



United for the gift of life

Héma-Québec's role in the blood management system is generally well known. What is less known is the fact that our mission goes beyond collecting blood products, processing them and distributing them to Québec's hospitals.

Héma-Québec's skills have been recognized over the years and its mission has been expanded to include the Public Cord Blood Bank as well as the processing and distribution of human tissues. As these activities comprise similar risks and are subject to similar regulations as those applicable to blood components, these responsibilities are a natural fit for Héma-Québec.

How do these responsibilities tie in with our activities? As a supplier of human tissues, Héma-Québec is responsible for increasing awareness among the public and hospital stakeholders of the importance of referring deceased patients for human tissue donation, including corneas. Héma-Québec is responsible for harvesting various types of tissues, processing them, and distributing them to various hospitals.

The role of cord blood bank manager is added to the role of administrator of the Québec's Stem Cell Donor Registry—a computerized database containing the names of Quebecers who may consent to donating bone marrow stem cells to a patient. The Québec's Stem Cell Donor Registry contains around 36,000 names. As operator of the only public cord blood bank in Québec, Héma-Québec is also responsible for recruiting hospital maternity centres to collect umbilical cord blood. Our contribution ranges from training teams of birth attendants to qualifying, processing and storing stem cells and distributing them throughout Québec and the world.

This issue of *Info Héma-Québec* gives you an opportunity to learn more about our activities in these sectors. We will share testimonials from human tissue graft and bone marrow recipients. As you will see, human tissue and hematopoietic stem cell

grafts—like blood and blood product transfusions—would not be possible without the generosity of donors who care enough to share their health.

A few pages have also been set aside for testimonials from blood donors, recipients and volunteers. Québec has been able to maintain an adequate blood reserve thanks to the mobilization of thousands of men and women throughout the province. This is the result of a massive effort on the part of everyone involved. This issue highlights their contribution.

As always, the gift of life is at the very heart of who we are and what we do.

Thank you for giving!

DR. FRANCINE DÉCARY
PRESIDENT AND CHIEF EXECUTIVE OFFICER



Sophie-Barat high school

A first-ever blood drive in 150 years

Sophie-Barat high school in Montréal's Ahuntsic district celebrated its 150th anniversary in 2008. As part of this event, school nurse Marie-Hélène Mathieu was asked to organize the school's first-ever blood drive. The goal was to bring in 150 donors—one for each year the school has been in existence!

To help her with this project, Marie-Hélène was able to count on the support of students enrolled on the DÉFI program. The community component of this arts and science program requires each student to perform 20 hours of volunteer work in the community.

Céleste Ferland-Lavallée, 16, was one of twelve candidates chosen for the blood drive organizing committee. The committee was set up in September and the blood drive was slated for October 8. These blood donor recruits had to get organized quickly. *"The only thing I knew about Héma-Québec was the name,"* says Céleste. *"A Héma-Québec advisor, Fanny Bellemare-Martin, came to see us and gave us a brief training session on blood. She also gave us some tips on recruiting donors."*

A SIZEABLE CHALLENGE

The biggest challenge for the volunteers was recruiting blood donors. The committee would meet during lunch hours or after class to find effective ways to contact potential donors and increase awareness. Several initiatives were chosen: recruiting people off the street, setting up an information stand in a grocery store, putting up posters in stores, and even meeting elementary school children so they could convince their parents to give blood.

On the day of the clinic, Céleste greeted the donors while other volunteers accompanied donors to the rest beds or served them snacks. *"I was pleased to see people I had succeeded in recruiting,"* says Céleste. *"One gentleman even agreed to give blood for the first time! I bumped into him on the street the other day and he wanted to know when he could give blood again,"* she says proudly.

The blood drive did not quite reach its objective of 150 donors, but it was quite a success in terms of community involvement! *"We volunteer to help others, but I think we get a lot out of it too. For example, this experience has taught me how to approach people,"* explains Céleste. *"I like to get involved; I don't see it as a chore, but as an activity."*



Céleste Ferland-Lavallée, Volunteer

The goal was to bring in 150 donors—one for each year the school has been in existence!

WILL THERE BE A NEXT TIME?

