

The Bandera PROPHEET

February 5, 2021

Medina Core Coffee House hosts blood drive

By Susan Junker

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The monthly Bandera County blood drives continue with appointments available for Feb. 20 at the Medina Core Coffee House. Special thanks to Heidi and Travis Klaassen for the use of the newly remodeled building while their business is closed on Saturday.

Feb. 7 is Wear Red Day during American Heart Month to raise awareness of heart disease and stroke in Women. National Make a Friend Day is Feb. 11.

Feb. 9, National Pizza Day, is not to be forgotten and missing Feb. 14, National Organ Donor Day would be a sin. But the most important of all is Feb. 20, "Save a Life, Donate Blood Day," in Bandera County. (Of course, if you totally spaced on Valentine's Day, it might be a good idea to sign up to donate blood and buy lots of chocolate and a pair of knee pads to beg forgiveness!)

Whether Valentine's Day presents or blood donation, each donor is appreciated for "giving from the heart." Over 1,000 blood drives have been cancelled in south Texas since last spring. That equates to 9,000 units and the need continues to remain near crisis levels. You are eligible to assist our community if you are at least 16 years old, weigh 120 pounds, and have a signed parental consent form or be 17 years old or older and weight at least 110 pounds. There is no upper age limit: each donor should be in general good health.

Each donor must show a valid photo ID. If you have an active infection, you should postpone until it has cleared. If you are taking medications, you can check the list at <https://biobridgeglobal.org/donors/blood->

donation/ to see if you are able to donate. Veterans and overseas travelers can check the same website regarding changes in eligibility. Last month, residents gave 23 units and another six individuals gave double red blood cells at Silver Sage. Several donors encountered low iron levels or an elevated blood pressure so they could not donate that day. One donor had a small breakfast and skipped lunch: donation complete, but had to spend a few extra minutes in recovery with Gatorade and snacks. There were six couples who donated together: great fun!

Sign up for this Feb. 20 Sweetheart blood donation opportunity at the Medina Core Coffee House, on Saturday, between 9 a.m. and 2 p.m., using the website above or call 210-731-5555. For more information or assistance, call 210-788-9160 or 830-796-7528. The Medina Core Coffee House is at 13971 Hwy. 16 in Medina.