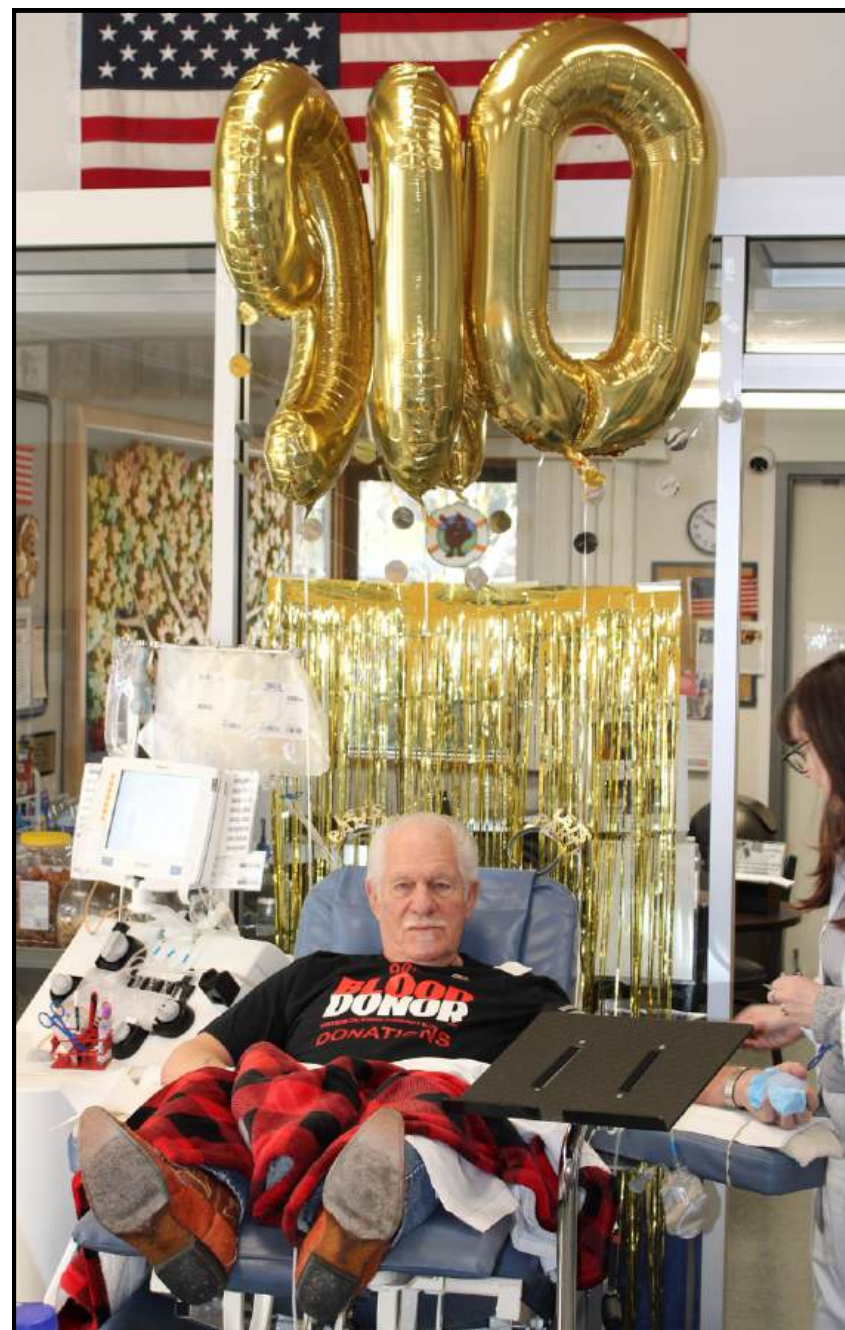


LeRoy Murrell Reaches Historic Milestone of 900th Donation

Year after year, one thing is guaranteed- you can count on LeRoy. At the age of 18, LeRoy Murrell donated blood for the first time, and 65 years later, on his 83rd birthday, LeRoy made his 900th donation! LeRoy has spent 1700+ hours in a donor chair and has impacted the lives of over 1500 patients in need. From 1 gallon to 112.5 gallons, LeRoy's dedication to saving lives by donating his blood is unmatched. Blood and platelet donors like LeRoy are heroes who help ensure an adequate supply of blood is available for patients in need. The Northern California Community Blood Bank is so grateful for all the life-saving blood LeRoy has donated. His commitment and enthusiasm for donating has touched so many lives in our community and we would like to thank LeRoy for his many years and the many units of blood he's given to those in need. We look forward to collecting many more units and saving many more lives with you, LeRoy!



Above: LeRoy Murrell on his 83rd birthday, making his 900th donation.



Above: LeRoy Murrell featured in the Times-Standard making his 200th donation.



Above: LeRoy Murrell donating his 70th gallon.

Leadership students host first-ever blood drive at Hydesville School

As part of the blood bank's new leadership/middle school blood drive program, students coordinated the school's first-ever blood drive. Donor Recruiters were able to come into the classroom to educate students about the importance of blood donation and give them the tools to make an impact in their community. Alongside their leadership teachers, Ashlee Byrd and Shiloh Mitten, students were able to use their creativity to make flyers, posters, and banners that were displayed for the whole town to see. Several of the classes took the time to handwrite postcards, asking their parents, friends, and community members to donate on their behalf. The blood drive turned into a friendly competition between the K-8th grade classes. Parents with multiple kids had to make the hard decision of which class their donation was going toward. In the end, Mrs. Sturdevant's 4th-grade class won with the most donations and was treated to a donut party. The bloodmobile saw 20 donors thanks to the hard work and enthusiasm displayed by both students and staff. The blood bank looks forward to future drives with the next generation of blood donors leading the way!

The concerning decline in blood donations from young adults.

The problem:

There has been a 60% decrease in blood donations in teens and a 31% decrease in blood donations in younger adults in recent years. The blood supply has lost a significant portion of donors under the age of 30.

The question:

What is the reason for the decrease, and how can we entice the current and next generations of young people to become regular donors?

The solution:

Leadership/ Middle School- Blood Drive Program. Blood drives save lives. How many other projects do that? This program will introduce students to the importance of blood donation. Although students are not eligible to donate blood as they are too young the Northern California Community Blood Bank's goal is to give them the education and tools to organize and execute a successful blood drive which will give them the ability to make a large impact in the community. We aim to ignite a passion in them to become future blood donors and give them the knowledge to encourage their community to donate blood regularly.



Pictured above: Hydesvilles Leadership class



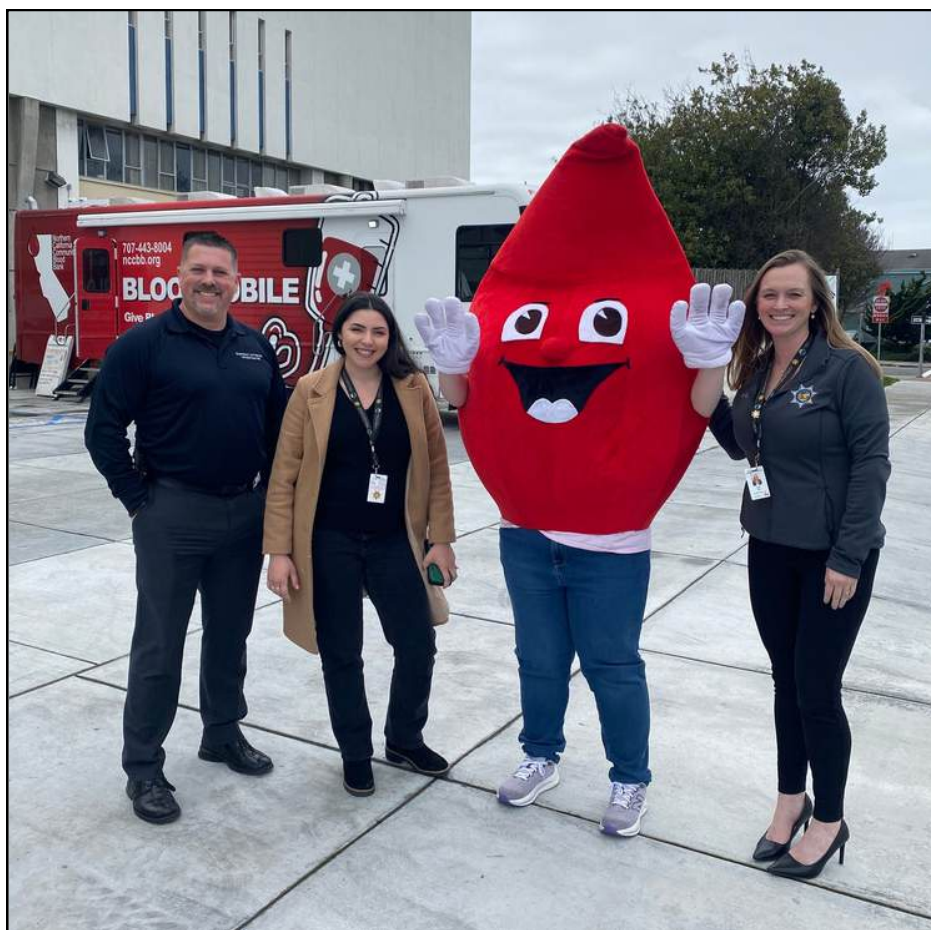
Humboldt County Sheriffs spread the love this past Valentine's Day by donating blood.

