

# 2021 Service Projects

## Face Masks and Port Pillows

**Port Pillows** are small and easy to sew out of soft fabric. They are used and much appreciated by patients undergoing chemotherapy infused through a port in their upper chest. The pillow attaches to the seat belt to cushion the port and reduce pain. Print the flyer and start sewing!

### [Port Pillow Service Project 2021](#)



**Face Masks** If you have a sewing machine, cotton fabric and beginner skills, you can make face masks for your family, friends, and local medical facilities. These washable masks are in great need and will be much appreciated. In some facilities, they are worn by volunteers. In others, health care professionals are wearing them over their N95 masks.

Adding a piece of wire in the nose section helps the mask fit better. You can use the twisty ties from grocery store produce, thin wire, or pipe cleaners. These metal pieces are also available online.

Use elastic that is 1/4" or narrower. You might need to cut the elastic longer or shorter depending on the face width. You can also use 18" lengths of ribbon or make narrow bias tape.

Add 1 or 2 layers of a tightly woven fabric between the 2 outer fabric layers for better filtration. Suitable fabrics are flannel, sew-in interfacing, or plain cotton. Pre-shrink all fabric and elastic.

To make 12 masks with the JOANN's pattern you'll need:

- 1/2 yard each tightly woven 100% cotton fabric that can be washed & dried on hot. Use 2 different colors or prints, one color for each side of the mask
- 1/2 yard lightweight fusible interfacing
- 5 yards 1/4" or 1/8" flat elastic

JOANN Video instructions: <https://www.youtube.com/watch?v=VgHrnS6n4iA>

Tips & tricks for the JOANN face masks:

<https://www.youtube.com/watch?v=BnhePGv0gmQ>

Video of mask with a pocket for a filter & bias tape for ties. <https://www.youtube.com/watch?v=aHvghyn314U>

Video of mask with a pocket for a filter & elastic straps. <https://youtu.be/eLOh8AoXvcl>

Video of mask without elastic made by a nurse. Read the comments for the printed pattern: <https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>

All 4-H'ers are encouraged to make the service project items, collect, and deliver them to our office. We will get them to the State 4-H Fashion Revue Committee.