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Press Release

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[Metro-North](#)

IMMEDIATE

### **Metro-North Railroad Hosts Community Blood Drive Convenient Location in Grand Central Makes it Even Easier to Give**

Grand Central's Vanderbilt Hall will be the site of a huge community blood drive as MTA Metro-North Railroad partners with New York Blood Center on Friday, November 2 from 8 a.m. to 8 p.m. MTA employees and Grand Central commuters can help save lives and raise awareness of the importance of blood donation just prior to the winter holiday season.

Hospital patients whose lives have been saved because of blood donations will be on hand to thank donors from 11a.m. – 1p.m.

New York Blood Center has set a goal for the 12-hour drive of 400 donors. Appointments are encouraged but walk-ins are also accepted.

It takes less than an hour to fill out the necessary forms and donate a pint of blood that could save someone's life. Actually one donation can potentially save multiple lives because whole blood is separated into components including red blood cells and plasma.

Donors are advised to bring identification with a photo or signature and eat well and drink fluids before you donate. Juice and cookies will be provided free after donation.

There's even a frequent donor incentive program. Each time you donate blood, you will receive Donor Advantage points redeemable for a wide variety of exciting gifts.

For more information, log onto <http://www.nybloodcenter.org> or call 1-800-933-BLOOD (2566).

Note: The media is welcome to cover the drive and are asked to get permission from donors before taking photographs.

Blood donors will receive free mini-medical exams on site including information about their temperature, blood pressure and hematocrit level. Eligible donors include those people at least age 16 (with parental permission or consent), who weigh a minimum of 110 pounds, are in good health and meet all Food & Drug Administration and NY or NJ State Department of Health donor criteria. People over 75 may donate with a doctor's note.

About New York Blood Center: New York Blood Center (NYBC) is one of the nation's largest non-profit, community-based blood centers. For almost 50 years, NYBC has been providing blood, transfusion products and services to hospitals serving more than 20 million people in New York City, Long Island, the Hudson Valley, New Jersey, and parts of Connecticut and Pennsylvania. NYBC is also home to the Lindsley F. Kimball Research Institute and the National Cord Blood Program at the Howard P. Milstein National Cord Blood Center, the world's largest public cord blood bank. NYBC provides medical services and programs (Clinical, Transfusion, and Hemophilia Services) through our medical professionals along with consultative services in transfusion medicine. Please visit us on Facebook at [www.Facebook.com/newyorkbloodcenter](http://www.Facebook.com/newyorkbloodcenter). Follow us on Twitter: @NY\_BloodCenter.