STUFFED HEART PROJECT

Providing Comfort to Patients Receiving Cancer Treatment

Make and donate small stuffed hearts for adult patients of the Comprehensive Cancer Center. The hearts are accepted and distributed throughout the year to patients who are receiving treatment for a cancer diagnosis. The hearts are used for two purposes. HEART PROJECT I the heart is given to the patients to keep in their pocket for comfort and support. HEART PROJECT II is a keepsake for the family once the patient and Music Therapist makes a recording of the patient’s heartbeat and inserts it into the center of the heart.

HEART PROJECT I

Skill Level:
- Minimal sewing skills needed! The hearts can be sewn on a machine or hand stitched

Material:
- Felt, flannel, or fleece in various colors

Dimensions:
- When completed the heart should be no bigger than 3” X 3”

Instructions:
One type of stitching (see website photos for other options)

1. Cut 2 hearts of the same size

2. Place heart 1 on heart 2 with the front sides touching

3. Stitch 1/4 inch from edge around heart leaving a bottom section unstitched

4. Turn heart right side out and using the opening stuff heart with cotton

5. Tuck material from opening into the heart and whip stitch closed
HEART PROJECT II

Skill Level:
- Mild sewing skills needed! The hearts can be sewn on a machine or hand stitched

Material:
- Felt, flannel, or fleece in various colors

Dimensions:
- When completed the heart should be roughly 6” X 6”

Instructions:
One type of stitching (see website photos for other options)

1. Cut 2 hearts of the same size

2. Cut a slit in the back of heart one and sew in Velcro so that the heart will have a closure in the back. Place heart 1 on heart 2 with the front sides touching

3. Stitch 1/4 inch from edge completely around heart

4. Turn heart right side out and using the Velcro opening stuff heart with cotton

5. Close Velcro opening

Delivery of Hearts:
- Hearts may be mailed to:
  UM Cancer Center Patient and Family Support Services
  Attn: Stuffed Hearts Project
  1500 E. Medical Center Dr.
  C-423 B MIB  SPC 5843
  Ann Arbor, MI  48109

- Hearts may be dropped off at the Information Desk in the main lobby (B-2) of the Cancer Center. Please attach note...attention Devyn Baker (936-8307).

*** Please place a note with the hearts indicating the name of individual or group donating the hearts along with a mailing address.

Any questions regarding the stuffed hearts project may be e-mailed to devynb@med.umich.edu

Thank you for thinking of the patients receiving treatment at the Michigan Medicine Comprehensive Cancer Center!