

Ways Youth Can Help From Home



1. Make thank you cards
2. Make homemade medical masks



YOU Can Make a Difference!

Once Completed

Bring them to the Youth Center and place them in the bin outside of the front door.

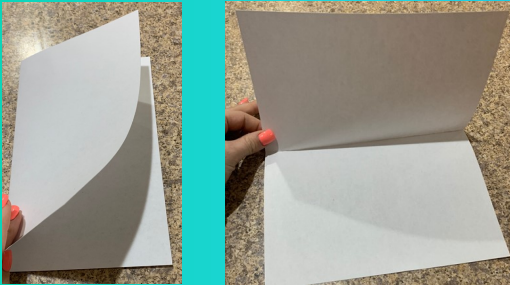
We will donate them to the proper locations!

Address: 3 Memorial Drive, Croton-on-Hudson, NY 10520

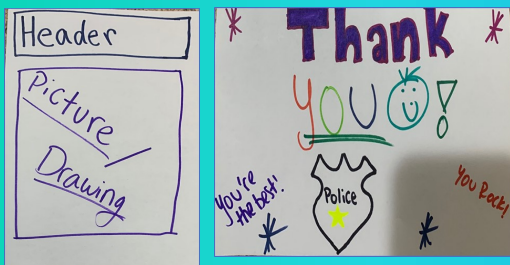


How to Make a Thank You Card

Fold your paper vertically or horizontally



Put a heading (the reason you are writing) and add a picture or fun words to the front of the card; BE CREATIVE!

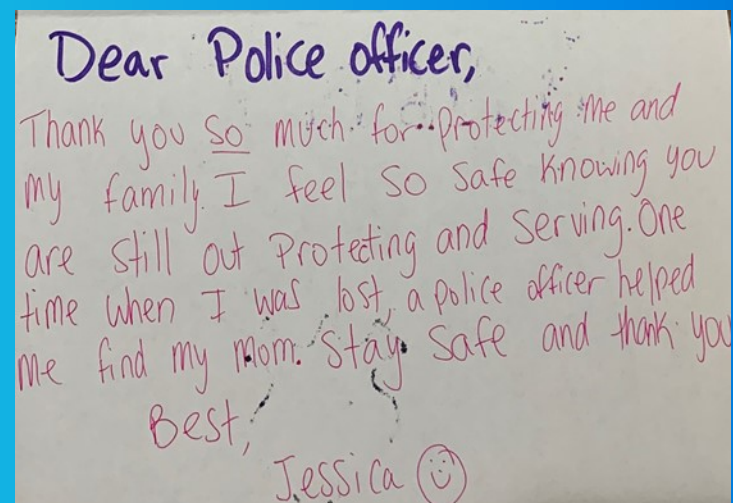


Inside the card, write Dear..... (Ex: Police Officer, Nurse, Etc.)

Write your message. Say thank you and recognize what these people are doing everyday **specifically** to help you stay safe. Tell a personal story about how they have helped you and your family in the past.

Remember: The more personal the message is; the more value the card has!

Sign the card by putting a closing phrase followed by your name.



Suggestions When Making a Thank You Card

Remember the Purpose

- ◆ These people are putting themselves at risk to serve, protect and help others!
- ◆ Many of them have their own families who they are leaving at home while they go to work to make a difference. **They do this because: of the oath they took, they are dedicated and they care!**
- ◆ Recognizing the sacrifices they are making everyday helps them to stay strong , shows them they are loved and valued as well as reminds them their work matters!

The Kindness Wave™



Start a ripple... Create a wave.
It begins with YOU!



Recognize Who the Heroes Are

- ◆ Police Officers
- ◆ Firemen
- ◆ First Responders
- ◆ Doctors
- ◆ Nurses
- ◆ Pharmacist
- ◆ Cleaners
- ◆ Grocery Shop Workers
- ◆ Restaurant/Deli Workers
- ◆ & Everyone Else Still Working!

