



TOWNSHIP OF HILLSBOROUGH

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# News Release

Contact: Mayor Frank DelCore  
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FOR IMMEDIATE RELEASE  
December 10, 2103

## **Hillsborough Township to Host Community Blood Drive and Family and Friends Adult CPR Class** *All Participants Entered in Drawing to Win Super Bowl Tickets*

“Hillsborough Township is partnering with Somerset Medical Center in the Super Community Blood Drive and the Hillsborough Rescue Squad will offer an Adult CPR Class,” reminded Mayor Frank DelCore. This special event will take place on Thursday, December 12<sup>th</sup> from 3-7 p.m. at the Peter J. Biondi Building located at 379 South Branch Road. All donors will be entered to win a pair of tickets to the 2014 Super Bowl at MetLife Stadium.

The drive will be conducted by Somerset Medical Center as part of the hospital’s new mobile blood collection program. This event is a special opportunity for neighbors to help neighbors; all blood collected at the drive will stay within the community to be used by patients at Somerset Medical Center. Each pint of blood carries the potential to save two lives.

The blood donation process is safe, efficient and takes approximately 45 minutes. Donors must be at least 17 years old and weigh 110 lbs. (Donors who are 16 may donate with parental consent and need to weigh at least 120 lbs.) Appointments are encouraged and can be made by calling Pam Borek at 908-369-8314 or [pborek@hillsborough-nj.org](mailto:pborek@hillsborough-nj.org)

**AND...FAMILY AND FRIENDS ADULT CPR** will be offered by the Hillsborough Rescue Squad at no charge to adults age 18 and over, during the same time as the blood drive in

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the Hillsborough Municipal Building Side Multipurpose Room. The CPR classes last about one half hour and will be held at 3:30, 4:30, and 5:30PM. Participants are asked to refrain from giving blood until after the class, if planning to give blood, to avoid lightheadedness during the class.

Family and Friends CPR is promoted by the American Heart Association to improve the chances for survival of loved ones after sudden cardiac arrest, caused by malfunctioning electrical impulses to the heart or heart attack. Sudden cardiac arrest can happen to anyone at any time and sometimes without family history, nor any signs or symptoms of health problems. Almost 383,000 sudden cardiac arrests occur annually, and 88 percent of these occur at home. Effective CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival.

***ADULT FAMILY AND FRIENDS CPR INCLUDES:***

***ADULT HANDS ONLY CPR***

***ADULT AED (AUTOMATIC EXTERNAL DEFIBRILLATOR) USE***

***ADULT RELIEF OF CHOKING***

***TO REGISTER FOR THE BLOOD DRIVE AND/OR THE FAMILY AND FRIENDS CPR,  
PLEASE CALL: 908-369-8314 OR EMAIL: [pborek@hillsborough-nj.org](mailto:pborek@hillsborough-nj.org)***

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