

Did you know there are so many ways to contribute to the quality of someone's life?

Being a donor is a way to enhance/save someone's life and make a difference!

1. Blood Donation:

Whole blood (Every 56 days), **Platelets** (Every 7 days, up to 24 times/year),

Plasma (Every 28 days, up to 13 times/year), **Power Red** (Every 112 days, up to 3x/year)

Successful Donation begins with:

- Eating iron rich foods (spinach, red meats, raisins, poultry), Drink 16 ounces of water or non-alcoholic fluid before the donation. Eat a healthy meal prior to donating
- Good general health, feeling well (can perform normal activities, chronic conditions like diabetes are managed/treated well)
- At least 17 years of age or 16 with a parental consent
- Weigh at least 110 pounds
- Remember to bring your driver's license, donor card or two forms of identification.

You may not be eligible to donate if the following conditions exist:

- HIV Positive, Hepatitis, History of Leukemia or Lymphoma, Some organ transplant, Creutzfeldt Jacob Disease or family history of.

2. Living Donation:

The Kidney is the most common organ donor from a living donor, but the heart, skin, lungs, pancreas, eyes and intestines can also be donated.

For the organ donor receiver, A transplant can mean a second chance at life; a quality life

Making an informed decision about risks and benefits should help with the donation process

- **Directed Donor** (Names the specific person to receive the transplant)
- **Non Directed Donor** (The donor doesn't want a specific person to get the transplant)
- **Paired Donor** (involves two transplant candidates who don't have matching blood types)

3. Organ Donor

- **Registering as an Organ donor allows one to save up to 8 lives and improve upon many, up to 50 persons through tissue and eye donation.**
- **Register with the National Donate Life Registry**
- **Select this as an option on your Driver's License (New or Renewal)**
- **Make your wishes known through family members**

Thank you St. James A.M.E Family for your contribution in our previous year's blood drive with 23-38 persons registered and 16-21 persons eligible for blood donation.

We will continue our Annual Blood Drive during Family/Friends Day September 24th 2017

