



MEDIA ADVISORY – THURSDAY, FEBRUARY 23, 2023

MEDIA CONTACT (not for publication or broadcast):

San Diego Blood Bank

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DEDICATED BLOOD DONOR, FINANCIAL SUPPORTER, AND VOLUNTEER TO DONATE 100TH GALLON OF BLOOD

WHAT: Dedicated blood donor, financial supporter, and volunteer John Howard will donate his 100th gallon of blood.

WHEN: Thursday, February 23, 2023. John's appointment to donate blood is at 12:00 Noon (**note – actual donation could start 20+ minutes after appointment time**)

WHERE: San Diego Blood Bank headquarters, 3636 Gateway Center Avenue, Suite 100, San Diego, CA 92102.

NOTES: For over 21 years, Navy Veteran John Howard has devoted his time and efforts as a blood donor, financial supporter, and volunteer of San Diego Blood Bank.

John is a dedicated platelet donor who has donated at San Diego Blood Bank since 2001 with a total of 423 donations to date, potentially saving over 1,200 lives. Platelets are blood cells that help control bleeding. Patients undergoing bone marrow transplants, surgeries, chemotherapy, radiation, or organ transplants often need platelets to survive.

John is also a financial donor who supported the purchase of new equipment and supplies critical to San Diego Blood Bank's Blood Collection Program and Public Cord Blood Bank. Additionally, John has put in many hours as a volunteer for San Diego Blood Bank since he began in 2006.

Appointments to donate blood are encouraged, walk-ins are welcome. Appointments available at www.sandiegobloodbank.org or by calling 619-400-8251.

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