

Project Port Pillow for SFR



Do you know what a portacath is?

A portacath is a small port placed beneath the skin so that cancer patients can get their chemotherapy.

It is often uncomfortable when a seatbelt rubs it.

A Port Pillow attaches onto the seatbelt to protect the port from being irritated.

How can 4-H help?

By using our hands (& sewing skills) to help our community!

You only need 5 things:

1. Soft material, like cotton or flannel (**12"x6" per pillow**)
Don't forget to have a variety of prints for men, women, & children)
 2. Polyester Fiber Fill
 3. Thread
4. **1/2" wide Velcro (two 4" pieces per pillow)**
 5. Sewing Machine

Once you have completed your Port Pillows, find a local organization that will hand them out for you and email us with how many you made and where you donated them.

Or bring them to State Fashion Revue May 28, 2016.

Examples: American Cancer Society, Local Cancer Centers, Links for Life
Explain to the organization what a Port Pillow is and how it works.

Now you have changed someone's life! Thank you!

Questions, comments, or to report your club/county's donations, please email Holly & Shannon Parks

Northwest.4H@bak.rr.com

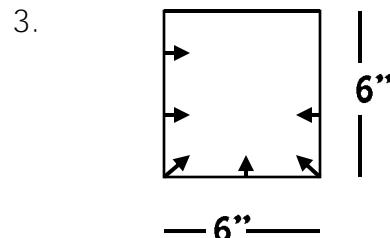
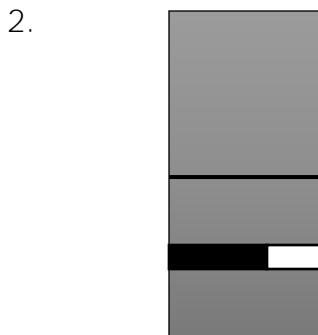
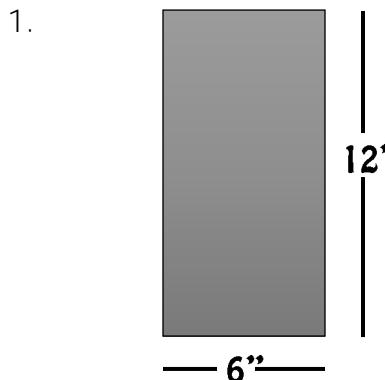
Directions for Making a Port Pillow for SFR 2016



= right side of fabric



= wrong side of fabric

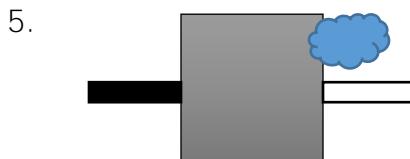


Cut material in a 12" x 6"

Rectangle, right side up.

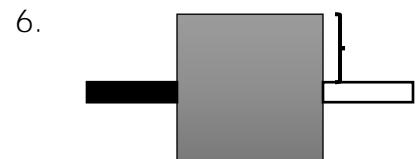
Cut two pieces of $\frac{1}{2}$ " Velcro 4" long. Pin about 3" from the
bottom edge of the fabric, making
sure that the opposite sides of the
Velcro come together and stick
in the middle.

Fold the fabric in half and
check that the Velcro is
stuck together properly.
Pin 2.5 of the open sides,
leaving half of a side open
to turn and stuff.

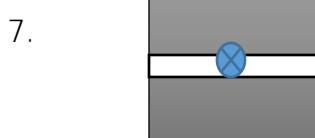


Sew a 5/8" seam around
the 2 $\frac{1}{2}$ open sides,
beginning and ending with
a back stitch. Cut the
corners at a diagonal.

Turn the pillow right side out,
making sure the corners are all
out. Stuff the pillow with fiber
fill until it is a comforting
thickness. Make sure to get the
stuffing into the corners.



Sew the opening closed
either by hand or by
machine, tucking in the
seams and sewing well.



For decoration, sew a decorative button or accessory
on to the Velcro, or add a ribbon and a caring note with your pillow.

