

# 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**

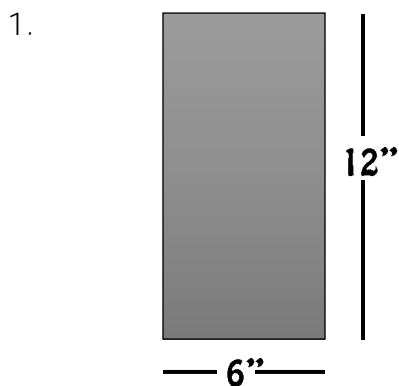
[Northwest.4H@bak.rr.com](mailto:Northwest.4H@bak.rr.com)

## Directions for Making a Port Pillow for SFR 2016

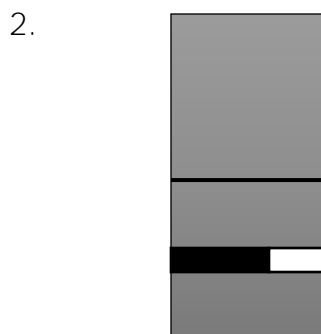


 = right side of fabric

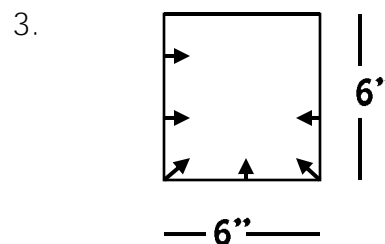
 = wrong side of fabric



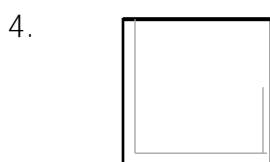
**Cut material in a 12" x 6"**  
Rectangle, right side up.



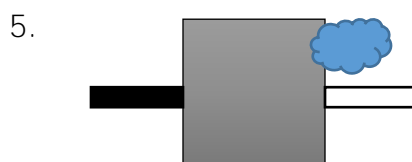
**Cut two pieces of 1/2" Velcro 4" long. Pin about 3" from the bottom edge of the fabric, making sure that the opposite sides of the Velcro come together and stick in the middle.**



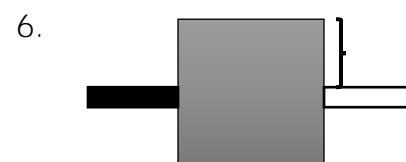
Fold the fabric in half and check that the Velcro is stuck together properly. Pin 2.5 of the open sides, leaving half of a side open to turn and stuff.



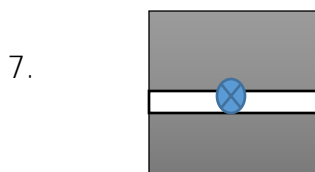
**Sew a 5/8" seam around the 2 1/2 open sides, beginning and ending with a back stitch. Cut the corners at a diagonal.**



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.

