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America

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पूजर्जीवन

Blood Donors of America

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

VOLUME I ISSUE I

DECEMBER 2013



President's Message

Namaste and a very warm welcome to our readers across the globe,

On behalf of the Blood Donors of America, I am pleased to bring the first ever issue of our online newspaper 'पूजर्जीवन'. The Blood Donors of America is a non-profit, non-religious, and non-political organization dedicated to community service primarily by hosting blood drives and creating awareness of blood donations, bone marrow matching campaigns, and health education (healthy diet, physical fitness, obesity, free health screening, and consultation).

We have a target to keep on organizing blood drives over all fifty states in the USA and beyond. I request all individuals and institutions to join us to donate the most precious gift of life - **blood** - to save lives in need. One pint of your blood is above and beyond any kind of donation because it has the potential to save three lives. **Blood Donation is a Life Donation.** Blood Donors of America highly appreciates and recognizes your generous contribution.

I thank Krishna Shrestha, Chair, Information and Communication Committee for his relentless hard work to make this publication happen promptly. In addition, I admire my entire executive committee for their willingness to make a difference through community service. This is voluntary and requires team work. You have been considered a member of this great voluntary team. Therefore, we look forward to receiving everyone's creative comments, suggestions, articles related to blood donation, and all forms of support that energize us to bring our regular issues to you in a more presentable form.

Sincerely,

Dr. Lila Bahadur Karki
President
Blood Donors of America

The newly elected Executive Committee of the "Blood Donors of America" (left) would like to congratulate each and every great social hero in the Nepali Diasporas and beyond, who have been sparing some of their precious 'Private, Family, and Professional time(s)' to serve the community consistently. Simultaneously, the committee feels proud to join hands to heighten our identity through community services and looks forward to working with all institutions and individuals in the USA and beyond for the noble cause of saving fellow human lives in need. Together, we can make a difference.



Poem- "Blood Donation"



- Krishna Shrestha, Florida

Nobody is immortal so later or sooner everyone has to leave own physical body
Saving of other's life is possible by your blood without keeping you in jeopardy
Self esteem and self satisfaction is the important things need to be done in life
Both of these can be achieved if you determine and participate in blood drive

There is a great demand for donors many people need help everyday
If your healthy, it does not cost anything let us help what do you say?
We may be helping someone special who has a desperate need
Who knows whose life we may be saving by just doing a little good deed?

So hurry up be first in line let us keep that blood bank very busy for donation
Filling every container with new life need to be learnt by all as a great lesson
Blood cannot be manufactured so must come only from great thought and mind
All blood donors are not only Social HEROS but also full of behavioral kind.

First Electronic Publication of Blood Donors of America

Respected all Readers of this newsletter,

Namaskar

This Newsletter is our first attempt to produce the electronic publication on behalf of Blood Donors of America. The main purpose of this newsletter is to inform you all about this organization and her all kinds of activities. Information and Communication Committee of Blood Donors of America kindly requests you all to send your feedback and comments on blooddonorsofamerica@gmail.com about this issue to make upcoming issues more informative, attractive and professional.

Thank you

Krishna Shrestha.
Chair, Information and communication committee
Blood Donors of America



रक्तदान गर्न नेपालीबीच अझै जाँगर आवश्यक

- अर्जुनप्रसाद मैनाली
संस्थापक अध्यक्ष , ब्लड डोनर्स अफ अमेरिका

नेपालि माझ रक्तदानको इतिहास र यस क्षेत्रमा हामीले लिन नसकेको गति बढो बिपरित अबस्थामा छन्। यो बुझी नसक्नु भएको छ। यहि कुराले मलाइ बेला बेलामा झकझकाइ रहन्छ। लौन किन यति सुस्त भनेर। सन् १९०१ मा बैज्ञानिक कार्ल ल्याण्डस्टेनरले मानव जातिमा हुने रक्त समुह ए, बि, ओ समुह सिष्टम पत्ता लगाए पछि विश्वमा यसको संचारमा उल्लेखनीय ब्रिद्धि भएको हो। नेपालका पहिलो रक्तदाता दयाबिर सिंह कंसाकारले बि.स. २००० सालमा गरेका थिया। ७० बर्ष पुगेको छ। नेपाल रेडक्रसले रक्तसंचार सुरु गरेको ४७ बर्ष भएको छ। तपाइँ हामीले नेपालमा छंदै रक्तदानका बारेमा सुन्दै आएका हौं। अमेरिकामा धेरै नेपालि समेटेको ए एन ए को स्थापना सन् १९८३ मा भएको हो। त्यस्तै आन्मा, नासा, अमेरिका नेपाल सोसाइटी, अमेरिका नेपाल फ्राइडशिप सोसाइटी लगाएत थुप्रै नेपालि संघ संस्थाहरु मार्फत नेपालीहरु एक जुट हुन् थालेका छन्। तर रक्तदान जस्तो सामाजिक कामले किन गति लिन सकेन?

