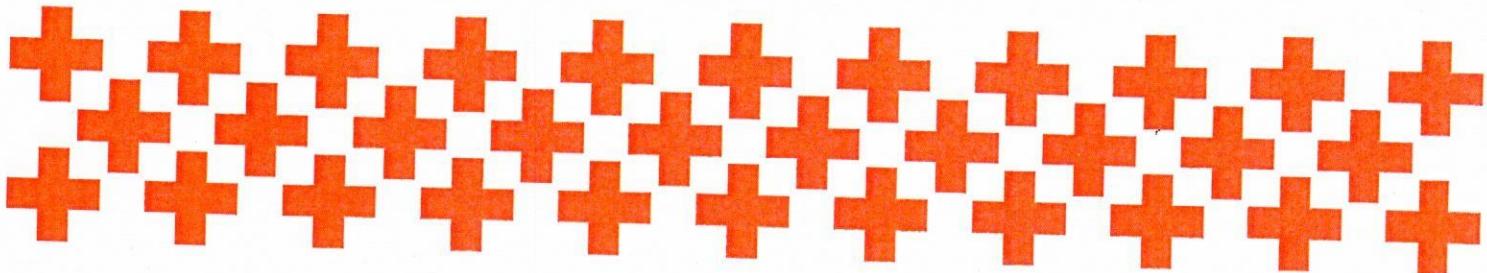


# American Red Cross

*Give blood.* Help save lives.



## Blood Drive Township of Lower

Meeting Room  
2600 Bayshore Road  
Villas, NJ 08251

**Wednesday, March 18, 2026  
10:00 a.m. to 3:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter:  
TOL to schedule an appointment.

Maximize your blood donation. Help more patients.  
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.  
Red blood cells are the most commonly transfused blood component.

Streamline your donation experience and save up to 15 minutes by visiting  
[RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history  
questions on the day of your appointment.



**Give in March for a \$15 Gift Card by email & successful  
donations get A1C testing! [rcblood.org/March](http://rcblood.org/March)**



# POWER

Provide twice the lifesaving power in one donation.



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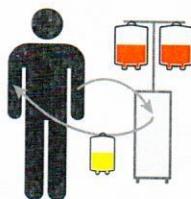


RED

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential for trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.

## Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you.



**Help more patients with one scheduled appointment.** With a Power Red donation, donors give nearly double the amount of red blood cells to provide twice the lifesaving power to patients in need.

**Maximize your impact.** With just a little extra time at your appointment, you increase your impact on patients in need.

**A comfortable experience.** The Power Red machine separates your blood and returns your platelets, plasma and saline, often leaving donors feeling more hydrated after your donation.

## Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A negative or B negative.
- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.
- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.
- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

	Female	Male
Minimum height	5'3"	5'1"
Minimum weight	150 lbs.	130 lbs.
Age	19-75 years old	17+ years old

Call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org/PowerRed](http://RedCrossBlood.org/PowerRed) to schedule an appointment or for more information.

# The Donation Process



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## Giving whole blood is simple.

The donation process, from the time you arrive until the time you leave, takes about an hour. The donation itself is only about 10 minutes. And the satisfaction you get from knowing you've helped change a life? Timeless.

### Step 1: Registration

- You will read information about donating blood.
- You will be asked to complete a form with demographic and basic health information.
- You will be asked to show an American Red Cross donor card or positive ID.



### Step 2: Health history and mini physical

- A trained staff person will ask you some health history questions during a private and confidential interview.
- You will have your temperature, iron level, blood pressure and pulse checked to protect your health and well-being.



### Step 3: Donation

- Staff will cleanse an area on your arm and insert a needle for the blood drawing procedure.
- The actual process of donating blood takes approximately 7-10 minutes.
- When about a pint of blood has been collected, the staff will remove the needle and place a bandage on your arm.



**Before you give:** Get a good night's sleep, have a good breakfast or lunch, drink extra water and fluids (but avoid tea, coffee or caffeinated beverages), eat iron-rich foods like fortified cereals and broccoli, and avoid fatty foods like hamburgers, fries or ice cream.

**While you give:** Wear clothing with sleeves that can be raised above the elbow, show the staff "good veins" that have been used to draw blood in the past, and don't forget to relax.

**After you give:** Enjoy a snack and drink in our refreshment area. Drink plenty of fluids in the next 24 to 48 hours, avoid strenuous physical activity or heavy lifting for about five hours, and eat a well-balanced meal.

**Remember:** Donors seldom experience discomfort after giving, but if you feel light-headed, lie down until the feeling goes away. If bleeding occurs after you take off your bandage, apply pressure to the site and raise your arm until the bleeding stops. If bruising or bleeding appears under the skin, apply a cold pack. And if for any reason, something doesn't feel right, call the post-donation number at 1-866-236-3276.

**Wear your badge of honor proudly! You've earned it!**