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Press Release

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[Metro-North](#)

IMMEDIATE

### **Metro-North Railroad to Host 6th Annual Blood Drive at Grand Central Terminal Thursday, April 26**

#### ***Railroad Partners with New York Blood Center to Help Save Lives***

We know you have it in you! Take a moment from your commute on Thursday to donate blood and make a life-saving difference. Grand Central Terminal's Vanderbilt Hall will be the site of a huge community blood drive as MTA Metro-North Railroad partners with the New York Blood Center on Thursday, April 26 from 8 a.m. to 8 p.m.

Metro-North and the New York Blood Center encourage employees and customers make a stop at the "donation station" at Grand Central Terminal's Vanderbilt Hall and give the gift of life. A single blood donation can be used to save multiple lives. By setting aside less than an hour to donate, you can help replenish our region's blood supply and support patients who are in need of life-saving blood transfusions.

As an act of gratitude, the first 250 presenting donors will receive a pair of tickets to a New York baseball game this spring. (\*New York Yankees tickets terms and conditions apply.)

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.

"Donating blood is a simple way to make a profound difference, and Metro-North Railroad is proud to be part of this important effort," said Metro-North President Catherine Rinaldi. "340 people donated blood at last year's drive at Grand Central Terminal, and we join the New York Blood Center in thanking our commuters and employees for their generosity and compassion. We hope even more people will take the time to give this year."

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.

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

To schedule an appointment to donate blood and for information on the process, please call the New York Blood Center at (800) 933-2566 or visit [www.nybc.org](http://www.nybc.org). While appointments are encouraged, walk-ins are also welcomed.