नेपाल र अमेरिकामा छाडेर विश्वका धेरै देशहरुमा नेपालि पुगेका छन्। यो बेला नेपालि माझ विश्व भर अभियान किन चलाउने भन्ने यक्ष प्रश्न खडा हुन् सक्छ। रगत शरीरका कुनै अवयव दानको पहिलो कदम हो। रगतका बराबरीमा, मृगौला, बोनम्यारो आदि जीवन रहदै दान गर्न सकिन्छ। त्यस पछिमात्र शरीरका अंगदानको पालो आउछ। अर्को कुरा, डब्लु एच ओले विश्वमा यस बर्ष १०७ मिलिएन युनिट रगत आवश्यक पर्ने जनाएको छ भने अमेरिकामा बार्षिक ९ मिलिएन युनिट रगत आवश्यक पर्ने छ। यहाको अस्पतालमा भर्ना हुने १० बिरामी मध्ये १ लाइ रगत नै चढाउनु पर्ने हुन्छ। अर्को शब्दामा, हरेक २ सेकेन्डमा कोहि न कोहीलाई रगत आवश्यक परि रहेको हुन्छ।

एउटा गम्भीर बिषय उठान गरौं। दुइ बर्ष अघि 'जेम्स कि' ले यु एस टुडेमा लेखेका थिया, अमेरिकामा गोरा बाहेक समुदायमा अंग दानको चेतना जरुरि छ। जेम्स आफु सेनाका पादरी रहेछन। उनले एउटा घटनालाई जोड्दै थप लेखेका छन्, 'दुर्भाग्यवस जसलाई अंग प्रत्यारोपणको आबश्यक छ, त्यसमा अल्पसंख्यकहरुले निकै कठिनाही महसुस गरेका छन्।' अमेरिकामा करिब ७० हजार नेपालि भाषी भुटानी होलान। गत बर्षको जनगणनाले अमेरिकामा करिब ६० हजार नेपालि रहेको जनाएको छ। आधिकारिक संख्या कम देखीय पनि २ लाख नेपालि होलान। यति जनसंख्या अमेरिकाको लागि अल्पसंख्यक हो। यो अल्पसंख्यकमा पनि २ प्रतिशतले मात्र अमेरिकाका १९ राज्यहरुमा करिब ४,६०० जनाले रक्तदान गर्न सकेका छन् । १०० प्रतिशत कहिले पुग्न सक्ला? अहिलेलाई चिन्ताको बिषय यहि छ।

(ब्लड डोनर्स अफ अमेरिकाको संस्थापक अध्यक्ष मैनाली न्युयोर्कमा बस्नुहुन्छ। वहाले ११३ पटक रक्तदान गरिसक्नु भएको

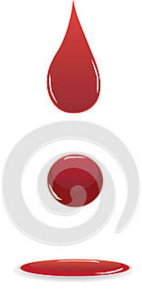
WHOLE BLOOD DONATION



1. This is the most common type of donation, during which approximately a pint of 'whole blood' is given.
2. The blood is separated into transfusable components – red cells, plasma, platelets and/or cryoprecipitated AHF.

3. This type of blood donation usually takes about an hour, though the actual donation takes about 8-10 minutes

4. You are eligible to donate 'whole blood' every 56 days.



DONATE BLOOD
DONATE BLOOD
dreamstime.com

Tears of
mother
can not
save her
child, but
your
blood can.



GIVE BLOOD

STATE COORDINATORS

| S.No | Full Name | State |
|------|----------------------|-------|
| 1 | Ajaya Satyal | FL |
| 2 | Bhabindra Basnet | GA |
| 3 | Satish Chandra Gupta | SC |
| 4 | Santosh Pokhrel | AL |
| 5 | Dr. Thakur Karki | NC |
| 6 | Buddhi Pant | TN |
| 7 | Kiran Byanjankar | IL |
| 8 | Dr. Nawa Raj Pradhan | MS |
| 9 | Basu Bhandari | LA |
| 10 | Basu Shrestha | TX |
| 11 | Gautam Dahal | MD |
| 12 | Bhushan Shrestha | CO |
| 13 | Tilak K C | WI |
| 14 | Lok Chantyal | PA |

OUR CONTACT INFORMATION

Please send your articles, information, feedback and any comments on following address.

