# THE ROCK WEEKLY

#### JANUARY IS NATIONAL BLOOD DONOR AWARENESS MONTH



#### National Blood Donor Awareness Month

January is National Blood Donor Awareness Month, a critical time to raise awareness about the many benefits of being a blood or plasma donor. Donations are important because there is no alternative for blood; it cannot be manufactured. Someone needs blood or a blood product every two seconds in the United States and one out of every seven people who enter a hospital will need a blood product.

Blood transfusions can be necessary for serious injuries, surgeries, childbirth, blood disorders, anemia and many other conditions and situations. Plasma donations can be vital for patients with liver failure, severe infections and serious burns. Also, plasma donated by a recovered COVID-19 patient, known as convalescent plasma, can help others recover.

Here are four top reasons to consider making a life-saving blood donation part of your new year.

- A donation can save several lives if your blood is separated into its components; red cells, platelets and plasma.
- Only 10% of eligible donors actually donate despite it being a safe and regulated process by the Food and Drug Administration and the American Association of Blood Banks.

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Here are four top reasons to consider making a life-saving blood donation part of your new year: (cont'd)

- Before donating you will get a small health check (not to replace regular exams with your provider) that includes pulse, blood pressure, body temperature and iron levels. Also, once your blood is collected and sent to a lab, further testing is done to check for infectious diseases, and you are notified immediately if there are concerns.
- Blood donation can improve your overall health. Research shows blood donors are 88 percent less likely than others to suffer a heart attack.

There's no end to the benefits of donating blood for those who need it. According to the <u>American Red Cross</u>, one donation can save as many as three lives, and someone in the United States needs blood every two seconds.

It turns out that donating blood doesn't just benefit recipients. There are health benefits for donors, too, on top of the benefits that come from helping others

#### **Benefits**

Donating blood has benefits for your emotional and physical health. According to a report by the Mental Health Foundation, helping others can:

- reduce stress
- improve your emotional well-being
- · benefit your physical health

# THE ROCK WEEKLY

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#### Benefits (cont'd)

Donating blood has benefits for your emotional and physical health. According to a report by the <u>Mental Health Foundation</u>, helping others can:

- help get rid of negative feelings
- provide a sense of belonging and reduce isolation

Research has found further evidence of the health benefits that come specifically from donating blood. This free mini-physical can offer excellent insight into your health. It can effectively detect problems that could indicate an underlying medical condition or risk factors for certain diseases.

Your blood is also tested for several diseases. These include:

- hepatitis B
- hepatitis C
- HIV
- West Nile virus
- syphilis
- <u>Trypanosoma cruzi</u>

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#### Side effects of donating blood

Blood donation is safe for healthy adults. There's no risk of contracting disease. New, sterile equipment is used for each donor.

Some people may feel nauseous, lightheaded, or dizzy after donating blood. If this happens, it should only last a few minutes. You can lie down with your feet up at the until you feel better.

You may also experience some bleeding at the site of the needle. Applying pressure and raising your arm for a couple of minutes will usually stop this. You may develop a bruise at the site.

Call the blood donation center if:

 You still feel lightheaded, dizzy, or nauseous after drinking, eating, and resting. Call the blood donation center if:

- You still feel lightheaded, dizzy, or nauseous after drinking, eating, and resting.
- You develop a raised bump or continue bleeding at the needle site.
- You have arm pain, numbness, or tingling.

#### **During the donation**

You must register to donate blood. This includes providing identification, your medical history, and undergoing a quick physical examination. You'll also be given some information about blood donation to read.

# THE ROCK WEEKLY

### JANUARY IS NATIONAL BLOOD DONOR AWARENESS MONTH



#### During the donation (cont'd)

Once you're ready, your blood donation procedure will begin. Whole blood donation is the most common type of donation. This is because it offers the most flexibility. It can be transfused as whole blood or separated into red cells, platelets, and plasma for different recipients.

For a whole blood donation procedure:

- 1. You'll be seated in a reclining chair. You can donate blood either sitting or lying down.
- 2.A small area of your arm will be cleaned. A sterile needle will then be inserted.
- 3. You'll remain seated or lying down while a pint of your blood is drawn. This takes 8 to 10 minutes.

