

## **CELEBRATING**

World Health Day

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- International Mother Earth Day pg06
- World Elder Abuse Awareness Day Pg08
- World Day Against Child Labour pgl1

# maiFeature: RESCO LTD New Zealand pg04

The Colours Of **SUMMER** 

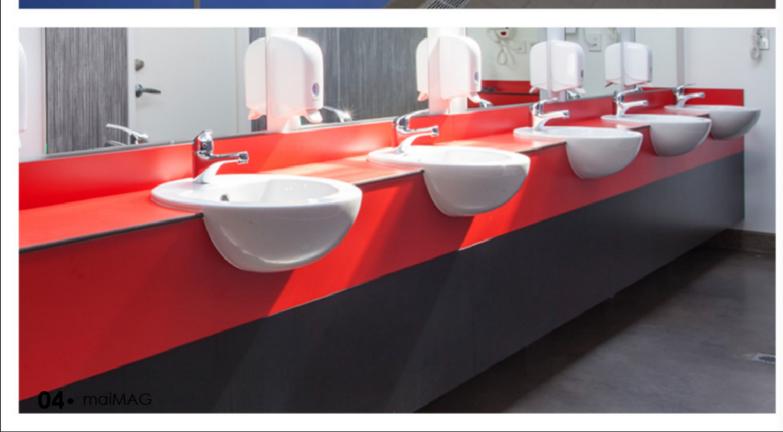
pg06



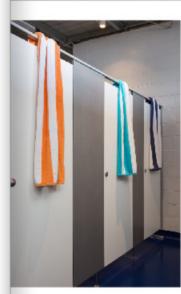
















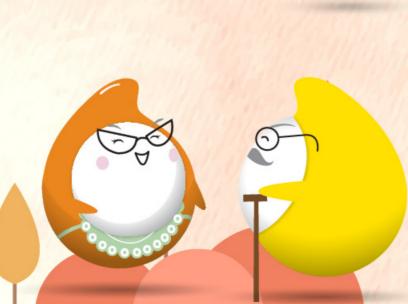
















# Maica's maiCSR WORLD BLOOD DONOR



## Blood Donation: The Moble Gift of Life

There is never too much blood in the hospital when it comes to an emergency.

Very often, we see the request for blood donation, sometimes in the form of emergency plea by family members asking for the public's generosity in replacement of the blood that had been used by their loved ones. Some of us are regular donors, while there are also those of us who are afraid of donating blood, or not able to donate due to health reasons.

If you are one of the blessed ones who qualify for blood donation, do know that there are these benefits waiting for you with each donation:

- a. Improved heart health by the improvement of overall cardiovascular health.
- Enhanced production of new blood cells, stimulated by the replenishment of blood cells by the marrow within 48 hours of donation.
- c. Burned calories, with 650 calories burned with each pint of blood (450 ml)
- d. Enhanced feeling of well-being especially in the elderly.
- $e.\ Reduced\ cancer\ risk,\ including\ liver,\ lung,\ colon,\ stomach\ and\ throat\ cancers.$
- f. Free health screening done as part of the mini blood test required for all donors.
- g. Saved lives. One blood donation can actually save three lives because there are 3 , different components in the blood for different functions.\*
- h. Joy to others.

Do you qualify as a blood donor? Find out at your local hospital with the free, compulsory mini blood test prior to your donation.



Note: Platelets are for dengue patients and chemotherapy patients as they are low on platelet count. Red blood cells are used for blood transfusion in cases of accidents, operations, thalassemia and heavy bleeding. Plasma, with blood-clotting factors, are used to help burn victims.

















Children should enjoy childhood. Leave adulthood to the adults.



## =\*Since 1968\*= #maicabestworkplace

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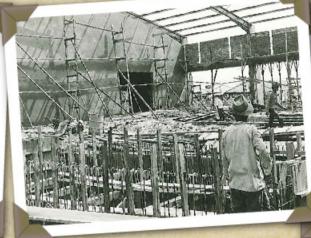










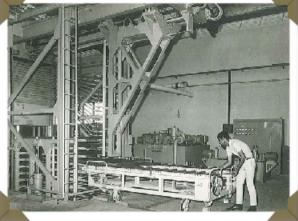


























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