We would like to thank our Humboldt County Sheriffs for keeping Humboldt County safe and helping us keep a stable supply of blood for our community. Sheriff Honsal and the Humboldt County Sheriff's Office provide public safety services to all 136,000 Humboldt County residents and visitors. They run four patrol stations and one correctional facility. Their responsibilities include maintaining order, running the correctional facility, responding to emergencies, patrolling the county, making arrests and keeping us all safe. Our Sheriffs do so much for so many and still make time to donate blood for those in need. If they can take 45 minutes out of their busy schedules to donate, we all should be doing the same. Their donated units could be going to a cancer patient going through radiation or chemo treatments, a trauma patient who's been in an accident, or a



mother who lost blood during childbirth. Anyone at any time could need your donation, and their life can depend on you. If you are healthy and at least 16 years old, please donate. You can find our bloodmobile schedule and center hours on our website at nccbb.org. 

"I can understand the process can be scary since a lot of people don't like needles, but it is a small price to pay to be able to hopefully save a life," said Humboldt County Sheriff's Office Investigator, Jennifer Taylor (Picture: Top left)



Humboldt Sponsors
We make good things happen for local kids!


Humboldt Sponsors 6th Annual Blood Drive

It's always a pleasure having the ladies of Humboldt Sponsors at the Northern California Blood Bank, and the number of donors Lynn McKenna brings through our blood center doors is truly remarkable. We are so grateful and proud to partner with such incredible women and an organization that is doing so many great things for the youth of Humboldt County. Humboldt Sponsors is a non-profit charitable organization dedicated to raising funds solely to benefit the youth of Humboldt County. Since 1973, Humboldt Sponsors has awarded more than \$2,939,000 in grants, and this April 2025 will mark their 3-million-dollar milestone in grants awarded. Among the many impactful community and youth-focused events Humboldt Sponsors organizes throughout the year, their annual blood drive is what we know them best for here at the blood bank. In the midst of the COVID-19 pandemic, Lynn, who was already a supporter of the blood bank in a number of ways, was considering organizing blood drives for both the Retired Teachers Association and Humboldt Sponsors. Since Lynn's initial interest in sponsoring a blood drive back in 2020, she has become a powerhouse, and nobody can say no to Lynn when it comes to signing up for her blood drives. There's nothing our donor recruiters love more than a dedicated and enthusiastic sponsor like Lynn. This past February 2025 marked the 6th annual Humboldt Sponsors blood drive, and in total, the Northern California Community Blood Bank has seen 242 donors on behalf of Humboldt Sponsors. Humboldt Sponsors' hard work, commitment, and passion for their community blood bank are extraordinary.



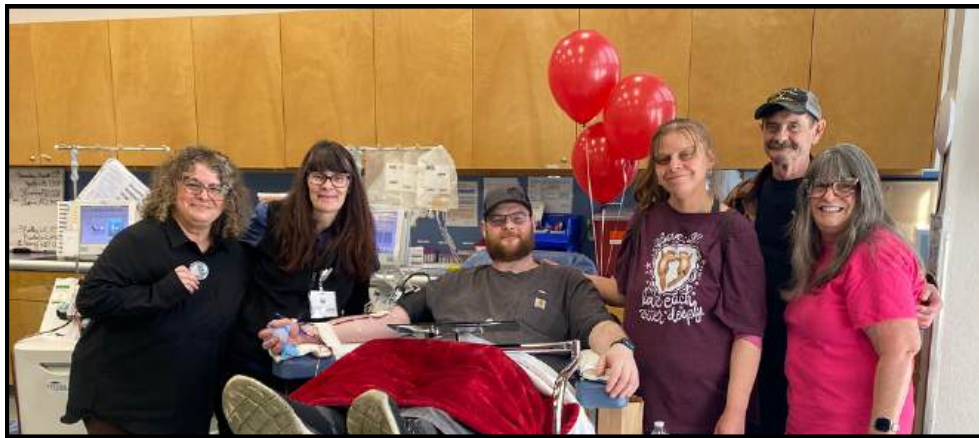
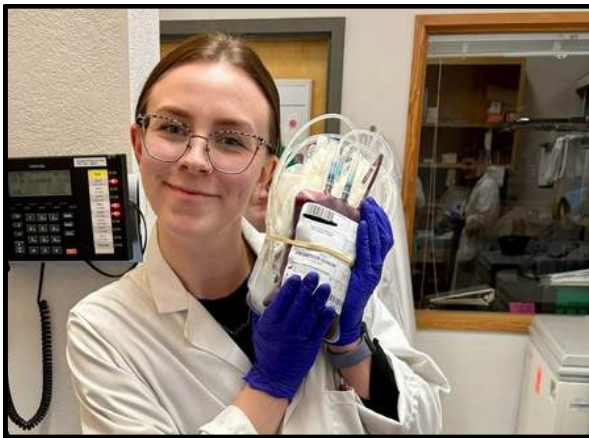
Eel River Recology Host's Blood Drive at Fortuna Tractor Supply

Eel River Recology and California Cancer Crushers hosted a blood drive this past February at the Fortuna Tractor Supply, along with support from Sunbelt Rentals and Bear River Casino. Kris Mobley, Operations Supervisor at Eel River Recology, took the initiative to reach out to us here at the Northern California Community Blood Bank because February is Blood Drive Month across Recology. Recology teamed up with blood centers in Fortuna, Davis, and Seattle with the goal of collecting that ever-so-important life-saving blood as a way to continue their commitment to giving back and making a difference in the communities they serve. Kris went above and beyond hosting a day of fun and food by firing up the grill and showcasing his barbecuing skills. For a twenty-dollar donation, you could choose between a rack of ribs, a pulled pork sandwich, or macaroni salad. All of the proceeds went towards the fundraising efforts of our new bloodmobile. In Fortuna, we saw 26 donors and collected 23 units of blood, and thanks to Kris, we were able to raise five hundred twenty-five dollars for the new bloodmobile on behalf of Eel River Recology. In total, 80 donors showed up to support Recology's Blood Drive Month, 64 units of blood were collected, and 192 lives will be impacted or saved because of the many generous donors who participated. Our blood bank looks forward to partnering with Recology to make this an annual blood drive every February.



The Gift of Life- A family Affair

Chrissy Geraro, our Donor Services Education and Quality Coordinator, celebrated her birthday this past March here at the blood bank. Chrissy didn't want a new pair of shoes, flowers, or any other materialistic thing for her birthday; no, what Chrissy wanted was the greatest gift of all. Chrissy asked her family to donate blood to ensure the gift of life for others. Both blood banking and donating blood are important parts of her family's lives. Many faces below are familiar to most here at the blood bank, including Chrissy's mother- Dawn Reed, former Materials Management Specialist who recently retired after 23 years; Chrissy's sister- Trisha Riley, Quality Assurance Specialist, who donated her very first pint of blood on behalf of her sister's birthday, Chrissy's daughter- Jessica Silba, Lab Assistant, Chrissy's brother- Patrick Reed, an apheresis donor that has donated over 10 gallons and Chrissy's father- Steven Reed, who is only two donations away from 2 gallons. Everyone at the blood bank can agree Chrissy is a gift to us all, and we are so grateful for her knowledge and commitment to blood banking. Happy birthday, Chrissy- you and your family impacted or saved the lives of up to 21 patients on behalf of your birthday!

