



CIRCULATOR

A quarterly publication celebrating life through blood donation

Summer 2016

Donor's Motivation to Give: Daughter, Friend

When Dave Smith was allowed to enter the hospital's ICU, he saw his running buddy lying still, attached to machines, following a quadruple bypass. Just 10 days earlier, Dave and his friend, Darryl Scroggins, had run a 10K in Bentonville.

"The race went perfectly to my plan," Dave said. "He went out too fast and got tired. I caught up and passed him on the hill, and had less than a half-mile to go for me to beat him. To my surprise, Darryl had a second wind and caught me. The last hundred yards, we sprinted in and he beat me by only 3 seconds. It was a really great race."

Heart surgery was a surprise, considering his friend's overall health. One nurse tended to Darryl, while another nurse replaced a bag of blood.

"You know, he's alive because of you," the second nurse said. She met Dave's confused look by nodding toward his T-shirt. "Because of blood donors like you."

Dave had forgotten that he was wearing a CBCO T-shirt when he got the call to come to the hospital. But then her comment made sense. "That really hit home with me, that I am helping my friends, neighbors, and family in a big way," he said.

Today when Dave tells the story, he gets a little emotional, which is easy to understand once you realize how important donating blood is not only to Dave, but to his wife and two grown children, who are also blood donors.

He was inspired to begin donating blood in 1992, when his healthy, active daughter suddenly fell ill. "When she got sick, she couldn't even get up the staircase. I remember watching her walk, and then

collapse. Her body gave out on her. I knew something was wrong."

Dave and his wife Daphne visited nine physicians within a two-week period and received several wrong diagnoses. Finally, doctors determined that Erica had dermatomyositis, an autoimmune condition. She, like other children at the hospital, had blood drawn during treatment by "Nurse Shirley," whose room

was covered with photographs of smiling children.

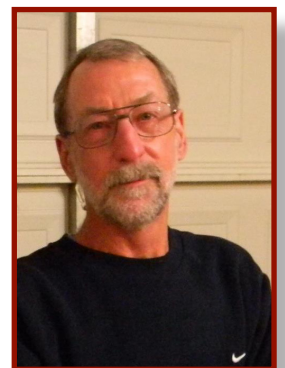
"I was sitting with my 4-year-old daughter in Nurse Shirley's office and became overwhelmed by these pictures and the love they reflected," said Dave, who confesses to hating needles. "They loved Nurse Shirley, even though it was her job to stick them with needles. I committed to God, praying that I would start donating blood for children and

people in need."

Erica went into remission at age 12, and is now healthy. Darryl has recovered from his 2010 quadruple bypass surgery and continues to run. And Dave has now donated at CBCO 64 times – the equivalent of eight gallons of blood – sharing with others his dedication to giving blood. He has persuaded church members, friends, and co-workers to become blood donors by sharing his story with them. *(Continued on page 6)*



Dave Smith recently donated his eighth gallon at CBCO in Bentonville, AR.



Darryl Scroggins

Bentonville Donor Center Undergoes Remodeling

In order to enhance your donor experience, our Bentonville donor center is currently receiving a facelift. We're looking forward to better flow of foot traffic, a more open look and feel, new flooring, and a fresh coat of paint.

Friday, July 8, 2016, we took up residence two doors to the west of our donor center so that we may continue with regular donations while work takes place in our space at 1400 SE Walton Blvd. in The Shops at the Forum.

If you have donated at our Bleed Blue Blood Drive in Bentonville, you're familiar with our temporary location, as it is where we set up for the baseball-themed event.

While in our temporary location, we will still be open during our regular hours, which are Monday through Thursday from 11:00 a.m. to 6:00 p.m., and Friday from 8:00 a.m. to 2:00 p.m.

We don't have a date of completion yet, but we're committed to reopening our new and improved donor center as soon as possible.



