

Port Pillows—Purpose and Where to Deliver

On Friday, March 6, 2020, Lauren Denton of Altru Health Foundation sent the following request on behalf of patients at Altru Cancer Center.

Happy Friday!

I am reaching out to share we have a dire need for port pillows (directions attached) in both large and small sizes for our patients at the Cancer Center. These are either placed over a seat belt strap (large size) or around a bra strap (small size) so that the straps do not put pressure on the chemoport sites and cause redness and/or pain.

Sharing in hopes that we could all extend out to groups that love to sew and help out our community. 😊

Lauren Denton, MA

Director of Philanthropy

Altru Health Foundation | 2501 DeMers Ave | Grand Forks, ND 58201

701.780.5516 phone | 218.791.1612 cell | 701.780.5609 fax | ldenton@altru.org

Administrative Assistant: Michelle Cummings

mcummings@altru.org | 701.780.5600

Directions are attached to this document.

Please deliver finished port pillows to the address above. Consider letting them know that you heard about the request (e.g., from Quilter's JEM, at the North Star Quilters Guild meeting, from the NSQG website, etc.). It will help measure the success of their information dissemination system and how to direct requests in the future.

Thank you!

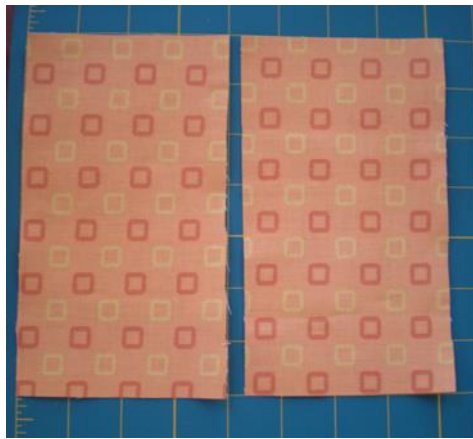
How to Make Port Pillows

You will need:

- Fabric for two 7 x 4 inch rectangles to make seat belt pillows. [5 x 4 in rectangles to make bra strap pillows] Recommend cotton for seat belt pillows and nylon tricot for bra strap pillows.
- Sew-on Velcro 5/8 inch width
- Fiber-fill stuffing
- Thread

Instructions

Cut two pieces of fabric [For seat belt pillow cut 7 x 4 rectangle; For bra strap pillow cut 5 x 4 rectangle]

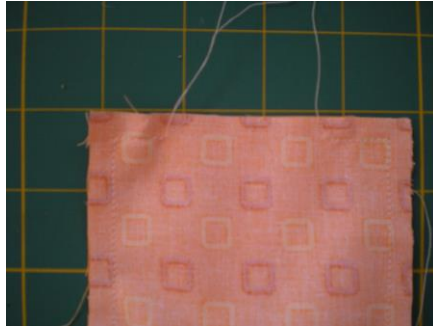


Cut Velcro to 3.5-inch strip. Machine baste one side of Velcro to right side of fabric – fuzzy/loopy side up. Stitch only one end of Velcro, leaving the other end free. Baste other half of Velcro strip to opposite side of fabric – loopy side down.



How to Make Port Pillows

Put fabric pieces right sides together and make 1/4-inch seam all the way around, leaving an opening about 1 1/2 – 2 inches at one end. Be sure not to catch the “free” ends of the Velcro pieces in the seam.



Turn right side out and stuff.



Whip stitch opening to finish.