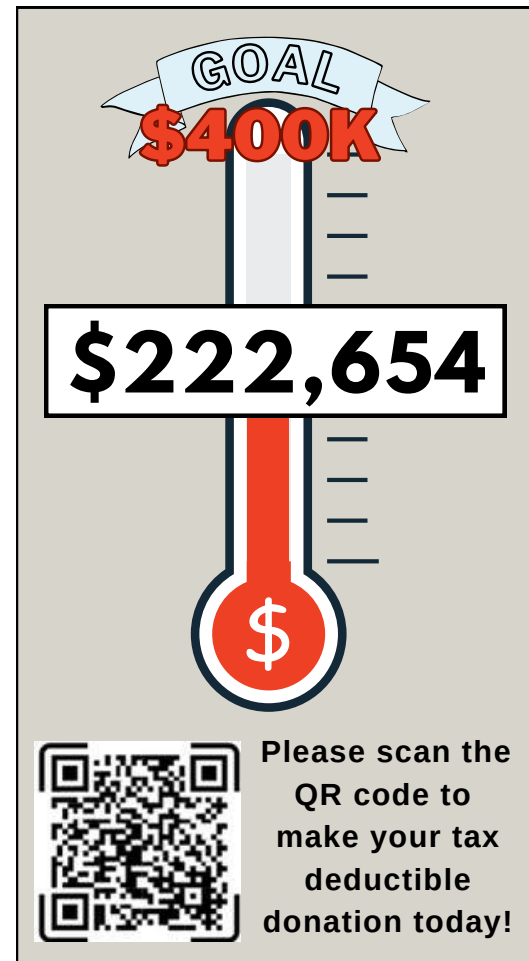


Bloodmobile Fundraising Updated

Your continued donations will help us reach our target and make a significant difference in the lives of many. Thank you for your ongoing support.

Christine and Jalmer Berg Foundation
Simpson Family Fund
Redwood Capital Bank
Walgreens
Charles and Anna Pedrazzini Foundation
California Women in Timber
Terry Raymer and Heather Kyte
Karen and Stephen Underwood
Patricia Francesconi and Debra Kingshill
Wild Rivers Community Foundation
Richard Knapp and Jean Hawthorne
Craig C. Hansen
Bruce O'Gara
Jeff and Sharon Lamoree
Humboldt Area Foundation
Premier Financial Group
Steven Sandeen
Jeffrey Wahlund
Joseph and Lou Leeper
Kenneth and Rosemary Bond
Jeffry Cross
Jack and Wynona Nash
Thomas and Bonnie Lowry
Nancy and Robert Renzo
Donald and Allene Biasca
Betty and Rodney Coulson
Ernest and Linda Perry
Donald and Allene Biasca
Thelma Pavlich
Walter Giacomini
John Mertes
Martha Buss
Richard and Chris Beresford
Jaffa Wahlberg
Monica Topping
Thomas Schallert
Matt Duran
Sherman Schapiro
Hambro Forest Products

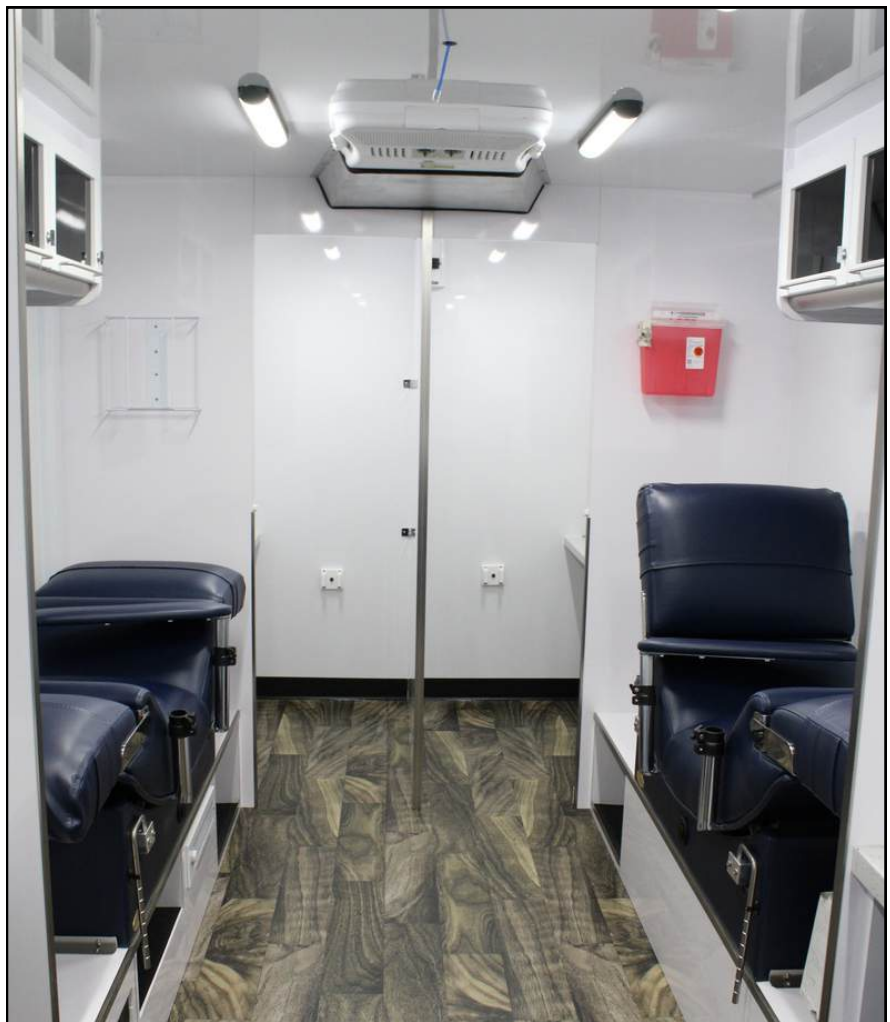
Eel River Recology
Blue Lake Casino
Ronald Keller
Deborah Wyse
Thomas Brophy
Laura Dodd
Faith McConnell
Bonnie Cyr
Jay Bell
Kathleen Johanson
David Andersen
Byrd Lochtie
Susan Johnson
David Swanson
Robert Kramer
Michelle Westover
Pamm Johnson
Sarah Grow
Christine Stenlund
Ray and Ingrid Melvin
Brigid Young
Trinidad Lions Club
McLean Foundation
Six Rivers Brewery
Sarah Grow
Kathy Schmidt
April and Eugene Joyce
Shane McWhorter
Humboldt Area Foundation
McCullough Construction
Renner Petroleum
Walmart
Hambro Forest Products
Stephen Tosten
Wells Fargo
Marlene and Jeffrey Mattison
Kiwanis of Henderson Center
Robert Martinez
Adam and Julian Goldstein



Premier Financial Group
Fiduciary Wealth Management



Sneak peek at the inside of our new blood mobile.
Coming May 2025!



It's a Community Effort

Northern California Community Blood Bank

We supply blood to all of Humboldt and Del Norte, including Providence St. Joseph's Hospital, Mad River Community Hospital, Providence Redwood Memorial Hospital, Sutter Coast Hospital, and Jerold Phelps Community Hospital.

Your donations impact our community

Donating blood is a simple yet significant way to contribute to the health and well-being of others in their time of need. Each donation can impact or save up to three lives, emphasizing the immense impact a single individual can have. Your blood can be the key to a patient's recovery and survival. By donating blood, you're not just giving a part of yourself. You're giving someone else a chance at life. Your decision to donate can help ensure that the gift of life continues to flow within our community and beyond.

