

Blood Donation Journal

June 14, 2024

[Albums](#), [Blood Donations](#), [General Update](#)

Repost of *Blood Donation Journal* because I cannot edit the previous document. Although I have two trips planned that seem nearly impossible at the moment, this contribution on *World Blood Donor Day* was by far the most challenging. I wrote a new ending to *One Way to Bangkok* with two songs and recordings that each have a transition or outro in one case. The reason I am doing that though has gotten so bad, there may be no fix.

A few updates from the holidays. I made a quick trip to Jacksonville and ended up watching *Christmas Inheritance*. The film stars Eliza Taylor, also from *The 100*.

Today I was able to donate one unit of blood with OneBlood. The first RV appointment in St. Augustine didn't show up and was the only one that had the apheresis machine in it. Anyways this was my first experience with OneBlood and was short but sweet.

Interesting watching traffic go by from the donation bed. Total of thirty-seven units to date.

Blood Donation History Updated

Blood Donations, Travel

Retyped blood donation history. Journal posts if they still exist may be linked later. This page will be updated with future donation trips. Check out the "Iron People" post for tips.

Test results are blood pressure (systolic over diastolic in mm Hg [millimeters of mercury]), hemoglobin (g/dL) or hematocrit (%), pulse (bpm), temperature (°F), covid antibodies, cholesterol (mg/dL). Not all values present and for fun only.

6.3.17 1 unit at Red Cross North Platte, NE 110/60, 15.2, 72
8.14.17 1 unit at Red Cross North Platte, NE 110/60, 15.2, 76
10.9.17 2 units at Red Cross Kearney, NE 100/64, 13.8, 62
1.29.18 2 units at Red Cross Kearney, NE 104/60, 15.7, 80
5.21.18 1 unit at Red Cross Kearney, NE 110/70, 14.4, 64
7.16.18 1 unit at Red Cross Kearney, NE 100/58, 14.2, 62
10.30.18 2 units at Red Cross Dallas, TX 118/78, 14.8, 70
2.20.19 1 unit at Red Cross Carrollton, TX 110/80, 14.4, 72
7.01.2019 1 unit at Carter Blood Care Dallas, TX 90/60, 45, 88, 161
9.22.19 2 units at Gulf Coast Regional Blood Center (St. Anne's Catholic Church drive) Houston, TX 110/68, 42, 86, 97.8
1.12.2020 2 units at Carter Blood Care Dallas, TX 100/62, 14.8, 85, 149
6.17.2020 2 units at Gulf Coast Regional Blood Center (Westchase Neighborhood Center) Houston, TX 92/64, 43, 82, 97.8, positive
10.08.2020 1 unit at LifeSouth Community Blood Centers (Winn-Dixie mobile drive) Saint Augustine, FL 92/52, 14.8, 100, reactive, 171
11.07.2020 1 unit convalescent plasma at LifeSouth Community Blood Centers Palatka, FL 98/56, 14, 74, reactive, 141
11.13.2020 1 unit at LifeSouth Community Blood Centers (Tractor Supply Co. mobile drive) Saint Augustine, FL reactive, 132
7.28.2021 2 units at Red Cross (DoubleTree by Hilton Hotel Jacksonville Airport drive) Jacksonville, FL 100/80, 16.1, 76
11.17.2021 1 unit at Red Cross Savannah, GA 110/78, 15.2, 90
1.12.2022 2 units at Red Cross Jacksonville, FL 122/70, 15.8, 88
5.04.2022 2 units at LifeSouth Community Blood Centers Jacksonville, FL 120/72, 14, 86, 150
8.24.2022 2 units at LifeSouth Community Blood Centers Jacksonville, FL 124/64, 16.3, 66, 160
12.16.2022 2 units at LifeSouth Community Blood Centers Jacksonville, FL 98/62, 15.9, 80, 173
4.07.23 2 units at Bill T. Teague Donor Center location of Gulf Coast Regional Blood Center Houston, TX 116/62, 15.7, 86, 98.1
9.08.23 2 units at LifeSouth Jacksonville, FL 120/60, 15.3, 80, 170
12.29.23 1 unit at OneBlood Bloodmobile (Walmart) St. Augustine, FL 173/70, 15.2, 97, 96.2, 198
2.23.24 2 units at LifeSouth St Augustine, FL 152 (cholesterol) Other vitals not received in writing
6.14.24 2 units at LifeSouth St Augustine, FL 226 (cholesterol) Other vitals not received in writing
10.4.24 2 units at LifeSouth St Augustine, FL 211 (cholesterol) Other vitals not received in writing
1.24.25 1 unit at OneBlood mobile bus (Beaver Toyota) St Augustine, FL 125/65, 14.6, 89, 97.5, 166
3.28.25 2 units at Red Cross Drive (Hyatt Regency sponsored by Kappa Alpha Psi Fraternity) 116/71, 16, 71, A1C 5.3% Jacksonville, FL
#47 7.23.25 1 unit at LifeSouth 110/17, 15.7, 98.6, 192 (cho), 165 (weight) St Augustine, FL
9.17.25 2 units at OneBlood mobile bus (Marshall's) St Augustine, FL 115/67, 14.7, 88, 97.6, 166