4. When a pint of blood has been collected, a staff member will remove the needle and bandage your arm.

Other types of donation include:

- platelet donation (plateletpheresis)
- <u>plasma donation</u> (plasmapheresis)
- double red cell donation

These types of donations are performed using a process called apheresis. An apheresis machine is connected to both of your arms. It collects a small amount of blood and separates the components before returning the unused components back to you. This cycle is repeated several times over approximately two hours.

# THE ROCK WEEKLY

### JANUARY IS NATIONAL BLOOD DONOR AWARENESS MONTH



Once your donation is complete, you'll be given a snack and a drink and be able to sit and rest for 10 or 15 minutes before you leave. If you feel faint or nauseous, you'll be able to lie down until you feel better.

### What to know before you donate

Here are some important things to know before you donate:

- You need to be 17 or older to donate whole blood. <u>Some states</u> allow you to donate at 16 with parental consent.
- You have to weigh at least 110 pounds and be in good health to donate.

- You need to provide information about medical conditions and any medications you're taking. These may affect your eligibility to donate blood.
- You must wait at least 8 weeks between whole blood donations and 16 weeks between double red cell donations.
- Platelet donations can be made every 7 days, up to 24 times per year.

The following are some suggestions to help you prepare for donating blood:

- Drink an extra 16 ounces of water before your appointment.
- Eat a healthy meal that's low in fat.
- Wear a short-sleeved shirt or a shirt with sleeves that are easy to roll up.

# THE ROCK WEEKLY

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Let the staff know if you have a preferred arm or vein and if you prefer to sit up or lie down. Listening to music, reading, or talking with someone else can help you relax during the donation process.

#### The cons of blood donation

There's no doubt that donating blood can do a lot of good: Donating just one pint of blood can save more than one person's life, according to the American Red Cross. About 36,000 pints of blood are needed every day in the United States, and 6.8 million people donate a year. But blood donation isn't without its disadvantages.

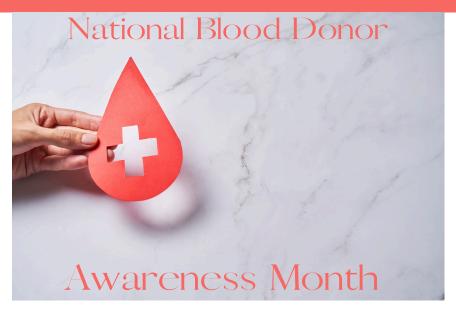
Each donor is given a mini physical examination, but there are still some minor side effects that could occur. These include:

- bruising
- continued bleeding
- dizziness, lightheadedness, and nausea
- pain
- physical weakness

Donating blood is a safe process, but there are some things you should know before you donate. Here's a closer look at the disadvantages to consider before donating blood.

# THE ROCK WEEKLY

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#### **Bruising**

When you donate blood, you sit or lie on a reclining chair with your arm extended on an armrest. A healthcare provider will place a blood pressure cuff or tourniquet around your upper arm to fill your veins with more blood. After cleaning the skin on the inside of one of your elbows, the provider will insert a sterile needle attached to a thin plastic tube and blood bag into one of your veins. The needle is kept in your arm for about 10 minutes, or for the duration of your blood donation.

When a needle pricks a vein, there's always a chance that some bruising will occur around the site where the needle was inserted. For that reason, bruising is common among blood donors.

Bruises range in color from yellow to blue to purple. Mild to moderate bruising is usually not something to worry about. If you experience bruising, apply a cold pack to the bruised area every few hours for several minutes during the first 24 hours after you donate blood.

### **Continued bleeding**

When a blood donation is complete, a healthcare provider will remove the needle from your vein and place a bandage on the needle site. They will wrap your arm with a dressing. The bandage and pressure of the dressing is meant to stop the blood flow out of your vein. Your nurse will instruct you to keep your bandage and dressing in place for at least four to five hours to ensure bleeding is stopped.

# THE ROCK WEEKLY

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#### Continued bleeding (cont'd)

Sometimes bleeding still occurs after the bandage and dressing are kept in place for several hours. In this case, it's important to place pressure on the needle site and keep your arm raised above your heart for three to five minutes. If the bleeding doesn't stop after that time, you should contact your doctor.

# Dizziness, lightheadedness, and nausea

After your donation is complete, you will be told to sit in an observation area for 15 minutes. There you will have the opportunity to rest, drink fluids — usually water or fruit juice — and eat a light snack.

Eating, drinking, and resting are known to alleviate some of the dizziness, lightheadedness, and nausea that are associated with donating blood. Most people experience at least mild versions of these side effects.