Our role in the community

The Northern California Community Blood Bank was founded in 1951 to fill the need for a reliable, local blood supply. As an organization deeply rooted in community health and well-being, our blood bank encourages blood donation through outreach and education. We aim to engage community partners and foster a culture of regular giving by highlighting the vital need for blood donations, providing access to blood donation services and ultimately aiming to consistently meet our community's blood needs. At the Northern California Community Blood Bank, we're committed to the community.

Blood donation is a volunteer service

There is no substitute for human blood. Blood and platelets cannot be manufactured; they can only come from volunteer donors. The blood that is on hospital shelves comes solely from a donated unit. Blood donors are heroes who help ensure an adequate supply of blood is available for patients in need. Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. This lifesaving care starts with one person making a generous blood donation. While donors may never meet the recipients of their generous gift, they should never doubt the impact that their donation has on those patients battling illness and injury, or how much it is appreciated.

The blood bank would like to collaborate with you! Let us know if your local businesses or organizations want to sponsor a blood drive.

Sponsoring a mobile blood drive is as easy as 1, 2, 3!

- 1. Set the date:** Our Donor Recruiter will work with you to schedule the perfect time.
- 2. Choose the location:** Mobiles need about five parking spaces on level ground and a bathroom for our staff.
- 3. Promote the drive:** Put up posters, email staff, share on social media, and get people excited to save lives!

The blood bank will provide refreshments, but you are welcome to add special items, treats, or incentives.



Kyle Windham
Director of
Donor Resources
kwindham@nccbb.org



April Tuttle
Donor Recruiter
atuttle@nccbb.org



Sierra Carter
Donor Recruiter
scarter@nccbb.org

If your business or organization is interested in hosting a blood drive please reach out to our recruitment team at 707-443-8004 or email us at recruit@nccbb.org

A lifetime of giving from “the man with the golden arm”.

James Harrison, an Australian blood donor and the man with the 'golden arm,' died at the age of 88 on February 17th, 2025. At the age of 14, James underwent major lung surgery and was told by his father afterward- "you're only really alive because people donated blood." Those words stuck with James, and the day he turned 18, he started donating blood. After many years of donating his whole blood, an incredible discovery was made that James' blood contained an important antibody that is needed to make Anti-D injections, and because of this, James switched over from whole blood donations to plasma donations. His plasma was used to make Anti-D injections that protect unborn babies from Hemolytic Disease. Hemolytic disease of the newborn is a condition that occurs when a pregnant woman's immune system attacks her baby's red blood cells. The disease is most common when a woman has an Rh-negative blood type and her baby's is Rh-positive. This leads to the destruction of the baby's red blood cells, resulting in anemia and other complications, and was once a major cause of infant mortality. Six decades later, James made over 1,100 donations, which were used to make more than 3 million doses of Anti-D. James' precious blood helped to save over 2.4 million Australian babies.

“It was James’ belief that his donations were no more important than any other donors’ and that everyone can be special in the same way that he was,” -Stephen Cornelissen, Chief Executive Officer of Lifeblood

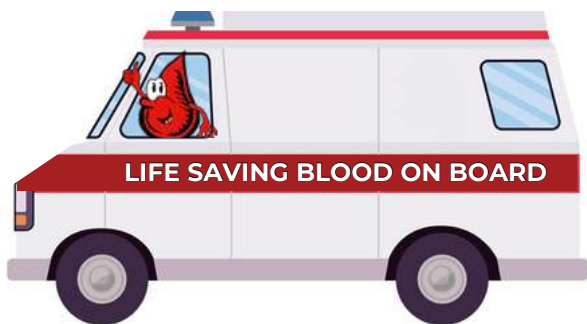


Top Left/ Right: James Harrison is surrounded by mothers and their children during his last blood donation. Bottom left: James Harrison holds the documents of his first blood donation in Dec. 1966 in his hand prior to his last blood donation, May 11, 2018, in Sydney. Photos taken by Subel Bhandari/dpa/Newscom

Blood provided to patients as quickly as possible after trauma can save more lives.

Hemorrhage is the leading cause of preventable death following a severe injury. Up to 56% of hemorrhage victims die before ever reaching the hospital. Pre-hospital blood on emergency vehicles can be a critical lifeline when time is of the essence for trauma patients. The faster a patient receives the necessary care, the more likely they are to survive. One study found up to 5% increased odds of mortality for every minute of delay in access to blood. The American College of Surgeons is urging more first responders to carry blood products in emergency vehicles to improve survival among patients with life-threatening bleeding rates by decreasing the amount of time it takes to replace lost blood. Expanding access to pre-hospital blood has its obstacles, with funding, training, and increased blood donations being at the forefront. Established funding structures such as Medicare, Medicaid, and private insurance do not support the administration of blood in the pre-hospital setting. Current funding relies heavily on grants or a hospital/ EMS absorbing the cost of storing and transfusing blood. Another barrier is state and local requirements can vary regarding what a paramedic is allowed to do. New protocols, support, and training for EMS will need to be implemented in order to perform pre-hospital blood transfusions, and they will need to have access to controlled and monitored medical storage devices. There have been huge strides in programs across the country, with EMS already launching whole blood programs. One of these places includes Colorado Springs, Colorado, where first responders were able to save a pregnant patient who suffered severe blood loss when her placenta ruptured; both mother and baby survived, thanks to the immediate transfusion. Lastly, and most closely, the obstacle that touches us is collecting and ensuring the availability of these blood products. The most common blood components needed for pre-hospital use are type O whole blood, type O positive red blood cells, and type A liquid plasma. Increasing donations to provide these high-demand products is an everyday challenge for blood centers and would be essential to meet the needs for pre-hospital use. One study found that the U.S. would have to collect

around 55,000 additional whole blood units to meet these needs. Simply put, we need to collect more blood to save more lives. The National Academy of Sciences has recommended that the achievement of zero preventable deaths after traumatic injury should be the goal of a national trauma system.



There is one person in the U.S that does travel with their own personal blood supply.

Nothing is left to chance for the President of the United States. The Presidential car has an extensive range of medical supplies on board, including a refrigerator full of the president's own blood type just in case of emergencies. It also travels with its own oxygen supply which can be piped directly into the hermetically sealed cabin in the event of an attack. Essential staff, including the president's military doctor, generally follow behind in one of three separate SUVs known as the 'Control Car' so the President is never far from help.

