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Press Release

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[Metro-North](#)

IMMEDIATE

Metro-North Railroad to Host 7th Annual Blood Drive at Grand Central Terminal on Thursday, April 25

Railroad Partners with New York Blood Center to Help Save Lives

Metro-North Railroad encourages customers and employees to take a moment from their day tomorrow to donate blood and help save lives. 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 for a 12-hour blood drive from 8 a.m. to 8 p.m., tomorrow, Thursday, April 25.

Metro-North and the New York Blood Center are asking people to decide to make a difference on Thursday by visiting to the "donation station" in Grand Central Terminal's Vanderbilt Hall and donating blood.

"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. "318 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."

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.)

It only takes one hour to donate, 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.

Those in need include: cancer patients, accident, burn, or trauma victims, newborn babies and their mothers, transplant recipients, surgery patients, chronically transfused patients suffering from sickle cell disease or thalassemia, and many more. Donors with O-negative blood type, or "universal donors," are especially encouraged to attend, as their blood can be used in emergencies.

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.

The New York Blood Center will also be enrolling people in good health, between the ages of 18 -44, in its bone marrow registry. The registry helps patients fight blood cancers and immune deficiencies by connecting them with a donor match.

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 While appointments are encouraged, walk-ins are also welcomed.