Celebration of Life events – Missouri and Arkansas



Arkansas Celebration of Life

Our 2016 Arkansas Celebration of Life luncheon was held April 26 on the campus of Northwest Arkansas Community College. Click [HERE](#) to view more photos from this event on Facebook.

Missouri Celebration of Life

Our 2016 Missouri Celebration of Life dinner was held May 6 at Bass Pro's White River Room. Click [HERE](#) to view more photos from this event on Facebook.

CBCO Garden Renamed for Founder

With the closing of CBCO's Reser Donor Center on South Glenstone in Springfield, we wanted to find a special way to continue to honor the memory of Bill Reser, who was one of our founding board members. Monday, May 9, 2016, we held a dedication ceremony at CBCO headquarters, renaming our garden the Bill & Cathy Reser Garden.

Bill's widow, Cathy, was surprised by the honor and delighted to see her favorite flower, a jonquil, included on the sign.

Bill Reser, Jim McLeod, and Jerry Jared were part of the group of 14 community leaders who sat on CBCO's original board of directors when the organization was launched in 1995. The three were the signers of our Articles of Incorporation. Bill passed away in 2008 at the age of 75, survived by his wife Cathy, son Ron, and daughter-in-law Becky, who all attended the dedication.

You'll find the Reser Garden to the north of the main entrance at 220 W. Plainview Road in Springfield.



Top right: Cathy Reser and son Ron Reser (left) are joined by Don Thomson, CBCO's original Executive Director, at the Reser Garden dedication.



AB Plasma Donors are Needed!

AB plasma donors provide the universal plasma type most often used in emergency situations. When an emergency happens somewhere in the Ozarks and someone's life depends on an immediate plasma transfusion, AB is the type physicians will request until the patient's actual blood type is determined. At Community Blood Center of the Ozarks, we call these special donors U-Donors, short for Universal Donors.

Your blood type is not common – less than 5% of the population has it, yet more than 15% of all plasma transfused in our community requires it. The result is chronic and often severe shortages of the universal plasma type.

As a U-Donor, you have a very special calling, indeed. In order to encourage frequent plasma donations, we are introducing some U-nique LifePoints advantages for U-donors. Click [HERE](#) to learn more.

Will AABB and FDA Changes Affect Donors?

The following changes to AABB (formerly known as American Association of Blood Banks) and FDA standards are now being followed:

1. Men's minimum hemoglobin requirement went up from 12.5 g/dL to 13.0 g/dL (women's remains unchanged at 12.5 g/dL).
2. Lowered maximum pulse value to 100 from 110 bpm (staff may recheck the pulse once).
3. For pulse under 50 bpm or over 100 bpm, medical director approval is required and a second check of pulse is required to be taken.
4. Added a new question to the donor history form. If donor has been outside the continental U.S. in the past four weeks, they are eligible to donate blood one month from date of departure.
5. Registrar must verify the donor can be reached within eight weeks at given postal address.
6. Added a new question to donor history form regarding receipt of a Xenotransplantation product.

Hemoglobin is the protein in red blood cells that delivers oxygen to the tissues. We need your help to increase recruiting efforts for males at blood drives, since this new hemoglobin requirement is causing blood centers across the country to lose a few male donors at each drive. Perhaps you could bring a friend, co-worker, or family member with you when it's time to donate.

To avoid being deferred for low hemoglobin, increase your consumption of iron-rich foods several days prior to the blood drive. Good choices include red meat, poultry, liver, fish and shellfish, broccoli, Brussels sprouts, beans, raisins, and leafy dark greens such as spinach or kale. For more ideas click [HERE](#).

In addition, avoid beverages that contain caffeine for two hours before and after meals to optimize iron absorption. They contain compounds that can substantially reduce the amount of iron you absorb from the foods you eat.

Most of our donors won't notice a difference in our procedures with these newly implemented changes. However, for some donors, the changes may take a few extra minutes during the registration process. For example, in the cases of military donors or college students, we'll need to capture an address "back home" rather than a current address on a military base or at school.