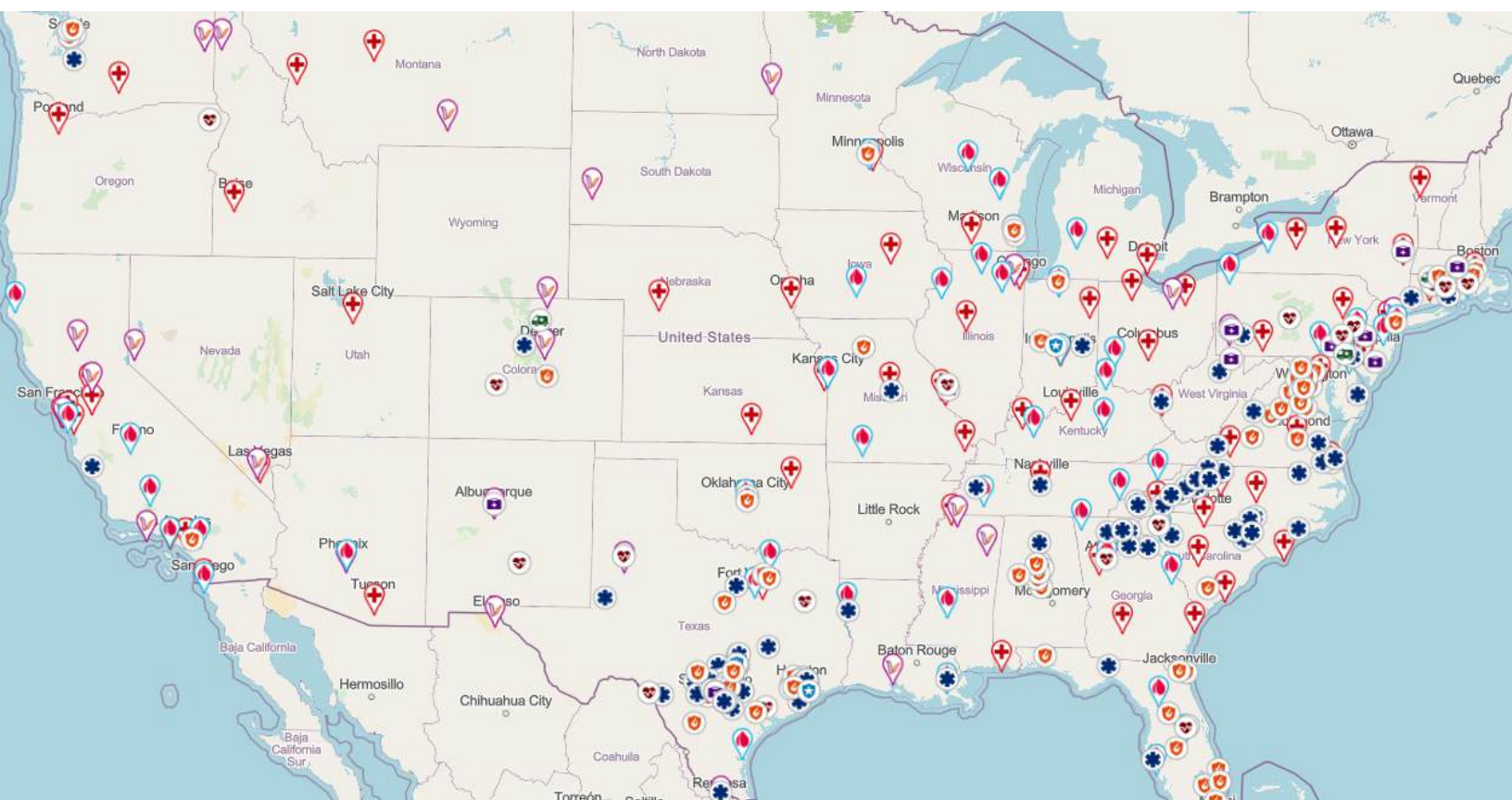


States allowing Pre-Hospital Blood Transfusions

As of now, each state's office of emergency medical services (EMS) is responsible for allowing field initiation of blood transfusions by EMS clinicians. States that do not allow prehospital blood include Wyoming, Arizona, Iowa, Illinois, Arkansas, Michigan, New Jersey, Rhode Island, Vermont, and Maine. California has limitations.

In cooperation and with support from the Blood Centers of America, the Prehospital Blood Transfusion Coalition has developed an interactive map (which you can view on their website at <https://prehospitaltransfusion.org>) showing ground EMS agencies that are conducting blood transfusion programs.

The map below shows EMS agencies that are conducting blood transfusion programs. Also included on this map are blood centers that are working with or available to work with EMS agencies. Locations updated January 2025.



Fire-Based EMS



Hospital- Based



Law Enforcement



Office of the Medical Director



Private



Third Services



BCA Center Headquarters



Vitalant Regional Collection Center



ARC Distribution Locations

You are the help until help arrives. Don't just stand by. STOP THE BLEED.

As proud members of America's Blood Centers (ABC), we are excited to shine a spotlight on their new partnership with Stop the Bleed, an initiative led by the Department of Defense and run by the American College of Surgeons. The Stop the Bleed partnership aims to enhance emergency preparedness by training individuals to effectively stop severe bleeding in emergencies while promoting the importance of blood donation. The goal of Stop the Bleed is to train people to intervene when they see bleeding by encouraging bystanders to become trained and empowered to help in a bleeding emergency before professional help arrives.

Every year, nearly 200,000 people die from traumatic injuries. The number one cause of preventable death from trauma is blood loss. It can take less than five minutes for a person to die from severe blood loss because professional emergency responders may not always be able to reach the scene immediately. It's important for bystanders to know the basics of how to stop blood loss and save a life. Knowing how to stop the bleeding with proper first aid techniques can significantly increase survival chances.

Learning to stop the bleeding is a lifesaving skill, and anyone can potentially save a life at any time. That is why this course was intentionally designed for everyone, including people with no medical background. With three quick actions, you can be trained to help save a life before someone bleeds out.

You can complete an Interactive course online that begins with an introduction and message from Dr. Kenji Inaba, MD, Chair of the Education Committee of the American College of Surgeons. This will be followed by the course topics, which include personal safety, alerting first responders, a bleeding course that covers- types of bleeding and identifying life-threatening bleeding, and bleeding control, where you learn the core bleeding control skills. An additional hands-on practical session that covers all the core bleeding control skills taught by a trained instructor can be found at bleedingcontrol.org/class/search. You can learn more about Stop the Bleed at stopthebleed.org, redcross.org, and dhs.gov/stopthebleed.



Core Bleeding Control Skills:

1. How to use your hands to **apply pressure** to a wound.
2. How to **pack a wound** to control bleeding.
3. How to correctly **apply a tourniquet**.

"A person with severe bleeding can die within minutes. Severe bleeding must be stopped immediately. Given the short window of opportunity in these cases, the public must understand basic bleeding control techniques to apply while waiting for emergency medical services or other first responders to arrive." - Capt. Travis Polk, Director of the U.S. Army Medical Research and Development Command's Combat Casualty Care Research Program.

Think about this...

Your blood is literally the doctor's and emergency rooms' first line of defense – it's very important to donate and donate on a regular basis. This lifesaving care starts with one person making a generous blood donation.

The appeals for blood donations may seem unrelenting, but the need for blood products doesn't stop. Every two seconds, someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Yet less than 3% of eligible U.S. adults donate blood each year. That's a problem because the need for blood products remains every day. The good news is that it's quick and easy to donate blood. When you do so regularly, you are supporting your community during a time of need.

Nearly 30,000 red blood cell units, 7,000 platelet units, and 10,000 plasma units are needed daily in the U.S.

Nearly 16 million blood components are transfused each year in the U.S.

1 in 7 people entering a hospital need blood.

5 units of blood are needed every minute to help someone going through cancer treatment.

8 platelet units per week are used by patients undergoing chemotherapy.

On average, pediatric patients use 652,000 units of blood annually.

1 in 83 births will require a blood transfusion.

Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their entire lives.

25% of the U.S. blood supply is given to patients during cancer treatments– that is more than patients fighting any other disease.

On average, individuals donate 1.8 times per year.

First-time donors were responsible for 26% of blood donations, and repeat donors accounted for 74%.

An organ transplant recipient may use up to 40 RBC units, 30 platelets units, and 25 plasma units.



**Be the reason someone lives.
Donate regularly!**

To make an apheresis appointment please call Kathy at 707-443-8004 or visit our website at nccbb.org to find our bloodmobile schedule and blood center hours.

What is whole blood:

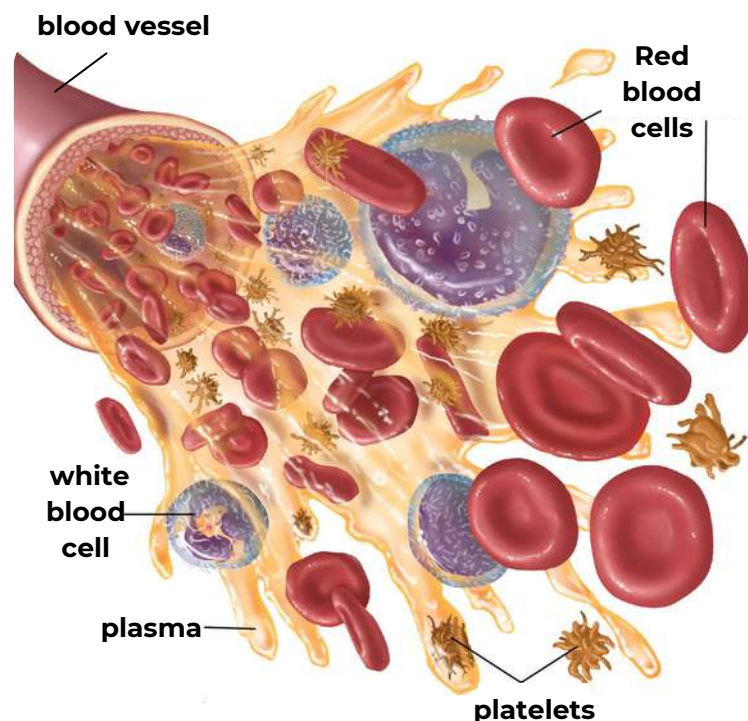
Whole blood is made up of four components- red blood cells, white blood cells, platelets, and plasma.