"The school nurse asked us if we wanted to do this again next year. I'd like that," says Céleste. This was a beneficial experience in many ways, and it certainly made them aware of the importance of giving blood. *"I learned that blood is really vital. One of the girls on our committee receives blood regularly. Someone close to us could need blood someday."* Céleste makes a good point; a person has a 60% chance of receiving at least one blood component transfusion between the time they are born and the age of 72.

“Career donor” Jean Poisson never misses an opportunity to give blood. He gave blood for the 403rd time on February 11. Things could have turned out very differently; to reach this extraordinary milestone, there had to be a first time.

January 1968. Twenty-one year-old Jean was with his buddy, Denis Fortin. The Red Cross—the organization responsible for managing the blood supply in Québec at that time—was making a televised appeal for the public to give blood. “Want to come with me?” asked Denis, who already had a dozen or so donations under his belt. Jean agreed on the spot and together they went to give blood at the donor centre, which used to be on Montréal’s Sherbrooke Street. This was how a good friend ushered Jean into a brilliant career as a blood donor. *“I really got into it. I have never missed a turn since!”* says Jean, with a smile.

For the first few years he gave whole blood, then plasma and platelets by apheresis at the GLOBULE Centre at Place Versailles. As Jean’s blood type is O-negative (universal donor), he started donating whole blood again, thus helping to meet hospitals’ growing need for this blood type. Regardless of the type of donation he makes, Jean makes an appointment as soon as the interval for giving blood allows. *“I make it a point to go regularly. Keeping it up is something you do. The goal is not to set records. It’s simply a matter of pride,”* he explains.

CAUSE AND EFFECT

“I want to thank Denis. If he hadn’t brought me with him to give blood, I might never have gone,” says Jean. *“It’s thanks to his generosity that many have been helped by my donations.”* If there’s a message in there somewhere, it’s this: bringing someone to give blood for the first time can have big results! *“You never know what impact it can have. It’s so easy to do, and so important too.”*

Asked what keeps him giving blood after all these years, he replies simply that he feels he is helping others. *“Being healthy is a wonderful gift and giving blood helps me appreciate this gift.”* Jean—who has struck up friendships with donors and Héma-Québec personnel over the years—says without hesitation that he will keep on giving blood for as long as he is able. *“You don’t break a good habit just like that!”*

Bring a friend to give blood



Jean Poisson, Donor

Bringing someone to give blood for the first time can have big results!

It doesn't only happen to others

Pierre Lamonde never imagined he would receive blood components to recover his health—and yet he has had six blood transfusions since December 2007.

It all began with a bout of physical discomfort and chronic fatigue. Believing he had hypoglycemia, Pierre was not overly concerned about this change in his metabolism—until the day he was brought to the emergency ward with heart palpitations, respiratory difficulty and dizziness. He was soon diagnosed with anemia and received two transfusions.

As the cause of his anemia had not been found, Pierre had to undergo a hemoglobin test every two weeks to make sure his red cell count was sufficiently high. Two months later, in February 2008, he needed two more transfusions. *“I realized the situation was more serious than I thought. The first time, I thought it was just a one-off incident, but then I realized I was sick.”* He would need two more red blood cell transfusions in the following weeks.

TOTALLY IMPRESSED

“I was in a state of panic when I had my first transfusion. I didn't really ask myself any questions about the blood I had just received. After my second transfusion though, I asked myself what many of us wonder about: where did this blood come from and is it safe?” he says.

Inquisitive by nature, Pierre Lamonde decided to go to the source! He went to the GLOBULE Blood Donor Centre at Place Laurier in Québec City and, without disclosing his own situation, asked to see the person in charge of the centre so he could gain a clearer understanding of the blood donation process. *“I was totally impressed by GLOBULE. I felt so grateful and wanted to say thanks from the bottom of my heart,”* says Pierre. He was reassured by the staff's professionalism. He took the opportunity to meet blood donors and thank them for their gesture. He enjoyed this experience immensely, and has since returned several times to chat. *“The donors tell me that giving blood is natural for them—and yet it's the most beautiful gesture. They're giving life!”* says Pierre.