Information and Communication Committee, BDoA

Website :-<http://blooddonorsofamerica.org>

Email :- blooddonorsofamerica@gmail.com

Face Book :- BloodDonorsof America

Blood Donors of America, Coming to Your State



-Ajaya Satyal
State Coordinator, Florida

Blood transfusion is an absolute necessity in today's medical science and to our society. Unlike other parts of our body, blood can't be manufactured. Blood components needed to save a life or to treat patients are only received from donations from a healthy donor. An interested person can go to a nearest blood center and donate blood or participate in the community blood drive for donation. Various Nepalese organizations in different cities and towns have organized a drive from time to time.

To provide support, motivation and assist in coordinating a blood drive in the Nepalese Communities in U.S., Blood Donors of America is helping in planning the blood drives in various States in a coordinated way. Mr. Arjun Prasad Mainali, a veteran 110 plus times donor, founded the organization Blood Donors of America in 2009. So far, Blood Donors of America has already formed State Coordination Teams in 14 states including Florida, Georgia, south Carolina , Alabama, North Carolina, Tennessee, Illinois, Massachusetts, Louisiana , Texas, Maryland, Colorado, Wisconsin and Pennsylvania . Blood donors of America has also identified State Coordinators in other few states. Some of the teams have already started to plan donation drives for 2014. We really do not need to wait for an auspicious occasion to organize a blood drive. However, it is usually held during a event where a lot of people are expected to attend. Typically, an event can be a big picnic, a planned occasion to celebrate for a special cause, holidays, a corporate retreat, etc. Blood Donors of America is committed to provide any assistance needed in organizing an event.

It is estimated that some five million people need blood transfusions in the U.S. every year. This includes the transfusion of red blood cells, platelets, and plasma as well. There is no estimate on how much blood would be needed for a needy person. Treating a trauma, complicated surgery, organ transplant, heart transplant, or complicated child birth, could require many pints of blood, in addition to treating other accidents or blood diseases. Using blood available for these causes is like drawing cash from a real financial bank. To maintain a good balance, constantly with the withdrawal process there needs to be a process to deposit too, and this marks the importance of blood donations. Without donations the supplies of healthy blood get depleted and there will be a shortage of blood supply in the blood banks. This is especially true during the holiday season.

A fellow Nepali community member, Dr. Bijaya Kattel says, "Blood donation coordi-

nation is easy with the help of community organizations. As long as you organize in a timely fashion, and inform the blood donation centers.” Dr. Kattel should know, as he has organized blood donation efforts at least 11 times in the last 8 years, through the Abi Kattel Memorial Foundation. Dr. Kattel says the inclusion of blood donation drives support the Foundation’s mission and honors his son Abi’s memory, “who was always helping others.”

If you are interested in donating, you should know that a healthy adult, who weighs 115 lbs or more, is eligible to donate blood every 56 days, and it does not take a long time to replenish the blood in the body. Blood donation is not a painful process; and donation time is about 7-10 minutes only for a pint of blood. The platelet and double red blood cell donations take more time. The blood center will check a donor’s blood pressure, temperature, hemoglobin, and pulse rate every time the blood is given. They also check the cholesterol level in the blood which is usually made available to a donor at a later date. If someone is donating blood for the first time, the blood type for that person can be identified too. This will help the donors to know to which type their blood belongs to and who are the compatible donor types in case they ever need blood themselves. Beside the free check given by the technicians, the donors also have to honestly provide answers to approximately 50 questions asked for health screening purpose. There will be inquiries on risk factors, including on sexual behavior which are designed to prevent people with risk for hepatitis HIV and other infectious diseases. One should not feel offended by the nature of some of the questions contained on the screening questionnaire. After all the blood centers are making sure that the donated blood is free of any possible infectious risk factors. It is good to have some food prior to donation. The blood centers usually provide some light refreshments after the blood is given and encourage a donor to rest for a little while before leaving the center. It is all that simple to give the best give to one can to a needy patient and help save a life. After the donation, strenuous exercise, heaving lifting, running or dancing should be avoided for a day.

If you are interested in organizing a blood drive, please contact us. We will assist you in getting in touch with the state coordinator , if your state has one, or assist you directly, and guide you through various logistics involved in organizing a drive or on donation process. Please visit Blood Donors of America’s face book at BloodDonorsof America and and its website at <http://blooddonorsofamerica.org> . Blood Donors of America provides information on planned blood donation drives throughout the USA.

Please consider donating blood, it is the best humanitarian gift you can give. Your donation can save up to three lives!

