

# health fitness & Wellness

ryoung@buckscountyherald.com

## American Red Cross issues call for blood, platelet donors

The American Red Cross is facing a looming blood shortage, leading to an urgent need for donors of all blood types to roll up a sleeve and give.

Donations through the Red Cross are down approximately 8 percent over the last 11 weeks, resulting in about 80,000 fewer donations than expected. The number of donors continues to decline, and the shortfall is significant enough that the Red Cross could experience an emergency

situation in the coming weeks.

In an average summer week, about 4,400 Red Cross blood drives are scheduled, compared to Independence Day week when only 3,450 drives occurred.

Eligible donors with types O negative, B negative and A negative blood are especially needed at this time. Type O negative is the universal blood type and can be transfused to anyone who needs blood. Types A negative and B negative can be transfused

to Rh positive or negative patients.

There is also an urgent need for platelet donations. Platelets — a clotting component of blood often needed by cancer patients, burn victims and bone marrow recipients — must be transfused within five days of donation, so it's important to have a steady supply of platelets on hand.

To donate, call 800-733-2767 or visit redcrossblood.org to make an appointment or for information.

**Al-Anon Men's Group**, meets 7 p.m. every Tuesday at Livengrin Foundation, Suite 101, 350 S. Main St., Doylestown, 215-348-2690.

**Al-Anon Meetings** every Wednesday, 10 a.m. at the Women's Recovery Community Center, 25 Beulah Road, New Britain.

**Al-Anon (Adult Children) Group** meets 7:30 p.m. Mondays at St. Paul's Lutheran Church, 211 N. Main St., Doylestown. Enter on Spruce St., parish building.

**Alcoholics Anonymous** group meets 7 p.m. Tuesdays at Point Pleasant Baptist Church, 35 River Road, Point Pleasant, 215-257-3117.

**Alcoholics Anonymous** meets 8 p.m. Wednesdays and 8:30 p.m. Saturdays at St. Luke's United Church of Christ, 212 Old Durham Road, Ottsville, 610-847-2633.

**Alcoholics Anonymous of Upper Bucks**, If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

**Bedminster Nar-Anon Family Group** for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Mennonite Church, 1008 Deep Run Road, Perkasie, bedminster.nar-anon@yahoo.com.

**Bucks County Lewy Body Dementia Support Group Meeting**, sponsored by Home Instead Senior Care Plumsteadville, 1:30-3:30 p.m. third Tuesday of the month at The Manor at York Town, 2100 York Road, Jamca. For information or to RSVP: camcat65@verizon.net, 215-766-8929.

**Debtors Anonymous Meeting**, a 12-step meeting for people with problems with money and debt, 8-9:15 a.m. Saturday mornings at St. John's Episcopal Church, 1333 Old Welsh Road, Huntingdon Valley, 215-239-5152.

**Decoding Dyslexia Pennsylvania Upper Bucks County Support and**

**Information Group**, meets the third Thursday of the month at St. Luke's Quakertown Hospital, 1021 Park Ave. Quakertown, ground floor, Taylor Conference Room B. Info: decodingindexia.org or on FB: decodingindexia.

**Doylestown Nar-Anon**, for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park, Doylestown. Information: nar-anon.org.

**GRASP (Grief Recovery After Substance Passing)**, support group for those grieving the loss of a loved one due to drugs, meets 7-8:30 p.m. first and third Thursdays at Southern Bucks Recovery Center, 1286 Veterans Highway, Bristol, graspsuckscounty@gmail.com.

**Overeaters Anonymous** meets 10 to 11 a.m. Thursdays (babysitting available) at West Swamp Mennonite Church, 2501 Allentown Road, Quakertown; 610-762-3779, oa.org. 012: chimayerperkasie@gmail.com.

**Steps To Serenity Overeaters Anonymous Meeting**, 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Warminster, 215-918-3370.

**Well Spouse Support Group**, for individuals caring for a chronically ill or disabled spouse or partner, meets 7-8:30 p.m. second Wednesday of the month at Wesley Enhanced Living, Doylestown, 200 Veterans Lane. Information: welog.org.

**Women's Alcoholics Anonymous**, meets 7 p.m. Mondays in the annex at Solebury Friends Meeting, 2680 Sugar Road, New Hope.

**WomenHeart**, national coalition for women living with heart disease, meets 11 a.m.-1 p.m. second Tuesday of month and 10-11:30 a.m. second Saturday of month in the Cardiac Rehabilitation Conference Room at St. Mary Medical Center, Langhorne. Information: 215-710-4455.

## YMCA in Doylestown holds Kids Triathlon

The sixth annual Kids Triathlon at Central Bucks Family YMCA will be held on Sunday, Aug. 3.

Youth ages 3 to 14 from across the county are invited to register for the "compete to complete" race.

The race will consist of swimming, biking and running, and will provide hundreds of area children the opportunity to compete and have fun with friends.

The event is organized by staff and volunteers of Central Bucks Family YMCA.

All proceeds from the triathlon will benefit the YMCA's Annual Campaign, which ensures that individuals, youth and families can participate in YMCA programs regardless of their ability to pay.

Children of all skills levels will compete in one of these categories: ages 6 to 7, 8 to 9, 10 to 11, 12 to 14, or 3 to 5 (WeeBees) who compete accompanied by a parent or guardian. All racers receive a finisher award.

The Central Bucks Family



Children ages 3 to 14 can participate in the YMCA Kids Triathlon.

YMCA is located at 2500 Lower State Road, Doylestown. The first race will begin at 8 a.m.

Title sponsors for the race are First Savings Bank and Todd M. Welsh Orthodontist.

Details and registration infor-

mation can be found at cbfymca.org under youth development.

Information is also available by calling Rachel Mauer at Central Bucks Family YMCA at 215-348-8131, ext. 1167.

## VIA donates children's books to hospital



VIA members Kathryn Lambert, VIA past president; Arlene Ferguson, vice chairman of the Pediatric and Library Committee; Diana Hazzard, Barbara Taubenberger, director of emergency services, Doylestown Hospital; and Grace McGinnis, chairman of the Pediatric and Library Committee, and Russa Steiner are surrounded by nurses from the Doylestown Hospital Emergency Department.

The Pediatric and Library Committee of the Village Improvement Association of Doylestown (VIA) recently donated \$100 worth of children's books to the Doylestown Hospital Emergency Department.

More than 6,000 pediatric patients are seen each year in the Doylestown Hospital Emergency Department. The books help keep the children calm, and parents often read to their child to provide comfort and distraction.

Ellen Mager, owner of Booktenders in Doylestown, worked with VIA member Diana Hazzard on book selections and helped facilitate the number of books donated.

With IVF cycles success rates 27% above the national average and more than 20 years of experience, Dr. Schillings has been able to help thousands of families and individuals overcome their struggles with infertility to start a family of their very own.\*

Wendy J. Schillings M.D., F.A.C.O.G.  
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\*Thirty-one fresh IVF cycles performed in women less than 35 years old in 2012 resulted in a 66% (21/31) live birth rate as established by SART and CDC for Reproductive Medicine Associates of Pennsylvania. The national average for 2012 is 47.1% live birth rate for the same age group. A combination of clinic cycle success rates may be the most meaningful measure, patient medical characteristics, treatment approaches, and outcome criteria for ART may vary from clinic to clinic.