

*Change lives
one stitch at a time
with your
Creative Kindness*



*“Sew” Much Fun
Service Learning Project Ideas*

Sewing and Service Learning

Do you have 4-H clubs and members in your area looking for a community service project? There are children across the world that would be grateful for one new dress or pair of shorts to wear. Here is an opportunity to put sewing skills to use by creating something special for children and adults in need. This packet contains a few ideas and resources to get you started.

What can you do?

- Host a fashion camp and include a service project as one of your workshop projects.
- Host a club or parish-wide community service event inviting anyone who can sew, iron, cut and/or provide fabric, sewing machines, and sewing notions.
- Start a sewing group that meets regularly. Welcome friends who don't sew as people are needed to cut fabric and iron too. They may also be encouraged to try sewing.
- Set up a sewing tent booth at the local parish fair. Teach others to sew simple quilt squares together. Have these squares sewn into quilts for the local shelter.
- Make the dresses/shorts, hats or blankets via assembly line to work faster.
- Challenge other groups to participate as well. Challenge your local church groups, members of the senior citizen center, and other youth groups to sew service projects too!
- Use social media such as Facebook or your email list to ask for donations of fabric, bias tape, elastic, or money for your project.
- Find a local family, school or organization that could benefit from one of the many projects included in this booklet.
- Search online for the many more organizations that need volunteers with sewing skills.

American Sewing Guild Giving back is a vital part of a full and rewarding life. What could be more fulfilling than doing what you love to do (sewing) while contributing to the quality of life of others in need within your own community? Throughout the country, American Sewing Guild has become synonymous with charitable acts of sewing. Check their website for more details and lots of resources www.asg.org.

Sew Much Comfort is a nationally recognized non-profit organization providing adaptive clothing free of charge, to wounded service men and women at every military hospital in the United States, Landstuhl (Germany) and at Combat Surgical Hospitals overseas. We create and/or adapt clothing to meet the unique needs of the wounded. For many military service members the only clothing available is a hospital gown. By creating custom adaptive clothing, our hope is to make their recovery more comfortable both physically and emotionally.

Our clothing gives medical personnel and service members the ability to have ready access to their injuries by utilizing the adaptive openings in our clothing. Specially

designed clothing permits easy access during their exams and physical therapy, as well as facilitating the difficult process of dressing themselves in their everyday life. Our clothing allows injured service members to easily dress themselves and their clothing appears as normal civilian attire which helps facilitate a more natural and comfortable recovery. Find more details at www.SewMuchComfort.org

Nancy's Notions Below are a few project ideas that can be found online at Nancy's Notions: www.nancysnotions.com

Little Dresses for Africa

Little Dresses for Africa is a nonprofit organization whose mission is to distribute dresses to little girls and britches to boys in remote villages of Africa. Nancy's Notions employees are teaming up with the organization to sew and package dresses and shorts, then ship them to Africa. You can help, too.



Honor and comfort the wounded

The mission of [Quilts of Valor Foundation](http://www.QuiltsOfValor.org) is to cover each of our service members and veterans wounded or touched by war with a comforting Quilt of Valor. Sew a lap size quilt using each of the fabrics in this Fat Quarter Pack to show how much you appreciate their service.

Easy Hat Pattern

Chemo patients can camouflage hair loss with this comfortable, stylish hat

Fleece Preemie Cuddler

Warm and soft to provide hugs and cuddles to preemies who are too medically fragile to be held. The Cuddler has been approved by several NICU groups for use in hospitals.

Walker Caddy

Give greater sense of independence to someone who depends on a walker.

Sewing.org is a great resource for community service projects. These projects are not only fun to make, but they are also deeply appreciated by those who receive your special gift of comfort. A few projects found on this website www.sewing.org include:

Adult bibs

Chemotherapy Turbans

Hug Me Teddy bear

Lap robe

Walker Caddie

Wheelchair Totes

Tips and Techniques for Quick and Easy Quilts

Before you start your first quilt, take the time to review and enjoy some of the Tips and Techniques to see if maybe there is something that can help save you time or just maybe make things a little bit easier. Find tips at www.ideas-for-quilting.com. Shortcuts are always helpful in the fast and busy world that we live in. Quilts bring comfort to the body and soul.

Operation Smile! needs community volunteers to mobilize their friends and family to sew, collect or prepare specific supplies that we need on our medical missions. You can help by making these items yourself, or leading a collection at your office, school or place of worship. When generous hearts come together, everyone can help heal children's smiles. Learn more at www.Operationsmile.org.

Operation Smile is a charity organization healing children's smiles, making the world a better place. We're a mobilized force of medical professionals and caring hearts who provide safe, effective reconstructive surgery for children born with facial deformities such as cleft lip and cleft palate. Here's a couple of ways you can help:

Quilts, Blankets and Afghans

Few things give more comfort to a child in a hospital than a warm, soft blanket. Community volunteers can help provide blankets for children receiving an Operation Smile surgery. For some, this will be the first blanket they've ever owned! This project is a wonderful way to provide warmth and comfort for the children.

Smile Dolls

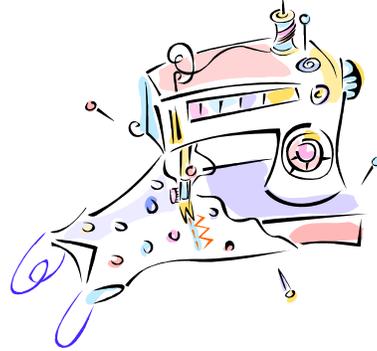
For children who've never even seen a doctor, a visit to the hospital can be scary. Smile Dolls are used by the Child Life Therapists to alleviate the fear of anesthesia masks, stethoscopes and needles while communicating about their medical procedures. If you can sew, we need community volunteers to make Smile Dolls for our international medical missions.

Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. -- Dr. Felice Leonardo Buscaglia

You make a living by what you get, but you make a life by what you give.
-- Winston Churchill

Whatever project you decide to undertake, know that your efforts will be appreciated and will not go unnoticed.

*“Sew” Much Fun
Service Learning Challenge Report*



*Changing lives one stitch at a time
with your Creative Kindness*

Thank you in advance for accepting the challenge to change lives one stitch at a time. To help us measure the impact of the 4-H Sew Much Fun Service Challenge, please provide the following information via mail, fax, or email to the contact person listed at the bottom of this page.

Name of Individual or group participating in the challenge: _____

Mailing Address: _____

Email Address: _____

Name of item made: _____

Number of items made: _____

Where were the items given? _____

Send completed forms to:

Tanya Giroir
4-H Youth Development
LSU AgCenter
PO Box 25100
Baton Rouge, LA 70894-5100

Fax: 225-578-7847
Email: tagiroir@agcenter.lsu.edu

Thank you for your time and efforts to change the lives of others one stitch at a time! And... thanks for what you do every day!!!