



## Give Hope This Thanksgiving by Donating Blood

*American Red Cross offers presenting donors a chance to win a Thanksgiving feast as a thank you*

**RED OAK**, Iowa (November 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 chance to win a complete Thanksgiving feast compliments of the Red Oak HyVee store at the Nov. 23 Red Oak community blood drive.

“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.

### Participating Blood Drives

November 23 from 11:30 a.m. to 5:30 p.m.

Montgomery County YMCA, community room, 101 E. Cherry St., Red Oak

Please call Amy Allen at 623-4505 to make an appointment.

All presenting donors will be entered in a raffle to win a complete Thanksgiving feast courtesy of the Red Oak HyVee. The feast includes a 24-pound gourmet turkey, a dozen dinner rolls and a choice of three side dishes (options include mashed or scalloped potatoes, sweet potatoes, poultry or cornbread stuffing, green bean casserole, sweet cranberry relish and pumpkin, cherry or apple pie). The prize is not convertible to cash and is non-transferrable.

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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**The need is constant. The gratification is instant. Give blood.™**