

## League Sponsors Thanksgiving Blood Drive

by Aline Weiller  
Weston Women's League

NOVEMBER 13, 2009 (WESTON) -- The holiday season is upon us, and with it a time to give of ourselves. The Red Cross is asking Fairfield County residents to literally rise to the occasion by donating blood Thanksgiving weekend. On Saturday, November 28th, The Weston Women's League (WWL) will sponsor their annual blood drive at Norfield Church Parish Hall, 64 Norfield Road, between 8:15 and 1:00.

The event falls on Thanksgiving Saturday, when the focus has traditionally been on travel, shopping, and post-holiday clean up. The Women's League suggests shifting gears by considering a blood donation instead. Thanksgiving unfortunately marks the start of a downward trend in blood collections that lasts through New Year's. Thus, the need for all types of blood remains great during the entire holiday season. "The Women's League is honored to once again, host this event which can save lives in Connecticut. We know the holiday weekend is a busy time, but also recognize that one pint can save up to three lives. A large turn-out can help bring the state's supply back up to a healthy level," said League member and Drive Chairperson, Jaime LaLonde. LaLonde also noted statistics show there's a 97% chance that you'll know someone in need of a blood transfusion during their lifetime. Blood transfusions are used by a variety of people -- cancer patients, burn and accident victims, and those undergoing preventative surgeries.

The blood drive has taken place for over two decades with the Women's League at the helm, though it remains a community effort. Peter's Market is a sponsor and will provide refreshments for donors. And the community at large is to thank for their upcoming blood donations. "Every donor counts -- it's a wonderful way to make a difference in someone's life," added Blood Drive Co-chair, Andrea Diamond.

Eligible donors must be at least 18 years of age, weigh 110 pounds or more, and be in generally good health. Tips for a successful donation include drinking extra fluids -- such as juice and water -- the day prior to the blood drive and eating breakfast before giving blood. In addition, donors should not do strenuous exercise before or after donating nor drink hot liquids, smoke, or chew gum just prior to their donation. Remember to also wear comfortable clothes and to relax. Donors are eligible to give blood again after a 56-day wait.

To minimize lines, donors are encouraged to make an appointment by calling Jaime LaLonde at 917.575.5468 or the Red Cross at 1.800.448.3543. An additional contact is Andrea Diamond who can be reached at 917.539.4862. Drop in donors are welcome. For more information, visit the Red Cross Connecticut Region website at [www.bloodct.org](http://www.bloodct.org). Interested blood drive sponsors should also contact Ms. LaLonde.