Red blood cells are the most common type of blood cell and are responsible for carrying oxygen throughout the body. Red blood cells make up to 40/45% of your blood volume.

White blood cells are part of the body's immune system and help the body fight infection and disease by traveling through the bloodstream and tissues to destroy harmful substances. White blood cells make up roughly 1% of your blood volume.

Platelets originate from bone marrow and are irregular, disc shaped elements that help form clots to stop bleeding and promote healing. When a blood vessel is damaged, platelets bind to the site and form a clot to stop bleeding. Platelets make up less than 1% of your blood volume.

Plasma is the liquid portion of blood that suspends platelets, red blood cells, and white blood cells through the bloodstream. Plasma helps induce clotting and controls bleeding. Plasma makes up approximately 55% of your blood volume.



What is a whole blood donation:

A **whole blood (WB) donation** is the most common form of blood donation, in which a person gives one pint of blood.

What is whole blood used for? After your donation, our lab separates the whole blood into its components. We do this because it allows us to deliver what patients need more specifically. The components we separate out are:

Plasma: Plasma is commonly given to trauma, burn, and shock patients, as well as people with severe liver disease or multiple clotting factor deficiencies. It helps boost the patient's blood volume, which can prevent shock and help with blood clotting. Pharmaceutical companies use plasma to make treatments for conditions such as immune deficiencies and bleeding disorders.

Red Blood Cells: Red blood cells transport oxygen and nutrients to the tissues and remove carbon dioxide and waste. Red blood cells are indicated for more than 70% of all transfusions. Patients who lose or are at risk of losing significant volumes of blood require red blood cell transfusions. This population includes patients who have suffered severe trauma, have a perforated bleeding ulcer, or are undergoing a major surgical procedure.

Platelets: Platelets are essential for fighting cancer, chronic diseases, and traumatic injuries.

How long does donating WB take? The actual "draw" takes around 7 minutes, and the process overall takes about an hour. There are four basic steps in the whole blood donation process: registration, medical history, donation, and rest & refreshments.

What are the requirements for donating WB? Be at least 17 years old, or 16 with parental consent, weigh at least 110 lbs, be in good health and feeling well, have not donated blood in the last 56 days, and meet additional eligibility criteria, such as certain medications, medical conditions, travel to certain countries and personal history. The final determination of eligibility is made at the time of donation.

Did you know?

Today, the term phlebotomy refers to drawing blood for transfusions or blood tests. Thousands of years ago, phlebotomy was known as bloodletting. Bloodletting dates back over 3000 years to ancient Egypt. Bloodletting—the practice of withdrawing blood from a person's veins for therapeutic reasons. It has been a common practice for thousands of years and used to treat anything from headaches to the plague and even cast out evil spirits in some cases. Doctors would drain a patient's blood until the patient fainted, which was considered beneficial and was believed to rid the body of impure fluids. However, it was considered controversial because doctors sometimes drew very large amounts of blood. This was the case for George Washington, who, in 1799, after becoming ill and feverish, doctors bled four times over the course of eight hours, removing about 40% of his blood. He died the next night. In the 1800s, bloodletting was debunked, and studies showed it had no significant improvement in a patient's health and has been proven to be ineffective and dangerous. Bloodletting was recommended only for certain conditions.

Nowadays, therapeutic phlebotomy, a form of drawing blood for medical purposes, is nothing like medieval bloodletting. Today's therapeutic phlebotomy is not only strictly regulated and standardized, it's a safe and highly effective treatment. There are primarily two medical conditions that rely on it as a treatment: polycythemia vera and hemochromatosis. The procedure of therapeutic phlebotomy is essentially a blood draw, similar to a blood donation. Performed in a medical setting, under careful observation, patients have a specific amount of blood drawn from their body at predetermined intervals, as needed. In some cases, blood drawn during therapeutic phlebotomy can be donated if the patient meets all other blood donation criteria.

Phlebotomists— which we refer to as Donor Care Specialists, at the Northern California Community Blood Bank are healthcare professionals primarily responsible for collecting blood donations from donors. Donor Care Specialists ensure proper identification, accurate labeling, and safe handling of blood while meticulously following standard operating procedures and adhering to strict regulations, all while using equipment that's designed to ensure the safety and comfort of the donor. Blood banks collect, separate, and store blood for patients in need, and doctors use the components to transfuse the blood. It is a vital part of the healthcare system.



"The Bloodletting" by Michel-Francois Dandre-Bardon.

Did you know?

There has been a need for blood replacements for as long as patients have been bleeding to death. In 1616, William Harvey described how blood circulated throughout the body, and in the years to follow, medical practitioners tried numerous substances as blood substitutes. Can you name one? I don't mean to gross you out, but history isn't always pretty, and some of the experimental substitutes were just downright vile. Urine, animal milk, sheep's blood, and beer were just a few of the fluids chosen to test. In the 17th century, Sir Christopher Wren suggested wine as a blood substitute. Research efforts to find blood substitutes increased during the world wars. Despite advances in medical technology, there are currently no blood substitutes that can perform all of the functions of blood.

New Heights -Plateaus

Celebrating Community Members Reaching Blood Donation Milestones

December

3 Gallons
 Arlie Eglian
 Robert Ekholdt
 Roxanne Haatvedt
 Caralee Hoffmann
 Gabriel Spetzler
5 Gallons
 Wade Badger
 Mattie Bommelyn
 Jashawn Fields JR
 Gina Goodner
 Andrew Hooper
 Yvonne Pfingston
 Summer
 Schmidthuber
 Samuel Wilson
6 Gallons
 Laurie Georgeson
 John Praytor
 Sally Regli
 Alan Richmond
7 Gallons
 Kelsie Sobol
8 Gallons
 Doug Esget
 Nancy Wilson
9 Gallons
 Dan Plato
 Robert Ruehl
 Fannette Downie-
 Allman
10 Gallons
 Jace Baldosser
 Marleen Hall
 Kathy Johanson
 Kevin Low
12 Gallons
 Daniel Link

14 Gallons
 Cameron Appleton
 Lynn Windham
15 Gallons
 Luis Castellon
 Rusty Goodlive
 Jo Mulderig
16 Gallons
 Nancy Dean
 Jim Quast
18 Gallons
 Kathleen Schmidt
20 Gallons
 Cheyenne Eglian
21 Gallons
 Dana Hendricks
25 Gallons
 Charles Mccann
26 Gallons
 Dan Biesecker
27 Gallons
 Ralph Miller
 Joseph Mrotzek
30 Gallons
 Rob Ayers
31 Gallons
 Robert Arnold
32 Gallons
 Tiffany Armstrong
38 Gallons
 Jack Haase
43 Gallons
 Lynn Berner
45 Gallons
 George Frey
55 Gallons
 David Lindberg

January

3 Gallons
 Evan Gibbs
4 Gallons
 Robert Bates
 Meagan Canter
 Rochelle Clarke
 Alayne Hunt
 Susan Lytwynec
 Karen Suiker
 Daniel Zellman
5 Gallons
 Pete Fennell
 Matt Filar
 Mary Melvin
 John St. Marie
6 Gallons
 Mark Burdick
 Mark Chaet
 Patrick Cleary
7 Gallons
 Vicki Fikes
8 Gallons
 Stephen Butler
 Chrissy Genaro
 Brian Merrill
9 Gallons
 Vernon Brown
 Ian Strobe
10 Gallons
 Russell Alber
 Bill Christen
 Daniel Kepon
 Patrick Reed
 Andrew
 Shannon
12 Gallons
 Je Woodard

