

# Blood for a Boontonite!

It's Time to Help  
One of Boonton's Own!

Boonton resident, **Jim Morgenland**, needs your help. Jim, a devoted husband and father of two, has been a community volunteer for many years. He is a Boy Scout leader, serves on numerous committees to better our schools and has always been involved in countless athletic activities alongside his young boys.

In December 2011, Jim was diagnosed with Burkitt's Lymphoma, a particularly aggressive and rare form of lymphoma. Jim will undergo several chemotherapy treatments over the next couple of months in preparation for a bone marrow transplant.

## What can I do to help?

- **Donate Blood or Platelets**
  - o Morristown Medical Center – Saturday January 28 between 7:45am and 2:15pm
  - o Call 973-971-7444 to make an appointment or go to <http://mmcblooddonorservices.org>
  - o Let them know that you want to donate in Jim Morgenland's name
  - o If January 28 is not convenient for you, an appointment can be made any time.
  
- **Agree to join the National Bone Marrow Registry**
  - o Boonton Avenue Firehouse – Saturday, January 28 between 10am and 2pm
  - o Walk in at your convenience – no appointment necessary
  - o You can learn more by visiting <http://marrow.org/Home.aspx>. This website will explain everything from prep, procedure and recovery time.

If you have any questions, please feel free to contact:

Debbie Salemi  
[debssalemi@aol.com](mailto:debssalemi@aol.com)  
973-615-9657

Karen Russo  
[kkrusso1@yahoo.com](mailto:kkrusso1@yahoo.com)

### Platelet Donation Basics

- You can donate as often as every four weeks.
- The donation takes between 60 and 90 minutes.
- When donating platelets you cannot take products containing aspirin or ibuprofen for 3 days prior to donating (i.e. Advil, Aleve, Alka Seltzer, Motrin, etc.)

### Whole Blood Donation Basics

- You can donate every 56 days.
- The donation takes about 30 minutes.
- The day of a whole blood or platelet appointment, the Donor should be feeling healthy.

### In addition, Donors should remember to:

1. Eat a well-balanced meal & drink plenty of fluids. Bring a photo ID with you.

### Reasons you should wait to donate Platelets or Whole Blood:

1. You had a tattoo in the past 12 months outside of New Jersey or within 30 days within New Jersey
2. You had a body piercing in the past 12 months at an unlicensed facility or within 30 days at a licensed facility
3. You are currently under a doctor's care or plan to have dental work done (including cleaning) within 72 hours of your donation appointment time.

If you have any questions about donating, please call:

Shelly Tornetta

Donor Recruiter - Morristown Medical Center  
973-971-7444