

Donate Blood



Every 2 seconds someone in the U.S. needs blood. And, a single car accident victim can require as many as 100 pints of blood. The Red Cross began collecting blood donations for patients in 1940 and currently holds about 400 blood drives every day.* Because blood can't be manufactured, donors are relied upon to generously provide their blood to save lives. Just the simple act of making time to do this to do this will save lives. (You must wait at least eight weeks (56 days) between donations of whole blood and 16 weeks (112 days) between Power Red donations. Platelet apheresis donors may give every 7 days up to 24 times per year. Regulations are different for those giving blood for themselves (autologous donors). *Facts from American Red Cross

Promise:

I will give blood twice within the next six months and sign up for the national bone marrow donor registry.

Element of Honor:

Compassion

Through my actions I seek to alleviate suffering, establish peace, and build happiness with others and in myself. I recognize that they world is in great need. Because of this need, I am needed. My belief in the importance of a promise is strong; however, I know that doing what is right will always be more important than keeping a promise. Commitment holds me accountable to my compassion; it does not blind me of it.

Action Items:

- Identify a blood drive in your community that works in your schedule.
- Do some research on signing up for the national bone marrow donor registry.
- Put it on your calendar.
- Invite a friend or family member to come with you.
- Give blood twice within six months.
- Sign up for the national bone marrow donor registry.

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a picture of you giving blood at each blood drive.

Approval:

Badges will be verified and approved for presentation quarterly.

because
I said
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*