Even though he has not completely recovered his health and has to check his hemoglobin every two weeks, Pierre does not consider himself any less fortunate. *“If I had been in another country, the blood might not have been as safe and I may have had to pay for it. I now know that Québec has a good-quality blood supply. I have one regret; I should have given blood while I could.”*

Pierre Lamonde, Blood Product Recipient

“I now know that Québec has a good-quality blood supply. I have one regret; I should have given blood while I could.”

Élizabeth Pepin, Donor

“For my family, donating blood gives us another opportunity to get together!”



The Pepins

Giving blood is a family affair

Once a year, cousins, uncles, aunts and friends of the Pepin family meet at the GLOBULE Centre at Place Laurier in Québec City, and make giving blood a family affair.

The initiative was the brainchild of Élizabeth Pepin, 21. She proposed this unique concept after her grandmother battled cancer in 2005 and required several blood transfusions. *“Maybe it’s because my father always gave blood, but the idea just came to me naturally,”* explains Élizabeth. The Pepins, it should be said, are always ready for a family party. After all the lobster dinners, birthdays and Friday the 13th reunions, why not celebrate the gift of life? *“For my family, donating blood gives us another opportunity to get together!”* says Élizabeth.

Thus, a dozen people met for a third year in a row in January to combine business and pleasure, and shared their most precious gift: their health.



The Pepin family

globule

Blood Donor Centres

New!

A new GLOBULE Blood Donor Centre opened its doors at Centre Laval on December 15, 2008. The first permanent centre on Montréal’s north shore, GLOBULE provides donors with another place to give the gift of life. Open seven days a week and accepting appointments, the centre makes it even easier for the region’s donors to plan a donation at the time most convenient for them. In surroundings that are more like a boutique than a collection centre, donors are invited to help save lives. Donors can make donations that are not available in mobile clinics, such as platelet donations collected by apheresis. They can also go to either of the two other GLOBULE Centres at the Laurier Québec shopping centre in Québec City and the Place Versailles shopping centre in Montréal.

The Place Versailles centre will undergo improvements over the next few months. Work to enlarge the premises will begin in June 2009 to meet growing demand. The official opening of the new premises is planned for fall 2009.

Public Cord Blood Bank reaches new milestone

The Public Cord Blood Bank operated by Héma-Québec recently reached a new milestone in its development. The only public cord blood bank in Québec is entering a new era by offering transplant doctors in Québec and elsewhere in Canada universal access to frozen stem cells. This new resource can be used to treat diseases such as leukemia and sickle-cell anemia.

The Héma-Québec Public Cord Blood Bank has received some 4,000 registrations to date. Sixteen hundred cord blood donations have already been qualified and are ready to be used for transplants. The Public Cord Blood Bank is a valuable collective resource. *“As operator of the only public cord blood bank in Québec, Héma-Québec is also responsible for recruiting hospital maternity centres to collect umbilical cord blood. Our contribution ranges from training teams of birth attendants to qualifying, processing and storing stem cell—and now distributing them throughout Québec and around the world,”* explains Dr. Francine Décary, President and Chief Executive Officer of Héma-Québec.

Cord blood collection is a safe procedure that poses no danger to the mother or the child. With the mother’s consent, the cord blood is collected after the birth of the child, once the umbilical cord has been cut. The procedure is only carried out at one of Héma-Québec’s seven partner hospitals by birthing unit employees trained specifically for this purpose.

If the cord blood sample meets all of the standards when tested in Héma-Québec’s laboratories, it will be frozen using techniques designed to preserve its properties and will be made available to stem cell transplant candidates.



Public Cord Blood Bank

More partners than ever

Several milestones have been reached since the Public Cord Blood Bank was created in 2004. Héma-Québec had two partner hospitals at the outset. Five years later, the family has grown to seven partners: St. Mary’s Hospital, CHU Sainte-Justine, Royal Victoria Hospital, CHUQ’s Centre mère-enfant, Hôpital de la Cité-de-la-Santé, Centre hospitalier LaSalle and CHUQ’s Hôpital Saint-François-d’Assise.

Expectant mothers aged 18 and over who plan to give birth in one of our partner hospitals can register for the Public Cord Blood Bank to donate cord blood. Once considered biological waste, cord blood is now recognized as a valuable source of hematopoietic stem cells that can help save lives.

