

## **VOLUNTEER OPPORTUNITIES**

**December 13, 2008**

1. **Central Jersey Blood Center**

494 Sycamore Avenue  
Shrewsbury, NJ 07702  
732-842-5750

<http://www.cjbcblood.org/about.php>

- Surgery patients, accident victims, leukemia and other cancer patients, premature babies, hemophiliacs, cardiac patients, and burn victims are just a few of the patients who depend on blood and blood products for recovery. The only way to keep an adequate supply is for healthy individuals to donate.

- NJ is the worst for donating blood (only 4% of residents donate blood)

- NJ has to import 70,000 pts. a year

- Your donated blood stays in Monmouth County. Other blood centers in our area send the blood out of Monmouth County. Excess blood supplies are then shared with other regions.

- One pint of blood can help to save the lives of three people (red cells, plasma, platelets)

- Most medications are acceptable. If you're not sure, just call and talk to the nurse. She'll be happy to answer your questions.

- There is no chance of contracting AIDS. All equipment used during the donation is sterile and disposable, including the needles. They thoroughly clean your skin from where the blood is drawn.

- Just drink plenty of fluids before you go.

- And when you're done you get juice and a cookie.

- **YOU CAN ALSO VOLUNTEER TO WORK THERE...** plenty of things to do other than what the nurses do.

2. **The Volunteer Center of Monmouth County**

191 Bath Ave.  
Long Branch, NJ 07740  
732-728-1927

between the hours of 8:30 am to 5:00 pm, Monday through Friday.

This is a clearing house of every volunteer job you can think of. They have a list of every kind of foundation, project, non-profit...volunteer jobs in every category.

<http://www.volunteermc.org/volunteeropportunities.php>

3. **American Red Cross - Jersey Coast Chapter**

1540 West Park Avenue  
Tinton Falls, NJ 07724-0131

E-mail: [chapter@jerseycoast-redcross.org](mailto:chapter@jerseycoast-redcross.org)

Phone: 732-493-9100 Fax: 732-493-8871

Web site: <http://www.redcross.org/donate/volunteer/>

You'll see a link that says, "Volunteer Match." Use that to find scores of different ways to volunteer.