If you feel dizzy, lightheaded, or nauseous after the rest period part of your donation, lie down with your feet up until you begin to feel better. Call your blood donation center if you continue to experience these symptoms several hours after you've made your donation.

# THE ROCK WEEKLY

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#### **Pain**

Donating blood isn't a pain-free experience. You may experience pain when the needle is inserted into your arm. You shouldn't feel any pain while the blood is being drawn, but you may experience an uncomfortable sensation at the site where the needle is inserted into your arm.

You may also feel pain at the needle insertion site after your donation, especially if your arm is bruised. If you experience soreness after your donation, you might want to take a pain reliever that contains acetaminophen.

#### Physical weakness

After donating blood, it's likely you'll experience some physical weakness, especially in the arm into which the needle was injected. For that reason, the nurses will advise you to avoid intense physical activity or heavy lifting for five hours after you donate blood.

### Time-consuming

Donating blood can be a time-consuming process It can take about an hour and 15 minutes, from the time you arrive to the time you leave. That includes the testing and paperwork process beforehand, where you'll receive a physical exam and initial finger prick blood test and will need to fill out some documents. Afterward, you'll need to sit for a 15-minute rest period.

# THE ROCK WEEKLY

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### Time-consuming (cont'd)

However, the blood-drawing process itself only takes about 10 minutes. Many donation centers also offer a RapidPass that you can do beforehand that will help save time.



Time: 9:45 AM

Location: McPherson Square 15th & I NW, Washington, DC click here to join

Come share love, hope, and a warm meal with those in need. Together, we can make a difference!

Everyone is welcome! Bring a friend and let's serve our community with joy. See you there!



### Men of Strength Bible Study is Back! 6

Mark your calendars! The Men's Bible Study, Men of Strength, resumes on Tuesday, January 7th at 7 PM via The Rock Bible Study Zoom. Join us as we grow together in faith, wisdom, and fellowship. Don't miss this opportunity to strengthen your walk with God!

& Zoom: 840 8027 0538 Code: 123456





Bishop Denise Wilson Senior Pastor

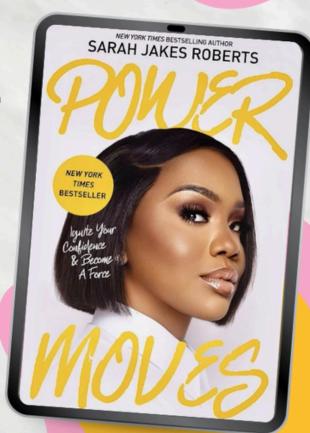
# **BOOK CLUB**

Do you enjoy reading books? Do you like the idea of being a part of community of likeminded women where you can share your ideas and thoughts? You are cordially invited to join The Rock Women's Ministry Book Club. We have resumed our Thursday Nights Book Club readings @ 7:00

Our first book is entitled Power Move by Sarah Jakes Roberts. The book can be purchased via Amazon. Get caught up and be ready to move in power in 2025!!

> Zoom Room: 840 8027 0538 Code: 123456

> > **Pastor Dee**



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Transforming the Kingdom One Soul at a Time/Matthew 16:18

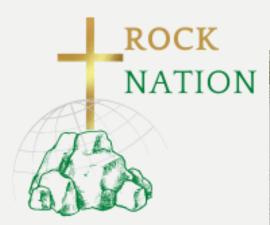


✓ Exciting News! Nighttime Devotionals Are Here!
 ✓ Looking for some peaceful, reflective time with God before you rest?
 ✓ The Rock Christian Center now has Nighttime Devotionals available on our YouTube channel!
 ✓ Tune in to refresh your spirit and draw closer to the Lord as we guide you through evening prayers and reflections to end your day on a powerful note.

Value of the listen here: The Rock Christian Center YouTube Channel Subscribe now and don't miss out on our weekly devotionals! \*\*

#NighttimeDevotional #TRCC #SpiritualGrowth

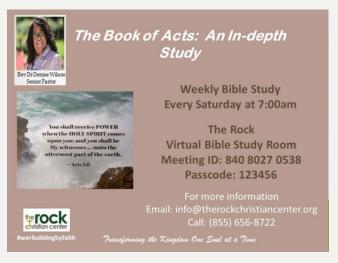
#EveningReflection #FaithJourney #SubscribeNow

