

City of Highland

Weekly Report



July 10, 2015

VOLUNTEER SERVICES



BLOOD DRIVE

Mark your calendar! This month the City of Highland in cooperation with LifeStream Blood Bank will host a "Guns & Hoses" blood drive! This is a friendly competition between our local Fire and Police Departments. The great thing is...everyone can join in the competition. Come down to donate and let us know if you are supporting Fire or Police? It's that simple! All donors will receive a "Guns and Hoses" t-shirt courtesy of LifeStream. Help us spread the word about this fun competition and increase Highland's donor numbers.

Blood supply is low every summer while demand is at its highest. You can help increase the blood supply by donating and by sharing information about our blood drive. Highland's "Guns & Hoses" Blood Drive is on Monday, July 27, 2015 from 1:30pm to 6:30pm at the Highland Police Station (26985 Base Line).

Please remember to eat iron enriched foods and drink lots of water a few day leading up to your donation. Don't forget to bring your ID with you! Appointments are available now! Contact Denise Moreno, Volunteer Service Coordinator, at 909 -864-6861 ext. 203 to make your appointment today!





BLOOD DONATION FACTS

Who Can Donate Blood?

A full 37 percent of the U.S. population is eligible to donate blood. The unfortunate fact, however, is that, nationally, only 5 percent actually do. Locally, in Southern California, only 3 percent of those eligible actually donate. To donate the gift of life, you must:

- Be at least 15 years of age
- 15 and 16-year-olds need a written LifeStream parental consent

How Often Can You Donate Blood

Amazingly, your body quickly replenishes any blood that you donate. In fact, a healthy adult can donate whole blood every 56 days - or approximately 8 weeks. Plasma can be donated as often as once a month. Platelets can be given every 2 weeks up to 24 times each year. When you give through automation, also known as apheresis, you may be able to save more lives more often.

Who Needs Donated Blood?

Blood donations are used every day for surgery patients, cancer patients, accident victims, bone marrow recipients, burn patients and organ transplant recipients; just to name a few of the beneficiaries.

A heart surgery patient needs up to 6 units of red blood cells and 1 platelet transfusion.

A liver transplant recipient needs up to 20 units of red blood cells, 25 units of plasma and 2 platelet transfusions.

A cancer patient needs up to 8 platelet transfusions per week. Cancer patients account for almost 20 percent of all blood transfusions given.

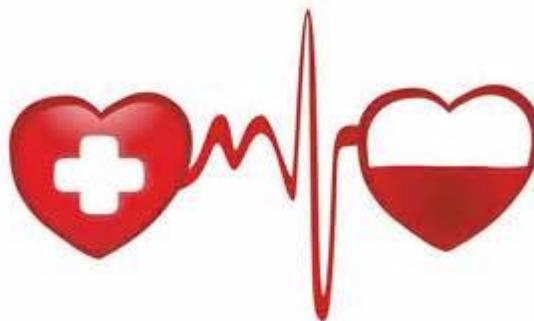
A sickle cell anemia patient needs 2 to 10 units of red blood cells per treatment.

A marrow transplant recipient needs up to 20 units of red blood cells and 25 platelet transfusions.

A trauma victim may need up to 50 units of red blood cells as well as plasma and platelets.

One in seven people will need a blood transfusion sometime in their lifetime. Blood needs to be donated, tested, ready and available for transfusion before it's needed.

Information Courtesy of www.lifestream.org



Repete's Wisdom of the Week



Portable Recycling Container Loan-Out Program



If you would like to recycle at your organization's next event, we can help! The City of Highland Public Service Division has ClearStream® CycleMax portable units for beverage container recycling at events. They are highly visible and easily recognizable as a recycling container. Each portable recycling unit consists of: frame, lid, labeling, and clear plastic bags.

The loan-out program is available to community groups, non-profit organizations, and others who wish to collect and properly recycle beverage containers generated at their event.