For more information or to register for the Public Cord Blood Bank, call 1-800-565-6635 or 514-832-5000, extension 253, or e-mail us at sangdecordon@hema-quebec.qc.ca.

Stem Cell Donor Registry

A ray of hope

“Receiving a bone marrow transplant is a matter of survival—survival that depends on a compatible donor,” says Lise Lemay, a stem cell transplantee since 1996, highlighting the vital importance of this type of donation. A compatible donor who is listed on the Stem Cell Donor Registry could be a patient’s last hope. In 2008 alone, 56 people in Québec received transplants from unrelated donors.

In 1994, Lise, aged 47 at the time, was a doctor working in a management position at Centre Cardinal-Villeneuve in Québec City. Her life was turned upside down when she was diagnosed with chronic myeloid leukemia. To combat her illness, she was given medication that prevents white blood cells—of which her blood contained an overabundance—from reproducing. However, the medication became less effective towards the end of 1995 and her bone marrow deteriorated. A transplant was her only hope for recovery. As her only sister was not a compatible donor, Lise turned to the Stem Cell Donor Registry. *“Imagine the anxiety! Will a donor be found? How long will it take? If all goes well, it can take three to six months... It’s the waiting that’s hard,”* says Lise.

The wait ended up lasting four and a half months. The transplant took place on September 5, 1996, and was a success. But who was this person who, out of sheer generosity, gave her a second life? Lise did not know. He or she could be a world away! But then, a few days after her transplant, she received an anonymous note that said, *“Destiny brought me to you to bring you a ray of hope... for life, for happiness. [...] From the bottom of my heart, I wish you the best of luck. And may life go on...”* Even today, Lise’s eyes well up when she reads these words. *“That was when I really understood there was a person behind the transplant. That’s when I cried!”*

Her life slowly returned to normal; her hair grew back and she felt better day by day. Lise was making the most of her “new life,” yet she harboured a wish that would not go away: to thank her donor. What joy she felt when, on the anniversary of her transplant, she found out that her donor had agreed to contact her! She was even more surprised when she found out that her donor was a young man from Québec City. She could finally thank him for helping to save her life. Today, David Carrier-Moisan is much more than a stem cell donor—he is a friend who she meets regularly in the company of their respective spouses and his two daughters. Lise has the pleasure of seeing the girls grow up as if she was part of the family.

“On a personal level, this was a very enriching period for me,” says Lise as she casts her mind back to these events. *“I was lucky and I had the support of everyone around me.”* Dynamic, serene and



Lise Lemay, Stem Cell Transplantee

A stem cell transplantee since 1996, Lise Lemay highlights the vital importance of this type of donation.

brave, she decided to make her health her priority instead of resuming her career. She now puts her experience to work for the Fondation de la greffe de moelle osseuse (bone marrow transplant foundation), where she provides a variety of services, including support to patients awaiting a transplant. She will always be grateful to David, as well as to all bone marrow donors, for the ray of hope they give to help fight the biggest battles.

Light at the end of the tunnel



Rolland Pelletier, Cornea Transplantée

Rolland Pelletier received the gift of a cornea from a man who had generously agreed to donate his tissues at his death.

By signing the sticker you receive when renewing your health insurance card and affixing it to the back of your card, you consent to donating your organs and tissues at the time of your death to someone whose health—maybe even life—depends on it. Truck driver Rolland Pelletier is supremely grateful that someone took this essential step and, most importantly, took the time to inform his loved ones of his desire to see life go on after his death.

Rolland was on his way to work on September 26, 2000. He had worn contact lenses for more than 15 years, and that day, experienced discomfort in his right eye, probably caused by dust—nothing to worry about. The discomfort persisted, however, and his eye, now red, was causing him enough pain that he went to a clinic. The doctor on duty confirmed that it was only a speck of dust stuck to his cornea and removed it using an instrument. Rolland returned home, his eye bandaged, with a follow-up appointment the next day. His condition had not improved, but he was told that it was simply an irritation. On September 28, a greenish liquid was leaking from his eye, signalling that the situation was much more serious than previously thought. This time, he was sent to the emergency room at Hôpital de la Cité-de-la-Santé in Laval. He had contracted *pseudomonas*, a bacterium capable of causing significant damage!