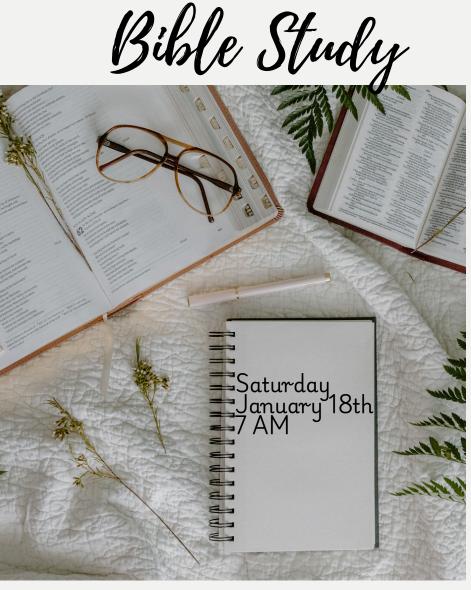


## SATURDAY MORNING BIBLE STUDY

Join us for our Saturday morning bible study at 7:00 am for an indepth study of The Book of Acts. This book provides a bridge for the writings of the NT. It joins what Jesus "began to do and to teach" as told in the Gospels with what he continued to do and teach through the apostles' preaching and the establishment of the church. It is also a bridge that ties the church in its beginning with each succeeding age.

#### \*Read Acts





WELCOME BACK!

# **Ministry Meeting**

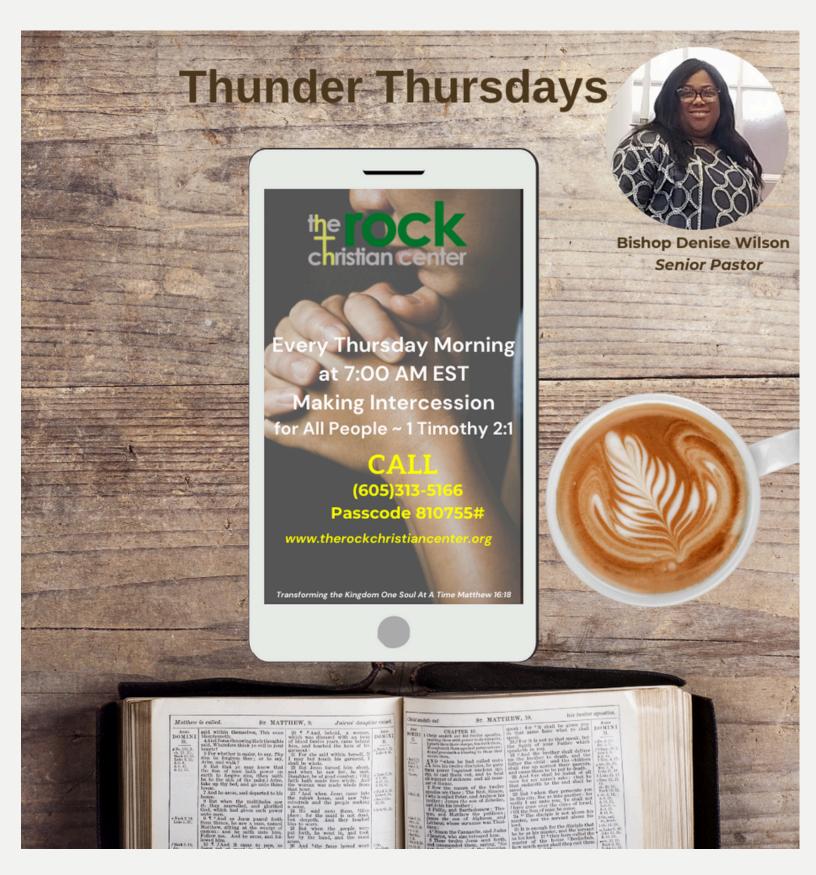


Are you a ministry leader here at The Rock? Have you scheduled a meeting for your ministry? Members are you apart of a ministry here at The Rock? If you are please be on the look out for ministry meetings where you can be apart of the planning for upcoming events.

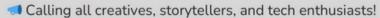


The youth department could use the help of our parents in the congregation. Please see Rev. Malika to see how you can be apart of a growing ministry in our church.

## THE ROCK WEEKLY









Ready to make a difference and unleash your creativity? Join us at The Rock Christian Center's Multimedia Ministry!

Use your talents to inspire, uplift, and connect with our community! Gain new skills, and be part of something truly special!



**CONTACT:** Rev. Ferguson