

PW Service Project

Join us for a service project workshop in fellowship hall on **Tuesday, October 12 from 10:00 a.m. to 2:00 p.m.** Come and go as you are able. We are making breast surgery recovery pillows (pillows that go underneath the arms or over the breast area to protect incisions) and fidget blankets (small tabletop or lap blankets with activities for dementia and Alzheimer patients to provide sensory and tactile stimulation for restless hands). All items will be donated to Sarasota Memorial Hospital. There is plenty to do in addition to sewing; no special skills required. Bring a sack lunch if you want to stay during the lunch break. Donations of construction materials are needed. See *News@First* for a complete list of items. **Please leave donations in the large PW mail room bin in the church office by Sunday, October 10.** Everyone is welcome. Please call the church office to let us know you intend to attend. Come for some fun, fellowship and service! Questions? Contact Pamela Lamb at bmalp54@gmail.com.

Breast surgery recovery pillow donations

- Washable soft fabrics (e.g., lightweight flannel)
- Polyester fiberfill
- Spools of white sewing thread

Fidget blanket donations – ALL ITEMS MUST BE WASHABLE

Cotton or lightweight denim fabrics for top

Soft, lightweight fabrics for backing (so it won't slip or slide on tabletops and laps)

Various items with the following properties:

1. Texture (smooth, silky, slick, plush, bumpy, rough, etc.)
2. Moves or can be grasped
3. Colorful (solids or simple patterns preferred over busy patterns)
4. Able to be attached to blanket securely and won't fray or ravel

Items can be upcycled from things you would normally throw away

Examples include:

- Large buttons
- Velcro and elastic
- Pockets from pants/jeans/shorts
- Belt loops
- Plastic rings and D-rings
- Ribbon, rickrack, fringe, lace and trims
- Elastic hair ties
- Zippers, buckles and snaps
- Beads
- Empty thread spools
- Shoestrings
- Buttoned cuffs from sleeves
- Mesh and netting
- Pieces of washable fabric such as flannel, minky, fleece, ripstop nylon, lycra, terry cloth