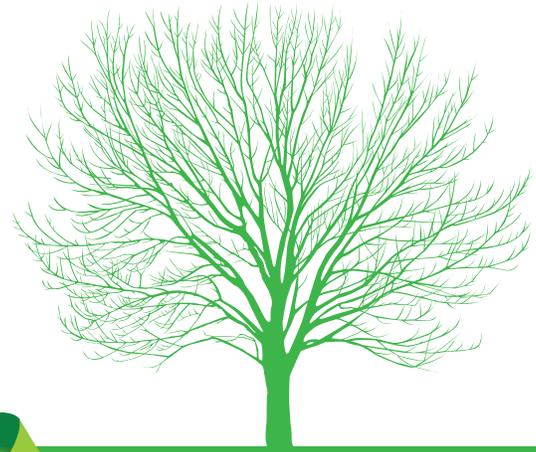
At that time, the vision in Rolland's right eye was reduced to less than 2%. *"I told the doctor: You have to save my eye. The road is my life!"* he recalls emotionally. To kill the bacterium and prevent its spread, he was hospitalized for 14 days and treated with ophthalmic drops every 30 minutes. The bacterium was finally eradicated, but not before it caused major damage to his eye.

He needed a corneal graft to regain his vision and, most importantly, get back behind the wheel of his truck. One month after his hospitalization, he met Dr. Michèle Mabon, ophthalmologist at Hôpital Maisonneuve-Rosemont. *"The first question I asked her was: Will I be able to drive one day? When she answered yes, she answered 90% of my questions!"* exclaims Rolland.

THE GIFT OF LIFE

After several weeks in the dark, unable to tolerate light, he received the gift of a cornea from a man who had generously agreed to donate his tissues. The graft was performed on February 2, 2001. The operation was a success and he had already recovered 50% of his vision by the next day. Day after day his vision returned with surprising speed. *"I was blessed by God,"* Rolland confesses, conscious of his good fortune.

He was able to return to work eight months later. *"I thanked my donor and his family."* With his vision fully restored and his life back on track, he will always be grateful to them and to Dr. Mabon for enabling him to resume his passion: the road.



Organ and tissue donation

Tell your family you're a donor

White ribbons, yellow ribbons, red ribbons, pink ribbons... green ribbons? Green is a soothing, refreshing and invigorating colour. It is associated with spring, renewal, luck and hope.

Each spring the natural world renews itself; new life is breathed into it. Humans don't have nature's capacity for rebirth. However, humans have the power to give themselves a second chance—a second life—by prolonging the life of someone else.

This generous act can be carried out by indicating your intention to donate your organs and tissues. In Québec, there are three ways to do this:

1 Inform your family members of your choice and decision. Those with whom you discuss this matter can speak on your behalf and confirm your consent at the time of your death.

2 Sign the consent sticker and affix it to the back of your health insurance card. You can find the sticker inside the "Please sign... for life" brochure sent to you upon renewal of your health insurance card. It is also available in hospitals, CLSCs and from various organ and tissue donation promotion organizations.

3 Have your decision recorded in the *Registre des consentements au don d'organes et de tissus* of the *Chambre des notaires du Québec*.

Being green means taking care of our planet. And being green also means taking care of our legacy.



Operational Testing Group

Improving the blood donation experience

Héma-Québec's mandate includes providing safe, optimal-quality blood products in adequate quantities to meet the needs of Quebecers. To fulfill its mandate, Héma-Québec uses cutting-edge equipment and applies procedures that comply with the highest safety standards. With the enormous diversity of new technologies and their constant evolution, how can Héma-Québec ensure that it uses the most efficient instruments and procedures?

To address this concern, Héma-Québec created an Operational Testing Group (OTG) in 2001 reporting to the Research and Development division. Its objective is to evaluate new technologies likely to improve the quality and efficiency of operations related to blood collection, processing and analysis as well as the distribution of blood components to hospitals. In short, the OTG tests new technologies prior to their implementation to ensure their effectiveness. The projects undertaken by this group of scientists include evaluating new, safer blood collection measures that are more comfortable for donors as well as evaluating devices for platelet collection by apheresis—a technology enabling the collection of platelets only and the return of other blood components to the donor.

