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## **FIRE DISTRICT OF SUN CITY WEST**

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**18818 N. Spanish Garden Drive, Sun City West, Arizona 85375**

Business: (623) 584-3500 – Fax: (623) 546-8613 – [www.scwfire.org](http://www.scwfire.org)

# NEWSRELEASE

Contact: Holli Sandeen  
Community Outreach Specialist  
Phone: (623) 215-1058  
Fax: (623) 584-8613

FOR IMMEDIATE RELEASE  
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### Sun City West Fire District Hosts Blood Drive June 23

(SUN CITY WEST, AZ), (JUNE 02), 2010- Sun City West Fire District in partnership with United Blood Services will host a blood drive on Wednesday, June 23, 2010. The bloodmobile will be in the parking lot of station 101 at 19001 Camino Del Sol from 8:30-12:30. Donating blood is safe, it's simple, and it saves lives. Since blood has a shelf life of 42 days, these donations can help save lives through the Independence Day holiday - a time when summer vacations often create a greater need for blood donors. Reservations are recommended but not necessary. Please bring a photo ID with your blood donor card if you have one. Contact Holli Sandeen at (623) 215-1058 for more information or visit [www.BloodHero.com](http://www.BloodHero.com) (sponsor code:SunCityWestFD).

According to United Blood Services, on the day of the blood drive there will be a brief interview. You'll be asked about your medical history and current health. To speed up this process, you can download a FastTrack form off their website to prepare you for the questions you will be asked. Next, your temperature, blood pressure, pulse, and blood hemoglobin level are checked. Many donors consider this mini-physical an added bonus!

For the most part, donors must be at least 16 years old and weigh at least 110 pounds. If you are a young adult between ages 16 and 22, please see this chart of height/weight requirements on the website for donors in your age group. All 16-year-olds and some 17-year-olds must have parent or guardian permission to donate.

United Blood Services uses special blood collection technology and tools to customize the donation process for each donor and to best match donations to community needs.

You can choose from whole blood donation, double red cell donation or pheresis donation. Depending on the system used, donation times vary. You'll relax in a comfortable chair while a technician collects your blood donation into a special container. (All materials used during the donation process are sterile and used only once. You cannot contract AIDS or any other disease by donating blood.)

Afterward, rest and enjoy light refreshments, then resume your normal routine. During the month of June donors will receive a free voucher for a pint of ice cream from Blue Bell Creameries. The voucher can be redeemed at participating grocery stores. Take time now to donate blood and invite a friend to join you. You'll feel great! If you have eligibility questions, please call 1-800-288-2199 x5497 or visit United Blood Services website at [www.UnitedBloodServices.org](http://www.UnitedBloodServices.org).

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