*Greater love hath no man than this, that a man lay down his life for his friends.*
John 15:13

January is National Blood Donor Month
National Blood Donor Month is observed with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.
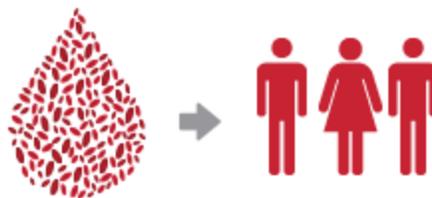
EVERY UNIT DONATED CAN SAVE OR IMPROVE THE LIVES OF UP TO 3 PEOPLE!

Did you know:
-Every 2 seconds, someone in the United States needs blood.
-Blood cannot be artificially made. The only way to have enough blood to save lives is through donations.
-Every pint of blood can be split into platelets, plasma, and red blood cells, which can save 3 lives!

How to donate blood
Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767) to make an appointment or to receive 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, 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.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

Five health benefits from donating blood:
   -Free blood tests- donated blood is tested and donor can ask to be informed if any irregularities are found.
   -Satisfaction of saving human lives
   -Calorie burn - Blood donation process burns 650 calories – about the same as an average spin class!
   -Reduced risk of heart disease - helps eliminate excess buildup of iron in the blood
   -Reduced risk of cancer - also due to reduction of excess iron buildup in the blood

Resources: American Red Cross (www.redcross.org) and America's Blood Centers (http://www.americasblood.org)

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Healthy Spirit

hands to work
heart to God
grow in mercy

SAINT JOSEPH MERCY
HEALTH SYSTEM

A health resource provided by your Faith Community Nurse Liaison

Why is January is National Blood Donor Month?
1) Inclement weather often results in cancelled blood drives
2) Seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Helpful Tips for Blood Donation:

- Eat healthy, well-balanced meals and drink plenty of water (or other nonalcoholic drink) before and after donation.
- 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, 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.
- Save time at your next donation by using RapidPass online. **On the day of your donation, prior to arriving at the blood drive** complete required reading and health history questionnaire. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

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Parish Blood Drive Thursday, March 28, 2019 from 1-7 PM in the parish center.

Parish Contact: John Esposito, (201) 320-5090, espojr13@comcast.net

Sponsored by St. Joseph Health Ministry

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