

The Red Cross is experiencing a blood shortage and you can help!



# Blood Drive at Adat Shalom

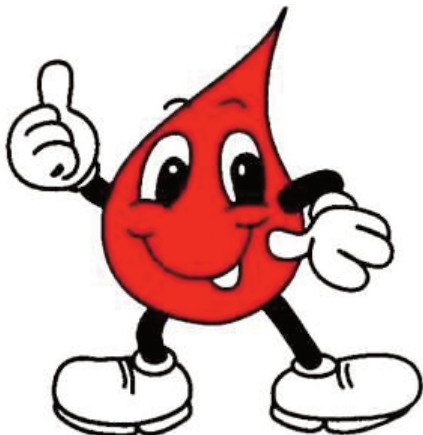
**Sunday, March 17<sup>th</sup>**

Schedule an appointment between  
**8:00 a.m. - 2:00 p.m.**



Our spring blood drive is set for Sunday, March 17. Please consider doing “doubles” – you can donate 2 pints of red cells in one visit and perform a “double mitzvah.” People with blood types O+, O-, A- and B- are especially needed for this type of donation. Remember: each pint of blood can potentially save 3 lives and donating “doubles” provides 2 pints of red cells to one patient, doubling the benefit to the patient!

Contact Debby at [debbyportney@gmail.com](mailto:debbyportney@gmail.com) with your preferred time to donate. We'll be happy to schedule an appointment for you. You can also sign up online at [www.redcrossblood.org](http://www.redcrossblood.org) and enter `adatss` for sponsor code.



## **NOTE:**

Blood may be donated every 56 days and “doubles” can be donated every 112 days!

### **Blood Drive Co-Chairs:**

Debby Portney, Ruth Zerlin  
& Marci Colton

### **Social Action Chairperson:**

Evva Hepner

**Our blood drives are  
sponsored by the  
Adat Shalom**

**Social Action Committee**