

New York State Assembly • Albany, NY 12248

PRSRT STD.  
US Postage  
PAID  
Albany, NY  
Permit No. 75

# Donate blood save a life.



Please  
Help Support a  
**Red Cross  
Community  
Blood Drive**  
In Schuyler County!



A S S E M B L Y M A N

<sup>PHIL</sup>  
**PALMESANO**

# Upcoming Community Blood Drives in Schuyler County:

**December 4, 2019**

**Montour Moose Lodge**

2096 State Rt. 14, Montour Falls  
1:00 p.m.- 6:00 p.m. in the First Floor Banquet Room

**December 26, 2019**

**Cargill Salt Administration Building**

518 E 4th St., Watkins Glen  
9:00 a.m. -2:00 p.m. in the First Floor  
Administrative Meeting Room and Lobby

**December 28, 2019**

**St. Mary's of the Lake Parish Center**

10th St., Watkins Glen  
8:00 a.m.- 1:00 p.m. in the Ground Level Gym

WALK-INS  
WELCOME!



ASSEMBLYMAN  
PHIL  
PALMESANO



Blood banks are always looking for residents willing to donate blood. The blood YOU donate today can save someone's life tomorrow! To be a donor you must:

- + Bring valid photo or signature identification
- + Weigh at least 110 lbs
- + Be age 16 - 75 (16-year-olds must have parental permission. Age 76 and over need doctor's note)
- + Eat well and be hydrated prior to appointment
- + Have not gotten a tattoo within past 12 months

**Questions about the blood drives?**

Contact: Sheila Sullivan, Account Manager:  
607-201-7228

**For other questions or  
concerns, contact  
Assemblyman Palmesano:**

105 East Steuben Street  
Bath, NY 14810

(607) 776-9691

[palmesanop@nyassembly.gov](mailto:palmesanop@nyassembly.gov)



**American Red Cross**