

Make regular blood donation a New Year's resolution

Written by Ben Corey
Friday, 04 January 2013 13:22

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PEORIA, Ill. (Jan. 4, 2013) — With the beginning of a new year comes a fresh start. New Year's resolutions are often made to form good habits and reach new goals. This New Year's, the American Red Cross encourages people to resolve to help patients in need through regular blood donations.

As the winter season continues, blood donations are especially needed. Donations typically decline this time of year, as many regular donors are impacted by inclement weather and seasonal illnesses.

There is no better resolution to make this New Year's than to help save lives with the Red Cross. Give the gift of life and help give patients another year with their loved ones. Make an appointment to donate blood at redcrossblood.org or 1-800-RED CROSS.

Upcoming blood donation opportunities:

Carroll County

Jan. 18 from 8:30 a.m. to 2:30 p.m. at Milledgeville High School, Highway 40 in Milledgeville, Ill.

Clinton County

Jan. 19 from 9 a.m. to 1 p.m. at American Red Cross, 1220 13th Ave. North in Clinton, Iowa

Jan. 24 from 2-6 p.m. at United Methodist Church, 621 S. Third St. in Clinton, Iowa

Jan. 25 from 10 a.m. to 1 p.m. at Ashford University, 400 N. Bluff in Clinton, Iowa

Jan. 30 from 12-6 p.m. at Northeast High School, 3690 Highway 136 in Goose Lake, Iowa

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Henry County

Jan. 23 from 1:15-5:15 p.m. at First Christian Church, 105 Dwight St. in Kewanee, Ill.

Jan. 23 from 2-7 p.m. at Alwood Elementary School, 101 E. A St. in Alpha, Ill.

Mercer County

Jan. 17 from 1-5 p.m. at Alexis Community Center, 204 W. Palmer Ave. in Alexis, Ill.

Jan. 22 from 10 a.m. to 2 p.m. at Mercer County Hospital, 409 NW Ninth Ave. in Aledo, Ill.

Rock Island County

Jan. 24 from 10 a.m. to 2 p.m. at Quad City International Airport, 2200 69th Ave. in Moline, Ill.

Whiteside County

Jan. 16 from 2-6 p.m. at Rock Falls Blood Donation Center, 112 W. Second St. in Rock Falls, Ill.

Jan. 18 from 3-7 p.m. at CGH Medical Center, 100 E. LeFevre Road in Sterling, Ill.

Jan. 19 from 6 a.m. to 12 p.m. at CGH Medical Center, 100 E. LeFevre Road in Sterling, Ill.

Jan. 22 from 1-5:15 p.m. at River Bend Senior Center, 912 Fourth St. in Fulton, Ill.

Jan. 23 from 10 a.m. to 2 p.m. at Rock Falls Blood Donation Center, 112 W. Second St. in Rock Falls, Ill.

Jan. 24 from 10 a.m. to 2 p.m. at Halo Branded Solutions, 1980 Industrial Drive in Sterling, Ill.

Jan. 26 from 7:30-10:30 a.m. at Rock Falls Blood Donation Center, 112 W. Second St. in Rock Falls, Ill.

Jan. 29 from 1-5:15 p.m. at River Bend Senior Center, 912 Fourth St. in Fulton, Ill.

Jan. 30 from 2-6 p.m. at Rock Falls Blood Donation Center, 112 W. Second St. in Rock Falls, Ill.

How to donate blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.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 parental consent 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 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides

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international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or join our blog at <http://blog.redcross.org>.

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

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