



# Time to Save Lives!

## 9th Annual ICF Convention (Virtual)

### Blood Drive

Countless things have stopped due to COVID-19, but **the need for blood remains**. Many blood drives have been cancelled since March causing a severe blood shortage, so your individual donations matter now more than ever. Here's how you can help:

- Review Eligibility Requirements to see if you can donate blood: <https://tinyurl.com/yaj5g2sb>
- Join the American Red Cross "Sleeves Up" Virtual Blood Drive Campaign and pledge to donate blood: <https://sleevesup.redcrossblood.org/campaign/live-to-give-icf-virtual-convention-blood-drive/>
- Make an appointment to donate blood at the American Red Cross near you; a local Blood Bank; or find a blood drive in your area anytime from August 17 – Friday, September 4th  
American Red Cross: <https://www.redcross.org/give-blood.html> or 1-800-RED-CROSS (733-2767)  
Vitalant: <https://www.vitalant.org/Home.aspx> or 877-25-VITAL (258-4825)
- All blood donors will receive a \$5 Starbucks Gift Card in the mail and be entered into a raffle drawing which will be held at noon on September 4th. Winners will be notified and a prize will be sent to you.
- If you would like to donate blood in honor or in memory of someone, we will send you an ICF Donor Card that you can fill out and return to the ICF office. The person you are honoring will be notified

For More Information or For Help Finding a Blood Bank or Blood Drive Please Contact:  
Laurice Levine at [LLevine430@aol.com](mailto:LLevine430@aol.com) or 360-860-2023

Sponsored by:

## The ICF Live to Give Committee

