

# Career Tech Matters

by Dennis Franks • Jan. 30, 2015

In the eight years she's been the school nurse, Mindy Frejkowski has created a successful partnership between the Red Cross and Pickaway-Ross.



To that end, Lisa Wrights with the Red Cross will be in our commons signing up students ahead of the Feb. 6 blood drive. Lisa's visit is just part of what Mindy does to make each drive a success.

"She's great to work with," Lisa said of Mindy. "She does a wonderful job."

Mindy coordinates the events and enlists Student Council members and Medical Careers students to help with recruitment and registration. Medical Careers students also take care of staffing the canteen area where donors are able to sit after the procedure and get snacks and they assist with recovery.



Mindy Frejkowski

The blood drives are held four times a year and by doing so, Pickaway-Ross is eligible to award two \$250 scholarships from the Red Cross.

Mindy said the school drives are important to the Red Cross.

"The Red Cross gets a majority of blood from high school students," Mindy said, explaining that each student who gives a pint – one unit – can help up to three people. The Red Cross' goal for Pickaway-Ross is 50 units.

Mindy said Pickaway-Ross students are very good about donating, often having about 100 signed up. Lisa said while students may find being out of a class appealing, the real reward comes later.



Room 201G goes from classroom to blood-donation center four times a year.

"I think students sign up out of a sense of civic duty," she said, "But they get this feel-good feeling after they do it. They may not expect it going in, but they feel good after knowing that they helped someone."

The blood drives are just one way that Mindy works with our students and the community. In the past she has found ways to help students get free dental and vision care and was instrumental in securing a donation of safety helmets for students.

Her newest endeavor will start Feb. 12, when the Nationwide Children's Ronald McDonald Care Mobile unit will be on campus.

Students can be seen by a doctor for a check-up or if sick; get immunizations, work and sports physicals; blood tests and other medical testing; vision, hearing and developmental screening; and nutrition counseling.

While the services provided are not free, insurance is accepted and people without insurance can be connected to agencies that will help with the cost. No one will be turned away if unable to pay.

If you have any questions about the Care Mobile unit, please talk with Mindy.

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