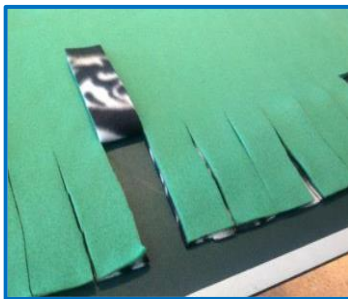


Virtual Volunteer Opportunities



No Sew Fleece Blankets

Blankets are a huge need at our hospitals. Blankets help patients feel comfort after various procedures. [Get the instructions below!](#)



No Sew Fleece Pillows

Patients need extra support during their visits. Pillows help children and adults feel comfort after various procedures. [Get the instructions below!](#)



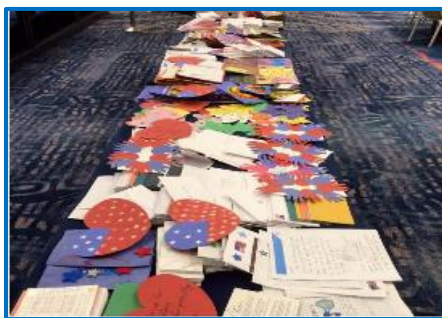
Surgical Caps

Caps keep our patients and team members safe and healthy. [Get the instructions below!](#)



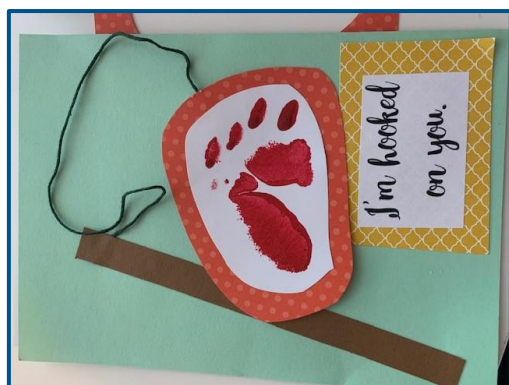
Masks

Masks help keep our patients and team members safe and healthy. [Get the instructions below!](#)



Operation Gratitude

Operation Gratitude allows every American the opportunity to support deployed troops National Guardsmen, first responders, and emergency medical personnel. Volunteers will make handmade items to send to our service men and women. [Learn more by clicking here.](#)



Patient Experience Projects

In our AdventHealth NICU, patients and their families often experience many emotions. Some days, parents and adult caregivers need a little pick me, and we are there with little cards of encouragement. Another great tool to use to connect patients and families is through friendship bracelets. We call this our "invisible string" that always connects us with those we love that are far away. We use these for families that must be separate, siblings who are unable to be at the hospital to visit and grandparents that are far away. Supplies and instructions will be provided.

For more information and to pick up your supplies contact Summer Bernath at summer.bernath@adventhealth.com.

No Sew Fleece Blanket



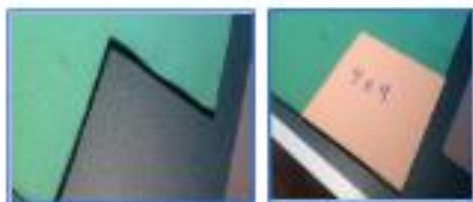
MATERIALS

- 1 yard plain colored or patterned fleece material
- Sharp sewing scissors or rotary cutter
- 4-inch square template
- One-layer fleece
- 2 yards = Adult Blanket, 1 ½ yard = Toddler Blanket, 1 yard = Baby Blanket



STEP ONE

Layout your fleece and smooth out the wrinkles then match up the edges.



STEP TWO

Using your template, place it on the corner and cut out your fleece. Do this on all four corners.



STEP THREE

Cut four-inch strips along the edges (about 1 ¼ inch thick). After you cut the strips, fold them up.



STEP FOUR

Carefully make a small slit on the fold. This is your hole for 'tying', so the smaller the better.



STEP FIVE

Turn the strip up and pull down inside, through the slit. Tug gently to make it firm and continue to do this all the way around the blanket. FINISHED!

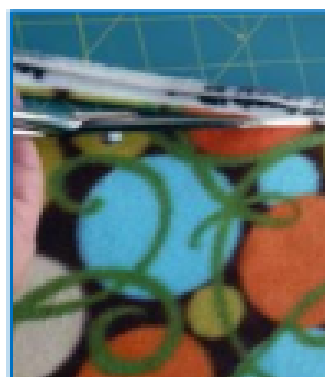
No Sew Fleece Comfort Pillow

For details on donation drop off contact FoundationInfo@AdventHealth.com.