To complete its research projects, Héma-Québec invites donors who cannot give blood as a result of qualification criteria but who wish to contribute to improving services for hospitals and Quebecers to register in the R&D Donor Registry. Please note that this program is aimed specifically at Montréal and Québec City-area residents.

How do I donate for research purposes?

You can help improve the quality of blood products for patients and the efficiency of services we offer to hospitals and Quebecers.

If you are at least 18 years of age, healthy, and not an active blood donor, you can enter your name in the R&D Donor Registry. This Registry contains the names of people who cannot give blood as a result of the qualification criteria, or who do not want to donate blood, but wish to contribute to improving the quality and efficiency of Héma-Québec's services.

If you join the Registry, you might be called on to participate in a R&D research project. By doing so, you will be helping to improve the Québec blood system.

We are always looking for new volunteers for our Operational Testing Group (OTG) research. Participation in research projects is not mandatory if you add your name to the R&D Donor Registry. You can remove your name from the Registry at any time. All requests are confidential.

For more information, and to add your name to the R&D Donor Registry, contact Claudine Côté at 418-780-4362 or 1-800-267-9711, extension 3256.

The hidden face of blood donation

For Michel Racine, blood donation is a civic duty. That's why, as soon as he reached 18 years of age, he didn't think twice about giving blood during blood drives at the CEGEP he attended. He then repeated this generous act more than 30 times before his donor career was changed due to a new blood donation exclusion criterion implemented during Héma-Québec's first years of operation.

Michel spent more than six months in Ireland in the 1980s, which is considered a risk for the variant Creutzfeldt-Jakob disease (also known as "mad-cow disease"), so his blood donation privileges were withdrawn. After having contributed to Québec's blood supply for over ten years, Michel does not feel any resentment and indeed expresses a great openness. *"I told myself: It's right. It's an additional protective measure,"* he says.

During his last donation to the Québec blood bank, he was told about another option for continuing his contribution to Héma-Québec's mission. He was invited to donate blood for research and development. He agreed on the spot. *"I'm a researcher myself. If I can contribute to advancing research, why wouldn't I!"* says Michel.

