

Congregation Kneseth Israel to Host Annual Blood Drive

October 24, 2013, Elgin, Illinois

Congregation Kneseth Israel (CKI) in conjunction with Heartland Blood Center will be hosting their annual blood donation drive at CKI on Sunday, November 10th from 8:00 am - 12:30 pm. Heartland's "Bloodmobile" will be located in CKI's parking lot. CKI is located at 330 Division on Elgin's east side.

According to Paul Glaser, the Blood Drive Coordinator for CKI, "We have been hosting this blood drive for a number of years, and have surpassed 100 units of blood. If you have never donated blood before, it is easy, quick (in most cases only 15-20 minutes), and relatively painless - and it's a mitzvah!"

Walk-ins are welcome.

General donation qualifications include: being in good health and feeling well; 17 years of age or older (or 16 with parental consent); 110 pounds or more; at least 8 weeks since your last blood donation. Taking medications for high cholesterol, blood pressure, allergies and most anti-inflammatory drugs are acceptable. Some travel outside the U.S. might disqualify a donor. Be sure to eat something within four hours of your donation time and you must bring a photo I.D.

For more information, visit the Heartland Blood Center website: www.heartlandbc.org

CKI serves the diverse Jewish Community of the Greater Fox Valley area. We offer weekly services, a religious school, observance of all lifecycle events, and a variety of additional programming. For regular updates or more information, please visit our website at www.ckielgin.org.

[For more information, you may contact Joe Rosenfeld at 847-888-1950]