



## Give Hope This Thanksgiving by Donating Blood

*American Red Cross thanks all presenting donors with a free pie at participating blood drives*

**ARCADIA**, Neb. (Nov. 4, 2009) – While Thanksgiving is a time to give thanks, it can also be a time to give hope to patients who rely on donated blood. This Thanksgiving, the American Red Cross is thanking blood donors for giving hope to patients in need by offering all presenting donors a free pie at the Arcadia blood drive during the week of Thanksgiving.

“Blood donation is a simple act that helps save lives,” said Tricia Rubens, CEO of the local Red Cross Blood Services Region. “It only takes about an hour and gives patients and their families hope during the holiday season.”

Recipients of blood products are not able to take a holiday from needing lifesaving blood. They are in constant need of a healthy supply. Please take the time to give thanks by giving blood this holiday season. You could change a life, starting with your own.

### **ARCADIA BLOOD DRIVE**

Sponsored by: Arcadia Public School Senior Class

Wednesday, November 25 from 9:00 a.m. to 1:30 p.m.

Arcadia School Gym, 320 W. Owens St., Arcadia

For an appointment, please contact the school at 789-6522.

Appointments are encouraged to ensure that enough pies are available for all presenting donors.

### **How to Donate Blood**

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit [givebloodgivelife.org](http://givebloodgivelife.org) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors younger than 19 years also have to meet certain height and weight requirements.

### **About the American Red Cross**

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing nearly half of the nation’s blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.

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