(The writer of this article Mr. Ajaya Satyal is the state coordinator of Florida and chairman of Bone Marrow Committee of Blood Donors of America. He has donated blood 97 times. Please contact him at Ajaya_satyal@hotmail.com, if you have any questions on Blood Donation; and Blood Donors of America)

HEARTFELT CONDOLENCE



Executive Member of Blood Donors of America Mr. Chandra Kanta Dhital from a great state of California lost his beloved father Tulasi Prasad Dhital, who passed away at the age of 84 on the 29th of November, 2013 in Nepal. Blood Donors of America extends the deepest sympathy and heartfelt condolence to the bereaved family.

May the departed soul rest in peace!



Blood
Donation
will cost
you
nothing
but it will
save a
life.

Donation
of blood
means a
minute to
you but
lifetime
for some-
body else.

CONGRATULATIONS AND WELCOME TO ALL FOLLOWING CHAIRS of Various Committees of Blood Donors of America

1. **Professional Development Committee (PDC) – Dr. Bijaya Kattel, Florida**
2. **Internal Affairs Committee (IAC)- Mr. Narayan Khadka, North Carolina**
3. **Information and Communication Committee (ICC)- Mr. Krishna Shrestha, Florida**
4. **Membership Drive Committee (MDC)- Dr. Nanda Regmi, Texas**
5. **Health and Physical Fitness Committee (HPFC)- Dr. Dron Gauchan, New Jersey**
6. **Bylaws and Convention Committee (BCC)- Dr. Bishnu Phuyal, Illinois**
7. **Bone Marrow Matching Campaign Committee (BMMCC)- Mr. Ajaya Satyal, Florida**

World Blood Donor Day, 14 June 2013

Give the gift of life: donate blood

Every year, on 14 June, countries around the world celebrate World Blood Donor Day. The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood.

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with higher quality of life, and supports complex medical and surgical procedures. It also has an essential, life-saving role in maternal and parental care. However, in many countries, there is not an adequate supply of safe blood, and blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety.

An adequate supply can only be assured through regular donations by voluntary unpaid blood donors. WHO's goal is for all countries to obtain all their blood supplies from voluntary unpaid donors by 2020. Today, in just 60 countries, national blood supplies are based on close to 100% voluntary unpaid blood donations, with 40 countries still dependent on family donors and even paid donors.

**We kindly request you all to become the life member of
Blood Donors of America by using the following link .**

<http://blooddonorsofamerica.org>

Life memberships fee for first person of family is \$ 100.00 and \$50.00 each for spouse and every additional children.

Progress made to organize following blood drives in October and November 2013.

1. On 27 Oct 2013 in Houston, Texas in cooperation with Nepalese Society of Texas and Blood Donors of America, where 30 HEROS donated blood.
2. On 09 Nov 2013, in Chicago, Illinois in cooperation with Chicago and Nepali Friendship Society (CNFS), Nepali American Center (NAC), Chicago Tharu Family (CTF), Newa American Dabu (NAD), Association of Nepalese in Midwest America (ANMA) and Blood Donors of America (BDoA), where more than 25 HEROS donated blood.
3. During the 3rd International Nepali Literary Convention on 30 Nov 13, Marriott Hotel in Washington DC in cooperation with many Nepalese organizations including INLS VA Chapter, BANA, Nepalese Women Global Network, Nepali Society of Virginia, Nepal Chautari, Nepali Public Relation Committee, Society of American Nepalese Nurses, Global Nepal, ANMA and Blood Donors of America.
4. Blood Donors of America would like to thank all blood donors HEROS, the members of all coordination committee and volunteers.

| S.N. | Date | Time | Contact Persons | Venue | Organizer |
|------|-------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| 1 | 15 Dec 2013 Sunday | 1 PM—5.30 PM | Mr. Narayan Khadka, Ms. Bandana Khadka and Dr.Thakur Karki | 3880 Brian Jordan place, High Point, North Carolina 27265 | Triad Nepali Com- munity Center and Blood Donors of America. |
| 2 | 17 Dec 2013 Tuesday | 4 PM– 7.30 PM | Mr. Raju Sitaula, Mr. Manoj Tulad- har, Mr. Bhupen- dra Mahat, Mr. B. K. Shrestha, Mr. Bhusan Shrestha and Mr. Shailesh Pokharel | 3113 Bonfils Blood Center, 28th St, Boulder, Colorado- 80301 | BRT.Com and Blood Donors of America |
| 3 | 31 Dec 2013 Saturday | TBC | Mr. Devi Acharya Mr. Basu Shrestha Mr. Bala Ram Poudel | Forth Worth, TX | Nepalese Society of Texas and Blood Donors of America |