non-cancer skin melanoma, you can give blood. Again, there's lots of rules that changed. FDA updates their policies every year. So please come on by help save a life. We depend solely on volunteer blood donate donations to help maintain our local blood supply. We're trying to collect at least 72 pints of blood. And again very impressive here at Sun City Shadow Hills. We've collected at minimum 60 pints of blood to as many as 72 pints of blood and the last three blood tests we've held here. So real great support, that's comparable to a lot of the high schools here in the Coachella Valley. So to have a lot of our seniors coming in to give blood is very impressive and we hope to have that same type of turnout tomorrow.

Kathy Lindstrom 03:23

Okay, so we've had 41 appointments already, we can double that. Come on in, be a donor and make sure that you come in and support this great, great service that we're giving to the to the residents of Coachella Valley. Thank you Martin.

Martin Arredondo 03:42

Thank you.