

# OUR COMMUNITY NEEDS **BLOOD DONORS**

The strength of our **community blood supply** is dependent on the support of local businesses, and organizations, like you!

LifeServe Blood Center is a non-profit, community-based blood center that has served the needs of local hospitals and patients in our regions since 1947. As one of the 15 largest blood centers in the country, LifeServe provides blood products to 175 hospitals primarily in Iowa, South Dakota, Nebraska and Illinois. LifeServe is committed to saving lives by providing premier service to volunteer blood donors and access to a safe, quality blood supply for hospitals and patients. 100% of the blood products needed by your community hospital come from LifeServe blood donors. The strength of our community blood supply is dependent on local donors that give the gift of life and businesses, schools, churches, and organizations that sponsor blood drives.

## WAYS TO GET **INVOLVED**

There are many ways to get involved in the blood donation cause!

It's not just blood donors who help ensure the community blood supply is strong and stable. From blood drive chairpeople to volunteers, LifeServe Blood Center relies on the generous dedication of people looking to make a difference in our neighborhood!

### **HOST A BLOOD DRIVE**

There's no more rewarding community service project than a blood drive! Each unit of blood donated can impact up to three local lives – that's just from a single donor! Hosting a blood drive is a great way to be seen a leader in your community, workplace, high school, college or place of worship.

### **ADOPT A DAY**

This is your chance to host a blood drive in one of our Donor Centers! Celebrate your organization's anniversary or grand opening, set up a monthly day of service, or boost the blood supply around a holiday. The possibilities are endless!

### **HOST LIFESERVE**

Invite LifeServe to be a vendor at a company health/hiring fair or a guest speaker at something like a Lunch and Learn event. Someone from our team would love to come out and share more information about our non-profit organization and how it impacts our local community.

### **EMPLOYEE REWARDS**

Encourage your employees to be a blood donor and in turn allow them to use Volunteer Time Off (VTO) for their donation time or to earn Paid Time Off (PTO) for donating.

# SAVE LIVES, IMPROVE YOURS

*Be a blood donor.*

**Donating blood isn't just about saving lives...  
*it's also about improving yours.***

**By giving the gift of life, you can enjoy a range of personal health benefits.** Here are four compelling reasons why donating blood is good for you:

**Reduced Risk of Heart Disease:** Regular blood donation can lower the risk of heart disease by reducing the amount of iron in the blood, which can help decrease the risk of heart attacks and strokes.

**Improved Blood Flow:** Donating blood helps to maintain healthy blood flow and reduces the risk of blood clots and blockages.

**Enhanced Red Blood Cell Production:** The body replenishes the blood supply after donation, stimulating the production of new red blood cells and maintaining overall health.

**Health Checkup:** Each donation includes a mini health screening (blood pressure, pulse, cholesterol, temperature, hemoglobin levels), which can help detect potential health issues early.

**“** *I have always been physically active, however, if it had not been for the mini-physical before my blood donations, I never would have known about my abnormally high-blood pressure. I was unable to donate blood because of it, and was told I should consult a doctor. My doctor confirmed my high blood pressure, and commented it is often referred to as a silent killer because of the lack of symptoms. I never would have had any idea if it were not for donating blood.”*



800.247.8903 | [lifeservebloodcenter.org](http://lifeservebloodcenter.org)