New Equipment: Time for an Upgrade

Next time you're at one of our donor centers or blood drives, you may notice that we're using a different device to test your blood prior to donation. The new machines are called UltraCrit and their purpose is to test the hematocrit levels in your blood. Hematocrit measures the volume of red blood cells compared to the total blood volume.

Our UltraCrit devices hit the road July 1, after all phlebotomists completed training on their proper use.

The UltraCrit device allows us to check the donor's hematocrit levels.



Students Hit Gallon Grad Status

Graduating seniors recognized for donating 8 or more times

One hundred and nine high school seniors made the list of CBCO's Gallon Grad Class of 2016.

Our Gallon Grad program encourages students to make regular blood donation part of their high school careers, and recognizes those who meet the gallon level (8 donations) by the time they graduate. Students receive a certificate of achievement and honor cord.

In addition, 31 students exceeded the 8-donation mark this year.

If you are a high school student who would like to be recognized as a Gallon Grad when you graduate, fill out a Gallon Grad card at your next blood drive or click [HERE](#) to sign up online.

Congratulations, graduates! We hope your spirit of giving follows you throughout your lives. If your future college or employer hold blood drives, become involved. If they do not, we hope you get one started.



Veronica Adams	Springdale, AR	Chantal Holmes	Rogersville, MO	Rebecca Paul	Salem, MO
Melinda Alexander	Wheatland, MO	Brian Hosmann	Bolivar, MO	Matthew Paulik	Billings, MO
Ashlee Armes	Protom, MO	Madoch Jamroch	Stockton, MO	Brandon Pike	Salem, MO
Samantha Baldwin	Pittsburg, MO	Christopher Johnson	Billings, MO	Michael Prestwic	Nixa, MO
Dalton Black	Lincoln, AR	Tessa Johnson	Prairie Grove, AR	Alyssa Pulley	Conway, MO
Hannah Blakley	Rolla, MO	Christina Johnston	Mansfield, MO	Jacob Reed	Springfield, MO
Jasmin Bowling	Marionville, MO	Shyloh Kessler	Pleasant Hope, MO	Aireanna Reynolds	Macks Creek, MO
Hallie Boyd	Springfield, MO	Jacob Klimiuk	Nixa, MO	Gabrielle Roberts	Fair Grove, MO
Sean Bray	Fayetteville, AR	Stephen Koller	Pleasant Hope, MO	James Rollins	Strafford, MO
Chelsea Bridges	Hermitage, MO	April Kreiter	Salem, MO	Haley Rushing-Collins	Buffalo, MO
Chelsey Byrd	Saint James, MO	Kelly Lafon	Springfield, MO	Samantha Schalnus	Thayer, MO
Jordan Chilson	Springfield, MO	Seth Lankford	Bentonville, AR	Eric Schmittling	Springfield, MO
Dalton Clark	Pleasant Hope, MO	David Lester	Fayetteville, AR	Joseph Schott	Salem, MO
Ariel Cliburn	Rolla, MO	Harold Loftis	Mount Vernon, MO	Brenna Scott-Cassidy	Brighton, MO
Ranger Collard	Springfield, MO	Amy Lormand	Springfield, MO	Daniel Simpson	Dixon, MO
Jesse Collier	Aurora, MO	Logan Lott-Ingle	Nixa, MO	Dakota Sims	Springfield, MO
Stormy Concoby	Rogers, AR	Makayla MacLeod	Ozark, MO	Joshua Sirois	Salem, MO
Shalaina Conner	Chetopa, KS	Abigail Mangandi	Green Forest, AR	Bailey Slifer	Springfield, MO
Sydnee Cotter	Taneyville, MO	Payton Martin	Mount Vernon, MO	Austin Slisz	Fair Grove, MO
Maleena Daily	Conway, MO	Jaclyn Martindale	Strafford, MO	Ryan Smith	Salem, MO
David Van Every	Rockaway Beach, MO	Cindy Martinez	Aurora, MO	Katelyn Stewart	Rogersville, MO
Taylor Denton	Battlefield, MO	Heather McAtee	Brighton, MO	Courtney Sweigard	Rolla, MO
Hunter Dieterich	Nixa, MO	Taylor McCuen	Crane, MO	Ross Thompson	Pierce City, MO
William Dry	Conway, MO	Blake McMasters	Aurora, MO	Hannah Todd	Nixa, MO
Trenton Essex	Springfield, MO	Kacey Merriett	Springfield, MO	Michael Vernatti	Ozark, MO
Sylas Feemster	Springfield, MO	Bryan Millard	Bolivar, MO	Carla Waite	Stockton, MO
Brian Fields	Waynesville, MO	Corey Morrison	Willard, MO	Dakota Watson	Springfield, MO
Cayla Foster	Galena, MO	Sydney Moser	Springfield, MO	Keven Wedemeyer	Ava, MO
Garrett Gorder	Strafford, MO	Justine Neill	Mountain Grove, MO	Emma Weiler	Springfield, MO
Brittany Gray	Rolla, MO	Loren Neyland	Springdale, AR	Molly West	Jerico Springs, MO
Shannon Hall	Pineville, MO	Dillon Noblett	Joplin, MO	Dustin Wilson	Half Way, MO
Madeleine Hansberger	Fayetteville, AR	Raymond Osborne	Fordland, MO	Rosa Wilson	Springfield, MO
Alexandra Heinrichs	Springfield, MO	Parker Owens	Noel, MO	Zachary Wolfe	Washburn, MO
Mikil Hernandez	Springfield, MO	Emily Pace	Crocker, MO	Cole Worthington	Marshfield, MO
Hunter Hicks	Phillipsburg, MO	Mykayla Pankey	Salem, MO		
Chase Holden	Waynesville, MO	Melody Patten	Stockton, MO		

