

How Can You Help Blood Donors of America (BDA) ?

- By participating in our national campaign to host blood drives in various states of the USA and beyond.
- Being involved and help our mission of hosting blood drives in the local community, creating awareness on blood donation and healthy living.
- Visiting our website for updates on blood drives and contacting our team with suggestions to improve our service.
- Becoming a life member of BDA by paying a small one-time membership fee. Click the membership tab on BDA website.

How Can You Help To Save Life ?

- Become a blood donor.
- Be a host and organize a blood drive.
- Help as a volunteer at a blood drive.
- Spread the message of the importance of blood donation.
- Motivate and encourage people to donate blood.
- Recognize all donors and participants.
- Know your blood type and its power to save life.

Why Host a Blood Drive?

- Support individuals in dire need of blood.
- Energize everyone by providing a convenient way to give back to the community.
- Support blood centers and garner good-will from inside and outside your organization.
- Enjoy a partnership where everyone wins.
- Make feel good to be a part of helping to save more lives.



BloodDonorsOf
America

What is Blood Donors of America All About ?

The Blood Donors of America (BDA) is a non-profit, non-religious, non-political [501(c) 3] public charity organization. It is dedicated to community service primarily by hosting blood drives and creating awareness for blood donations. BDA is also working on the bone marrow matching campaigns and community health promotions such as education programs on obesity, physical fitness and healthy diet, as well as providing free health screening and health awareness consultation.

We have a target of organizing blood drives over all fifty states in the USA and beyond. Our dedicated voluntary teams are working hard to coordinate with national, regional, state, and local level community organizations, universities, student associations as well as individuals in the community to participate in blood donation. One pint of blood, the most precious gift of life, is above and beyond any kind of donation because it has potential to save three lives.

There are 15 members in the BDA executive committee, including president, executive vice-president, vice-president, general secretary, joint-secretary, treasurer, joint-treasurer and the executive members. In addition, an IT chair and a publication chair also hold the executive position and participate in the decision making process. Moreover, there are BDA state coordinators in various states and are expanding to cover all 50 states. Also, each state has the state coordination committee. The BDA executive committee and the state coordinators constitute BDA board.

Appeal:

We kindly request all of you to become life member of the Blood Donors of America (BDA) by using the following link:

<http://www.blooddonorsofamerica.org>

The life membership fee for the first person of any family is \$100.00 with an additional \$50.00 for each family member.

Be a Life Saver: Be a Blood Donor



“To give blood you need neither extra strength nor extra food, and you will save a life.”

Blood Donors of America (BDA)



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Quick Steps to a Successful Blood Drive

- Plan a blood drive and recruit your team. Start the process 8-10 weeks before the planned donation day.
- Finalize the location for the blood drive.
- Contact a blood center in your town, city or state and lock the date.
- Publicize the blood drive in your network including social networks (community).
- Provide information on how to be ready for donating blood.
- Report your progress to the blood center representative for adequate staffing.
- Arrange enough drinks & snacks primarily for volunteers, participants and members.
- Remind donors of their appointment if someone is in tight schedule.

Helpful Guidelines to Follow by Blood Donors

For a safe, successful and pleasant experience:

- Avoid drinking excessive amounts of tea, coffee and carbonated beverages.
- Maintain a healthy iron level in your diet by eating iron rich foods for a week.
- Drink an extra 16 oz. of water and fluids (as much water as possible).
- Eat a healthy meal before your donation. Exclusively no fatty foods.
- Avoid taking aspirin 48 hours prior to blood donation.
- Have a good night's sleep.

Facts about Blood

- There is no substitute for human blood.
- One in seven patients entering hospital needs blood transfusion.
- One pint of blood you donate can save up to three lives.
- Someone needs blood every two seconds.
- 4.5 million Americans will need a blood

transfusion every year.

- 43,000 pints of donated blood is used each day in the US and Canada.
- 37% of the US population is eligible to donate blood – less than 10% do annually.
- Healthy adults who are at least 17 years of age and weigh 110 pounds may donate about a pint of blood every 56 days.
- 16-year-olds may donate with written parental permission.
- There are four blood types: A, B, AB and O. Each can be Rh⁺ or Rh⁻.
- AB⁺ is the universal recipient and O⁻ is the universal donor of red blood cells.
- Much of today's medical care depends on a steady supply of blood from healthy donors.
- Shortages of all types especially types O and B red blood cells happen during the summer and winter holidays.
- If only one more percent of all Americans would give blood, blood shortages would disappear for the foreseeable future.

Various Ways That You Can Donate Blood

- *Donate Whole Blood:*
 - most common type of blood donation,
 - can be donated in every 56 days with the total of 2 donations in a year.
- *Donate Double red blood cells:*
 - red blood cells collected in double amounts, leaving platelets and plasma,
 - can donate every 112 days, total of 3 times a year.
- *Donating Platelets:*
 - collected by an aphaeresis machine,
 - can donate every 7 days.
- *Donating Plasma:*
 - liquid portion of the blood that helps all other cells flowing,

- can donate every 28 days for a total of 12 times a year.

Except for whole blood, other types of blood donation require use of special machines and are generally done blood collection centers only.

Current BDA executive committee (2018-20)

- President: Dr. Lila Raj Dahal - Ohio liladahal2003@yahoo.com
- Immediate Past President: Dr. Nanda Regmi – Texas nregmi@gmail.com
- Executive Vice - President: Resham Gharti - Texas ghartire@gmail.com
- Vice - President: Sanjeev Shrestha - New Jersey sanjeev2030@gmail.com
- General Secretary: Satish Gupta – South Carolina sgupta5151@yahoo.com
- Joint Secretary: Sanjay Shrestha - Iowa sanjay.shrestha@gmail.com
- Treasurer: Ram Dongol – Georgia rsdongol@hotmail.com
- Joint treasurer: Kapil Adhikari – Texas kapil_adhikari@yahoo.com
- Executive Member: Ira Acharya - Texas ira.acharya@gmail.com
- Executive Member: Balananda Bhandari – Maryland balanandabhandari@gmail.com
- Executive Member: Shiva Kaphle - Texas - shivakaphle@gmail.com
- Executive Member: Dr. Narayan Khadka – North Carolina khadkapeace@gmail.com
- Executive Member: Maheshwor Panta - Massachusetts maheshwerpant@gmail.com
- Executive Member: Tika Paudel - Colorado tika156@hotmail.com
- Executive Member: Sharada Shrestha - California sharda63@gmail.com
- Regional Coordinators: Bhabindra Basnet (Eastern) bketo@hotmail.com
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