

Dear Special Person,

Thank you for your interest in helping make Breast Cancer Heart Pillows and Drainage Bag Covers. This project was started, sadly, because of my mom's breast cancer diagnosis. Breast cancer and breast cancer treatment (vital as it is) can make so many everyday things uncomfortable and even painful. The pressure of a seatbelt in a car can hurt. Even sitting on the couch watching television can cause discomfort from the pressure of your arm being against your body. I've also heard how heartbreaking it is to have a drainage bag hanging and have the fluids visible to everyone around. People have even tied grocery bags to their waist, just so they don't have to hold the drainage bags or have the fluids visible. So many simple things can become very difficult for someone dealing with breast cancer.

The Breast Cancer Heart Pillows and Drainage Bag Covers can help alleviate some of this discomfort and stress. Fortunately for my mom, someone sewed a heart pillow and donated it to her breast cancer coordinator. Because of that generosity, I've seen firsthand the difference the heart pillow can make. My mom is able to drive, and not have to ride in the back of the car to avoid the pressure of the seatbelt. She is able to sleep easier; and sit on the couch with more comfort and less pain.

I believe these pillows and covers can help anyone undergoing treatment for breast cancer. I would love to get sewers in all 50 states, and other countries, to sew these items for people in their area. Though we haven't been able to put an end to breast cancer, we can help ease the physical pain and provide a bit of dignity to those dealing with it.

If you can't sew, but would still like to help by donating, you can purchase fabric, $\frac{3}{4}$ " wide ribbon or polyester fiberfill. The color of fabric and ribbon doesn't matter; remember, both women and men get breast cancer. A neutral color thread is best; but even if you have some left from a project you were working on, anything will help

Thank you for taking the time to help. Feel free to be creative in making the pillows and drainage bag covers. I only ask that you keep the pillows the size of the template and fill them to be medium firm to support the weight of the arm, otherwise, they may not provide the needed comfort to the patients. If your drainage bag cover comes out slightly larger, that is okay (just remember that, if it is too big, it will be awkward). Just try not to make it smaller, since it needs to cover the bag. Cheerful fabrics are uplifting.

Completed pillows and bags can be dropped off at The Quilted Crow; 626 Main St; Bolton, MA, or mailed to me at the address below. Words can't thank you enough for helping! Individually we can accomplish a lot. Together, we can move mountains.

With sincere thanks, appreciation, and hugs,

Jennifer Watchorn

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BREAST CANCER HEART PILLOW AND DRAINAGE BAG COVER

The heart pillow was created to help ease the pain of breast cancer patients. The pillow is designed to be placed under the arm to ease pain from the surgical incision and tension along with helping reduce lymph swelling under the arm. The pillow can also be turned upside down and placed on the patient's shoulder to reduce the pressure of the seatbelt when they are in the car.

The drainage bag cover was designed to help provide privacy to the patient. It is a flat pouch with a long handle that goes over the patient's arm to hold the drainage bag and make it so the fluids aren't visible.

Fabric requirements:

½ yd of fabric will make 1 pillow and 2 bag covers

If you want to make the items individually, you will need:

For the pillow: 2 – 15" squares of fabric

For the bag cover: a fat eighth, or 2 – 9" squares of fabric

Other supplies needed:

For the pillow: polyester fiberfill

For the bag cover: 46" piece of ½" ribbon for the handle or you can make your own handle with a piece of fabric and a turning tube

To Make The Heart Pillow: Finished size is 13".

1. Cut the 2 template pieces and attach them together.
2. Fold your fabric in half, right sides together.
3. Place the template on the fold. Trace the heart pattern on the fabric. Make 2.
4. Cut out the 2 heart pieces on the lines. There is already a ½" seam allowance in the pattern.
5. Place the 2 heart pieces right sides together and stitch using a ½" seam allowance. Be sure to leave an opening to turn.
6. Clip the excess fabric at the point and notch inside and outside curves.
7. Turn the pillow right side out.
8. Press lightly, then stuff with fiberfill. Be careful not to overstuff the pillow. You want the pillow to be soft and 'squishy', not hard.
9. Stitch the opening closed.

To Make The Drainage Bag Cover: Finished size is 7" tall by 6 ½" wide with a handle that is 42" long.

