



A Scout is Helpful!

On February 8, 2010, the Boy Scouts of America will be 100 years old. In celebration of the occasion they invite you to join them in saving lives through the "A Scout is Helpful. 100 donors for 100 years of service"-blood drive. Mayo Clinic Blood Donor Center and The Gamehaven Council of the Boy Scouts of America are offering scouts age 16 and up, adult leaders, and everyone who supports the Boy Scouts the opportunity to help save a life! Every six minutes, someone at the Mayo Clinic receives a transfusion of blood. As each whole blood donation can be divided into three blood products, someone donating a single unit of whole blood can impact the lives of up to three people!

From February 8th (the 100th anniversary of the Boy Scouts of America) through March 31st we are asking all eligible scouts, leaders, and others who support Scouting to participate in the "A Scout is Helpful. 100 donors for 100 years of service"-blood drive. During these two months, we encourage you to donate at Mayo Clinic Blood Donor Center in the Hilton Building. Please contact the Mayo Clinic Blood Donor Center to make an appointment

On March 11 the Mayo Clinic Blood Donor Center will be open late. On this date, Scouts who are interested in learning more and/or working on the Medicine Merit badge may come for a tour. Donating and arranging for others to donate will count toward requirement 10 of the Medicine Merit Badge. We would like scouts and leaders interested in the tour to schedule appointments between 5:00 PM and 7:00 PM to donate. Please show up at your appointment in your class A uniform. Dr. Jeff Winters, a leader from Troop 21, a blood donor, and a physician in the Division of Transfusion Medicine at the Mayo Clinic, will take those Scouts in uniform on a tour and talk about the importance of blood donation.

For the remainder of the month, when you donate please be sure to sign in on the tally sheet at the front desk so we can track our goal of 100 donors! Help Save a Life!



FAQ

Where and when can I donate blood?

Hilton Building

Monday through Friday 6 AM to 4:30 PM

Extended hours (6 AM until 7 PM) on Feb 11 and March 11, 2010

How do I schedule an appointment?

Call 507-284-4475 during the hours of operation listed above.

Who can donate?

Donors must weigh at least 110 pounds and be at least 17 years old or 16 years old with written parental consent. During your donation appointment, you will complete a brief health questionnaire to make sure blood donation is safe for you and the recipient of your blood.

How long does it take to donate?

Whole blood donation, from check-in to refreshments, takes 45 to 60 minutes.

What should I do before I donate?

Before donating, you should eat a good meal and drink plenty of fluids.

Does donating blood count as a service time toward rank advancement?

Speak with your scoutmaster for approval but this does represent service to your community and should count as one hour of service.

Would donating blood count toward requirement 10 of the Medicine Merit Badge?

Helping with a blood drive should count. This should include recruiting others to donate. Check with your merit badge counselor. For the Medicine Merit Badge being offered on March 20 at the Merit Badge Fair, helping to recruit others to donate and showing up for the tour on March 11 will fulfill requirement 10. Speak with Dr. Winters on March 11 if you are taking the Medicine Merit Badge on the 20th.

Where can I find more information about blood donation?

Call 507-284-4475 or visit www.mayoclinic.org/donate-blood-rst