

Canadian 80-year-old makes world record blood donations

Vocabulary Match

- donation • roughly • equivalent • pint • encouraged • in demand •
• pushed • equal to • giving • wanted • about • large glass

Article

An 80-year-old woman, Josephine Michaluk, has earned the Guinness World Record for the most whole blood donated by a female.

She has donated 203 units of blood since she began at age 22 in 1965. One unit of blood is roughly equivalent to one US pint (473 ml), so she has given a total of 96 liters.

Her sister encouraged her to make her first donation. "I decided I would join her and that was the beginning," Josephine said. She added, "I feel like I have it in me to give. I can share it with people that need it."

With a blood type of O+, which is in high demand, she continues to donate blood, averaging over four donations per year. She hopes to inspire more people to give blood and encourages everyone who can to donate.

Quiz

1. At what age did Josephine start donating blood?
2. How does Josephine feel about her blood donations?

Conversation

- A: Hey, did you hear about Josephine, the woman who set a world record for donating blood?
B: No, I didn't. That sounds amazing! How much blood did she donate?
A: She's donated 203 units of blood since she started in the '60s. She was only 22.
B: Wow, that's really inspiring. I've been thinking about donating blood too.
A: You definitely should! It's a great way to help others in need, and it's not that difficult.
B: You're right. Maybe I'll give it a try. Thanks for the encouragement!

Discussion

1. Do you know your blood type? Why is it important?
2. How do you feel about donating blood?
3. How can you find out about ways to give blood in your area?
4. What other ways can people help others in their community?