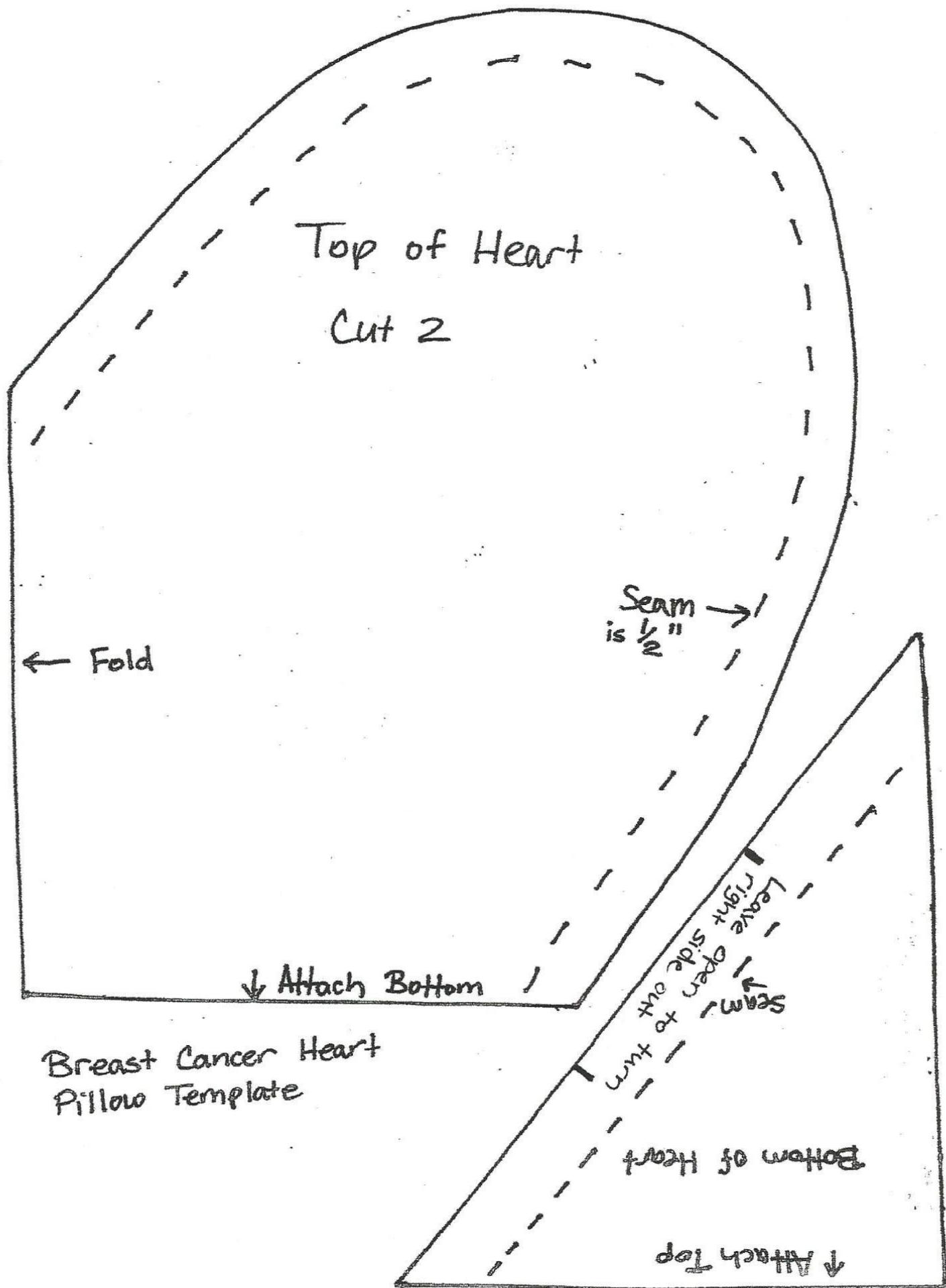
1. Cut a 7" x 17" piece of fabric or cut 2 pieces that are 7" x 8 ¼".
2. Cut a piece of ribbon 45" long or make your own ribbon by cutting a strip of fabric that is 1 ½" x width of fabric. Then, fold the fabric right sides together and sew ¼" from the edge down the entire length of the strip. Turn the strip right side out and press.
3. Whether you decide to use 1 or 2 pieces of fabric for your bag, the longer side is the height of the bag. Begin by folding the top edge of the fabric ½" down toward the wrong side of the fabric. Press. Then, fold it down on itself again and press. Stitch the folded piece down. Do this close to the fold to prevent the drainage bag from getting caught once inside. If you are using 1 long piece for the bag, do the same thing on the other end. If you are using 2 pieces of fabric, do the same thing to the other piece.
4. Place your fabric right sides together, matching the top edges that you folded. Stitch down the sides using a ¼" seam. If you are using 2 pieces of fabric, you will also stitch the bottom. Be sure to reinforce the top two edges with a little back stitching.
5. Attach the handle using a zigzag stitch. If you don't use a zigzag, do an extra row of stitching on each end of the handle to reinforce it. The handle should finish around 42" long. It can be slightly longer. Turn the bag right side out.

How to layout your pieces if you are using ½ yd of fabric to make 1 pillow and 2 drainage bag covers:

Fold your fabric in half, wrong sides together, so that the fabric measures 9" by the width of fabric. Place the heart template on the fold with the rounded end close to the selvage. Trace, and then move your template to the bottom of the heart that you just drew. The rounded edge of the second heart will fit nicely over the bottom end of the first heart. Get them as close to one another as you can. Cut out your heart shapes, but don't cut into the other fabric around the traced pattern. This will leave you with a wide band at one end that is 18" wide and 2 skinny strips that are the width of fabric (your leftovers will look like an upside down letter 'U'). If you want to make your own handles for the bags, cut 2 – 1 ½" strips from those width of fabric pieces on the edges. The remaining piece of fabric will be about 15" x 20". From this piece, cut 2 – 7" x 17" pieces of fabric.

Words can't thank you enough for helping!

If you have any questions, please contact Jennifer at: info@handcraftsbyjennifer.com.



Breast Cancer Heart
Pillow Template