



For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."
Galatians 5:14

The Red Cross needs our help!

There is currently a severe blood shortage. Due to a rise in the number of trauma cases, organ transplants and elective surgeries requiring blood products over recent months, the nation's blood inventory has been depleted. Also, appointments to donate often drop during the summer months because schools are out (no school blood drives) and families are traveling for vacation. The need for blood, however, never takes a vacation.

Did you know?

- Every 2 seconds, someone in the U.S. needs blood.
- Cancer patients use nearly **1/4 of the blood supply**.
- Blood products cannot be manufactured.
- Type O is the most needed blood group by hospitals
- Blood can be donated every 56 days.
- only **3%** of Americans donate blood in a given year.



Tips for successful blood donation:

1. To expedite donation, start a "Rapid Pass" on the day of appointment. [Link](#)
2. Bring donor card, driver's license OR 2 other forms of identification.
3. Drink extra water before appointment (start hydrating a couple of days before).
4. Eat a healthy meal prior to donating and include iron-rich food and avoid fatty foods.
5. Keep hydrating after your donation.

Who can donate (basic requirements):

- * Individuals who are at least 17 years of age (16 with parental consent) * Weigh at least 110 pounds
- * Be in general good health and feeling well.

Visit: RedCrossBlood.org or call: 1-800-RED CROSS (1-800-733-2767) to schedule an appointment near you. All blood types are needed.

Reference: American Red Cross [Link](#)