14 Gallons
 Joan Romo
15 Gallons
 Mike Dellabalma
17 Gallons
 Edwin Brown
 Winston Papstein
18 Gallons
 Leeann Poli
 Allan Wiegman
19 Gallons
 Mark Ellis
20 Gallons
 Craig Newman
23 Gallons
 Johnnie Sheesley
41 Gallons
 Todd Sobol
45 Gallons
 Chuck Giannini
56 Gallons
 John Zeck

February

3 Gallons
 Fred Benham
 Bill Boling
 Stacy Brown
 Robert Conley
 Samantha
 Foyster
 Nina Hardy
 Erin Heckman
 Jessica Lee
 Sylvia Salsbery
4 Gallons
 Carrie Hurst
 Sandra
 MacKewicz-
 Anderson
 Karen Miller
5 Gallons
 Kym Means
6 Gallons
 Stacey
 Crosswhite
 Daniel
 Delbiaggio
 Doug Lee
 Fred Spencer
 David Tuttle
 George Zibilich
7 Gallons
 Alisha Hammer
 Adina Kingstrom
9 Gallons
 Zack Heap
 Barb MacTurk
10 Gallons
 Erik Helge-
 Simonsen
 Irene Stevens

12 Gallons
 Joshua Cook
 Larry Deridder
 Jerry Jackson
 Korina Johnson
13 Gallons
 Philip Cramer
14 Gallons
 Jay Bell
 Gary Manhart
15 Gallons
 Joseph Botkin
16 Gallons
 Margaret Morris
19 Gallons
 Rick Kimberling
22 Gallons
 Charlie Caldwell II
 Colin Hulse
 Steven Schlerf
25 Gallons
 Sarah Hunter
36 Gallons
 John Bracklow
37 Gallons
 Malcolm Campbell
43 Gallons
 John Christensen
44 Gallons
 Lynn Berner
 52 Gallons
 Patricia Hoy

Congratulations to our blood bank employees who have recently reached new heights!

32 Gallons- Tiffany Armstrong, Director of Donor Services

8 Gallons- Chrissy Genaro, Donor Services Education and Quality Coordinator

5 Gallons- Summer Schmidthuber, Donor Care Specialist

5 Gallons- Gina Goodner, Biomedical Technician

1 Gallon- Sierra Carter, Donor Recruiter

Blood Drive Sponsors

Thank you to all our generous sponsors!

December

Arcata Co-Op
 Cal Poly Humboldt
 California Conservation Corps
 Caltrans
 City Hall - Eureka
 College of the Redwoods
 Del Norte High School
 Eureka High School
 Eureka Mall
 Eureka Police Dept Holiday Drive
 Ferndale Community
 George Peterson Insurance Agency
 Hydesville Community Church
 Mad River Community Hospital
 McKinleyville Shopping Center
 Murphy's Market -Arcata
 North Country Clinic
 Paul's Live from NY Pizza - Fortuna
 Ray's Food Place - Fortuna
 Rohnerville Park - Fortuna
 Safeway - Arcata
 Safeway - Crescent City
 Safeway - Fortuna
 Safeway - McKinleyville
 Seventh Day Adventist - Eureka
 Six River Brewery
 Southern Humboldt Heath -
 Garberville
 United Indian Health Services
 Vocality Community Credit Union -
 Garberville
 Walmart -Crescent City
 Wildberries Market Place
 Willow Creek Community

January

Cal Poly Humboldt
 College of the Redwoods
 Eureka Community Health & Wellness
 Eureka Mall
 Eureka Natural Food - McKinleyville
 Falafelove
 Farmers Insurance - Arcata
 Fortuna Community Health Center
 Green Diamond Resource Company
 Highline Nursery
 Hoopa Valley Tribal Police
 McKinleyville Family Resource Center
 McKinleyville Shopping Center
 Miranda Market
 Murrish Market – Hydesville
 North Coast Co-Op Arcata
 North Fork Lumber
 Old Town Businesses
 Paul's Live from NY Pizza - Fortuna
 Pelican Bay State Prison
 Pierson's Building Center
 Ray's Food Place - Fortuna
 Rays Food Place - Garberville
 Redwood Memorial Hospital
 Rio Dell Community Resource Center
 Safeway - Arcata
 Safeway - Crescent City
 Safeway - Fortuna
 Safeway - McKinleyville
 Six Rivers Brewery -McKinleyville
 Tri Counties Bank -Fortuna
 Walmart - Crescent City
 Walmart - Eureka
 Wildberries Market Place -Arcata

February

Blue Lake Rancheria
 Cal Poly Humboldt
 California Cancer Crusher
 California Conservation Corps
 Caltrans
 College of the Redwoods
 Department of Health and
 Human Services
 East High School
 Eel River Recology
 Eureka City Hall
 Eureka VA Clinic
 Ferndale Volunteer Fire Dept.
 Fieldbrook Volunteer Fire Dept.
 Humboldt Area Foundation
 Humboldt County Office of Ed.
 Humboldt County Sheriff 's Office
 Hydesville Elementary
 Mad River Community Hospital
 McKinleyville Shopping Center
 North Coast Co-Op - Arcata
 Paul's Live from NY Pizza
 Premier Financial Group
 Rio Dell Community
 Safeway - Arcata
 Safeway - Crescent City
 Safeway - Fortuna
 St. Bernard's Academy
 Sutter Coast Hospital
 United Indian Health Services
 Valley Pacific Petroleum
 Wildberries Marketplace

Sponsor Spotlight

College of the Redwoods has been hosting blood drives for the Northern California Community Blood Bank since 2007. In the past 18 years both students and staff have contributed to a total of 2,372 life-saving donations. In October 2024, our donor recruiter, April, partnered with a new sponsor. A blood drive sponsor helps us coordinate drives and encourage donations. Our new College of the Redwood sponsor has been doing amazing and we have been collecting triple the amount of donations since. We are proud to partner with CR and excited to see more donors then ever before on a regular basis. Make sure to check our website at nccbb.org to find our next scheduled blood drive with CR. You can find us parked next to the Forum Building.

New Employee Spotlight

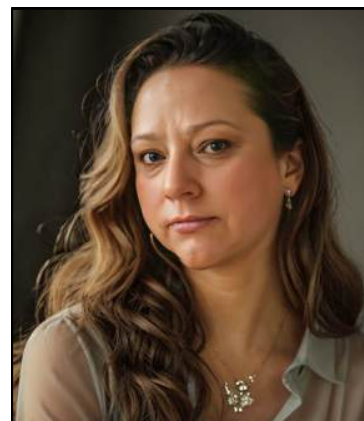


Landon White, Laboratory Assistant

Landon White is the newest Laboratory Assistant at the Northern California Community Blood Bank. With a lifelong passion for science, he has always known he wanted to pursue a career in healthcare. He has a background in psychology and is particularly interested in neuroscience, but wanted to spend some time working before deciding on a long-term career. Knowing this, his friend Avery Silver suggested working alongside them as a laboratory assistant. Since then, Landon has immensely enjoyed deepening his understanding of life saving transfusions and is excited by the prospect of furthering his career within laboratory science. Landon's curiosity about the world hasn't stopped at medicine; in his free time, he's an amateur astronomer and frequently takes his telescope out to stargaze. He also enjoys archery and boogie boarding and hopes to take up scuba diving someday as he is very fond of the ocean. On weekends, he's usually found playing Dungeons and Dragons with his friends and finds great enjoyment in creative writing and drawing.

Assistant Technical Director, Victoria Mack, CLS, MLS (ASCP)

For Victoria Mack, working at a blood donor center and immunohematology reference laboratory isn't just a job—it's a calling. With a deep passion for science and a commitment to helping others, Victoria plays a crucial role in ensuring patients receive the life-saving blood they need. Beyond the laboratory, Victoria enjoys hiking, photography, fishing, cooking, and finding balance between work and personal passions. Whether it's solving complex blood compatibility cases or educating donors about the impact of their contributions, Victoria finds immense fulfillment in making a tangible difference in people's lives every day. "Every donation has the potential to save a life, and I'm honored to be part of that process," says Victoria. With dedication, expertise, and compassion, she continues to inspire and contribute to the community—one blood sample at a time.



