

The importance of blood donation

What is blood donation?

Blood donation is a procedure in which you voluntarily give your blood in order to help people. There are different types of donation, including whole blood donation, apheresis (which separates your blood into different parts). During apheresis, you can donate platelets, double red cell, and plasma.

Why are we advocating for this cause?

The United States is in a national blood shortage. Donating blood could save many lives, as many medical situations require blood, such as childbirth complications, trauma care, and cancer treatments. Blood donation also causes a sense of community, connecting you to others.

Our last blood drive



November 22nd, 2024

Some Blood Donation Facts.....

- Regular blood donation has proven to be beneficial to individuals by lowering high iron levels and potentially reducing the risk of heart diseases
- Blood shelf life : Red blood cells can be stored for up to 42 days. Platelets are much more delicate and must be used within 5-7 days of donation. Plasma can be frozen and stored for up to one year, making it the most versatile blood component for long-term use.
- The body replaces the blood donated within 24-48 hours, and within few weeks, the red blood cell levels return to normal.

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Thank You!

Our next blood
drive is
planned to be
in January!