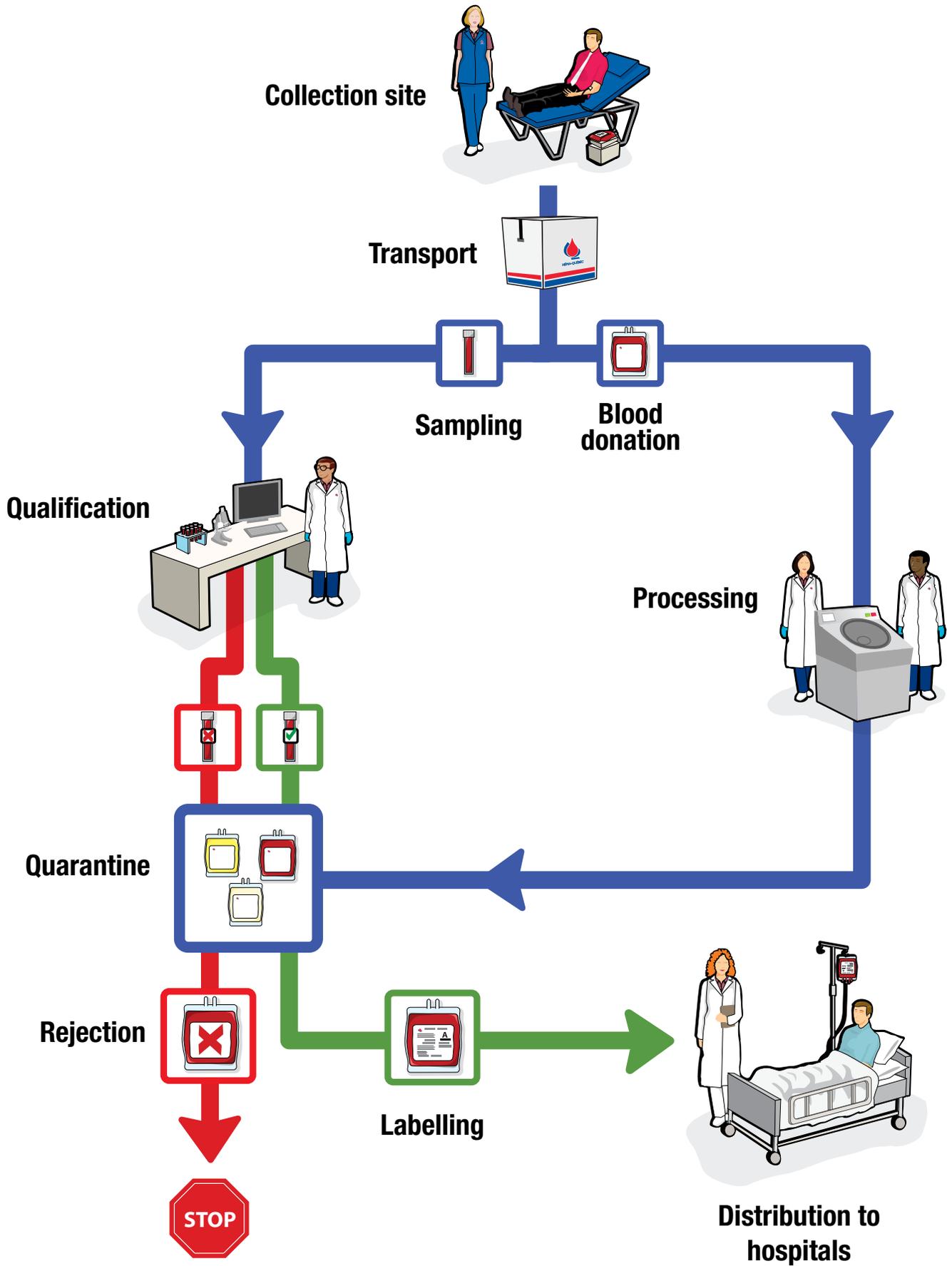
Michel Racine, Research Donor

"If I can contribute to advancing research, why wouldn't I!"

He still feels a sense of accomplishment when he donates blood. *"As soon as I make a donation, I feel a sense of peace,"* he confesses.

That's why, even today, Michel donates blood two or three times a year, motivated by the importance of the research. *"It's important to help when we can. The ultimate result of the donation is different, but I am helping to improve the system,"* he concludes.





Processing a blood donation... step by step

You've just finished giving blood and, while eating your snack, you wonder what will become of this bag of blood. Your blood donation must go through several steps before the blood components are transfused to the hospital patients who need this gift of life.

On the collection site

Each donation is precious. To preserve the blood in optimal conditions after it is collected, the blood bags are packaged in boxes according to precise standards.

The blood is then sent to one of two Héma-Québec's establishments, located in Montréal and Québec City.

In Héma-Québec laboratories

When the blood bags arrive at Héma-Québec, a race against the clock begins; blood is perishable and its conservation period is limited. We must proceed efficiently while complying with extremely strict transformation standards and procedures.

The contents of each box are carefully inspected. During this visual inspection, we check the blood bags, the temperature and the test tubes. In addition, we make sure that the documentation corresponds to each bag.

A unique barcode—affixed to each bag—is recorded by an optical scanner. At any time, each donation can be identified and traced. The bag is then weighed.

From processing...

Centrifugation is used to transform blood into its different components. The first centrifugation separates the red blood cells from plasma. During

centrifugation, the red blood cells are packed at the bottom of the bag. The plasma remains on the surface, the white blood cells and platelets stay suspended in the plasma above the red blood cells. This platelet-rich plasma is transferred into a satellite bag.

Almost all white blood cells are filtered out to reduce the risk of a transfusion reaction.

Have you ever wondered what happens after you give blood?

Only red blood cells remain in the original collection bag, to which a nutrient solution is added. The bag of platelet-rich plasma is then centrifuged to extract the platelets.

