

## Join others in Imperial and donate blood

January is National Blood Donor Month. Throughout the month of January, the American Red Cross is celebrating the contributions of millions of blood donors who give patients hope.

If you haven't donated blood through the Red Cross, add another resolution to your list and become a regular donor.

"During National Blood Donor Month, I'd like to thank all of our dedicated blood donors," said Tricia Ruebens, CEO of Midwest Red Cross Blood Services region.

"Your donation is so much greater than a pint of blood – it is a gift of hope to a patient in need."

By donating blood regularly, you not only make a vital contribution to modern healthcare, but you can also help save a life. Make an appointment today and join the nearly four million Red Cross blood donors across the country dedicated to changing lives, one donation at a time.

### **Bloodmobile here Jan. 14**

The Imperial Community Blood Drive is scheduled for Thursday, Jan. 14, 10 a.m. to 4 p.m. at Zion Lutheran Church in Imperial.

Red Cross volunteer Miranda Knobbe is currently making donor phone calls, but people can also contact coordinator Karen Hayes at 882-5645 to schedule an appointment, or go to [givebloodgivelife.org](http://givebloodgivelife.org) to schedule their own. Walk-ins are welcome.

Cookies, sandwiches, juice, coffee and tea will be provided and served by local volunteers, and pizza donated by Pizza Hut will be available over the noon hour.

### **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 signed parental permission form), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Donors can give blood every 56 days.