Congratulations on your achievements!

Hall of Fame Inductees 2016

Dedicated donors recognized for milestone accomplishments

CBCO is proud to welcome 39 new members into our Hall of Fame, a group of individuals who have made giving of themselves a priority in their lives.

These donors have surpassed the 20-gallon mark (160 donations) in order to become a member of the Hall of Fame. Additional honorees have been selected for their service as a volunteer, benefactor, or board member.

They may never know how much their generosity has meant to hundreds of people in the Ozarks. Congratulations on this milestone, and welcome to our 2016 Hall of Fame members.



Sammy Allen	Springfield, MO	Thomas McKinnis	Strafford, MO
Warren Blosser	Halfway, MO	John Morris	Neosho, MO
Stephen Boyd	Pleasant Hope, MO	Thomas A. Moser	Versailles, MO
Jeffrey Breed	Walnut Grove, MO	Don Nance	Springfield, MO
Robert Busch	Blue Eye, MO	Michael L. Phillips	Branson, MO
Albert Bussman	Crane, MO	Thomas Poindexter	Mountain View, MO
Fred Carter	Springdale, AR	Anthony Roberts	Nixa, MO
Steve R. Cline	Rogers, AR	Carla Robeson	Nixa, MO
Ronald Del Pup	Fayetteville, AR	Larry Rost	Marshfield, MO
Nancy Duncan	Mount Vernon, MO	John A. Rush	Springdale, AR
Robert Erickson	Springfield, MO	Jack Sandridge	Springfield, MO
Diane Fuller	Elkland, MO	Leo Scaturro	Bella Vista, AR
Lloyd Gill	Springfield, MO	Beverly Schneider	Springfield, MO
James D. Haley	Prairie Grove, AR	Eli Schwartz	Seymour, MO
Christopher Hunt	Nixa, MO	John Shomin	Liberal, MO
Jan Johnson	Rolla, MO	Renee Stoll	Nixa, MO
Diana Kimble	Springfield, MO	Donald Swanson	Monett, MO
Swayne Loftis	Springfield, MO	Patty Thurman	Springfield, MO
Loren Long	Springfield, MO	Judson Whitlinger	Springfield, MO
James Lucas	Springfield, MO		

Volunteering: Your Time Can Make a Difference

Do you have spare time? Looking for a rewarding way to give back to the community? CBCO is in need of volunteers at our Thomson (Springfield), Joplin, and Bentonville donor centers, and we'd love to talk to you about making a difference.

