

**Lifebanc**

*April Is*  
**NATIONAL**  **MONTH**

<b>FLAG RAISING</b>	<b>WRITE A NOTE</b>	<b>DONATE LIFE DANCE PARTY</b>	<b>DONATE LIFE PET</b>	<b>DONATE LIFE ROCKS</b>
<b>LEGACY GARDEN AT HOME</b>	<b>POST A PHOTO OF A TRANSPLANT/ DONOR HERO</b>	<b>TAKE A LISTEN TO "LET'S TALK ABOUT LIFE"</b>	<b>SHARE YOU STORY ON SOCIAL MEIDA</b>	<b>SUPPORT LIFEBANC WITH A FINANCIAL GIFT</b>
<b>DECORATE HOUSE OR YARD</b>	<b>DINNER WITH DONATION</b>	<b>ASK A QUESTION</b>	<b>DONATE BLOOD</b>	<b>DONATE LIFE SMOOTHIE</b>
<b>GRATITUDE EXERCISE</b>	<b>SM: GREEN BRACELET</b>	<b>SM: THANK MEDICAL PROFESSIONALS</b>	<b>ASK SOMEONE TO REGISTER</b>	<b>BLUE &amp; GREEN OUTFIT</b>
<b>SM: THANK A DONOR FAMILY</b>	<b>SM: TERMINAL TOWER POST</b>	<b>LIGHT A CANDLE</b>	<b>START A GARDEN</b>	<b>SM: SHARE A DONATION TRUTH</b>

## Bingo Square Explanations

SM = social media activity DL = Donate Life

**Dinner with Donation** – Over dinner with your family, make donation the topic. Understand everyone's desire to donate or not and then discuss why. Start the conversation with the "what if this happens" (etc.) topic so that, when and if the time comes, everyone understands what the others want.

**Light a Candle** – If you are a donor family, light a candle in memory of your loved one who donated. If you're a recipient, light a candle for your donor for those still on the waiting list.

**Flag-Raising** – Hold your own flag-raising ceremony. Purchase a Donate Life flag and fly it on your flagpole for the entire month of April.

**Decorate House or Yard** – Decorate your house or yard in blue and green lights. Let the neighborhood know that you support the mission of donation. How about a blue and green wreath for your door?

**Paint Donate Life Rock** – Everyone knows that "Donate Life Rocks!" Paint the Donate Life logo (or another donation message) on a rock. Hide the rock when you take a walk in the park or around the block.

**Start a Garden** – Earth Day is April 22nd, and it's a great opportunity to start a garden, a timeless symbol of life.

**SM: Terminal Tower post** – If you can, check out the Terminal Tower in Cleveland on April 17th. It will be lit up blue and green! Remind your social media followers about this special sight.

**Blue & Green Outfit** – Dress up in your best blue and green outfit and take a selfie. Use it as your profile picture or post it to the Lifebanc Facebook or Instagram page. The best outfit will receive some Lifebanc swag!

**DL Pet** – How about Donation Pets? Dress up your pet in their best blue and green outfit and post a pic to one of our social media pages.

**SM: Share your story** – Create a video or post to tell your friends why registration, donation, and transplantation is important to you.

**SM: Photo of loved one or donor** – Post a photo of your loved one who was a donor or who is a living donor and share some things about them.

**Ask someone to register** – If you're nervous about having that conversation, try starting out with the fact that you're celebrating Donate Life Month.

**SM: Share a donation truth** – Visit <https://www.lifebanc.org/about-donation/donation-faqs/> to brush up on your donation facts, then share one of them on social media.

**SM: Thank medical professionals** – Did you know that Lifebanc employees continue to facilitate donation and transplantation during these challenging times? Take a moment to thank the passionate, brave, and dedicated individuals who help make the gift of life possible.

**Donate Money** - Support Lifebanc to give More Life to those waiting for a transplant and to donor families who made the gift possible.

**SM: Thank a donor family** - They made the incredibly selfless and generous decision to share their loved one's gifts of life.

**Write a Note** - According to the CDC and WHO, snail mail is still safe. What a personal and much-needed way to brighten someone's day! Take a few minutes to jot a quick note to a friend, coworker, or neighbor.

**Legacy Garden at Home** - Repurpose your sign from a previous Gift of Life Walk & Run Legacy Garden by placing it in your yard or garden.

**Gratitude Exercise** - Make a list of 5 things for which you're grateful today.

**Donate Blood** - The Red Cross continues to need blood during this time. Visit their website to find a convenient location at which you can give blood.

**Listen to "Let's Talk About Life"** - Catch up on all the episodes of Lifebanc's new podcast "Let's Talk About Life." Then, share your favorite episode on social media.

**SM: Green Bracelet** - Take a photo that features you wearing your green Donate Life bracelet. Post the picture on social media and share why you believe it's important to register as an organ, eye, and tissue donor.

**DL Dance Party** - Pick the song that makes you happy to be alive, then blast it in your home and dance like crazy for a few minutes! Life is worth celebrating!

**DL Smoothie** - Make a delectable green smoothie. Pack it with superfoods like spinach, sweeten it with fresh fruit, and indulge in a treat that will support your immune system and boost your mood.

**Ask a Question** – Email [info@lifebanc.org](mailto:info@lifebanc.org) with a question that you've always wanted to ask about organ, eye, and tissue donation. We at Lifebanc love to connect with our community members, and we're always here to answer questions!