Jessica Carlson, Donor Care Specialist

Hi, I'm Jessy (AB+), mom of four and someone who's always up for an adventure! I've ridden my bicycle 500 miles across Iowa—twice! I love cake, Christmas, and good talks with my backyard chickens.

My journey into blood banking is deeply personal—my son was born 12 weeks premature and needed eight transfusions to survive, all of which came from a single double red cell donor! That experience gave me a huge appreciation for the impact donors can make! I'm excited to be part of this amazing team.



Voices Behind the Phones and the Face behind our Mascot - Buddy the Blood Drop



Izzy

Supervisor +
Phone Recruiter + Mascot



Marlee

Supervisor +
Phone Recruiter



Abby

Phone Recruiter



Nova

Phone Recruiter



Jasmine

Phone Recruiter

Upcoming blood drives to look forward to!

DONATE ON THE BLOODMOBILE AT



Saturday, April 26th
10am - 2pm

Samoa Field Airport
900 New Navy Base Rd.

For questions about this drive or
donating please call the blood
bank at 707-443-804

We expect 20 to 40 small aircraft, Coast Guard, Cal Fire,
local fire department trucks, CalTrans, air ambulance, RC
airplanes, and much more!



Scan code for
more information
about this event.

FREE
FAMILY-FRIENDLY
EVENT



ERV Community
Center Foundation



is hosting a

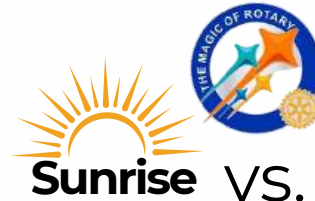
BLOOD DRIVE

April 16th, 2025
11am - 5pm



Gene Lucas Community Center
3000 Newburg Rd, Fortuna

Donate on behalf of
Fortuna Sunrise Rotary or
Rotary Club of Fortuna



Large Spring High School Drives



MCKINLEYVILLE
HIGH SCHOOL



Arcata Farmers Markets Blood Drive

April 5th
May 3rd
June 7th
July 5th
August 2nd
Sept 6th
October 4th
November 1st

1ST SATURDAY
of every month

Parked on H & 7th
9am - 2pm

Make Saturday the day
you save someones life!



Upcoming blood drives to look forward to!



is hosting a

BLOOD DRIVE

Wednesday, May 7th

9am to 7pm

at the Blood Bank

2524 Harrison Ave.
Eureka



Please use QR Code to make an appointment.
Appointments can also be made by visiting our website at nccbb.org
Walk-ins welcome!
Appointment given priority.



POTTER

Real Estate Group, Inc.

is hosting a

BLOOD DRIVE

Tuesday, June 10th

11am to 4pm

873 2nd Street
Crescent City



Please use QR Code to make an appointment.
Walk-ins welcome!
Appointment given priority.



Soroptimist International of Eureka

is hosting a

BLOOD DRIVE

Wednesday, May 14th

8AM- 7PM

at the Blood Bank
2524 Harrison Ave. Eureka



Please use QR code to make an appointment
or call 707-443-8004
Walk-ins welcome.
Appointments given priority.



Please state at registration that
you are donating on behalf of
Soroptimist International of Eureka



SCOUTS HALL FERNDALE

BLOOD DRIVE

WEDNESDAY, APRIL 9TH

4:00 PM – 7:30 PM

100 BERDING ST.

**DONATE AT OUR VETERANS
BLOOD DRIVE AND HAVE DINNER
COOKED BY OUR AMAZING
SPONSORS!**



For questions about donating please call
707-443-8004 or visit nccbb.org

Blood Inspired Recipes

Blood Orange Yogurt Loaf Cake

Author: Jessica Merchant

Ingredients:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup plain greek yogurt
- 3/4 cup sugar
- 3 large eggs
- 2 blood oranges zested
- 1/4 cup freshly squeezed blood orange juice
- 1 teaspoon vanilla extract
- 1/2 cup coconut oil melted

Blood Orange Icing:

- 1 blood orange zested
- 1 1/2 cups powdered sugar
- 2 tablespoons freshly squeezed blood orange juice

Instructions:

1. Preheat the oven to 350 degrees F. Butter and flour a 9x5 inch loaf pan generously.
2. In a small bowl, whisk together the flour, baking powder and salt. In a large bowl, whisk together the yogurt and the sugar until combined. Whisk in the eggs, orange zest, juice and vanilla extract.
3. Stir the dry ingredients into the wet, mixing until full combined. Use a spatula to fold the coconut oil into the batter, folding and stirring until the oil is incorporated completely. Pour the batter into the greased loaf pan and bake for 50 minutes, or until the center is set and a toothpick inserted comes out clean.
4. Let the cake cool in the pan for 10 minutes, then remove it gently and set it on a cooling rack to cool completely. Once cool, pour the icing over top. Let the icing set for 20 minutes, then slice and serve!

Blood Orange Icing

1. Whisk the zest, powdered sugar and juice together in a large bowl until smooth. Pour it over the cake once cooled.



Blood Orange Sangria

Author: Michelle Weiner

Ingredients:

- 10 ounces blood orange juice
- about 10 blood oranges
- 4 ounces lime juice about 4 limes
- 2 bottles dry red wine
- 1 cup mint leaves
- 1/2 cup brandy
- 1/3 cup simple syrup
- 2 blood oranges cut into wedges

Instructions:

1. Combine all ingredients into a large pitcher.
2. Chill for at least two hours and serve over ice.



Blood Orange Posset- This traditional English dessert is decadently creamy, yet lifted by the subtle citrus flavour of the oranges. All you need is three ingredients!

Author: Jeanne Horak-Druiff

Ingredients

- the juice and finely grated zest of 2 blood oranges (you can use ruby grapefruit too but may need to add extra sugar) plus an extra orange for garnish
- 600ml double cream
- 120g caster sugar

Instructions

1. In a saucepan over medium heat, bring the cream and sugar to a boil. Allow to bubble gently for 3-5 minutes, then remove from the heat.
2. Stir in the zest, then whisk in the juice until well mixed. Allow to cool for half an hour or so, stirring from time to time, then divide the mixture between four pretty glasses.
3. Cover with clingfilm and allow to set overnight in the fridge. Serve topped with peeled segments from the remaining orange.



Make Your Tax Deductible Donation Today!

The Northern California Community Blood Bank has launched a fundraising campaign to replace its aging blood-mobile with a new bus. The goal is to raise \$400,000 to purchase the new bus, which will have a significant impact on thousands of lives in our community. Our blood bank is in need of over 150 units of blood each week to care for patients in Humboldt and Del Norte as well as other hospitals and cancer treatment centers throughout the United States. Blood has a relatively short shelf life, so we need to replenish it often, which we do through blood drives to help ensure our blood supply remains at a healthy level. The importance of adding a new, state-of-the-art bloodmobile to our fleet that will travel to locations throughout our community is going to make a life-saving impact for our network of patients. By contributing to this campaign, you can make a significant difference in the lives of your family, friends, and neighbors. We encourage those who are able- to please make a tax deductible donation towards our fundraising efforts. For more information, please call 707-443-8004 or see: www.nccbb.org/fundraising

Your donation can help ensure that the gift of life continues to flow within our community.



Heroes (>\$5,000)

- Premier placement on social media and website recognition
- Premier placement on recognition wall
- Sponsor gift package with supporter window cling
- Premier, high visibility signage on bloodmobile
- Premier recognition at bloodmobile unveiling

Visionaries (\$1,000-\$4,999)

- Elevated social media and website recognition
- Elevated placement on recognition wall
- Sponsor gift package with supporter window cling
- Signage on bloodmobile
- Recognition at bloodmobile unveiling

Advocates (\$500-\$999)

- Elevated social media and website recognition
- Elevated placement on recognition wall
- Sponsor gift package with supporter window cling

Believers (\$250-\$499)

- Social media and website recognition
- Placement on recognition wall
- Sponsor gift package with supporter window cling

Friends (\$100-\$249)

- Social media and website recognition
- Placement on recognition wall
- Supporter window cling