Suggestions When Making a Thank You Card

Front of the Card Heading Ideas

- ◆ Thank you
- ◆ Thank you for keeping me and my family safe
- ◆ I can't thank you enough
- ◆ I am so thankful for people like you
- ◆ I am grateful for you
- ◆ You are the best
- ◆ You are making a difference
- ◆ You are strong
- ◆ You are loved
- ◆ You are a/my Hero
- ◆ You are appreciated
- ◆ I appreciate you
- ◆ I appreciate your dedication
- ◆ Stay safe
- ◆ Thinking of you



Thank You



Words & Phrases Used to Say Thank You & Show Recognition

- ◆ Protecting
- ◆ Serving
- ◆ Helping
- ◆ Keeping people safe
- ◆ Being you
- ◆ Providing food for people
- ◆ Putting yourself at risk for others
- ◆ Your dedication and hard work does not go unrecognized
- ◆ You save lives
- ◆ Thinking of you and your family during these difficult times
- ◆ You are a community hero
- ◆ Your generous spirit soothes the soul
- ◆ You are strong and together we will get through this



Closing Phrases Ideas

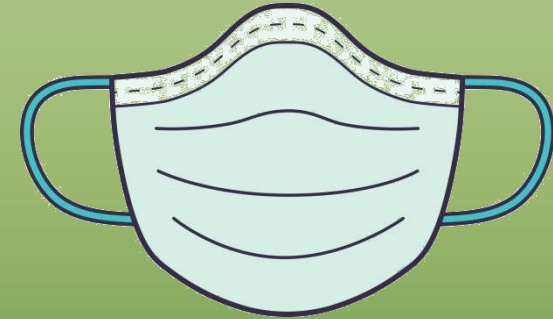
- ◆ All My Best
- ◆ Warm Wishes
- ◆ Best Wishes
- ◆ Thank You
- ◆ Many Thanks
- ◆ Forever Thankful
- ◆ Stay Safe
- ◆ XoXo
- ◆ Fondly
- ◆ Neighborly Yours
- ◆ Yours Truly
- ◆ Best Regards
- ◆ Cheerfully



Is a Homemade Medical Mask Safe?

While homemade masks are not the ideal protection from COVID-19, and are not a substitution for the N95 masks; they can provide health care workers and first responders with some sort of barrier which is better than nothing!

They can also be used on patients to help prevent them from coughing and sneezing directly onto something or someone, as well as provide an extra layer of protection from the health care workers who are serving them.



Why Make a Mask?

- ◆ Currently there is a shortage of masks, specifically New York State.
- ◆ N95 masks are being used for health care workers (& patients) who are working directly with high risk patients diagnosed with COVID-19.
- ◆ However, there are other health care providers and first responders working with others who are sick and injured and they want and need to protect themselves and others.
- ◆ Making them masks is something we can do from home to help limit their exposure during this shortage.

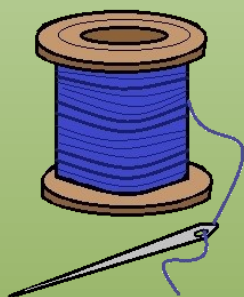
**According to the CDC, "In settings where N95 respirators are so limited that routinely practiced standards of care for wearing N95 respirators and equivalent or higher level of protection respirators are no longer possible, and surgical masks are not available, as a last resort, it may be necessary for HCP to use masks that have never been evaluated or approved by NIOSH or homemade masks. It may be considered to use these masks for care of patients with COVID-19, tuberculosis, measles, and varicella. However, caution should be exercised when considering this option."*

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

Materials & Techniques to Make a Medical Mask

Materials

- ◆ Cotton Fabric
- ◆ Rope Elastic (beading cord best, 1/8" flat elastic will work)
- ◆ Scissors
- ◆ Ruler
- ◆ Thread



Where to Get Materials

- ◆ Joann Fabrics is offering curbside pick-up and free materials to those making home-made masks:



<https://www.joann.com/make-to-give-response/?icn=hpzhero&ici=make-to-give-response>

- ◆ Michaels offering curbside pick-up:

<https://www.michaels.com>



Basic Hand Sewing Instructions

Video: <https://www.youtube.com/watch?v=1FknfumFPX8>

Link: <https://www.instructables.com/id/Basic-Sewing-By-Hand-Tutorial/>

How to Sew A Medical Face Mask

Video # 1: <https://www.youtube.com/watch?v=8Hon3XuHKv0>

Video # 1 Written Instructions: <https://www.deaconess.com/How-to-make-a-Face-Mask/Documents-Mask/Mask-Information>

Video # 2: <https://www.youtube.com/watch?v=4FB--BOyTiU>

Other Written Instructions:

- ◆ <https://freesewing.org/docs/patterns/fu/instructions/>
- ◆ <https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>
- ◆ <https://www.craftpassion.com/wp-json/mv-create/v1/creations/19/print>

