

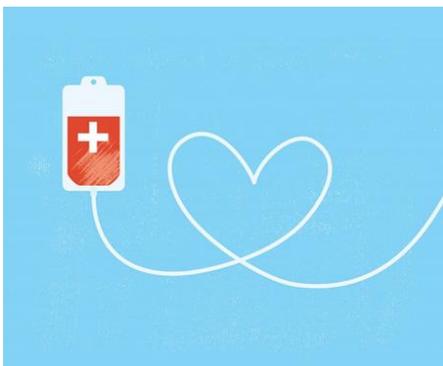


JANUARY 2020

## January is National Blood Donor Month

In January, the American Red Cross celebrates National Blood Donor Month! As we begin a new semester, you may want to resolve to give blood this month and throughout 2020!

National Blood Donor Month has been observed in January since 1970. The goal for this month is to increase blood donation during winter. It is the most difficult time of year to collect enough blood to meet patient needs. During the winter months, weather conditions may result in cancelled blood drives, and illnesses may cause some donors to become temporarily unable to donate.



Why should you donate? Here are some blood donation facts:

Donation saves lives. More than 4.5 million Americans would die every year without blood transfusions.

The American Red Cross says that about 38% of the American population are eligible to donate blood, but only 10% actually do.

Every time you donate blood, you can save up to three lives! You are eligible to donate every 8 weeks.

Donating blood can benefit you too! Donated blood is tested for infection and you can ask to be informed of any abnormalities.

Donating blood actually burns up to 650 calories and some studies suggest it can reduce the risk for heart disease if done regularly.

### Sources

<https://nationaltoday.com/national-blood-donor-month/>

<https://www.few.org/national-blood-donor-month/>

<https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>

<https://blogs.dal.ca/globalhealth/2016/06/01/world-blood-donor-day-8-facts-about-blood-donation/>



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### Am I eligible to donate?

- You must be in good health and feeling well.
- You must be at least 17 years old.
- You must weigh at least 110lbs.
- You must wait at least 8 weeks between donations.
- Your hemoglobin levels must be at least 12.5g/dL for females and 13.0g/dL for males. (This will be measured on site before you donate).

# January is National Blood Donor Month cont.



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Compatibility of  
**BLOOD  
TYPES**

		Donor							
		O-	O+	B-	B+	A-	A+	AB-	AB+
Recipient	AB+	●	●	●	●	●	●	●	●
	AB-	●		●		●		●	
	A+	●	●			●	●		
	A-	●				●			
	B+	●	●	●	●				
	B-	●		●					
	O+	●	●						
	O-	●							

If you have type O- blood, your blood can be used by anyone who needs it! Only about 7% of the American population has type O- blood. Type O- blood is often used in emergencies when there is not enough time to test for a patient's blood type.

If you are not eligible to donate, there are still ways you can help:

Organize a blood drive by scheduling one for your office, neighborhood, church, or any other group. You will need to provide a location, volunteers for recruiting and supporting donors, and blood donors. The American Red Cross will supply the rest! More information about hosting a blood drive can be found at this link: <https://www.redcrossblood.org/hosting-a-blood-drive/learn-about-hosting/how-hosting-a-blood-drive-works.html>

Encourage others to donate by helping a friend to find the time. Help your eligible friends by watching their children while they donate, giving them a ride, or helping with a task at work so they have time to donate.

Volunteer at a blood drive. You may be able to help at a local blood drive by contacting donors to remind them about their appointments, keeping refreshment areas stocked and ready, and escorting donors at the blood drive.

For information to set up a blood drive or make a blood donation appointment, please call the UPHS Regional Blood Center at 906-449-1450.

Questions?  
Email [wellness@nmu.edu](mailto:wellness@nmu.edu)

Check us out on Facebook at "NMU Employee Wellness"

Visit our webpage:  
<https://www.nmu.edu/wellness/>



## Upcoming Events

### NMU Men's Hockey vs. Alaska Anchorage

January 10th and 11th at 7:00 and 6:00  
Berry Events Center

### NMU Men's Basketball vs. Ferris State University

January 16th at 5:30pm  
Berry Events Center

### First day of class in the 2020 Winter Semester

January 13th- All day

### Winter 2020 Wellness Challenges

Registration is open until January 15

- **Wildcat Step Challenge:** Get up and get moving with the NMU Wildcat Step Challenge. This challenge will encourage you to get out and become more active this winter. The goal is to reach 10,000 steps as many days each week as you can for 6 weeks.
- **Commit to Fit Challenge:** Get involved, make new friends, and be introduced group fitness classes at NMU. Your challenge is to attend 15 group fitness classes in 10 weeks. This is a great way to stay active this winter.

For more information and to register, visit

<https://www.nmu.edu/recsports/programs-special-events>

### Martin Luther King Jr. Day

January 20-All day  
No classes for NMU Students

### 133rd Ski Jumping Tournament

January 21 at 6:00pm at Suicide Hill Ski Bowl, Ishpeming  
Ski Jumpers from all over the world will gather to jump the famous Suicide Hill at an international competition in Ishpeming. This is a 133 year old tradition that is the oldest continual annual international sports competition in the United States.

### Mend-it-Monday by NMU EcoReps

January 27 at 10:00am to 4:00pm  
Mend-it Monday is an event where students and staff can bring in clothing or other items that need quick fixes- such as sewing a hole or putting a patch on something. We have volunteer sewists that will fix your items for free! This event is to promote the reusing and upcycling of your worn clothing, versus throwing them and buying something new.

### Noquemanon Ski Marathon

January 24-26  
The "Noque" is one of the premier point-to-point cross country ski epics in the U.S. Whether you've done the Noque a couple of times, you're a legacy skier, or completely new to the scene, you're bound to have an awesome time skiing this scenic and pristine terrain.  
Use this link for more information or to register: <http://www.noquemanon.com/>



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The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.