

Donating: A worker at the blood drive at the Farmington Hills Fire Department has a pint of blood ready for processing. After giving blood, donors are replenished with juice and cookies. Plenty of other blood drives are scheduled to alleviate the low blood supply.



Blood
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Southwestern Oakland Cable Commission, it was just nice to be healthy for once on the day of a blood drive. She finally was able to successfully donate, after previous attempts were stymied by illness.

Red Cross head nurse Sandra Gool stressed that people be in good health, and not on antibiotics, if they intend on donating their blood. Otherwise, it won't help recipients or themselves.

During the cold and flu season (October through March), we have a lot of people who try but can't," Gool said. "We want you in tip-top shape to donate blood. If you have an infection or something, you're not helping anybody. We don't want you to sacrifice your blood, just give it."

Volunteers helped the day run smoothly. Former Oakland Schools special education teacher Joan Brown worked with Risko, cataloging pouches of blood.

"I wanted to do something productive, to help people," Brown said.

At a nearby table, donors were replenished with donated refreshments. They enjoyed juice and cookies, the latter provided by the Great Harvest Bread Company.

"It's important (for donors) to replenish their systems with juice, fluids and something sweet to get their metabolism going," said Ray Novelly, owner of four Great Harvest locations.

Novelly said his stores have helped out a Red Cross blood drives in the past couple years as a way to "give back to the community."



STAFF PHOTOS BY BILL LASKER

Wrapping up: Laura Paulson, a Red Cross registered nurse, applies pressure to Stacy Swanderski's arm as she finishes her donation.

■ 'I wanted to do something productive, to help people.'

Joan Brown

—Former Oakland Schools special education teacher

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