

**COMMUNITY SERVICE PROJECT
HEART SHAPED PILLOWS
TO BE DONATED TO MAINE HOSPITALS
FOR WOMEN'S HEART SURGERIES**

Eastern Maine Medical Center ~ Maine Medical Center

Materials for pillow:

½ yard of fabric or 2 pieces of 17" x 19"
or

2 yards of fabric can make 5 pillows
[fold fabric from fold to selvage (4 layers)
and place fold on double fold edge]

Thread

Poly-fill

1. Place pattern on fabric making sure to place on fold line
2. Cut around the outside
3. Place the two hearts, right sides together and sew using a 3/8" seam allowance. (If you have a label or tab place it between the 2 pieces and stitch in the seam)
4. Leave a 2 inch opening and turn pillow right side out
5. Stuff with poly-fill batting (it should be firm but not hard)
6. Hand or machine sew the opening close.

Thank you so much for taking part in this project.

Denise Sullivan

Fellow quilter who's alive today because
of my open heart surgery!

Editor's Note:

Due to size of the pattern you'll need to do a little cut & paste! The half heart is in 2 pieces and you'll make two copies and then cut the top & bottom halves out. Go right of the paper leaving the margin of the pages. The pattern will be fairly close to the original. (Original was about ¼" fatter right at the middle on my test run.)

Join here - middle of top half of heart.

If you or your Chapter decide to make pillows to donate for this project, contact:

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If any group would like a speaker on heart disease, the process, *etc* please contact me. I would be happy to come if we can arrange it. I am a Certified Medical Assistant and there is a family history of heart disease. I have my pillow, given to me by a special woman with a big heart and a love of sewing.

Join here - middle of bottom half of heart.

Special Events