We're flexible! Volunteers can come in for any length of time during the day, and for however long of a duration that they are able.



Donor center volunteers:

- Work in the Donor Café to serve refreshments to blood donors
- Encourage donors to sit for 10-15 minutes after they have donated
- Alert CBCO staff if a donor has a reaction
- Keep refreshments area clean and refreshments readily accessible
- Occasionally help with folding T-shirts, stuffing bags, etc.
- No medical experience is necessary
- Must be customer-service oriented

If it sounds interesting, please contact Lori McLerran at (417) 227-5396 or mclerranl@cbco.org for more information.

ICU Nurse's Comment Reinforces Smith's Dedication to Give Blood



Dave Smith and daughter Erica Smith.

(Continued from page 1)

He shares online, as well, often tweeting photos and a message while at CBCO's Bentonville donor center.

"For me, it's a real simple way of giving back. I give because I want people to be healthy," Dave said. "To me, the best way to celebrate your life and your good health is to periodically donate blood."

Dave is overwhelmed by the generosity of blood donors. "They make time to make a difference, and they truly are saving lives with their simple gift of one pint of blood," he said. "If people would give two or three pints a year, what a difference that would make."



Runner receives blood during quadruple bypass

In May 2010, Darryl Scroggins, of Rogers, AR, found himself undergoing quadruple bypass surgery. "It was quite a shock because I'm slender and I've been a runner for a long time," he said. Darryl, who was 58 years old at the time, had donated blood in the past. When he learned he had needed blood during surgery, he didn't give it much thought until later. "I think we take blood donation too casually. We forget about it, or get kind of ho-hum about it," Darryl said. "But after my heart surgery, I realized how important it is, on a daily basis."

His cardiologist and family doctor encouraged Darryl to keep running. He has run a marathon since heart surgery, along with half-marathons, 5Ks, and 10Ks.

Darryl is glad the blood was available when he needed it. "We talk a lot about reaching out and helping others, and that's a very good way of doing so," he said. "You're helping people you'll never meet."

Our mission is to provide a quality blood supply, in a timely manner, at the lowest reasonable fee, while remaining accountable to the local community, blood donors, and health care providers.

Don't miss out on these upcoming events!

**August 9 & 10
Sundae Fundaes**

All participants will receive a treat card redeemable for a FREE regular sized one-topping sundae from Andy's Frozen Custard.



August 26 - 29

Holiday Hero - Second Donation

Calling all heroes! If you signed up for the Holiday Hero program, it's time make your second of three donations.

Four convenient CBCO Donor Centers near you!

**Springfield
Thomson Center - 220 W. Plainview**
(417) 227-5000 or 800-280-5337
Monday through Friday - 7 am to 7 pm
Saturday - 7 am to 1 pm
Sunday - 9 am - 3 pm

**Joplin - Northpark Mall
101 N. Range Line Rd.**
(417) 626-8323 or 866-401-5143
Monday through Friday - 11 am to 6 pm

Springdale - 3503 S. Thompson
(479) 927-1200 or 866-401-5144
Monday through Thursday - 11 am to 6 pm
Friday - 8 am to 2 pm

Bentonville - 1400 SE Walton Blvd.
(479) 464-2506
Monday through Thursday - 11 am to 6 pm
Friday - 8 am to 2 pm

Click an icon to follow us on social media!



Don't forget! Share your donation selfie on social media using the hashtag #redcellfie and tag us @OzarksBlood

