

# County Corridors

July 2010

SUPPLEMENT

A Newsletter for Tompkins County Employees and Retirees

<http://www.tompkins-co.org/countycorridors>

Save the date **COUNTY EMPLOYEE BLOOD DRIVE** Save the date



Help save 3 lives by donating 1 pint of your blood

**August 3<sup>rd</sup> Tompkins County Public Library 9:00 am – 3:00 pm**

### From the Red Cross.....

#### Registration

Our staff and volunteers will sign you in and go over basic eligibility and donation information. You will read information about donating blood, and will be asked to show a donor card, driver's license, or other form(s) of ID.

#### Health History & Mini-Physical

You will answer some questions during a private and confidential interview about your health history and places you have traveled. We will check your temperature, pulse, blood pressure and hemoglobin level present in a sample of blood.

#### The Donation

We will cleanse an area on your arm and insert a brand new sterile needle for the blood draw. This feels like a quick pinch and is over in seconds. The actual donation takes about 8-10 minutes, during which you will be seated comfortably. Certain donation types, such as platelets, red cells or plasma (apheresis donations) can take up to 2 hours. When approximately a pint of blood has been collected, the donation is complete and a staff person will place a bandage on your arm.

#### Snack Time

After donating, you should have a snack and something to drink in the refreshments area. You can leave the site after 10-15 minutes and continue with your normal daily activities. Enjoy the feeling of accomplishment knowing that you have helped save lives.

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Circle your Calendar for the  
16<sup>th</sup> Annual Employee  
Golf Tournament  
Trumansburg Golf Course**

**Friday, September 10, 2010**



Come join the fun....the rules are simple....you must have at least 2 County employees/former employees on a 4-person team. At least one person on the team should have a basic understanding of golf rules and the other teammates can be novices. The rest is fun in the sun with a barbeque afterwards and everyone leaves with a prize.

Contact Jackie Kippola at [jkippola@tompkins-co.org](mailto:jkippola@tompkins-co.org) for details