



For immediate release

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Blood drive to be held at Touchmark Jan. 8

VANCOUVER, Wash. – Touchmark at Fairway Village will host a blood drive Wednesday, Jan. 8, from 11:30 a.m. to 2 p.m. Touchmark is located at 2911 SE Village Loop in Vancouver's Fisher's Landing neighborhood.

The retirement community is hosting this blood drive for the Oregon and Southwest Washington Blood Program, which provides 100 percent of the blood that is needed in Clark County. This amounts to 26,000 units of blood provided each year to the PeaceHealth and Legacy hospitals. To save time, donors are asked to call Michelle Avdienko at Touchmark for an appointment at 360-254-2866.

According to the Oregon and Southwest Washington Blood Program, anyone who is in good health and at least 18 years old and weighs at least 110 pounds may donate blood every 56 days. (Those 16 and 17 years old can donate but need parental permission.)

Some health conditions or medications may prevent someone from donating blood either temporarily or permanently. For example, people should not donate if they:

- are experiencing symptoms of a cold or the flu
- have had surgery with a blood transfusion in the past year
- have taken antibiotics in the past seven days

For questions about eligibility, potential donors can call the Oregon and Southwest Washington Blood Program at 800-398-7888.

Touchmark at Fairway Village offers people 55-plus years a full life. As a full-service retirement community, Touchmark offers a wide range of retirement homes, lifestyle options and services, including an on-site health and fitness club for people age 40 and up. More information is available at Touchmark.com.

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TOUCHMARK *at Fairway Village*

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