

To All My Blood Drive Warrior Friends,

If you already scheduled your blood donation on Sunday, February 16, 2025, THANK YOU!

If you haven't already scheduled a time, it is not too late. **We are banking on you to save a life.**

Here are some reasons why you should donate:

- It is estimated that someone in the US needs blood every 2 seconds.
- Blood does not have a long shelf life- between 5 and 35 days, depending on the component-so there's rarely, if ever a surplus. This is especially true in winter, when donations typically slow down because of bad weather, winter holidays, and seasonal illnesses like colds and flu.
- There is no substitute for blood. It cannot be manufactured. It is blood on the shelf that makes it possible to treat traumatic injuries, perform surgeries, support premature babies and treat patients who are going through advanced cancer therapies to name a few of its uses.
- The ripple effect of the pandemic is still being felt in many areas including blood donations. People aren't donating as often as before the pandemic and so it has been difficult to build up the reserve, so certain blood types and products are always in high demand.
- **It is safe to donate.**
- Blood type that is most in demand is type O-negative. This is the universal blood type because it can be used in an emergency to transfuse anyone until the person's blood type can be verified.

Requirements for Donors:

- Be in overall good health.
- Be at least 17 years old (16 with parental consent)
- Weight at least 110 pounds (120 pounds if 16 years old)
- Present a valid photo identification with signature.

Remember drinking plenty of water and iron rich foods the week before the donation make it easier for the blood to flow.

Be the HERO in someone's Life!

Call or text Phyllis at 201-602-0632 or email pmagiros@verizon.net to schedule your donation.

Thank you.

Five Reasons You Should Seriously Consider Donating Blood:

Reason #1: Every two seconds, someone in the United States needs blood. That means more than 38,000 blood donations are needed per day. Currently, less than 38% of the population is eligible to give blood, with only 3 out of every 100 Americans actually donating. It's a very elite group, but they're always looking to expand membership.

Reason #2: There are four types of transfusable products that can be derived from a pint of whole blood: red cells, platelets, plasma and cryoprecipitate. As each pint of donated whole blood is separated into two or three of these products, each donation can help save up to three lives.

Reason #3: Donating blood is a simple four-step process: registration, medical history and mini-physical, donation and refreshments (cookies!) The whole process takes no more than one hour and 15 minutes with the actual blood collection taking about 12 minutes.

Reason #4: The two most common reasons people don't give blood are, "I never thought about it" and "I don't like needles." Well, we're thinking about it right now! And, let's face it, as cancer survivors, haven't we dealt with much worse than a needle prick. Plus, blood donation is an opportunity to volunteer, rather than be drafted. Wouldn't it feel good to put out your arm for a cause and walk away knowing you've contributed to the good health of someone other than yourself?

Reason #5: More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment. Isn't it wonderful to know that, as cancer survivors, many of us are eligible to donate blood to the many cancer patients who sorely need it?

You or someone you know will need blood.

If not personally in need, at some point we will all know a friend, neighbor, family member, or co-worker who needs a blood transfusion. In fact, 1 out of 3 people will need blood in their lifetime. From natural disasters to unforeseen catastrophes, emergency hospital procedures to life-long battles with chronic diseases such as sickle cell, the demand for blood is constant. The supply is not. And since there is no substitute, only volunteer blood donors can roll up their sleeves and save lives.