Following the complete processing sequence, we are left with three blood components: red blood cells (packed red blood cells), plasma and platelets. A fourth component, cryoprecipitate, can be obtained by freezing and thawing the plasma. Blood component needs vary depending on the patient. Some diseases require red blood cells, others platelets and plasma while others require cryoprecipitate.

A closed-circuit system enables all of the transformation steps to be completed without the blood components entering into contact with air.

Once the transformation of these components is complete, they are stored

in a quarantine zone at the temperature required by the blood product.

...to qualification...

Blood samples collected during the donation are sent to the qualification laboratory. Tests have to be performed within 24 hours of the donation.

During this step, the donor's blood type is determined and the blood is screened for disease or virology markers such as Hepatitis B and C, syphilis, West Nile virus, HIV (the virus that can lead to AIDS), HTLV or other blood-borne diseases.

All blood donations, without exception, are tested by laboratory technicians using cutting-edge procedures and equipment.

If the tests detect an antigen, antibody or virus in the blood bag, all the blood components are destroyed and Héma-Québec informs the donor. All these measures ensure a safe blood supply.

...to delivery

Once blood products have been transformed and tested, the quarantined blood components are released, indicating that "permissions" are granted in the blood management software to proceed with labelling these components.

After the released products are labelled, they are stored until a hospital orders them. In Québec, 1,000 blood donations per day are required to meet hospital demand.



Blood donation comes to class

A blood donation learning and awareness tool has been developed for grade 5 to 9 teachers. This educational kit, titled *BLOOD RED!*, is aimed at making young people aware of the importance of blood donation so that we can count on a growing pool of young donors.

What is in the kit?

The *BLOOD RED!* kit includes a teacher's guide, activity sheets that can be photocopied, a glossary, stickers, postcards, a theme poster to decorate the classroom (and announce a drive, if applicable, or simply showcase the class's interest in blood donation) as well as a complementary DVD.

The kit is divided into two parts. The first part is aimed at providing students with basic information on blood and its role in sustaining life. The second part deals with various questions related to blood donation, including practical information on holding a blood drive in schools.

What are the proposed activities?

The kit provides a wide range of stimulating activities. It contains suggestions for research projects, debate topics, riddles to solve, role-playing and word-association games.

It should be noted that some activities take a multidisciplinary approach and foster links between various teaching subjects, such as math, English, science and technology, social studies, visual arts, drama, physical education, health, and moral instruction.

The subjects are addressed in such a way as to arouse students' curiosity and interest, whether or not they participate in a drive. The "Organizing a blood drive" section is aimed only at classes participating in a drive.

Please e-mail info@hema-quebec.qc.ca for more information.

Regional public meetings

2009 Tour

Héma-Québec will hold several regional public meetings as part of a provincial tour that will bring it to 10 Québec regions between September and November 2009. This tour will continue to 10 other municipalities in the fall of 2010.

During these meetings, blood drive organizers, permanent volunteers, ABDV members and regional hospital blood bank representatives will update the Héma-Québec team on the activities of the previous months in their region and on upcoming projects.

In the evening, President and Chief Executive Officer, Dr. Francine Décary, will present the annual summary of activities on behalf of the Héma-Québec Board of Directors. This is also an opportunity for participants to hear the testimony of a recipient from the region being visited. These meetings will conclude with a recognition ceremony, where the state of services and the dedication of regional volunteers to the cause of blood donation are highlighted.

The 2009 tour will stop in Baie-Comeau, Saint-Félicien, Victoriaville, Boucherville, Magog, Drummondville, Sainte-Foy, Montréal, Anjou and Shawinigan.

CELEBRATION OF LIFE ON THE MOUNTAIN

HÉMA-QUÉBEC FOUNDATION

DO MORE, DO IT BETTER AND DO IT FASTER.

Gastronomic meal

Chef Claude Pelletier, Club Chasse et Pêche

Decoration

Denis d'Etcheverry and Gilles Lord, Flore

Guest artist

Paul Chacra and his orchestra

ACKNOWLEDGEMENTS

The Héma-Québec Foundation gratefully acknowledges the generous support of Couche-Tard and RBC as lead sponsors of the 2009 Celebration of Life on the Mountain.

Couche-Tard 



We also wish to thank the following major sponsors for their respective contributions:



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INFO

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