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Press Release

April 15, 2014

[Metro-North](#)

IMMEDIATE

### Metro-North Railroad Hosts 2nd Annual Blood Drive at Grand Central Terminal

MTA Metro-North Railroad and New York Blood Center (NYBC) encourage commuters to give the gift of life during their commute on Thursday, April 17 and visit the donation station between 8 a.m. and 8 p.m. The drive will take place in Grand Central's Vanderbilt Hall with Metro-North President Joseph Giulietti in attendance.

The drive is open to the public, MTA employees and commuters who can help donations stay on track through spring and, ultimately, help save lives this year.

NYBC hopes to attract hundreds of donors throughout the 12-hour drive, especially those with the O-negative blood type – known as “universal donors” because their blood can be used in trauma situations when there is no time for blood typing.

Donors can call NYBC at (800) 933-2566 to schedule an appointment or visit [www.nybloodcenter.org](http://www.nybloodcenter.org). Appointments are encouraged, but walk-ins are welcomed.

The entire process takes less than an hour, and a single donation of one pint of blood can be used to save multiple lives. There is no substitute for human blood. Nearly 2,000 donations are needed each day in New York and New Jersey alone. About one in seven hospital admissions requires a blood transfusion. With a limited shelf life, supplies must be continually replenished.

Donors should bring identification with a photo or signature and eat well and drink fluids before you donate. Juice and cookies also are provided free after donation. With NYBC's frequent donor incentive program, each time you donate blood, you will receive Donor Advantage points redeemable for a wide variety of gifts or gift cards. Points may also be donated to selected charitable organizations.

Blood donors will receive free mini-medical exams on site including information about their temperature, blood pressure and hematocrit (iron) level. Eligible donors include those people at least age 16 (with parental permission or consent), who weigh at least 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.

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

About New York Blood Center: New York Blood Center (NYBC) is one of the nation's largest non-profit, community-based blood centers. NYBC has been providing blood, transfusion products and services to hospitals serving more than 22 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: @NYBloodCenter. Website: [www.nybloodcenter.org](http://www.nybloodcenter.org)