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Press Release

April 8, 2015

[Metro-North](#)

IMMEDIATE

### Metro-North Railroad Hosts 3rd 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 16th by visiting the public donation station in Grand Central Terminal's Vanderbilt Hall. The drive will take place from 8:00 a.m. to 8:00 p.m. with Metro-North President, Joseph Giulietti, participating. By setting aside less than an hour to donate, MTA employees and commuters can help our region's blood supply levels stay on track through the spring and save lives.

NYBC hopes to attract hundreds of donors throughout the 12-hour drive, which is one of the largest blood drives in Manhattan. MTA employees and commuters have donated nearly 600 units of blood at this drive since it began in 2013. Donors with O-negative blood type, or "universal donors," are especially encouraged to attend, as their blood can be used in emergencies.

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

The entire donation process takes less than an hour, and a single donation can be used to save multiple lives. 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, and 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 donating. Juice and cookies are provided free after donations. 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 receive free mini-medical exams on site including information about their temperature, pulse rate, blood pressure and hemoglobin level. Eligible donors include those people at least age 16 (parental consent is required for 16-year-olds), who weigh a minimum of 110 pounds, are in good health and meet all US Food & Drug Administration and NY or NJ State Department of Health donor criteria. People age 76 or older may donate if they have a doctor's note on file with New York Blood Center or if they bring one on the day of the blood drive.

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

#### About New York Blood Center:

Now more than 50 years old, New York Blood Center (NYBC) is one of the largest independent, community-based blood centers in the country. Each year, NYBC provides approximately one million blood products to nearly 200 hospitals in the Northeast. NYBC also provides a wide array of transfusion-related medical services. NYBC is also home to the world's largest public cord blood bank, which provides stem cells for transplant in many countries, and a renowned research institute, which – among other milestones – developed the Hepatitis B vaccine and innovative blood purification technology.

Website: [www.nybloodcenter.org](http://www.nybloodcenter.org)