

## Features



### American Legion to Host Red Cross Blood Drive

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**Dexter, Missouri** - The American Red Cross asks people to start a lifesaving habit by giving blood regularly in 2015. Blood has a shelf life of just 42 days. Patients must rely on volunteer blood donors to constantly replenish the supply. Regular blood donations are needed all year long.

*The American Legion will host a Red Cross Blood Drive on Friday, January 23, 2015 from 3:00 p.m. - 7:00 p.m. The American Legion is located across from West Park in Dexter at 620 West Oak St. Appointments are not required.*

This will be a great opportunity to give to an organization that helps our community in many ways. The Red Cross not only handles 1/2 of the United States supply through these blood donations, but offers CPR classes, first aid classes and other health and safety programs, they provide food, shelter and emotional support to victims of disasters such as earthquakes, tornadoes and floods.

#### **What do you need to donate blood? It's very simple!**

1. A blood donor card and driver's license or two forms of identification, especially if you are a first time donor are required to check-in.
2. Donors must be at least 17 years of age, weigh at least 110 pounds, and be in reasonably good health.
3. Donating blood involves four basic steps: Registration, Medical history and mini-physical, Donation and at the end a nice Refreshment.

Any information given to the Red Cross during the donation process is confidential.

The need for blood is constant and every pint counts. Each day, patients in our county are helped by donors who have given blood.

Here is just one example of how a blood drive recently helped a person. Thirty units of red blood cells and five units of platelets were transfused to a car accident victim and saved their life. Had generous donations not been made his/her family would be attending a funeral instead spending time with their loved one. Thanks to the many dedicated Stoddard County residents who have given over the years, the blood products were available for these types of patients and other like them.

The Red Cross needs your help! Donate today! Visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-733-2767 for more information on how to volunteer or donate. We hope to see you at the Rotary Club Blood Drive Thursday.

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