

January is National Blood Donor Month

Who can donate blood?

- You must be at least 18 years old
- You must weigh at least 110 lbs.
- Must be in good health and feeling well

What can you expect when donating blood?

Step 1 – Registration

Staff or volunteers will sign you in and go over basic eligibility information. You will read some information about donating blood, and will be asked to show a donor card, driver's license, or other form(s) of ID.

Step 2: Mini-Physical

You will answer some questions during a private and confidential interview about your health history and places you have traveled. The following will be checked: temperature, pulse, blood pressure and hemoglobin level present in a sample of blood.

Step 3 – The Donation

The actual donation takes about 8-10 minutes during which you will be seated comfortably. The process is safe and sterile. There will be staff there if you have any questions. It is to be noted that certain donation types, such as platelets, red cells or plasma, can take up to two hours.

Step 4 – Refreshment

After donating, you should have a snack and something to drink. You can leave the site after about 10-15 minutes and continue with your normal daily activities.

Tips for a Successful Donation

- Wear clothing with sleeves that can be raised above the elbow
- Let the person taking your blood know if you have a preferred arm and show them any good veins that have been used successfully
- Relax, listen to music, talk to other donors or read during the donation process

Blue Corn Maiden Waffles

(plant based recipe) *Makes about 12 waffles*

- 2 cups almond milk
- ¼ cup applesauce
- ½ maple syrup
- 1 tsp apple cider vinegar
- 1 ½ blue cornmeal
- 1 cup whole wheat flour
- 1 tsp baking powder
- ½ teaspoon sea salt
- ¼ cup frozen blueberries
- ¼ cup small walnut pieces

Preheat waffle iron.

In a large measuring cup, use a spoon to stir together almond milk, apple sauce, maple syrup, and apple cider vinegar. Set aside.

In a large mixing bowl, combine cornmeal, whole wheat flour, baking powder, salt, blueberries, and walnut pieces.

Make a well in the center of the dry ingredients, mixing with a spoon until smooth.

Cook waffles according to waffle iron instructions.

January Blood Drives in and Around Rochester

January 1st

Greece Donation Center 7am-3pm; 2590 W Ridge Road 14626
Henrietta Blood Donation Center 7am-3pm; 825 John Street 14586

January 11th

Stantec Consulting Services 10am-2:30pm; 61 Commercial St., 14614
Gillam Grant Center 1pm-6pm ; 6966 W. Bergen Rd 14416

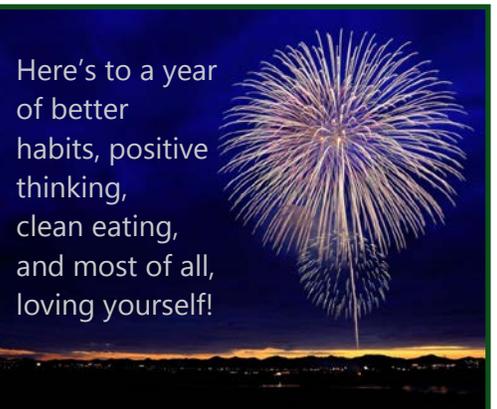
January 18th

The Harley School 10 :30am-3 :30pm; 1981 Clover Street 14618
Rochester Blood Donation Center 11am-6pm; 50 Prince Street 14607

January 27th

Northridge Church 7:15am-3pm; 2052 St. Paul Street 14621
Perinton Blood Donation Center 7am-1pm; 6687 Pittsford-Palmyra Rd.

Additional locations can be found by visiting: www.redcrossblood.org



Here's to a year
of better
habits, positive
thinking,
clean eating,
and most of all,
loving yourself!