MATERIALS

- ¾ yard of fleece fabric
- 24 x 24-inch pillow form or 1 bag of stuffing
- Scissors
- Straight edge ruler
- Disappearing ink marker pen
- Rotary cutter and cutting mat



STEP ONE

- Fold each piece of fleece in half and square the fabric by laying the selvage edge along a straight line on the cutting mat.
- Lay the straight edge ruler across the fabric in line with the ruler marks on the mat and cut a straight line through the fleece. Trim off the selvages.
- Cut a piece 27x27 inches from each piece of fleece and stack them on top of each other.

STEP TWO

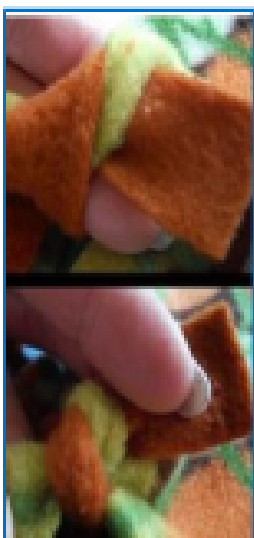
Measure 3 inches from each edge all around the square fabric with the straight edge ruler and mark with the disappearing ink marker pen.

STEP THREE

Align the fabric square to the rule lines on the cutting mat. Cut through both thicknesses of fleece with scissors at 1-inch mark, stopping at the 3-inch line you drew in step two.

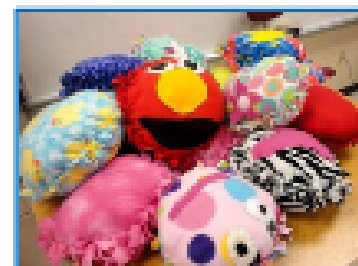
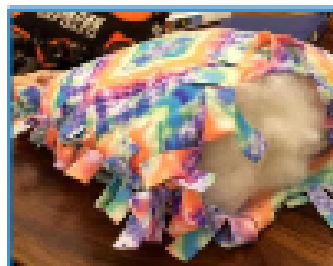
STEP FOUR

Remove a 3-inch square at each corner. Smooth out any wrinkles that have developed and check that the layers are till matched and square.



STEP FIVE

Tie knot from each pair of strips at 1-inch by wrapping the bottom strip up to the top and tying. Tie a second knot and pull the knot toward the top leaving the bottom of fabric on top of knot.



STEP SIX

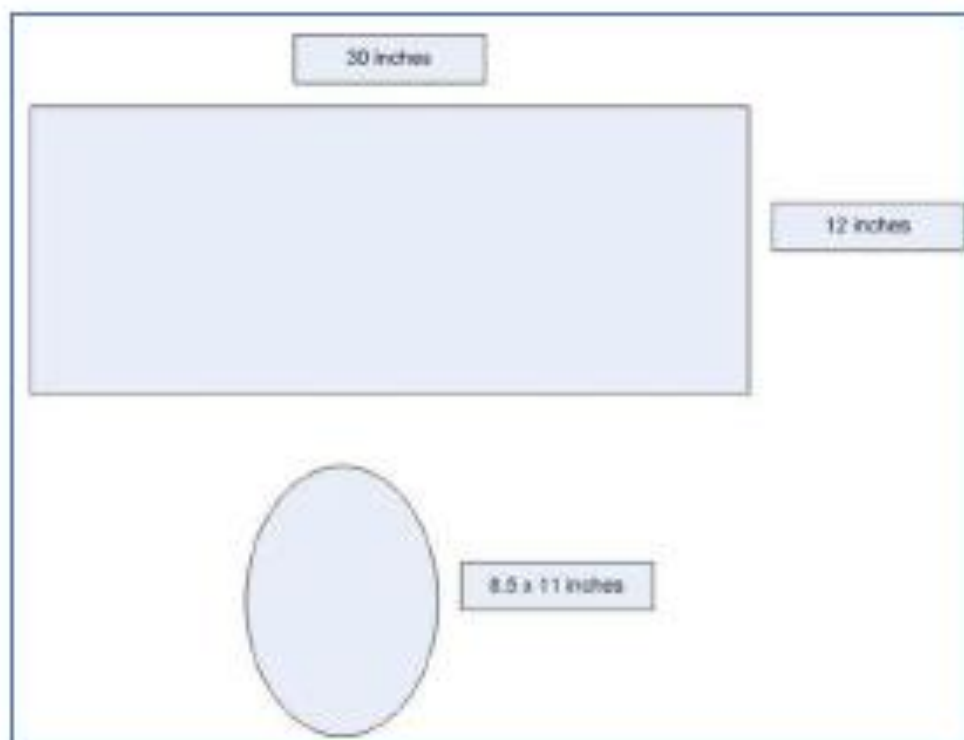
Pull the fabric pocket up and over the pillow form, stuffing it as far as possible. Finish by tying the rest of the knots. Do not pull too tight!