You are responsible for collecting and recycling the materials generated from the event. Upon completion of your event, you must recycle the collected items in Highland and provide the Public Services Division with a copy of the recycling receipt.

Contact us today to request recycling containers for your next event. Containers are available on a first come, first serve basis.

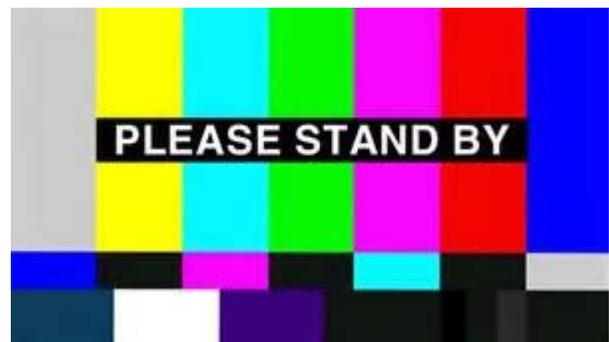


HIGHLAND IMPROVEMENT TEAM

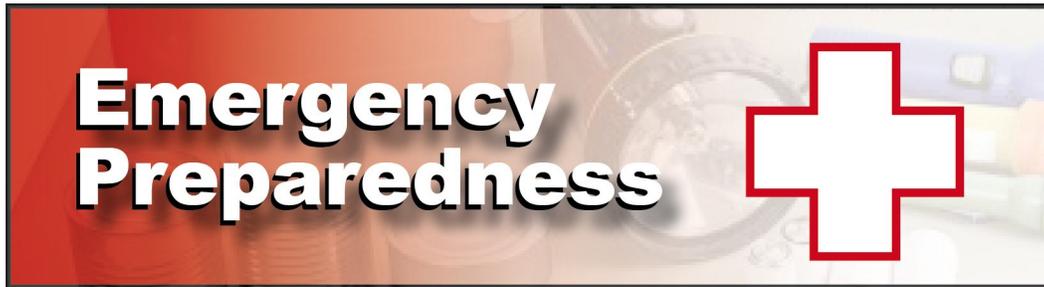
The Highland Improvement Team will take a summer hiatus during the months of July and August. Our next scheduled HIT cleanup will be on Saturday, September 19th from 8:00am to 12:00pm (noon).

Everyone and anyone is always invited to join us...come out and support the Highland Improvement Team and see what we are all about!

If you would like to do your part to beautify the community of Highland, volunteer with the Highland Improvement Team! Contact Volunteer Services for more information at 909-864-6861 extension 203.



ADMINISTRATION



Emergency Preparedness - Family Communications

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations.

Complete a contact card for each adult family member. Have them keep these cards handy in a wallet, purse or briefcase, etc. Additionally, complete contact cards for each child in your family. Put the cards in their backpacks or book bags.

Check with your children's day care or school. Facilities designed for children should include identification planning as part of their emergency plans.



Family Communication Tips

Identify a contact such as a friend or relative who lives out-of-state for household members to notify they are safe. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has a cell phone, coins or a pre-paid phone card to call the emergency contact. If you have a cell phone, program that person(s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you've listed them as emergency contacts.

Make sure family members know how to use text messaging. Text messages can often get around network disruptions when a phone call might not be able to get through. For more information, please visit www.ready.gov.

Calendar of Events

July 9, 2015

5pm - Community Trails
Committee, Donahue
Council Chambers

July 21, 2015

6pm - Planning Commis-
sion,
Donahue Council Cham-
bers

August 4, 2015

6pm -Planning Commis-
sion,
Donahue Council Cham-
bers

August 6, 2015

5pm - Historic and Cul-
tural Preservation Board , Donahue Council
Chambers

August 11, 2015

6pm – City Council Meeting,
Donahue Council Chambers

August 13, 2015

5pm – Community Trails
Committee, Donahue Council Chambers

August 18, 2015

6pm – Planning Commission,
Donahue Council Chambers

August 25, 2015

6pm – City Council Meeting,
Donahue Council Chambers



Created by: Nancy Stewart