Surgical/Scrub Cap Instructions



MATERIALS

- 1/3 yard of main fabric choice.
- Accent Fabric at least 8 1/2 x 11 inches.
- 1/2 inch wide elastic band.
- Ruler or measuring tape.
- Pins & Scissors
- Sewing Machine



STEP ONE

Cutting the Fabric

- Cut two pieces of fabric. One for the main body of hat and one for the top of hat.
- Main body is a rectangle measuring 12x30in.
- Top of hat measuring 8.5x11in circle with one flat side.



STEP TWO

Sewing

- Take the main body fabric and fold it hot dog style with the wrong sides touching. Using an iron, flatten the fold along the bottom. Flipping the fabric inside out, sew along the two ends of the fabric, leaving the top open. After sewing the ends closed, flip the fabric right side out again. Iron the ends flat
- Take the closed end of main body fabric and create an 1 1/2 inch flap. Iron the fold.
Create an overlap with the two ends of about 2 1/2 inches. Sew both ends down.
- With the fold facing the outside, fold main body fabric in half with the thick end on the left. Fold top fabric in half with the flat portion facing towards you. Line up the two fabrics right sides together. Pin together along the edge of the entire hat, leaving the flat portion of top fabric unpinned.
- This is the trickiest part. When you get to the flat portion of the fabric, pin the middle of top fabric to the middle of thick portion of main body fabric. Flag the extra fabric and sew this extra portion down.
- Sew main body fabric and top fabric together leaving an 1/4 seam along the edge.

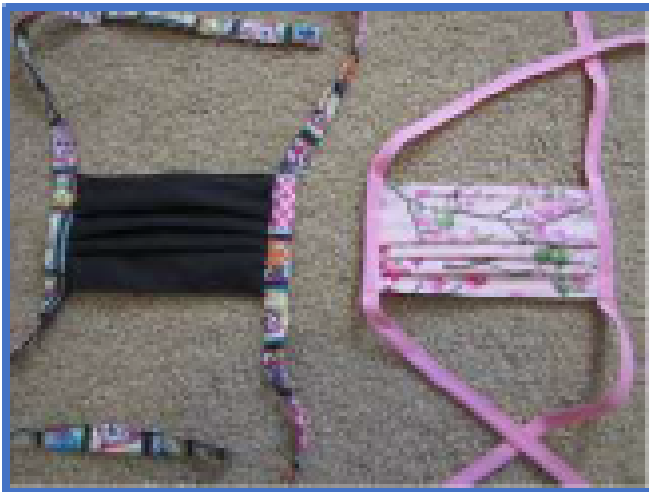
STEP THREE

Adding Elastic Band

- After sewing the two portions together, flip the hat. The folded flap should be on the outside now.
- Cut about a 6-inch-long piece of elastic band. Start with either the left or right side of the thick portion of the hat. About 4 inches from the edge, sew the elastic down on the inside of the flap. Sew down the flap to the fold and along the edge to the other side. Close up the gap by sewing down the other end of elastic 4 inches from the other side. After releasing the hat, it should scrunch together.
- Note: If you feel the hat is still too loose, you can either shorten the length of the elastic or sew further out from the middle of the hat.
- FINISHED!!

For details on donation drop off contact
FoundationInfo@AdventHealth.com.

Mask Instructions



For details on donation drop off
contact
FoundationInfo@AdventHealth.com.

MATERIALS

- One 8x14 in. piece of cotton fabric.
- Two 1 ½ x 34-inch strips.
- Thread and sewing machine.

STEP ONE

Prepare the Mask

- On 8/14-inch piece, right sides together, sew ¼ inch seam, creating tube.
- Turn right sides out, press seam and fabric.
- Make three pleats, approximately 1-inch each in size, using steam or pins to hold. Masks will be approximately 3-3 ½ inches in width.
- Sew ¼ inch seam on each side of masks, securing pleats.
- Trim seam allowance.

STEP TWO

Prepare the Ties

- Fold in half and press (3/4 inch). Open tie back up.
- Fold edge in to meet middle (3/8 inch) and press.
- Fold in half again, securing raw edges inside and press. Each tie will be approximately 3/8 inch in width.

STEP THREE

Assembly

- Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
- Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are attaching the mask to the tie at this point, not sewing the whole tie yet. Repeat for other tie and other side of mask.
- Sew down edges for tie, securing raw edges inside. Seam is very short; you will stitch over where mask is already attached. Repeat for other side of mask.
- **FINISHED!!**